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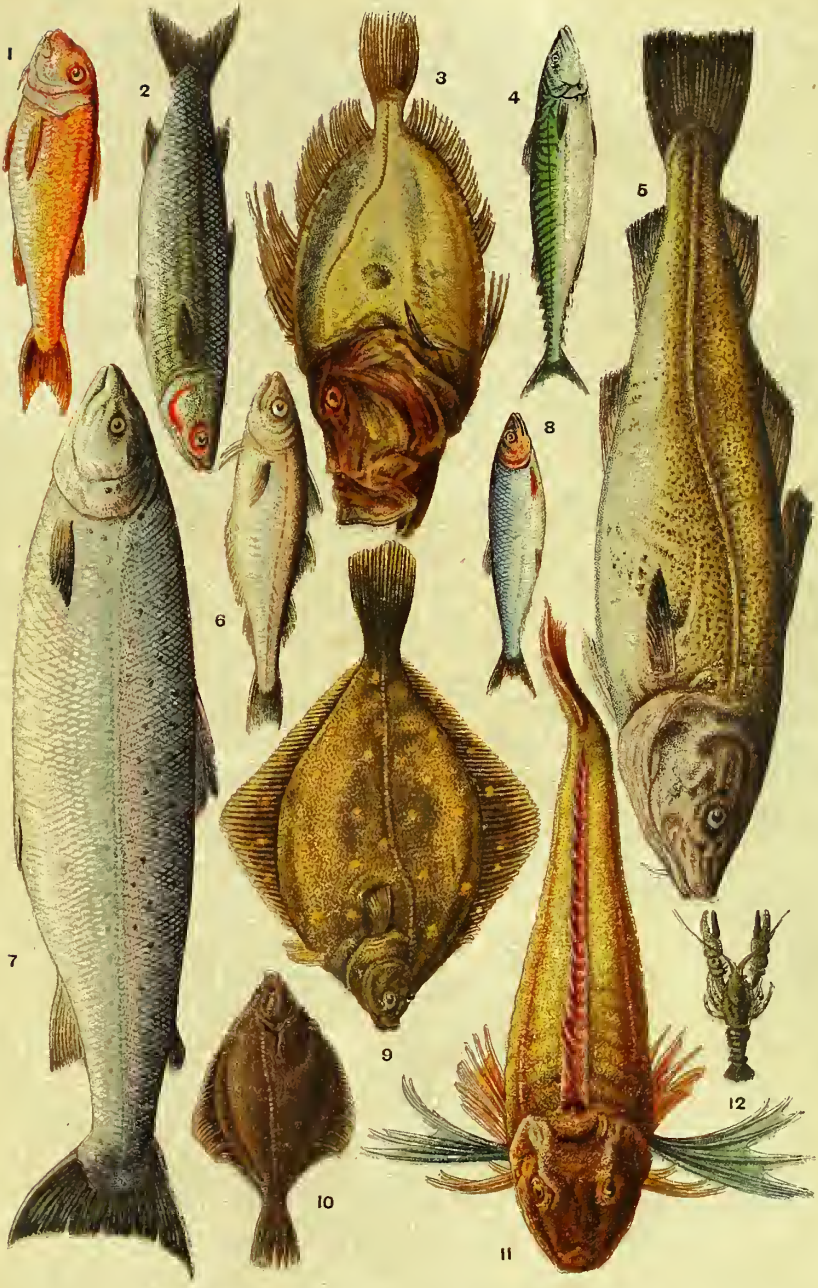
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WARWICK HOUSE, SALISBURY SQUARE, E.C.
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PREFACE TO NEW EDITION

For nearly half a century Mrs. Beeton has been the guide, philosopher and friend of countless happy homes. In every English-speaking country her "Household Management" has appeared amongst the wedding presents of a bride as surely as the proverbial salt cellars, and thousands of grateful letters testify that it has often proved the most useful gift of all. Many competitors have paid Mrs. Beeton the compliment of imitation and adaptation up to, and sometimes beyond, the utmost limits the law allows, but her work stands to-day, as of old, without a rival. Press and public have alike proclaimed its merits. Every writer dealing with the reality or romance of domestic life has recorded its constant rescue of young housekeepers from perplexity and woe. Sir Arthur Conan Doyle, in his great study of married life, entitled "A Duet, with an occasional Chorus," makes his heroine say—"Mrs. Beeton must have been the finest housekeeper in the world. Therefore, Mr. Beeton must have been the happiest and most comfortable man"; and his hero concludes, that "this book has more wisdom to the square inch than any work of man"—a wonderful testimonial when one remembers that the last edition thus praised contains more than 80,000 square inches of closely packed information.

The book of Household Management has not, however, maintained its great reputation solely by the merits of its first issue. It is true that Mrs. Beeton brought to its origin such ability, method, and conscientious care, that with the exception of corrections demanded by changing prices, processes and materials, her work stands practically unaltered to the present day. But if nothing has been taken away, very much has been added. Eight years after the first appearance of the book, an enlarged and revised edition was found necessary. Since then the changing years have brought extra information, new features, and increased size, till we find the new edition we are now introducing to public notice has twice the number of pages and is four times the size of its modest ancestor.

It may seem strange that a book, originally considered most comprehensive and complete, should have needed such transformation. The world, however, has travelled of late at electric speed, and the far-reaching changes of time have touched household affairs from standpoints apparently far remote.

In cookery, for example, where the growth of our pages is most noticeable, many causes have contributed to change. We have relinquished almost entirely the old British prejudices against things foreign, and adopted, in great measure, those French methods which established a bond of union among good cooks all the world over, long before *l'entente cordiale* became a recognized newspaper phrase. Increased habits of travel have taught us the favourite dishes of other countries, while improved means of transport have brought to our doors fresh food supplies from all quarters of the earth. Cookery schools and classes have also educated many mistresses to the possibilities of the art, and encouraged them to insist on more variety and delicacy in their daily fare than the plain cook of old was wont to furnish. In short, every tendency of modern life, with greater wealth possibly—greater luxury certainly—is towards a tremendous enlargement of everyday cookery. In the present issue is given all information necessary to meet present-day demands in this respect.

Amongst the principal features of our new issue are—

APPEARANCE.—The book has been re-composed throughout from a special fount of new type, of size and clearness to suit modern requirements, and printed on the best English paper, and strongly and artistically bound in half leather.

ILLUSTRATIONS.—The book has been copiously illustrated in the most useful manner. Hundreds of photographic reproductions of actual dishes, processes, and materials have been included. No expense, however great, has been spared in obtaining the best possible results. The numerous coloured plates have been faithfully reproduced from nature, and printed in fourteen colours in the highest style of lithographic art.

COOKERY.—All the old cookery recipes have been carefully re-tested and prices and details altered wherever necessary. More than two thousand new recipes are given, contributed by Mr. C. Herman Senn, the celebrated head of the National Training School of Cookery, assisted by some of the most famous chefs and teachers of the art that the world contains.

Prices.—The cost of the recipes and the prices of articles mentioned in this book have been most carefully, minutely, and diligently averaged from lists compiled from the most reliable authorities all over the kingdom. The task of estimating these prices has been among the most difficult and perplexing problems encountered in revising this work. Some provisions fluctuate greatly in price from day to day, whilst a very great difference indeed exists between the cost of purchases made in town or country, for cash or for credit, by mistress or by maid, selected personally or as allotted to you to suit the convenience of a tradesman. After a most minute consideration of the factors involved, we believe the costs given in our recipes should hardly ever be exceeded ; whilst the housewife who gives the trouble needed to buy in the most advantageous manner, will often be able to effect a very considerable saving on the prices quoted.

Trussing.—This, a frequent difficulty in small households, has been carefully explained and illustrated by numerous photographs, showing the methods of the best professionals.

Carving.—Our ancestors held a practical knowledge of this art indispensable to the education of every gentleman. We moderns also realize how much a really good carver can do towards diminishing waste, distributing choice portions equally, and maintaining the sightly appearance of a joint. The art has been thoroughly dealt with and very fully illustrated by a unique series of photographs of the methods of the best professional carvers.

Serviettes.—The most recent and popular designs are illustrated, and diagrams given showing clearly how every fold is made in producing these patterns.

Colonial and Foreign Cookery.—This section has been enormously increased. Australian, American, Canadian, South African, German, Italian, and all foreign cookeries, have been comprehensively dealt with, so that Britons living under other skies may learn how to combine the dishes of their adopted country with those of the Motherland. We at home may also gain variety in our own menus, and learn how to give a complimentary and characteristic repast when welcoming guests from abroad.

VEGETARIAN COOKERY, which is so strongly believed in and practised by many thousands, has been carefully dealt with.

CHAFING DISH AND CASSEROLE COOKERY, now so popular with cooks, and indispensable in Flat life and for all amateur cookery and impromptu meals, is dealt with in a new chapter.

THE MEDICAL AND NURSING CHAPTERS have been contributed by two of our most eminent physicians.

THE LEGAL MEMORANDA has been contributed by a well-known barrister, author of several standard law books.

We take this opportunity of expressing our gratitude to many eminent authorities and great firms for the courtesy, thoroughness, and disinterested zeal with which they have given time, information, facilities, and assistance to us, whilst engaged in our long, laborious, but engrossing task of compressing all information of practical value to our readers into the new "Mrs. Beeton."

It would be out of place in a preface to allude to all the many features of our new issue. Many are there, and all the old Mrs. Beeton as well. For details, and also because it is easy in a book of this size to look for information in the wrong place, we would ask our readers to make use of the very comprehensive index and tables of contents furnished herewith.

All these new features have had one disastrous effect from the publishers' point of view. The book as it now stands is half as large again as the previous edition, and is offered at the same price. We believe this to be by far the greatest value for money ever given in book production. We can only ask our readers to pardon the increased bulk, and trust that this new and enlarged edition of MRS. BEETON'S HOUSEHOLD MANAGEMENT will meet with the same hearty welcome its old and well-tried predecessors have always enjoyed.

WARWICK HOUSE,
SALISBURY SQUARE, E.C.
1906.

ABRIDGED PREFACE TO THE FIRST EDITION

I MUST frankly own that, if I had known beforehand the labour which this book has entailed, I should never have been courageous enough to commence it. What moved me, in the first instance, to attempt a work like this, was the discomfort and suffering which I had seen brought about by household mis-management. I have always thought that there is no more fruitful source of family discontent than badly-cooked dinners and untidy ways. Men are now so well served out of doors—at clubs, hotels and restaurants—that, to compete with the attractions of these places, a mistress must be thoroughly acquainted with the theory and practice of cookery, as well as all the other arts of making and keeping a comfortable home.

In this book I have attempted to give, in the chapters devoted to cookery, an intelligible arrangement to every recipe, a list of the *ingredients*, a plain statement of the method of preparing each dish, and a careful estimate of its *cost*, the *number of people* for whom *sufficient*, and the time when *seasonable*. Friends in England, Scotland, Ireland, France and Germany have very materially aided me. A diligent comparison with the works of the best modern writers on cookery has also been necessary to the faithful fulfilment of my task. But in the department belonging to the Cook I have striven to make my work something more than a Cookery-Book, and have, therefore, given a short account of the natural history of the animals and vegetables which we use as food. I have followed the animals from their birth to their appearance on the table; have described their management; the position of the various joints; and the methods of carving Meat, Poultry and Game. Skilful artists have designed the numerous drawings which illustrate many important and interesting items. The coloured plates are a novelty not without value.

Towards the end of the work will be found valuable chapters on the "Management of Children," "The Doctor," "Legal Memoranda," which have been contributed by a great physician and an eminent solicitor. I wish here to acknowledge the kind letters and congratulations I have received during the progress of this work, and have only further to add, that I trust the result of the four years' incessant labour which I have expended will not be altogether unacceptable to some of my countrymen and countrywomen.

248, *Strand*, 1861. ISABELLA BEETON.

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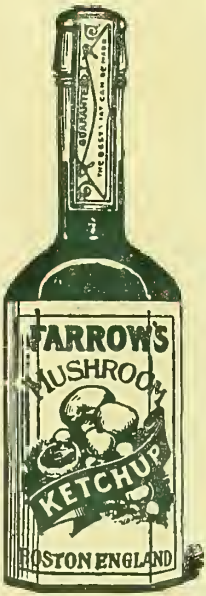

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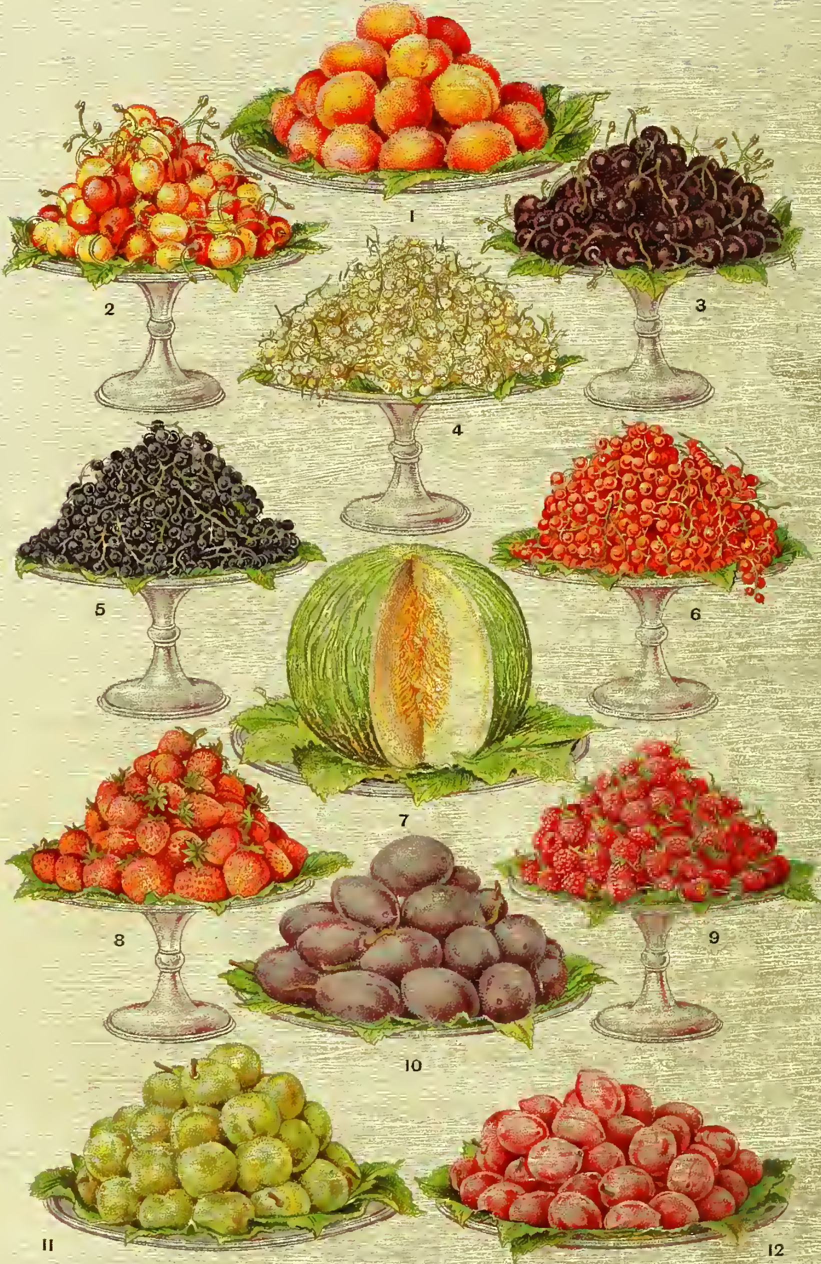
Black and White says:—"Reduced in price, but the quality and absolute purity will be maintained in every way."

FRUIT.



1.—Apricots. 2.—White Cherries. 3.—Black Cherries. 4.—White Currants.
5.—Black Currants. 6.—Red Currants. 7.—Melon. 8.—Strawberries. 9.—Raspberries.
10.—Plums (Black Diamonds). 11.—Greengages. 12.—Victoria Plums.

THE MISTRESS

CHAPTER I

The Housewife, Home Virtues, Hospitality, Good Temper, Dress and Fashion, Engaging Domestics, Wages of Servants, Visiting, Visiting Cards, Parties, Etc., Etc.

"*Strength and honour are her clothing ; and she shall rejoice in time to come. She openeth her mouth with wisdom ; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed ; her husband also, and he praiseth her.*"—Proverbs xxxi. 25–28.

The Functions of the Mistress of a House resemble those of the general of an army or the manager of a great business concern. Her spirit will be seen in the whole establishment, and if she performs her duties well and intelligently, her domestics will usually follow in her path. Among the gifts that nature has bestowed on woman, few rank higher than the capacity for domestic management, for the exercise of this faculty constantly affects the happiness, comfort and prosperity of the whole family. In this opinion we are borne out by the author of *The Vicar of Wakefield*, who says :—" The modest virgin, the prudent wife, and the careful matron are much more serviceable in life than petticoated philosophers, blustering heroines, or virago queans. She who makes her husband and her children happy is a much greater character than ladies described in romances, whose whole occupation is to murder mankind with shafts from the quiver of their eyes."

The Housewife.—Although this word may be used to describe any mistress of a household, it seems more fittingly applied to those who personally conduct their domestic affairs than to others who govern with the assistance of a large staff of well-trained servants. Times have changed since 1766, when Goldsmith wrote extolling home virtues ; and in few things is the change more marked than in woman's sphere ; but a woman should not be less careful in her management or blameless in her life because the spirit of the age gives her greater scope for her activities. Busy housewives should be encouraged to find time in the midst of domestic cares for the recreation and social intercourse which are necessary to the well-being of all. A woman's home should be first and foremost in her life, but if she allow household cares entirely to occupy her thoughts, she is apt to become narrow in her interests and sympathies, a condition not conducive to domestic happiness. To some overworked women but little rest or recreation may seem possible, but, generally speaking, the leisure to be enjoyed depends upon proper methods of work, punctuality, and early rising. The object of the present work is to give assistance to those who desire practical advice in the government of their home.

Early Rising contributes largely to good Household Management ; she who practises this virtue reaps an ample reward both in health and prosperity. When a mistress is an early riser, it is almost certain that her house will be orderly and well managed. On the contrary, if she remain in bed till a late hour, then the servants, who, as we have observed, invariably acquire some of their mistress's characteristics, are likely to become sluggards. To self-indulgence all are more or less disposed, and it is not to be expected that servants are freer from this fault than the heads of houses. The great Lord Chatham gave this advice :—" I would have inscribed on the curtains of your bed, and the walls of your chamber, ' If you do not rise early, you can make progress in nothing.' " Cleanliness is quite indispensable to Health, and must be studied both in regard to the person and the house, and all that it contains. Cold or tepid baths should be employed every morning. The bathing of children will be treated of under the heads of " The Nurse " and " The Doctor." Many diseases would be less common than they are if the pores of the skin were kept open.

Frugality and Economy are Virtues without which no household can prosper. The necessity of economy should be evident to every one, whether in possession of an income barely sufficient for a family's requirements, or of a large fortune which seems to put financial adversity out of the question. We must always remember that to manage well on a small income is highly creditable. " He is a good waggoner," says Bishop Hall, " that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little than how to make it more." In this there is true wisdom, and it may be added that those who can manage small things well are probably fitted for the management of greater. Economy and frugality must never, however, be allowed to degenerate into meanness.

A Judicious Choice of Friends is most essential to the happiness of a household. An acquaintance who indulges in scandal about her neighbours should be avoided as a pestilence. While ever attending to the paramount claims of home, a lady should not altogether neglect social duties. The daily round of work is much more pleasant if cheered by intercourse with friends, who are often able to give, or pleased to receive, help in the little difficulties that may occur in everyday life. Another point of view is that most women look forward to some day guiding their daughters in society, and in this cherished hope have a motive for not abstaining too much from social intercourse. One is apt to become narrow-minded by living too much in the home circle ; it is not well to get out of the way of meeting fresh people. It is important also that children should have the advantage of mixing with other young people, though of course parents should exercise every precaution against the evils of bad company.

Friendships should not be hastily formed, or the heart given to every newcomer. There are women who smile on every chance acquaintance, and who have not the courage to reprove vice or defend virtue. Addison, the great essayist, observes that—" A friendship which makes the least noise is very often the most useful ; for which reason, I should prefer a prudent friend to a zealous one."

The advice Shakespeare makes Polonius give to his son Laertes is thoroughly sound :—

> Those friends thou hast, and their adoption tried,
> Grapple them to thy soul with hoops of steel ;
> But do not dull thy palm with entertainment
> Of each new-hatched, unfledged comrade.

Hospitality should be practised ; but care must be taken that the love of company, for its own sake, does not become a prevailing passion ; such a habit is no longer hospitality, but dissipation. Reality and sincerity in this, as in all duties of life, should be studied ; for, as Washington Irving says—" There is an emanation from the heart in genuine hospitality which cannot be described, but is immediately felt, and puts the stranger at once at his ease." A lady, when she first undertakes the responsibility of a household, should not attempt to retain all the mere acquaintances of her youth. Her true and tried friends are treasures never to be lightly lost, but they, and the friends she will make by entering her husband's circle, and very likely by moving to a new locality, should provide her with ample society.

In Conversation one should never dwell unduly on the petty annoyances and trivial disappointments of the day. Many people get into the bad habit of talking incessantly of the worries of their servants and children, not realizing that to many of their hearers these are uninteresting if not wearisome subjects. From one's own point of view, also, it is well not to start upon a topic without having sufficient knowledge to discuss it with intelligence. Important events, whether of joy or sorrow, should be told to friends whose sympathy or congratulation may be welcome. A wife should never allow a word about any faults of her husband to pass her lips ; and in conversation, she should keep the counsel of Cowper continually in her memory,—that it should flow naturally and not

> " As if raised by mere mechanic powers."

The secret of our conversation being entertaining or the reverse consists mainly on our powers of suiting it to the minds of those with whom we are speaking. With some it is necessary to make but little effort for they much prefer to talk themselves, and it is then the duty of the hostess to listen with as much interest as she can command. Other people are shy, and then a good deal of tact is required to find out subjects congenial to them, for there are sure to be some in which they are interested, and it is well for the mistress of a household to know a little of the current topics of the day.

Cheerfulness.—We cannot too strongly insist on the vital importance of always preserving an equable good temper amidst all the little cares and worries of domestic life. Many women may be heard to declare that men cannot realize the petty anxieties of a household. But a woman must cultivate that tact and forbearance without which no man can hope to succeed in his career. The true woman combines with mere tact that subtle sympathy which makes her the loved companion and friend alike of husband, children and all around her. Stevenson's prayer is worth remembering : "The day returns, and brings us the petty round of irritating concerns and duties. Help us to play the man, help us to perform them with laughter and kind faces, let cheerfulness abound with industry. Give us to go blithely on our business all this day, bring us to our resting beds weary and content and undishonoured, and grant us in the end the gift of sleep."

On the Important Subject of Dress and Fashion we cannot do better than quote : "Let people write, talk, lecture, satirize, as they may, it cannot be denied that, whatever is the prevailing mode in attire, let it intrinsically be ever so absurd, it will never *look* as ridiculous as another, which, however convenient, comfortable, or even becoming is totally opposite in style to that generally worn." A lady's dress should be always suited to her circumstances, and varied for different occasions. The morning dress should be neat and simple, and suitable for the domestic duties that usually occupy the early part of the day. This dress should be changed before calling hours ; but it is not in good taste to wear much jewellery except with evening dress. A lady should always aim at being well and attractively dressed whilst never allowing questions of costume to establish inordinate claims on either time or purse. In purchasing her own garments, after taking account of the important detail of the length of her purse, she should aim at adapting the style of the day in such a manner as best suits the requirements of her face, figure and complexion, and never allow slavish adherence to temporary fads of fashion to overrule her own sense of what is becoming and befitting. She should also bear in mind that her different costumes have to furnish her with apparel for home wear, outdoor exercise and social functions, and try to allot due relative importance to the claims of each.

The advice of Polonius to his son Laertes, in *Hamlet*, is excellent ;

and although given to one of the male sex, will equally apply to the question of a woman's dress :—

> "Costly thy habit as thy purse can buy,
> But not express'd in fancy ; rich, not gaudy ;
> For the apparel oft proclaims the man."

Charity is a Duty and privilege that we owe to ourselves as well as to our needy neighbours. There is, we hope, hardly any one so poor, but that with a little thought he can give assistance, in works if not in goods, to others. As a poet has sung —

> "Is thy cruse of comfort wasting,
> Rise and share it with another,
> And through all the years of famine
> It shall serve thee and thy brother,
> For the heart grows rich by giving,
> All its wealth is living grain ;
> Seeds that moulder in the garner,
> Scattered, fill with gold the plain—
> Scanty food for one will often
> Make a royal feast for two."

Personal work, care and time are however necessary if our gifts are to have the best effect. Fortunately, the duty of visiting the poor, whether in crowded city slums or rustic villages, was never more widely recognized than at the present time. It should not be necessary to urge all who undertake this duty to lay aside any patronizing attitude, which may do untold harm. A heartfelt sense of the real dignity of honest, self-supporting poverty is one of the first essentials in such work.

Marketing.—Much information for guidance and assistance will be found in our average price lists in the chapter on "Marketing" and in the observations before the cookery sections for Fish, Meat, Poultry, Game, Vegetables, Fruit, etc. That the best articles will prove the cheapest in the long run, and that the purchase of low priced and untrustworthy substitutes for reliable articles should be avoided, may be laid down as fundamental rules for marketing. It is most desirable that whenever possible the mistress should herself purchase all stores needed for the home. Should the young wife lack knowledge upon these subjects, a little personal practice and experience will soon teach her the best articles to buy and the most reliable places to deal at.

Accounts of Household Expenditure should always be kept, and kept punctually and precisely. The best plan for keeping household accounts is to write down in a daily diary every amount, be it ever so small, spent each day ; then, at the end of a week or month, let these payments be ranged under their various heads of Butcher, Baker, etc. Thus the amounts paid to each tradesman will be seen, and any week's or month's expenses can be contrasted with those of another. The housekeeping accounts should be balanced not less than once a month—once a week is better ; and it should be seen that the money in hand agrees with the accounts. "My advice," said Mr. Micawber to David Copperfield, "you know. Annual income twenty pounds, annual expenditure nineteen, nineteen six, result happiness. Annual income twenty pounds, annual expenditure twenty pounds, ought and six, result misery. The blossom is blighted, the leaf is withered, the God of day goes down upon the dreary scene, and in short you are for ever floored." Once a month it is advisable that the mistress overlook her store of glass and china, marking any breakages on the inventory of these articles.

When a housekeeper is entrusted with these duties, the mistress should examine her accounts regularly. Then, any increase of expenditure can easily be examined, the mistress will have a regular check upon her expenditure, and the housekeeper who strives to manage her department well and economically will know that her efforts are appreciated.

Engaging Servants is one of the most important duties the mistress is called upon to perform. One of the commonest ways of procuring servants is to answer advertisements or to insert a notice, setting forth what kind of servant is required. In these advertisements it is well to state whether the house is in town or country, and indicate the wages given. There are many respectable registry-offices, where good servants may be hired. A good plan is for the mistress to tell her friends and acquaintances of the vacant place. A lady whose general relations with her domestics are friendly, and fairly permanent, will seldom need to employ any of these methods. Suitable applicants will soon present themselves to fill the vacant places, generally friends of the domestic who is obliged to leave.

We would here point out an error—and a grave one—into which some mistresses fall. They do not, when engaging a servant, tell her all the duties which she will be expected to perform. All the work which the maid will have to do should be plainly set forth by the mistress, and understood by the servant. If this plan is not carefully adhered to, misunderstanding is almost certain to occur, and may not be easily settled.

Servants' Character.—It is hardly safe to be guided by a written one from an unknown quarter ; it is better to have an interview, if possible, with the former mistress. In this way you will be helped in your decision as to the fitness of the servant by the appearance of her former place. No mistress desires a needless change of servants. The proper way to obtain a personal interview with a servant's former employer is to tell the applicant for the situation to ask her former mistress to appoint a convenient time when you may call on her ; this courtesy being necessary to prevent any unseasonable intrusion on the part of a stranger. Your first questions should be relative to the honesty and general morality of the servant ; and if the replies are satisfactory, her other qualifications are then to be ascertained. Inquiries should be very minute, so that you may avoid disappointment and trouble, by knowing the weak points of your domestic. Your questions also should be brief, as well as to the point.

In giving a Character, it is scarcely necessary to say that one should be guided by a sense of strict justice. It is not right to recommend a servant one would not keep oneself. The benefit to the servant herself is of small advantage, for the failings which she possesses will increase if indulged with impunity. At the same time, a mistress should never fail to do strict and impartial justice to any merits of her late servant, and should always remember the vital value of good references to one who depends on her labour for a living.

The Treatment of Servants is of the greatest importance to both mistress and domestics. If the latter perceive that their mistress's conduct is regulated by high and correct principles, they will not fail to respect her ; and if a real desire is shown to promote their comfort, while at the same time a steady performance of their duty is exacted, then well-principled servants will be anxious to earn approval, and their respect will not be unmingled with affection.

A lady should never allow herself to forget the important duty of watching over the moral and physical welfare of those beneath her roof. Without seeming unduly inquisitive, she can always learn something of their acquaintances and holiday occupation, and should, when necessary, warn them against the dangers and evils of bad company. An hour should be fixed, usually 10 or 9 p.m., after which no servant should be allowed to stay out. To permit breaches of this rule, without having good and explicit reasons furnished, is very far from being a kindness to the servant concerned. The moral responsibility for evil that may result rests largely on the employer who permits late hours. Especial care is needed with young girls. They should be given opportunities for welcoming respectable friends at their employer's house, and not be forced by absence of such provision for their comfort to spend their spare time out of doors, often in driving rain, possibly in bad company.

Wages of Servants.—The following Table of the average yearly wages paid to domestics, will serve to regulate the expenditure of an establishment. The amounts given will, of course, vary according to experience and locality, extent of duties, supply and demand. No Table could possibly be given which would not be subject to alteration under special circumstances, but taken as a general average these payments will be appropriate and form as reliable a guide as could possibly be given. In most establishments such men-servants as coachman, footman, and page, are provided with livery by their employers. This does not affect the question of wages.

Whilst writing on this subject, we would warn the young wife not to let mistaken notions of economy make her lose, for the sake of saving a trifle in wages, the services of a trusted and efficient domestic. The difference in expense between good and bad servants in a house can only be learned by experience. A really good servant can save her employers far more than her wages and keep amount to, a bad one would be a poor bargain if she gave her services for nothing.

MEN SERVANTS.

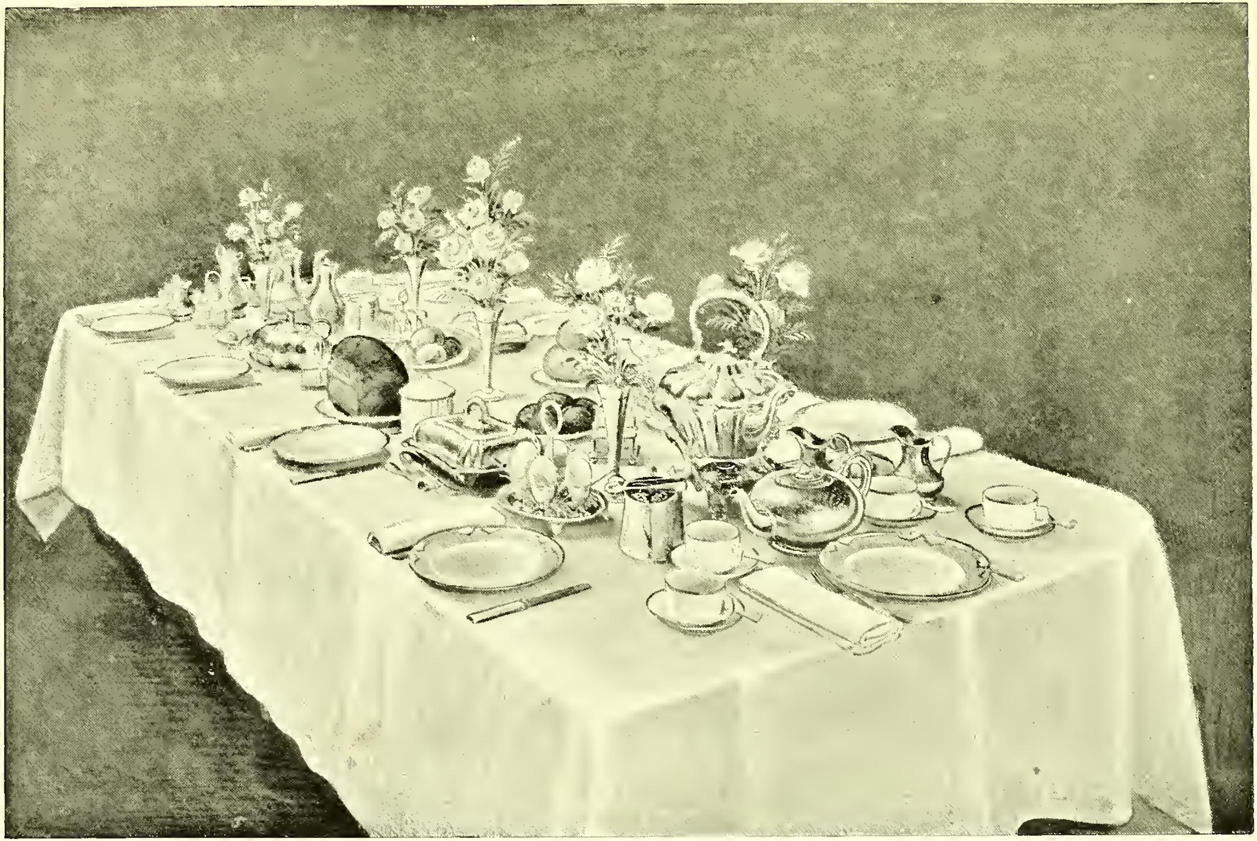
House Steward	From £60 to £100
Groom of the Chambers	,, £45 ,, £55
Valet	,, £35 ,, £50
Cook	,, £100
Head Gardener (not in the house)	,, £70 to £120
Under Gardener	,, £40 ,, £45
Butler	,, £55 ,, £90
Under Butler	,, £35 ,, £45
Footman	,, £18 ,, £40
Under Footman	,, £18 ,, £34
Second Footman	,, £18 ,, £34
Coachman	,, £40 ,, £70
Coachman (not in the house)	,, £70 ,, £90
Groom	,, £25 ,, £35
Under Groom	,, £18 ,, £25
Page	,, £12 ,, £18
Stable Boy	,, £6 ,, £12
Servants' Hall Boy	,, £6 ,, £12
Steward's Boy	,, £8 ,, £15
Head Gamekeeper	,, £100 ,, £150
Under Gamekeeper	,, £50 ,, £70

WOMEN SERVANTS.	Everything found, or an allowance for the same.
Housekeeper	From £30 to £60
Lady's Maid	,, £25 ,, £40
Cook	,, £20 ,, £60
Kitchen Maid	,, £16 ,, £28
Scullery Maid	,, £14 ,, £18
Still-room Maid	,, £18 ,, £28
Head Nurse	,, £25 ,, £35
Under Nurse	,, £12 ,, £18
Head Laundry Maid	,, £22 ,, £30
Under Laundry Maid	,, £12 ,, £20
Parlour Maid	,, £20 ,, £35
Head Housemaid	,, £20 ,, £28
Under Housemaid	,, £14 ,, £18
General Servant	,, £12 ,, £28

These are the wages that prevail in or near the Metropolis. The wages of under servants vary considerably according to locality ; and they are often much lower in large establishments where young servants receive a good training than in middle-class households.

Number of Servants suited to different incomes.—The following is a rough scale of servants suited to various incomes. It is, however, impossible to give any general rule in these matters. Whether in a household of moderate means such as our scales deal with, a man-servant is required, will depend upon whether the house is situated in town or country, and if the possession of horses or a

A BREAKFAST TABLE.



garden renders his services imperative. One should not forget that when heavy expenses such as those of education have to be incurred for a family, this outlay must be carefully allowed for, before committing oneself in other directions. Similarly, where two servants are kept, and a nurse is required for young children, it will probably be deemed wise to dispense with the services of the housemaid, and arrange for the nurse to give some help to the cook.

When one is considering if an extra servant is necessary or not, it is well to remember that assistance may sometimes be profitably arranged by engaging a lad for two or three hours a day to do such rough work as cleaning boots and shoes, working in the garden, etc.; and, when uncertain whether to engage a gardener, one should not forget that a man not coming more than four days a week does not render an employer liable to the duty on man-servants.

About £1,000 a year. Cook, housemaid, and perhaps a man-servant.
From £750 to £500 a year. Cook, housemaid.
About £300 a year. General servant.
About £200 a year. Young girl for rough work.

Daily Duties.—Having thus indicated the general duties of a mistress in the moral government of her household, we will now give a few instructions on practical details. To do this more clearly, we will begin with the earliest duties, and set forth the occupations of the day.

Before Breakfast.—Having risen early and attended to the toilet, see that the children receive proper care, and are clean and comfortable. The first meal of the day, breakfast, will then be served, at which all the family should be punctually present, unless illness, or other circumstances, prevent. After breakfast is over, the mistress should make a round of the kitchen and other offices, to see that all is in order, and that the early morning's work has been properly performed by the various domestics. The orders for the day should then be given; and any questions which the domestics may ask should be answered, and any articles they require given out. Where a housekeeper is engaged, she will of course perform the above-named duties.

Prompt notice should be taken of the first appearance of slackness, neglect, or any faults in domestic work, so that the servant may know that her mistress is quick to detect the least disorder, and will not pass unsatisfactory work. Small faults allowed to pass unreproved quickly increase. A failing easily cured if promptly dealt with, is almost hopeless when it has been allowed to develop into a habit.

After this General Superintendence of her servants, the mistress will probably have a certain number of letters to write, possibly some marketing or shopping to do, besides numberless small duties which are better done early in the day, such as arranging the flowers for drawing-room and dinner-table, etc. If she be the mother of a young family there may be some instruction to give them, or some of their wardrobes to inspect, and needlework to be done. Time should also be allotted for reading and harmless recreation.

If a lady does much plain needlework a sewing-machine is indispensable. With its help she can make and mend many articles used by her children and herself, and this without undue fatigue. The assistance of such an appliance is invaluable in every home, especially to a mother of daughters. Hand-sewing is slow and laborious, and unless provided with a sewing-machine, there is little inducement for any one to practise home-dressmaking. Apart from the valuable experience gained in cutting-out, fitting, altering and re-making, a great saving may be effected.

Luncheon.—In establishments where an early dinner is served, that meal will, of course, take the place of the luncheon. In many houses, where a nursery dinner is provided for the children about one o'clock, the elder members of the family usually make their luncheon at the same time. If circumstances are not strongly against the arrangement, the children of the house should take their dinner with their mother. It is far better for children to have their principal meal in the company of their mother and other members of the family, as soon as they are able to feed themselves properly. Many little vulgar habits and faults of speech and manner are avoided by this companionship. The mother can thus better watch over her children's health, and see that their food is properly cooked, served, and suited to them. Children who are accustomed to the society of their seniors at their meals will not be awkward or shy with visitors, or when they are staying from home. The nurse, likewise, by this plan is released, for a short period, from the care of her little charges, and, while she enjoys her dinner with her fellow-servants, " waiting on the nurse," a great objection with many housemaids, is avoided.

Visiting.—After luncheon, morning calls and visits may be made and received. These may be divided under three heads ; those of ceremony, friendship, and congratulation or condolence. Visits of ceremony or courtesy, which occasionally merge into those of friendship, are to be paid under various circumstances. Thus, they are uniformly required after dining at a friend's house, or after a ball, picnic, or any other party. These visits should be short, a stay of from fifteen to twenty minutes being quite sufficient.

When other visitors are announced, it is well to leave as soon as possible, taking care not to give the impression that your departure has been hastened by the arrival of the new guest. When they are quietly seated, and the bustle of their entrance is over, rise from your chair, taking a kind leave of the hostess, and bowing politely to the guests. Should you call at an inconvenient time, not having ascertained the luncheon hour, or from any other inadvertence, retire as soon as possible without, however, showing that you feel yourself an intruder. It is not difficult to make suitable excuses on such an occasion, and a promise can be made to call again, if the lady you have called on appear really sorry that circumstances have caused you to shorten your visit.

Visits of Friendship need not be so formal as those of ceremony. It is, however, advisable to call at suitable times, and to avoid staying too long if your friend is engaged. Courtesy and consideration for others are safe rules in these every-day matters. During visits manners should be easy and unstrained, and conversation natural and unforced.

It is not advisable to take pet dogs into another lady's house, for there are people who have an absolute dislike to animals ; besides this, there is always a chance of the animal breaking something, to the annoyance of the hostess. Except in the case of close friends or special invitation, little children should not accompany a lady in making morning calls. Where a lady, however, pays her visits in a carriage, the children can be taken, remaining in the carriage when the caller enters her friend's house.

It has now become general for the mistress of a house to set aside one day in every week, fortnight or month, as the case may be, on which she is at home to receive callers. Wherever this is known to be the case, casual visitors should make it a rule to call on that day. It is hardly necessary to add that a lady should always be prepared for guests on "at home" days. If any circumstance obliges her to be from home on such a day, she must carefully inform all her acquaintances in good time, that they may be spared a fruitless journey.

When a lady has fixed her "At Home" day and cards have been issued as, for example, "Mrs. A— At Home on Wednesdays from 4 to 7," afternoon tea should be provided by the hostess, fresh supplies of it, with thin bread-and-butter, fancy sandwiches, sweets, cakes, etc., being forthcoming as fresh guests arrive.

Morning Calls demand good but neat attire ; a costume much more elaborate than that which you generally wear will be out of place. As a general rule, it may be said, both in reference to this and all other occasions, it is better to be under than overdressed.

A strict account should be kept of ceremonial visits, and notice be taken how soon your visits have been returned. An opinion may thus be formed as to whether your frequent visits are, or are not, desirable. There are, naturally, instances in which the circumstances of old age or ill-health will preclude any return of a call ; but when this is the case, it must not interrupt the discharge of the duty by those who have no such excuses to make.

In all visits, if your acquaintance or friend be not at home, a card should be left. If you are in a carriage, the servant will answer your inquiry and receive your card without waiting for you to alight ; if paying your visits on foot, give your card to the servant who answers the door. The form of words, "Not at home," may be understood in different senses ; but the only courteous way is to receive them as being perfectly true. You may imagine that the lady of the house is really at home, and that she would make an exception in your favour, or you may think that your call is not desired; but, in either case, not the slightest word is to escape you which would suggest, on your part, such an impression.

Visits of Condolence should be paid within a week after the event which occasions them. If the acquaintance, however, is but slight, they should not be made until immediately after the family has appeared in public. A lady should send in her card, and, if her friends be able to receive her, the visitor's manner and conversation should be subdued, and in harmony with the character of her visit. Visitors paying visits of condolence should be dressed in black, or at any rate very quietly. Sympathy with the affliction of the family is thus expressed.

Receiving Morning Calls.—The foregoing description of the etiquette to be observed in paying them will apply to the receiving of calls. It is to be added, however, that, generally speaking, all occupations should be suspended on the entrance of morning visitors. If a lady, however, be engaged with light needlework, she may continue it quietly during conversation, particularly if the visit be protracted.

Formerly the custom was to accompany all departing visitors to the door of the house, and there take leave of them; but modern society, which dispenses with a great deal of this kind of ceremony, now merely requires that the lady of the house should rise from her seat, shake hands, or bow, and ring the bell to summon the servant to attend them and open the door. In making a first call, either upon a newly-married couple or on persons newly arrived in the neighbourhood, a lady should leave her husband's card, together with her own, at the same time stating that the profession or business in which he is engaged has prevented him from having the pleasure of paying the visit with her. It is a custom with many ladies, when on the eve of an absence from their neighbourhood to leave or send their own and husband's cards, with the letters P. P. C. in the right-hand corner. These letters are the initials of the French words *Pour prendre congé*, meaning " To take leave."

Visiting Cards and Invitations.—The fashion of visiting cards used to vary much, some being made extremely thin, but those of medium thickness are now usually preferred. When calling at a house, it used to be customary to turn up the lower right-hand corner of the card, to denote that a personal call had been made, but this is not general any longer. Tennis and croquet invitations are issued with the word at the bottom right-hand corner. For Soirées, " At Homes," Conversaziones, Dinners and Balls, invitation cards are used; but for Weddings the invitations are issued upon notepaper. Gilt edges and gilt decorations are not often used nowadays, nor is the monogram, or crest, or both frequently embossed at the head of the paper.

It is customary at many houses during summer to give tennis or croquet teas. The meal is very informal, and often served out of doors. Iced tea, coffee, claret-cup, etc., are served, with sandwiches, pastry, cakes and other light viands. The tables are set under shady trees, and a couple of servants or members of the family are in attendance at them, the visitors themselves going to the table for what they may want. The following is a form for wedding invitations :—

Mr. and Mrs. A—— request the pleasure of Mr. and Mrs. B——'s company on the occasion of the marriage of their daughter Alice with Frederick S——.

Ceremony on Wednesday, 14 *June, at —— Church, at — o'clock, and afterwards at ——.*

R.S.V.P.

The morning calls having been paid or received, and their etiquette properly attended to, the next great event of the day in most establishments is "The Dinner"; and we will only make a few general remarks on this important subject here, as in future pages the whole "Art of Dining" will be thoroughly considered, with reference to its economy, comfort and enjoyment.

Invitations for Dinner.—In giving these it is usual to give from a fortnight's to three weeks' notice, and formal ones are sent on printed cards, such as the following—

....

request the pleasure of

....

company at dinner

on............the............at...........o'clock.

HOWARD HOUSE,
KENSINGTON, W. R.S.V.P.

In accepting an invitation the form of words used is—

....

have much pleasure in accepting

....

kind invitation for

....

while in declining one it is usual to say—

....

regret they are unavoidably prevented [or that a previous engagement prevents them] from accepting

....

kind invitation for

....

Before the Dinner.—A dinner-party, in an establishment where such an event is of rare occurrence, is apt to cause great anxiety to the inexperienced hostess, particularly when she cannot place full reliance in the training and capabilities of her servants. But, whatever her fears of disaster may be, she must meet her guests with a bright and cheery welcome.

In giving any entertainment of this kind, the hostess should endeavour to make the guests enjoy the time spent under her roof, and the guests themselves should remember that they have come with the object of mutual entertainment. An opportunity is thus given to all for innocent pleasure and intellectual intercourse, in the course of which pleasant and valuable friendships may be formed and information acquired that may prove useful through life. Many celebrated men and women have been great talkers; and one may recall the genial Sir Walter Scott, who would speak freely to any one, and was wont to say that he never did so without learning something.

With respect to the number of guests, it has often been said, that a private dinner-party should consist of not less than the number of the Graces, or more than that of the Muses. A party of ten or twelve is, perhaps, as a general rule, sufficient for enjoyment. Gloves are worn by ladies at dinner-parties, but should be taken off before the actual meal begins.

Going to Dinner.—Dinner having been announced, the host offers his arm to, and places on his right hand at the dinner-table, the lady to whom he desires to pay most respect, either on account of her age, position, or because she is the greatest stranger in the party. If this lady be married and her husband present, the latter takes the hostess—who always enters the dining-room last—to her place at table, and seats himself at her right hand. The rest of the company follow the host in couples, as specified by the master or mistress of the house, the whole party being arranged according to their rank and other circumstances which may be known to the host and hostess.

Guest Cards.—It will be found of great assistance to the placing of a party at the dinner-table, to have the names of the guests neatly written on small cards called "Guest cards" and placed at that part of the table where it is desired the several guests should sit. It is a matter of taste what cards should be used for this purpose; small plain ones are perfectly admissible, but those with gold, silver or coloured borders are more effective and show more distinctly, laid as they are upon either white table cloths or serviettes. Some with floral ornamentation are frequently used. Sometimes the menu card is a double one, which folds like a ball programme, and upon the outside of this the guest's name is written.

The Dinner *à la Russe*, introduced into England about the middle of the nineteenth century, has now largely taken the place of the old custom of having all the dishes served from the table. The service of dinner is fully dealt with in subsequent pages.

Dessert.—When dinner is finished, the dessert is placed on the table, accompanied by finger-glasses, in which the tips of the fingers are dipped after the fruit or sweetmeats of this course have been taken.

Leaving the Dinner Table.—When fruit has been taken, and a glass or two of wine passed round, the time will have arrived when the hostess, after catching the eye of the lady first in precedence, rises, and gives her guests the signal to retire to the drawing-room. The gentlemen will rise at the same time, and the one nearest the door open it for the ladies, all courteously standing until the last lady has withdrawn.

In former times, when the bottle circulated freely amongst the guests, the ladies retired earlier than they do at present. Thanks, however, to the changes time has wrought, strict moderation is now invariable amongst gentlemen, and they now take but a brief interval for tobacco. talk, and coffee, before they rejoin the ladies.

After-dinner Invitations, by which we mean invitations for the evening, may be given. The time of arrival of these visitors will vary according to their engagements, or sometimes will be varied in obedience to the caprices of fashion. Guests invited for the evening are, however, generally considered at liberty to arrive whenever it will best suit themselves —usually between nine and twelve, unless earlier hours are specifically named. By this arrangement, those who have numerous engagements to fulfil, can contrive to make their appearance at two or three parties in the course of one evening.

Ball or Evening Party Etiquette.—The etiquette of the dinner-party table being disposed of, let us now enter into that of an evening party or ball. The invitations for these are usually on " At Home " cards, filled in with the name and address of the sender and the date of the invitation, with the word " Dancing " or " Music," as the case may be, in one corner. They should be sent out about three weeks before the day fixed for the event, and should be replied to within a week of their receipt. By attention to these courtesies, the guests will have time to consider their engagements, and prepare their dresses, and the hostess will learn in good time the number of guests likely to be present.

Short or verbal invitations, except to relatives or close friends, are not, formally speaking, correct, but, of course, very much depends on the circumstances under which the invitation is given. Social forms, while never allowed to become a fetish, should not be altogether neglected even among close friends and relatives, for unintentional neglect of a customary formality may be misunderstood and strain a valued friendship.

Arrival of Guests.—Visitors on arrival should be shown to a room exclusively provided for their reception ; and in that set apart for the ladies, attendants should be in waiting to assist those ladies who may require help. It will be found convenient, where the number of guests is large, to provide numbered tickets, so that they can be attached to the cloaks and wraps of each visitor ; a duplicate of the ticket should be handed to the guest. Tea and coffee is provided in an ante-room, for those who would like to partake of it.

Introductions.—The lady of the house usually stands at the door of the drawing-room to receive her guests. She may introduce some of them to others, where she may imagine mutual acquaintance will be suitable and agreeable. It is very often the practice of the master of the house to introduce one gentleman to another, but occasionally the lady performs this office.

The custom of non-introduction is very much in vogue in many houses, and guests are thus left to discover for themselves the position and qualities of the people around them. The servant, indeed, calls out the names of all the visitors as they arrive, but, in many instances, mispronounces them ; so that it will not be well to follow this information, as if it were an unerring guide. But the gentleman is, of course, introduced by either host or hostess to the lady whom he is to take in to dinner.

Refreshments.—A separate room or buffet should be set apart for refreshments. A supper is also often provided at private parties; and this requires, on the part of the hostess, a great deal of attention and supervision. It usually takes place between the first and second parts of the dances arranged. Programmes of these dances are printed in various forms, and have pencils attached. The monogram of the hostess, or the name of the house, with the date of the party, frequently heads these programmes.

At Private Parties, a lady should not refuse the invitation of a gentleman to dance, unless she be previously engaged. The hostess must be supposed to have asked to her house only those persons whom she knows to be of good character, as well as fairly equal position; hence to decline the offer of any gentleman present would be a tacit reflection on the master and mistress of the house. It may be mentioned here that an introduction at balls or evening parties does not necessarily involve a subsequent acquaintanceship, no introduction, at these times, giving a gentleman a right afterwards to address a lady. She is consequently free next morning to pass her partner at a ball of the previous evening without the slightest recognition, if she prefers to do so.

Dancing.—The ball is generally opened by the lady of the house. Whilst the host will usually lead off the dance with the lady highest in rank of those present or the greatest stranger, it will be well for the hostess, even if she is an ardent and accomplished dancer, not to indulge in the art to an unlimited extent, as the duties of entertaining make considerable demands on her attention and time. A few dances will suffice to show that she shares in the pleasures of the evening.

The hostess and host, during the progress of a ball, will chat with their friends, and take care the ladies are furnished with seats, and that those who wish to dance are provided with partners. A gentle hint from the hostess that a lady lacks a partner during several dances, is certain not to be neglected by any gentleman. In this way the comfort and enjoyment of the guests can be promoted, and no lady will experience the sensation of being a wallflower throughout the evening. Beside her other cares, the mistress has frequently the added duties of a chaperon either of her own or some friend's daughters. Without making vexatious regulations, or preventing the enjoyment of her charges, she must be able to ensure their doing nothing that is either *outré* or in bad form. At a ball she will take special care that her charges always know where to find her, though no reasonable chaperon will expect a girl to be always with her.

Departure.—When any of the carriages are announced, or the time for the departure of the guests arrives, they should bid farewell to the hostess, without attracting the attention of the other guests to their departure. If this cannot be done without creating too much bustle, it will be better for the visitors to retire quietly without taking their leave. Within a week of the entertainment, the hostess should receive from every guest a call, where possible, or cards expressing the gratification experienced from her entertainment. To neglect such an obvious duty is an offence against all social rules

Having shortly treated different forms of social gatherings, we now return to the ordinary routine of the household, though all the details we have given of dinner parties, balls, etc., belong to the department of the mistress. Without a knowledge of the etiquette to be observed on these occasions, a mistress would be unable to enjoy and appreciate those friendly meetings which, giving a pleasant change, make the quiet, happy life of an English gentlewoman the more enjoyable. In their proper places, all that is necessary to be known respecting the dishes and appearance of the breakfast, dinner, tea, and supper tables will be set forth in this work.

Home Gatherings are more frequent and more important than social entertainments. Both, however, have to be studied with a view to efficiency, enjoyment and economy. These points will be dealt with in the pages on "Cookery." Here we will only say, that for both mistress and servants, it will be found wise to cook and serve the dinner, and to lay the tablecloth and the sideboard, with the same cleanliness, neatness and scrupulous exactitude, whether it be for the family, or for "company." If this be strictly adhered to, the details of work will become as second nature to all energies, and the trifling extra trouble entailed is amply repaid by the increased efficiency of servants, the feeling that one is always prepared for any chance callers, and the moral stimulus that is given by having all things done decently and in order.

Evenings at Home should form a pleasant, improving and restful portion of the daily round. Few hours of the day present more opportunities for forming and strengthening good habits and tendencies among the young. In many homes this is the only time when the busy father has the opportunity, and the mother the leisure, to share in the pursuits and pastimes of their children. If children do not find pleasure at home they will seek it elsewhere, often in undesirable directions. Hence it should form part of the settled domestic policy of every parent to make children feel that home is one of the happiest places in the world, thus cultivating in them an attachment to home interests that may prove an invaluable safeguard in the crucial years of their youth. With this object in view all innocent games and pastimes should be encouraged ; the young collector, naturalist, carpenter or engineer should be helped in his interesting and instructive hobbies. Games of skill, like chess and draughts, which have an educational value, should be introduced and opportunity given for cricket, cycling, walking, hockey and healthy sport, whilst children who show any talent for music, drawing, modelling, composition, etc., should know that a keen interest is taken in their pursuits.

Fancy needlework often forms a portion of the evening's recreation for the ladies of the household, and this may be made more pleasant by reading aloud some standard work, whether of instruction, humour, or romance, and there is no greater safeguard against those low-class and pernicious publications, which, alas! abound, than an early acquaintance with the real masterpieces of literature.

Retiring for the Night.—It is well to remember that early rising is almost impossible if retiring to rest at a late hour is the practice of the household. The younger members of a family should go early and at regular hours to their beds, and the domestics as soon as possible after a reasonably appointed hour. Either the master or the mistress of a house should, after all have gone to their separate rooms, see that all is right with respect to lights and fires below; and no servants should on any account be allowed to remain up after the heads of the house have retired.

Having thus dealt with daily routine from rising at morning to retiring at night, there remain only now to be considered a few matters, respecting which the mistress of the house may be glad to receive information.

When taking a House in a new locality, it will be etiquette for the mistress to wait until the older inhabitants of the neighbourhood call upon her, thus evincing a desire, on their part, to become acquainted with the new-comer. It may be, that the mistress will desire an intimate acquaintance with but few of her neighbours; but it is to be specially borne in mind that all visits, whether of ceremony, friendship, or condolence, should be punctiliously returned, though some time may be allowed to elapse in the case of undesirable acquaintance.

Letters of Introduction.—You may perhaps have been favoured with letters of introduction from some of your friends, to persons living in the neighbourhood to which you have just come. In this case, enclose the letter of introduction in an envelope, with your card. Then, if the person to whom it is addressed call in the course of a few days, the visit should be returned by you within the week, if possible. It is now more usual to write by the post and introduce a friend, instead of leaving everything to be said by the letter that is given.

In the event of your being invited to dinner under the above circumstances, nothing but necessity should prevent you from accepting the invitation. If, however, there is some distinct reason why you cannot accept, let it be stated frankly and plainly. An opportunity should, also, be taken to call in the course of a day or two, in order to express your regret that untoward circumstances have made it impossible for you to be present.

In Giving a Letter of Introduction, it should always be handed to your friend unsealed. Courtesy dictates this, as the person whom you are introducing would, perhaps, wish to know in what manner he or she was spoken of. Should you *receive* a letter from a friend, introducing to you any person known to and esteemed by the writer, the letter should be immediately acknowledged, and your willingness expressed to do all in your power to carry out his or her wishes.

Order and Punctuality are so important to the comfort and happiness of the household that every mistress should fix stated hours for meals, etc., which ought to be strictly observed by every member of the family.

ORDER OF THE HOUSEHOLD

Morning Prayers, 8.45 A.M.

"Forsake not the assembling of yourselves together."

MEALS.

Breakfast (Kitchen & Nursery) .	8 a.m.
,, (Dining-Room) . .	8.30,,
Kitchen Dinner . . .	12.30 p.m.
Luncheon	1.30 ,,
Kitchen and Nursery Tea . .	5 ,,
Dinner	6.30 ,,
Kitchen Supper	9 ,,

POST ARRIVES. 8 A.M.

"Kind words in which we feel the pressure of a hand."

POST DEPARTS. 8.30 A.M. & 6 P.M.

"A timely written letter is a rivet in the chain of affection."

Pleasures and Duties in due order linked.

Evening Prayers, 10 P.M.

The specimen card of order of the household will guide the mistress in drawing up a set of rules adapted to the special requirements of her own home.

Furnishing a House is an anxious and onerous undertaking, involving far more ramifications, details and difficulties than can be dealt with here. A few useful elementary rules to be observed are as follows: before purchasing a single article, the future abode should be carefully inspected, and a careful plan made with exact measurements of the height, length and breadth of every room and of all recesses contained in them, for a few inches difference more or less will render quite impossible or useless for your room a suite or article of furniture fancied by you, or recommended by the plausible salesman, who has never seen the house to be furnished. Then, still, before any purchases are made, a list of the articles desired and necessary for the new house should be made, re-made, altered and considered, priced and re-priced, estimated and re-estimated. No trouble or care can be considered excessive in this task, for to most people, furnishing from cellar to attic, as the phrase goes, is a task that comes to us but once in our existence, and some of the articles selected may have to last for a lifetime. Should money be limited, the sum that can be devoted to this purpose should be carefully fixed, and if the amount is not found sufficient for all requirements, the expenditure on all strictly necessary articles should be estimated and allowed for, before letting the fancy stray after superfluities and luxuries. This may seem a very obvious rule, but it is one often neglected. The scarcity of vile dross that prevents us from ordering all we think we need for our new establishment, may be a blessing in disguise, for many of those quaint and interesting articles that lend so much individuality and artistic charm to a dwelling can never be purchased in bulk, but must be acquired by a combination of good luck, good taste and loving search. The time required for an exciting hunt after articles of beauty, quaint ugliness, or romantic interest, will not be grudged by many young couples, for each treasure thus acquired tends to give fresh interest in the beautifying of a home. These rules considered, rival catalogues compared, and the advantages and drawbacks of old and new furniture weighed, the prospective householder will be prepared to face the allurements of Tottenham Court Road and elsewhere. Every possible information about kitchen furniture and utensils, with carefully compiled price lists, will be found in a later chapter. It is now usual for the landlord to allow the incoming tenant to choose the wall papers, and we would advise our readers not to mind taking considerable trouble in this respect. It is well to think whether the rooms require light or dark papers ; the furniture and carpets with which they are to be associated should also be considered. In few things are loving care and taste better repaid than in such careful choice, and we would recommend our readers not to rest content with the sample books furnished by their landlord, but to inspect the designs of the best known and most artistic firms.

Choosing a House.—Many mistresses have experienced the horrors of house-hunting, and it is well known that " three removes are as good (or bad, rather) as a fire."

The choice of a house must depend on various circumstances with different people, and to give any specific directions on this head would be impossible and useless, yet it will be desirable to point out some of the general features as to locality, soil, aspect, etc., which all house-hunters should carefully consider.

Regarding the locality, we may say, speaking more particularly of a town house, that it is important to the health and comfort of a family that the neighbourhood of all factories producing unwholesome or offensive emanations or odours should be strictly avoided. Neither is it well to take a house in the immediate vicinity of a noisy trade, lest it should prove a constant annoyance.

Before taking a house on lease, get a competent surveyor to inspect the state of the building—drainage, walls, roof, gutters, etc. Do not rely upon the statements of an agent, or any one interested in letting the house. When circumstances permit, it is well to stay for some time in the neighbourhood to ascertain if it suits your health and taste before removing there.

Referring to soils: it is held as a rule, that a gravel soil is best, as the rain drains through it very quickly, and it is consequently less damp than clay, upon which water rests a far longer time. Sand, chalk, and clay soils all possess their respective merits, but the latter should be avoided by those subject to rheumatic affections.

The aspect of the house should be well considered, remembering that the more sunlight comes into the house the healthier is the habitation. A house with a south or south-west aspect is lighter, warmer, drier, and consequently more healthy, than one facing the north or north-east.

Great advances have been made of late in sanitary knowledge, and the first point to inspect in a house is its drainage, as it has been proved in thousands of cases that bad or defective drainage is as certain to destroy health as the taking of poison. This arises from its injurious effect upon the atmosphere, which renders the air we breathe unwholesome and dangerous. Let us remember, then, that unless the drainage of a house is perfect, the health of its inhabitants is sure to suffer; and they will be susceptible to diphtheria, typhoid and all kinds of fevers and disease. A damp house also fosters rheumatism, ague, etc.

The importance of a good water supply can scarcely be over estimated. No house, however suitable in other respects, should be taken if this important source of health and comfort is in the slightest degree scarce or impure. We cannot take too much care in seeing that it is pure and good, as well as plentiful, knowing as we do its constant influence on the health of a household.

Ventilation is another feature which must not be overlooked. To ensure efficient ventilation both inlet and outlet openings must be provided; the former, as near the floor as possible, without producing a draught; the latter, close to the ceiling. The lower part of the window may be used as an inlet for air when the room is not in use. Iron gratings and perforated bricks fitted into the outer wall, and valves opening into the chimney, can all serve as outlets for foul air. Failing these, the upper sash of the window may be lowered; but this method of ventilation is apt to cause an unpleasant draught, whereas the above-named devices admit and carry off air without any perceptible change of temperature.

Before committing themselves to any agreement for a house, inexperienced readers are advised to consult our "Legal Memoranda," given later on.

Rent.—Some authorities say one-tenth, others one-eighth, of the total income should be spent in rent, but so many circumstances—such as the size of the family, its position, and the locality in which it is necessary to reside—affect this estimate, we are disposed to think it is a question best left for careful consideration in each individual case. When facing the problem of taking a new and larger house, one should bear in mind that the mere increase in rent does not represent the whole of the extra expense that will have to be borne, for besides rates, which of course increase proportionately, a larger house seems invariably to increase expenses all round. Yet it is not easy to give explicit reasons for this undoubted tendency.

The Responsibilities or Duties of the mistress of a house are, though onerous and important, by no means difficult if given careful and systematic attention. She ought always to remember that she rules the household ; and by her conduct its whole internal policy is regulated. She is, therefore, a person of far-reaching importance. Her daughters model themselves on her pattern, and are directed by her counsels :— " Her children rise up and call her blessed ; her husband also, and he praiseth her." Therefore let each wife, remembering her responsibilities, see that her conduct is such as to earn the love and reverence of her children and her husband.

Let her remember the sincere homage paid to the good wife and mother by the great philosophers and writers of all ages. Jeremy Taylor says : " A good wife is Heaven's last best gift to man ; his angel and minister of graces innumerable ; his gem of many virtues ; his casket of jewels. Her voice is sweet music ; her smiles his brightest day ; her kiss the guardian of his innocence ; her arms, the pale of his safety ; the balm of his health, the balsam of his life ; her industry, his surest wealth ; her economy, his safest steward ; her lips, his faithful counsellors ; her bosom, the softest pillow of his cares ; and her prayers, the ablest advocates of Heaven's blessings on his head."

THE HOUSEKEEPER

CHAPTER II

Duties and Responsibilities.

As Second in Command in the House, except in large establishments, where there is a house-steward, the housekeeper must consider herself as the immediate representative of her mistress, and bring to her work all the qualities of honesty, industry, and vigilance which would be expected of he if she were at the head of *her own* family. Constantly striving to promote the prosperity of the household, she should oversee all that goes on in the house, that every department is thoroughly attended to, and that the servants are comfortable, at the same time that their various duties are properly performed.

Cleanliness, punctuality, and method are essentials in the character of a good housekeeper. Without these qualities, no household can be well managed. Order again, is indispensable ; by it we provide that " there should be a place for everything, and everything in its place."

Accounts.—A necessary qualification for a housekeeper is that she should thoroughly understand accounts. She will have to write in her books an accurate account of all sums paid for any and every purpose, the current expenses of the house, tradesmen's bills, wages, and many miscellaneous items. As we have mentioned in the previous chapter, a housekeeper's accounts should be periodically examined and checked by the head of the house. Nothing tends more to the satisfaction of both employer and employed than this arrangement. " Short reckonings make long friends " stands good in this case, as in others.

The housekeeper should make a careful record of every domestic purchase whether bought for cash or not. This record will be found a useful check upon the bills sent in by the various tradesmen, so that any discrepancy can be inquired into and set right. An intelligent housekeeper will by this means be able to judge of the average consumption of each article in the household ; and to prevent waste and carelessness.

The following table of expenses, income, or wages, shows what any sum, from £1 to £100 per annum, is, when reckoned per quarter, calendar month, week, or day :—

Per Year.			Per Quarter.			Per Month.		Per Week.		Per Day.	Per Year.			Per Quarter.			Per Month.			Per Week.			Per Day.	
£	s.	d.	£	s.	d.	s.	d.	s.	d.	d.	£	s.	d.	£	s.	d.	£	s.	d.	£	s.	d.	s.	d.
1	0	0	0	5	0	1	8	0	4½	0¾	11	0	0	2	15	0	0	18	4	0	4	3	0	7¼
1	10	0	0	7	6	2	6	0	7	1	12	0	0	3	0	0	1	0	0	0	4	7½	0	8
2	0	0	0	10	0	3	4	0	9¼	1¼	13	0	0	3	5	0	1	1	8	0	5	0	0	8½
2	10	0	0	12	6	4	2	0	11½	1¾	14	0	0	3	10	0	1	3	4	0	5	4½	0	9¼
3	0	0	0	15	0	5	0	1	1¾	2	15	0	0	3	15	0	1	5	0	0	5	9	0	10
3	10	0	0	17	6	5	10	1	4¼	2¼	16	0	0	4	0	0	1	6	8	0	6	2	0	10½
4	0	0	1	0	0	6	8	1	6½	2½	17	0	0	4	5	0	1	8	4	0	6	6½	0	11¼
4	10	0	1	2	6	7	6	1	8¾	3	18	0	0	4	10	0	1	10	0	0	6	11	0	11¾
5	0	0	1	5	0	8	4	1	11	3¼	19	0	0	4	15	0	1	11	8	0	7	3½	1	0½
5	10	0	1	7	6	9	2	2	1½	3¾	20	0	0	5	0	0	1	13	4	0	7	8	1	1¼
6	0	0	1	10	0	10	0	2	3¾	4	30	0	0	7	10	0	2	10	0	0	11	5	1	7¾
6	10	0	1	12	6	10	10	2	6	4¼	40	0	0	10	0	0	3	6	8	0	15	4½	2	2¼
7	0	0	1	15	0	11	8	2	8¼	4½	50	0	0	12	10	0	4	3	4	0	19	3	2	9
7	10	0	1	17	6	12	6	2	10½	5	60	0	0	15	0	0	5	0	0	1	3	0¾	3	3½
8	0	0	2	0	0	13	4	3	1	5¼	70	0	0	17	10	0	5	16	8	1	6	11	3	10
8	10	0	2	2	6	14	2	3	3	5½	80	0	0	20	0	0	6	13	4	1	10	9	4	4½
9	0	0	2	5	0	15	0	3	5½	6	90	0	0	22	10	0	7	10	0	1	14	7¾	4	11
10	0	0	2	10	0	16	8	3	10	6½	100	0	0	25	0	0	8	6	8	1	18	5½	5	5½

Cooking.—Although the housekeeper does not generally interfere much in the actual work of the cook, yet it is necessary that she should possess a good knowledge of cookery ; for she has to direct the work of others. In some establishments cakes, bread, jams, pickles, etc., are made in the still-room under the housekeeper's superintendence.

Instruction in Cookery.—Happily it is now usual for all young people to learn something of this art, and it is a valuable accomplishment, no matter to what class they belong, for at some time of their life it is sure to be of use. A great many, too, who do not actually have to cook themselves are glad to have the power of checking the work of their cooks, who without such a check would become domestic tyrants. With servants of this sort a mistress who knows nothing of cooking is powerless. Before the existence of cookery schools instruction could only be obtained at home, from the mother, housekeeper or cook, but now many who desire instruction prefer to avail themselves of the many opportunities offered by the cookery schools and classes. This course has advantages to recommend it ; for that a practical teacher, while allowing the pupil considerable freedom of choice, takes care that the lessons comprise dishes which teach the principles of cookery, as well as mere manipulation of the materials. A good teacher also endeavours to inculcate habits of economy, cleanliness, and tidiness besides the mere details of the science ; but if the cook were to teach on the same lines her motive might be misunderstood, and her advice resented. If the pupils would always practise in their own homes the tidiness and cleanliness they are taught in the schools, they would be less frequently regarded as a nuisance by the cook. Novices should make a rule not to use unnecessary utensils, to wait on oneself as much as possible, and to clear away all materials and utensils when they have finished.

The Daily Duties of a Housekeeper are regulated, in a great measure, by the size of the establishment she superintends. She should rise early, and see her assistants are duly performing their work, and that the preparations for breakfast are progressing satisfactorily. After breakfast, which, in large establishments, she will take in the "housekeeper's room," with the lady's-maid, butler, and valet, served by one of the under-maids, she will, on days set apart for such purposes, carefully examine the household linen, with a view to its being repaired, or further necessary supplies being procured ; she will also see that the furniture throughout the house is well rubbed and polished ; and attend to all the necessary details of marketing and ordering goods from the tradesmen.

The Housekeeper's Room is generally made use of by the lady's-maid, butler and valet, who take there their breakfast, tea and supper. The lady's-maid will also use this apartment as a sitting-room, when not engaged with duties which would call her elsewhere. In different establishments, according to their size, means and expenditure of the family, different rules, of course, prevail. For instance, in mansions where great state is maintained, and there is a house-steward, two distinct tables are kept, one in the steward's room for the principal members of the staff, the second in the servants' hall for the other domestics. At the steward's dinner-table, the steward and housekeeper preside ; and here, also, may be included the lady's-maid, butler, valet.

After Dinner, the housekeeper, having seen that her assistants have returned to their various duties, and that the household is in proper working order, will have many important matters claiming her attention. She will, possibly, have to give the finishing touch to some article of confectionery, or be occupied with some of the more elaborate processes of the still-room. There may also be the dessert to arrange, ice-creams to make ; and many employments that call for no ordinary degree of care, taste and attention.

The Still-room was formerly much more common than at present, for in days of "auld lang syne" the still was in constant requisition for the supply of home-made wines, spirits, cordials and syrups, home-made medicines, scents, and other aromatic substances for the toilet, and sweet-flavoured waters for the purposes of cookery. There are some establishments, however, in which distillation is still carried on, and in these the still-room maid has her old duties to perform. In a general way, however, this domestic is immediately concerned with the housekeeper. For the latter she lights the fire, dusts her room, prepares the breakfast table, and waits at the different meals taken in the housekeeper's room. A still-room maid may learn a very great deal of useful knowledge from her intimate connexion with the housekeeper, and if she be active and intelligent, may soon fit herself for a better position in the household.

Evening Occupation.—In the evening, the housekeeper will often busy herself with the necessary preparations for the next day's duties. Numberless small, but still important, arrangements will have to be made, so that everything may move smoothly. At times, perhaps, attention will have to be paid to the preparation of lump-sugar, spices, candied peel, the stoning of raisins, the washing, cleansing, and drying of currants, etc. The evening, too, is the best time for attending to household and cash accounts, and making memoranda of any articles she may require for her store-room or other departments.

Periodically, at some convenient time—for instance, quarterly or half-yearly—it is a good plan for the housekeeper to make an inventory of everything she has under her care, and compare this with the lists of a former period ; she will then be able to furnish a statement, if necessary, of the articles which, from wear, breakage, loss, or other causes, it has been necessary to replace or replenish.

Responsibilities.—In concluding these remarks on the duties of the housekeeper, we will briefly refer to the very great responsibility which attaches to her position. Like " Caesar's wife," she should be " above suspicion," and her honesty and sobriety unquestionable ; for there are many temptations to which she is exposed. From a physical point of view, a housekeeper should be healthy and strong, and be particularly clean in her person, and her hands, though they may show a slight degree of roughness, from the nature of some of her employments, still should have a nice appearance. In her dealings with the various tradesmen, and her behaviour to the domestics under her, the demeanour and conduct of the housekeeper should never diminish her authority or influence.

Seasons for different kinds of work.—It will be useful for the mistress and housekeeper to know the best seasons for various occupations connected with Household Management ; and we, accordingly, subjoin a few hints which we think will prove valuable.

In the winter months, some of the servants have much more to do, in consequence of the necessity there is to attend to the necessary fires.

In the summer, and when the absence of fires gives the domestics more leisure, a little extra work can be easily performed.

Spring is the usual period set apart for house-cleaning, and removing all the dust and dirt which, notwithstanding all precautions, will accumulate during the winter months, from dust, smoke, gas, etc. This season is also well adapted for washing and bleaching linen, etc., as the weather not being then too hot for the exertions necessary in washing counterpanes, blankets, and heavy substances, the work is better and more easily done than in the greater heats of July. Winter curtains should be taken down, and replaced by the summer white ones ; and furs and winter clothes also carefully laid by. The former should be well shaken and brushed, and then pinned upon paper or linen, with camphor to preserve them from moths. Spring cleaning must include the turning out of all the nooks and corners of drawers, cupboards, lumber-rooms, etc., with a view to getting rid of unnecessary articles, which left there create dirt and harbour mice and other vermin, though only useless encumbrances left where they are, they may be of great value to one's poorer neighbours. Sweeping chimneys, taking up and cleaning carpets, painting and whitewashing the kitchen and offices, papering rooms, when needed, and, generally speaking, giving the house, a bright and new appearance, for the approaching summer, are among the cares of this season. Oranges should now be preserved, and wine made.

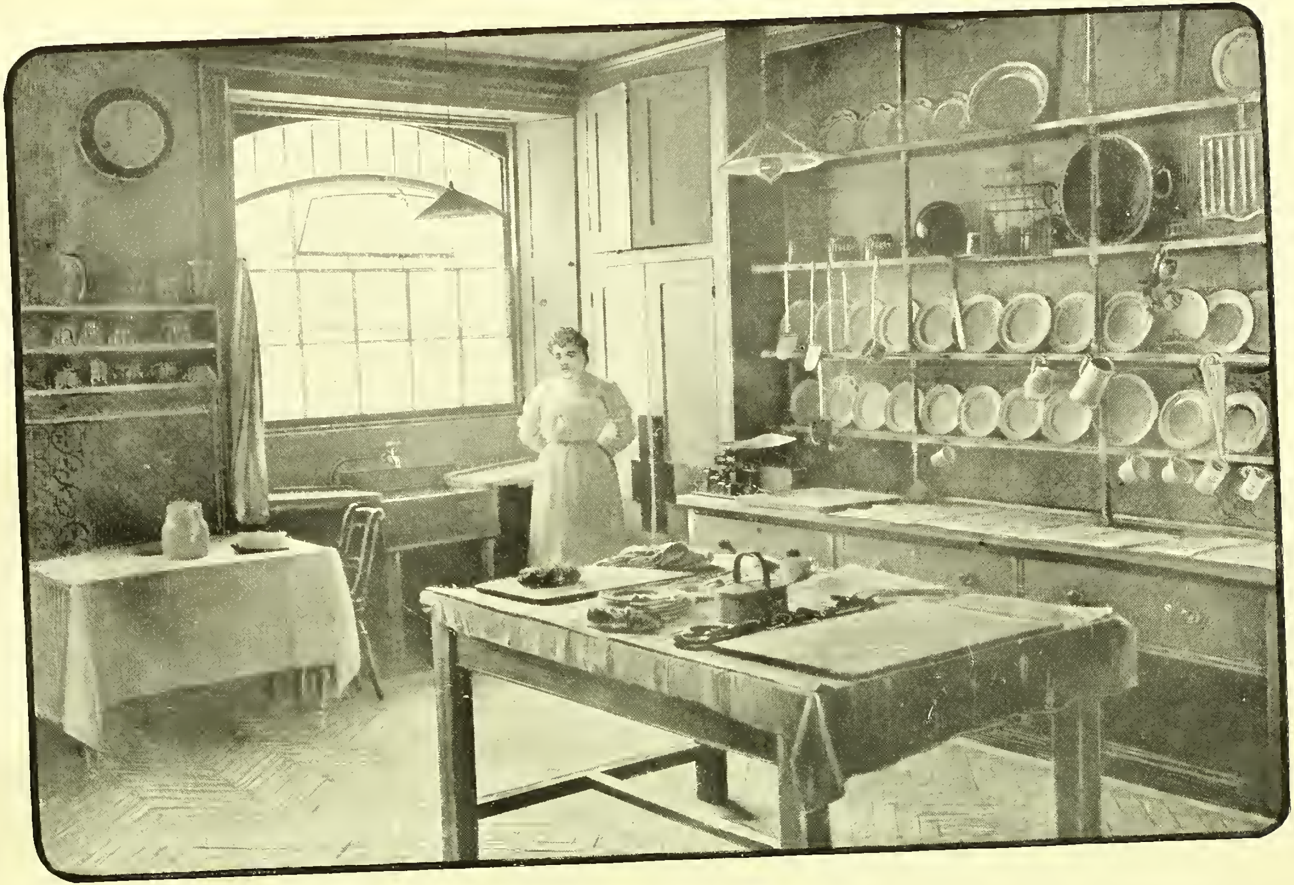
Summer will be found the best period for examining and repairing household linen, and for "putting to rights" all those articles which have received a large share of wear and tear during the winter. The old proverb, "A stitch in time saves nine," applies very strongly to the care of such linen articles as table cloths, serviettes, sheets, pillow-slips, etc., a little early and careful attention to which will often prolong their period of usefulness. In June and July, currants, raspberries, strawberries, gooseberries, and other summer fruits should be preserved, and jams and jellies made. Eggs are cheap and plentiful at this season of the year, and the housekeeper should preserve, by one of the several satisfactory methods, a good supply for the winter months, when eggs, though more in demand than ever, are scarce and dear. Many households also find it economical to purchase in June a supply of salt butter in kegs for winter use. In July, too, the making of walnut ketchup should be attended to, as the green walnuts will be approaching perfection for this purpose. Many other pickles may also be made at this season, full directions for which are given in our pages.

Autumn fruit of various kinds, as plums, damsons, blackberries, cranberries and many others, should be bottled and preserved, and jams and jellies made. Pickled mushrooms, mushroom and tomato ketchup, pickled cabbage and beetroot, and many such stores should be prepared at this season. The apples and pears for winter use should now be gathered in and stored. These should be frequently looked over, and any fruit showing symptoms of decay removed. Filberts, cob nuts, and walnuts should also be preserved in sand and salt to prevent them from drying up and decaying.

In September and October it will be necessary to prepare for the cold weather, and get ready the winter clothing for the various members of the family. The white summer curtains will now be carefully put away, the fire-places, grates, and chimneys looked to, and the house put in a thorough state of repair.

In December, the principal household duty lies in preparing for the creature comforts of those near and dear to us, so as to meet Old Christmas with a happy face, a contented mind, and a full larder. And in stoning plums, washing currants, cutting peel, beating eggs, and mixing a pudding, a housewife is not unworthily greeting the season of good will.

THE KITCHEN.



THE COOK

CHAPTER III

General Advice to the Cook, with Observations on her Duties, and those of the Kitchen and the Scullery Maids

> Man may live without love—what is passion but pining?
> But where is the man who can live without dining?
> We may live without friends, we may live without books,
> But civilized men cannot live without cooks.
> *From "Lucille," by Owen Meredith.*

THE cook and those who serve under her are so intimately associated that they can hardly be treated of separately. The cook, however, is queen of the kitchen; and if she be clean, neat, orderly and quick in her work, those who are under her will emulate these good qualities; upon her the whole responsibility of the kitchen rests, whilst the duty of others is to render her ready and willing assistance.

In great establishments in the time of the Norman and Plantagenet kings the cook was indeed a great personage, more than one fortunate master of the art receiving a manor or title because he pleased the palate of his sovereign with some dainty dish. In those days the head cook gave orders from a high chair which commanded a view of all that was going on. Each held a long wooden spoon, with which he tasted, without leaving his seat, the dainties that were cooking on the stoves, and the spoon was frequently used as a rod of punishment on the backs of those who did not sufficiently study the virtues of diligence and temperance.

Early Rising.—If, as we have said, early rising is of the utmost importance to the mistress, what must it be to the servant! It is a thousand times tested truth that without early rising and punctuality good work is almost impossible. A cook ought to realize this important fact, for if she lose an hour in the morning, she is likely to be kept toiling all day to overtake necessary tasks that would otherwise have been easy to her. Six o'clock is a good hour to rise in the summer, and seven in the winter.

The Cook's First Duty should be to prepare the breakfast, full details for the selection, cooking, and service of which will be found in a later

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chapter, and then to busy herself with those numerous little tasks associated with arranging and providing for the day. This will bring her to the breakfast hour of eight, after which preparations must be made for the other meals of the household.

Daily Duties.—In those households where cook and housemaid only are kept, the general custom is that the cook shall look after the dining-room. Other household work, varying in different households, is also committed to her care. In establishments of this kind, the cook will, after having lighted her kitchen fire, brushed the range, and cleaned the hearth, proceed to prepare for breakfast. She will thoroughly rinse the kettle, and set it to boil. She may then perhaps have to go to the breakfast-room, and there make things ready for the breakfast. Attention must also be given to sweeping the hall, shaking the hall mats, which she must afterwards put back in their places.

The cleaning of the kitchen, passages, and kitchen stairs must always be over before breakfast, so that it may not interfere with the other business of the day. Everything should be ready, and the whole house should wear a comfortable aspect. Nothing is more pleasing to the mistress of an establishment than to notice that, although she has not been present to see the work done, proper attention has been paid to such matters.

By the time that the cook has performed the duties mentioned above, and well swept, brushed, and dusted her kitchen, the breakfast bell will perhaps summon her to the parlour, to "bring in" breakfast. It is often the cook's department, in small establishments, to take in the breakfast, as the housemaid, by this time, has gone upstairs into the bedrooms, and has there applied herself to her various duties. But many ladies prefer the breakfast brought in by the housemaid, though it remain to be cleared and washed up by the cook. Whichever way this part of the work is managed, each servant should have her duties clearly laid down for her. The cook usually answers the bells and single knocks at the door in the early part of the morning, as the tradesmen, with whom it is her more special business to speak, call at these hours.

The Preparation of Dinner is the most important part of the cook's work, wherein she begins to feel the responsibility of her situation, as she has to see to the dressing and serving of those dishes, which her skill and ingenuity have prepared. Whilst these, however, are cooking, she must be busy with her pastry, soups, gravies, entrées, etc. Stock, or what the French call *bouillon*, being the basis of most made dishes, must be always at hand, in conjunction with sweet herbs and spices for seasoning. "A place for everything, and everything in its place," must be the rule, in order that time may not be wasted in looking for things when they are wanted, and that the whole business of cooking may move with the regularity and precision of a well-adjusted machine. All must go on simultaneously. The vegetables and sauces must be ready with the dishes they are to accompany, and the smallest oversight must be avoided in their preparation. It is a good plan when a dinner of many courses has to be prepared, to write out, and hang in a conspicuous place, two lists of the day's dishes, one of the order in which they must be *served*, with every accessory complete, that nothing may be forgotten, and one of the order in which each should be *cooked*, that nothing may be over or underdone. When the dinner hour has arrived it is the duty of the cook to dish up such dishes as may, without injury, stand for some time covered on the hot plate or in the hot closet ; but such as are of a more important or delicate kind must be delayed until the order "to serve" is given. Then comes haste ; but there must be no hurry—all must work with method. The cook takes charge of the fish, soups and poultry ; and the kitchen-maid of the vegetables, sauces and gravies. These she puts into proper dishes, while the scullery-maid waits on and assists the cook. Every dish must be timed so as to prevent its getting cold, whilst great care should be taken that no more time is lost between the courses than is absolutely necessary, for good serving, hot plates, gravy and sauces that have not been allowed to get cold and greasy, are vital factors in providing a good dinner. When the dinner has been served, the most important item in the daily work of the cook is at an end. She must, however, every night and morning, look to the contents of her larder, taking care to keep everything sweet and clean, so that no disagreeable smells may arise from the neglect of this precaution. These are the principal duties of a cook in a big establishment. In many smaller households the cook engages to perform the whole work of the kitchen, and, in some places, a portion of the housework also.

Duties of the Kitchen-Maid.—Whilst the cook is engaged with her morning duties, the kitchen- or scullery-maid is also occupied with hers. Her first duty, after the fire is lighted, is to sweep and clean the kitchen and the various offices belonging to it. This she does every morning, besides cleaning the stone steps at the entrance of the house, the halls, the passages, and the stairs, if any, which lead to the kitchen. Her general duties, besides these, are to wash and scour all these places twice a week, with the table, shelves, and cupboards. She has also to attend to the nursery and servants' hall dinners while cooking, to prepare all fish, poultry, and vegetables, trim meat joints and cutlets, and do all such duties as may be assigned to her by the cook.

The duties of the kitchen- or scullery-maid, in short, are to assist the cook in everything in which she may require aid ; to keep the scullery and all kitchen utensils clean. The duties of a kitchen-maid and scullery-maid are almost identical, and the only reason that exists for retaining the two names is that in large establishments, where two kitchen-maids are kept, it is useful to distinguish them as *kitchen-* and *scullery*-maid, the former doing the more important, and the latter the coarser, work of the kitchen.

ADVICE TO COOKS AND KITCHEN-MAIDS

Importance of Cooking.—A good cook has every reason to magnify the office she holds, for her work influences not only the comfort but also the health of the whole household, and mindful of this responsibility she will take care to study both the needs and tastes of those whose food she prepares. With invalids and people in delicate health this care is of the utmost importance.

Try and realize for yourself the importance of your post. Whether your employers are working hard in professions or business, or leading a comparatively leisured existence, whether they have poor appetites or large ones, good cooking of their food is absolutely necessary to their health.

Make a rule to send everything up to table really well cooked. Do not regard this as an impossibility, for it can be done.

If you are told to prepare anything you are not certain about, have the courage to say so and ask your mistress's advice. How many dishes and dinners have been spoilt because cooks have been too proud to confess ignorance !

Accidents, of course, will happen (though but rarely with proper precautions) ; fires will not always burn, nor ovens bake as they should ; but if the joint, or whatever it may be, cannot be done to time, do not send it up raw, but ask for a little grace. If anything is really spoilt (as even with care it sometimes is) confess the fact, and do not send up a dish calculated to take away people's appetites.

Cleanliness.—A dirty kitchen is a disgrace to all concerned. Good cookery cannot exist without absolute cleanliness. It takes no longer to keep a kitchen clean and orderly than untidy and dirty, for the time that is spent in keeping it in good order is saved when culinary operations are going on and everything is clean and in its place. Personal cleanliness is most necessary, particularly with regard to the hands.

Dress.—When at your work, dress suitably ; wear short dresses, well-fitting boots, and large aprons with bibs, of which every cook and kitchen-maid should have a good supply, and you will be comfortable as you never can be with long dresses, small aprons, and slipshod shoes, the latter being most trying in a warm kitchen, which may very likely have a stone floor. A maid-servant's working dress, with its neat and becoming cap, is far from ugly, and nothing is more suitable for them whilst at their work.

Neatness should be studied by all engaged in domestic work. It will repay those who practise it a thousand fold by constantly saving them needless work.

Clear as you go ; do not allow a host of basins, spoons, plates, etc., to accumulate on the dresser or tables while you are preparing the dinner. By a little management and forethought much confusion may be saved in this way. It is as easy to put a thing in its place when it is done with as to continually remove it to find room for fresh requisites. For instance, after making a pudding, the flour tub, pasteboard, and rolling pin should be put away, and any basins, spoons, etc., taken to the scullery, neatly packed up near the sink, to be washed when the proper time arrives.

Economy.—Never waste or throw away anything that can be turned to account. In warm weather any gravies or soups that have been left from the preceding day should boiled up and poured into clean pans. Full directions with regard to stock pots, digesters and other economies of the kitchen will be found in a later chapter.

Go early every morning to your larder (which, like the kitchen, ought to be kept perfectly clean and neat), and while changing plates, looking to your bread pan (which should always be emptied and wiped out every morning), take notice if there is anything not likely to keep, and acquaint your mistress with the fact. It is better if there is a spare cupboard in the kitchen to keep any baked pastry there, and thus preserve its crispness.

Kitchen Supplies.—Do not let your stock of pepper, salt, spices, seasonings, herbs, etc., dwindle so low that there is danger of finding yourself minus some very important ingredient, the lack of which may cause much confusion and annoyance. Think of all you require when your mistress sees you in the morning, that she may give out any necessary stores. If you live in the country have your vegetables gathered from the garden at an early hour, so that there is ample time to get rid of caterpillars, etc., which is an easy task if the greens are allowed to soak in salt and water an hour or two.

Punctuality.—This is an indispensable quality in a cook. When there is a large dinner to prepare get all you can done the day before or early on the morning of the day. This will save a great deal of time and enable you, with good management, to send up your dinner in good time and style.

Cleansing of Cooking Utensils.—This is one of the cook's most important duties, and one that should never be neglected or put off from one day to another. When you have washed your saucepans, fish kettle, etc., stand them before the fire for a few minutes to get thoroughly dry inside before putting away. They should then be put in a dry place in order to escape rust. Put some water into them directly they are done with, if they have to stand some time before they are washed. Soups or gravies should never be allowed to stand all night in saucepans. Frying pans should be cleaned (if black inside) with a crust of bread, and washed with hot water and soda. It is a good plan to have a knife kept especially for peeling onions, but where this is not done the one used should be thoroughly cleaned. If the tin has worn off copper utensils, have it immediately replaced. Clean your coppers with turpentine and fine brick dust, or waste lemon skins and sand, rubbed on with flannel, and polish them with a leather and a little dry brick dust. Clean tins with soap and whiting, rubbing on with a soft rag or flannel, wiping them with a dry cloth, and lastly with a soft dry cloth or leather.

Washing of Dishes, Etc.—Do not be afraid of hot water in washing up dishes and dirty cooking utensils ; as these are essentially greasy, lukewarm water cannot possibly have the effect of cleansing them thoroughly, and soda in the water is a great saving of time as is also a fresh supply of hot water.

After washing the plates and dishes wash out your dish tubs with a little soap, soda and water, and scrub them often ; wash the dish cloth also and wring it out, and after wiping out the tubs stand them to dry.

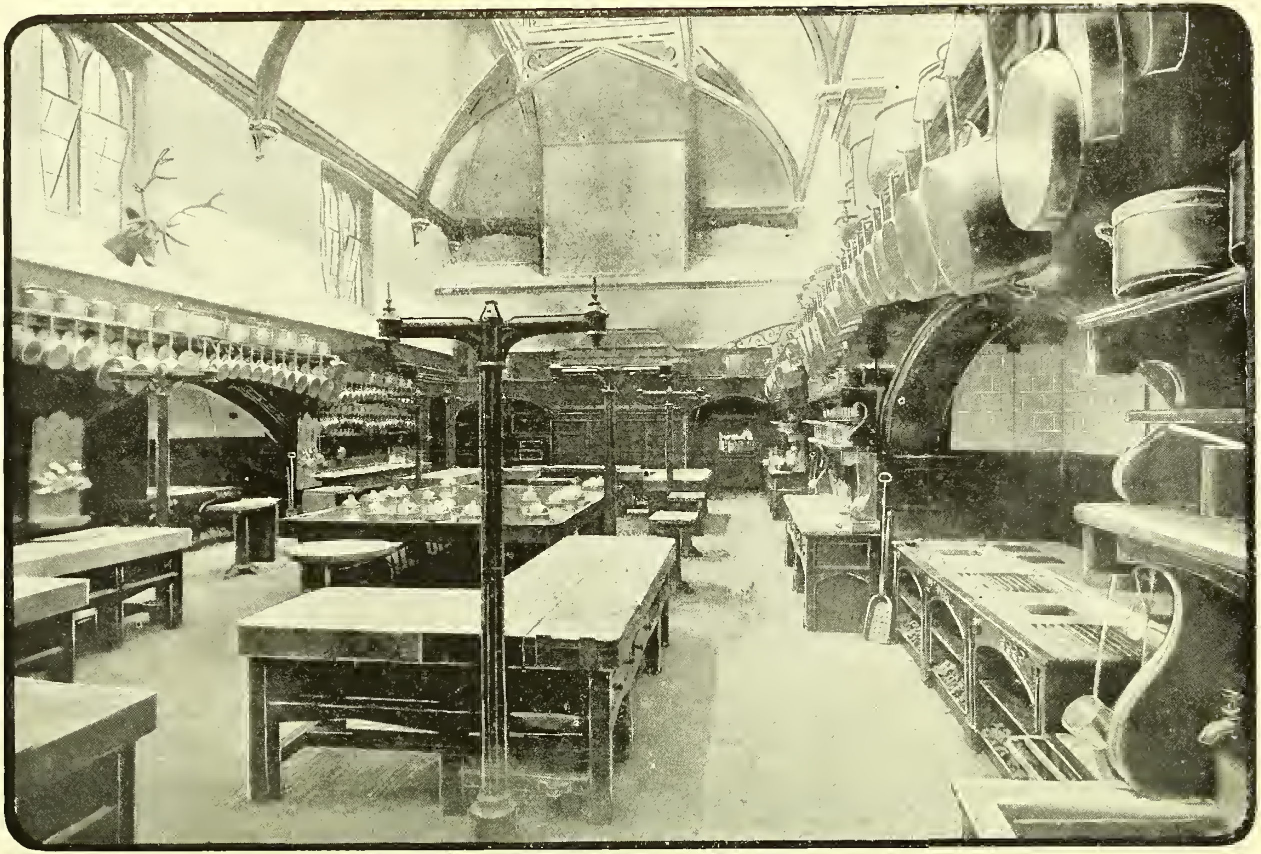
Pudding cloths and jelly bags should have immediate attention after being used ; the former should be well washed, scalded, and hung up to dry. Let them be perfectly aired before being put away. No soda should be used in washing pudding cloths.

The Sink.—Do not throw anything but water down the sink, as the pipe is liable to get choked, a state of things which causes both expense and annoyance. At least three times a week pour a pailful of boiling soda water down every trap, for this prevents accumulation of fat, which more often than anything else stops up sink pipes.

Try to realize how important this duty is ; bad smells (often caused by a stoppage in the sink pipes) are most disagreeable and dangerous.

Whilst a cook should be versed in all the details of her position, a mistress should never forget her own duty of seeing that the laws of economy, cleanliness and order are not neglected by her servants. The servants who reflect that some day they will probably need neatness, cleanliness and economy in their own homes, and for their own benefit, will feel grateful to the employer who insists on the practise of these virtues.

A ROYAL KITCHEN.



The Kitchen, Windsor Castle.

THE KITCHEN

CHAPTER IV

The Arrangement, Economy and Furniture of the Kitchen, Kitchen and Cooking Appliances, Utensils and their Prices, Etc.

Writers on Domestic Economy, etc.—There are few of those who have turned their attention to domestic economy and architecture, who have written on these important subjects with better effect than Sir Benjamin Thompson, an American chemist and physicist, better known as "Count Rumford," a title of nobility bestowed upon him by the King of Bavaria. He did not, however, go very deeply or fully into the design and construction of that part of the dwelling-house which is chiefly devoted to cookery purposes, when he declared that "the construction of a kitchen must always depend so much on local circumstances that general rules can hardly be given respecting it," and again that "the principles on which this construction ought in all cases to be made are simple and easy to be understood." These principles resolved themselves, in his estimation, into adequate room and convenience for the cook.

Definition of the term Kitchen.—The Anglo-Saxon *cicen*, the Danish *Krokken*, the German *Küche*, and the French *Cuisine* are all related to the Latin word *coquere*—to cook. The word kitchen probably dates from the end of the twelfth century, when the English language began to take concrete form. Chaucer, who died in 1400, makes use of the word in the "Canterbury Tales," the best example of the English language of that day. Shakespeare (1564–1616) speaks of the kitchen as a cook-room, clearly indicating its use in the sixteenth century; while Spenser (1552–1599) says the hostess

. . . "led her guests anone
Unto the kitchen room, ne spared for niceness none."

Here is undoubtedly meant a room in which the meal was to be served.

Requisites of a Good Kitchen.—That Count Rumford is perfectly right in his general, though somewhat broad premises, no one will be disposed to deny ; nevertheless, the requisites of a good kitchen demand something more special than is here pointed out. It must be remembered that it is the great laboratory of every household, and that much of the family " weal or woe," as far as regards bodily health, depends upon the nature of the food prepared within its walls. In the construction and disposition of a kitchen, therefore, the following conditions should be secured.

(1) Convenience of distribution in its parts, with largeness of dimension.

(2) Excellence of light, height and ventilation.

(3) Easy of access, without passing through the house.

(4) Walls and location so arranged that the odours of cookery cannot spread about the house.

(5) Plenty of fuel and water, which, with the scullery, pantry and storeroom, should be so near the kitchen as to offer the smallest possible trouble in reaching them.

In addition to these important points, the equipment of the kitchen demands careful consideration. Under this term is comprised its fittings, fixtures, furniture, and the utensils that should be found in the kitchen itself and the adjacent back kitchen, or scullery, for household and culinary uses. It will be convenient to consider the first three items as forming one division of our subject, and the last as another ; the portability of the various articles comprehended in the second division forming the chief point of distinction between them and those which find a place in the first.

THE FITTINGS, FIXTURES AND FURNITURE OF THE KITCHEN

The Fittings.—Under this title, let us glance briefly at the finish of the several surfaces within which the cubic space of the apartment itself is included : namely, the ceiling, the walls and the floor. There is more wear and tear and more injury from causes that tend to soil and disfigure in the kitchen than in any other part of the house, and care should therefore be taken to guard against the former as much as possible, and to render the effacement of the latter as easy and as speedy as possible.

(1) **The Ceiling.**—The most suitable ceiling is a plain, smoothly-plastered one, whether the kitchen is used solely for the purpose of cooking or, as is the case with the working-classes, as a combined kitchen and living room. It should be frequently whitewashed, for apart from the cleanliness, which is always desirable, the whiter the ceiling the greater will be its capacity to reflect light, and therefore to render the kitchen lighter.

(2) **The Walls.**—The walls of a kitchen used only for culinary purposes should be lined with white glazed tiles, or else have a high-tiled

dado. Tiled walls are more easily kept clean than distempered walls, which show every mark. When distemper must be used, some light shade should be selected, but not necessarily buff, although that colour is generally preferred because walls and woodwork should agree in colour, and buff is liked better than grey or green in a kitchen. Certainly buff has many good qualities to recommend it ; it is clean-looking, and in consequence of its colour nearly approaching that of the wood it show signs of wear less quickly than other colours. Those who work in kitchens of this description have the housekeeper's room and the servants' hall in which to sit when their work is done. An apartment of different appearance is necessary in smaller middle-class households, where the maids have to spend their leisure time in the kitchen, and also in the homes of the working-classes, where the kitchen is the living-room of the family. For these, the most appropriate and durable wall-coverings are varnished papers. Recent years have introduced many new fashions in this direction, but nothing that can be recommended in preference to the old-fashioned oak papers with dull surfaces, specially prepared to receive the varnish after being hung. The initial outlay is considerable, but a good, well-varnished paper will last a very long time. Moreover, it always looks bright, is easily kept clean, and its smooth surface prevents any accumulation of dust, which is a great recommendation from a health point of view. The woodwork should be painted, grained and varnished to match the paper. The sanitary, so-called washable papers are less expensive than varnished papers, but their glazed surfaces will not stand repeated applications of soap and water ; they may, however, be wiped over with a damp sponge or damp cloth.

(3) **The Floor.**—Floor-coverings are very rarely found in kitchens devoted entirely to cookery. Oil-cloth and linoleum are the only materials which can possibly be used, and they are generally unnecessary. The substance forming the floor varies according to the locality. In the north of England large flags of smooth stone are cemented together to form a floor that is nice to walk upon and easily kept clean. In the Midlands the kitchen floor usually consists of unglazed red tiles, which present a clean and bright appearance ; while on the east coast the floors are frequently laid with red or yellow bricks. Wooden floors and concrete floors may be seen in any part of the country, particularly in large establishments where these details in construction receive considerable attention. In middle-class households, where it is desirable to combine utility and comfort, good linoleum will be found the most serviceable and suitable floor-covering for the kitchen. The patterned varieties are preferable to those with plain surfaces, which quickly become disfigured by marks made by the furniture, etc.

Kitchen Fixtures.—The fixtures are the immovable articles attached to the walls of the kitchen. They vary considerably, but in large households where the kitchen is used simply for its legitimate purpose of cookery, they usually comprise cupboards fitted with shelves in which the cook keeps her stores and utensils ; strips of wood provided with hooks for meat-covers, etc.; electric light or gas-fittings ; electric bell indicator or ordinary bell-fittings ; dresser, ventilators and a sink. The dresser is nearly always a movable article, but the upper part of it has to be firmly secured to the wall by strong "holdfasts," and it consequently becomes a fixture by agreement between tenant and tenant or tenant and landlord. The dresser is usually some six or seven feet long, and the upper part consists of four or five narrow grooved shelves, upon which are disposed plates and dishes. The broad shelf of the dresser, usually termed THE TOP, affords ample space for the accommodation of the soup-tureen, sauce-tureens and vegetable-dishes ; while the drawers which run beneath form a convenient receptacle. The lower part forms an open recess from end to end, and has a shelf raised a few inches above the floor. This shelf is generally painted black, and forms a convenient place for large culinary utensils not in use.

A well-constructed sink is indispensable in a kitchen. Wooden sinks, lined with zinc, sinks made of stoneware, and sinks lined with well-cemented tiles are very serviceable, and easily kept clean. They should never be fixed in out-of-way corners, but should be easy of access for both cleaning and repairing. Whether the sink is in constant use or not, the pipe should be flushed at least once a day with hot soda and water. However some people prefer it excluded from the kitchen.

Every kitchen should be provided with some outlet for the hot foul air which rises to the top of the kitchen. The doors and windows may be used as a means of admitting fresh air, but an outlet at a higher level than the window is always necessary.

The kitchen range is always a fixture, but of so much importance that the subject will be treated separately.

What has been already said regarding kitchen fixtures applies equally to the kitchens in middle-class households, but not to the homes of the working-classes. Electric light and electric bell fittings are not often found there ; properly-constructed sinks, efficient ventilation and convenient cupboards they have, or ought to have ; and in many households a dresser is considered indispensable, but it is often a movable article of furniture, and will be described under that heading.

Kitchen Furniture.—In making selection for the kitchen with distempered walls and bare floor, strength and durability are the chief points to be considered. The centre table is the most important article of furniture ; it should be as large as the kitchen will conveniently allow ; and the usual form is oblong, with a drawer at each end. In one drawer the cook keeps knives and spoons, and in the other small utensils and implements in constant use, such as dariol-moulds, patty-pans, and cases containing cutters, larding-needles, etc. Modern tables are provided with a shelf underneath, which runs from end to end at a convenient height from the floor ; and this arrangement is exceedingly useful in large kitchens, because it saves a great deal of going to and fro between the centre and side tables ; and in small kitchens where the table space is limited the wide shelf forms a good substitute. The table should be made of good, well-seasoned deal or other white hard wood ; the top must be smooth, without cracks, and substantial, and the legs perfectly plain and strong. No part of it should be painted, because frequent washing is a necessity, and half-worn paint soon presents a shabby appearance. On the other hand, well-scrubbed wood always looks clean and appropriate when surrounded by bare walls, uncovered floor and pots and pans. The table and one or two substantial chairs comprise the whole furniture. The meat-screen, chopping-block, jelly-stand, mortar, etc., all occupy space, but they are not there to furnish the kitchen.

There is a wide choice in tables specially adapted to the kitchens which fill the double office of Shakespeare's " cook room " and Spenser's " kitchen roome, ne spared for niceness none." Good, plain, firm substantial tables, either square or oblong, with turned legs in walnut or mahogany, or deal stained in imitation of these woods, may be had in sizes and prices to meet the requirements of all.

The term DRESSER was originally applied to a narrow side-table, on which meat was dressed or prepared for use. In modern phraseology the dresser is described as " a kind of kitchen sideboard with rows of shelves for plates, dishes, etc." It may have three drawers in the centre with a cupboard on either side ; or the order may be reversed, and each cupboard be replaced by three drawers, with one cupboard in the centre.

In completing the equipment of the kitchen, the number and kind of articles necessary will be determined by its size, and the circumstances of those who occupy the house. Every one should set about the task of furnishing with a fixed determination to have nothing that is not good and serviceable, no matter how plain, in their homes. When means are limited, it is much better to buy what is strictly necessary, and add articles of an ornamental character by degrees.

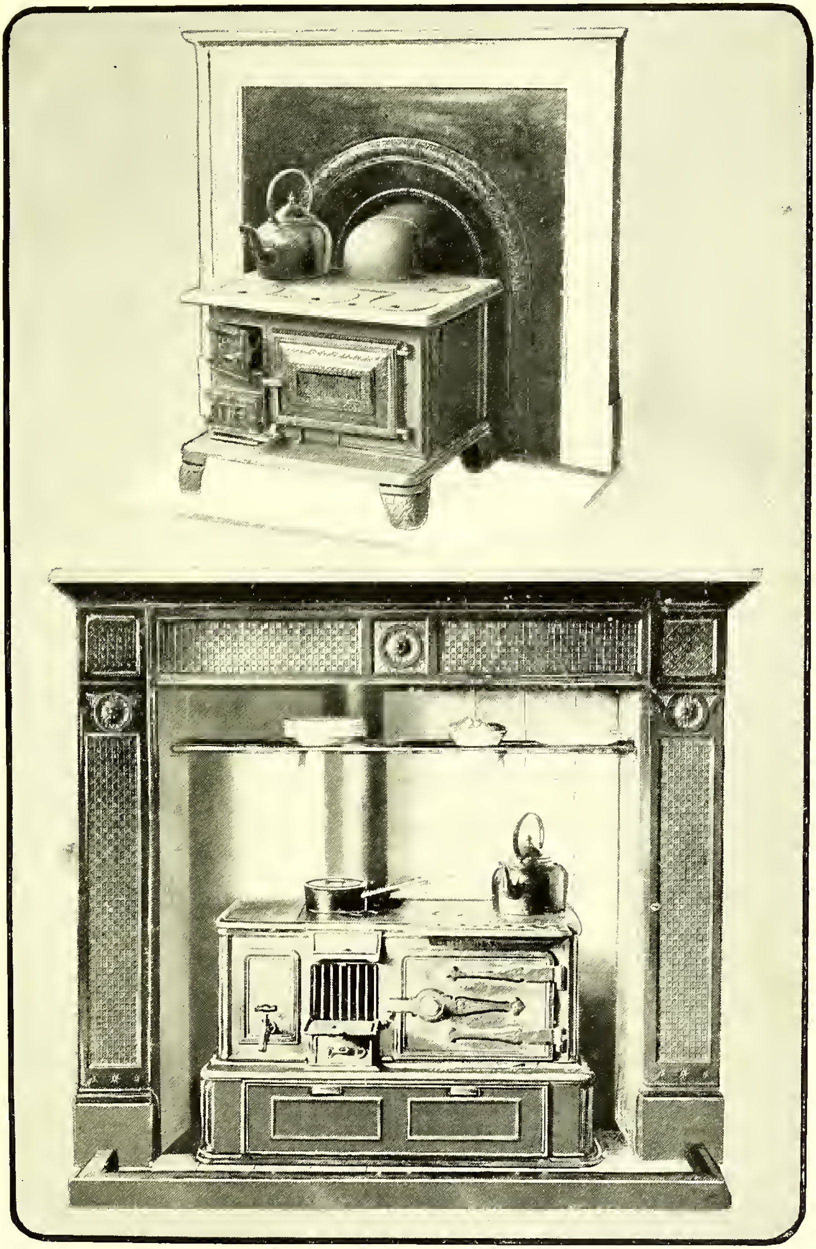
The Kitchen Clock.—As the observance of time and adherence to punctuality are necessary in almost everything that is done in the kitchen, no kitchen can be regarded as being completely furnished without a clock. The best kind of clock is an eight-day dial, which requires winding up only once a week. An English eight-day clock with a 12-inch dial may be bought for 35*s*., but a good kitchen clock may be bought from about 6*s*. The best position for the clock is over the mantelpiece, as in some culinary operations it has to be frequently consulted, and the cook should be able to do this without turning away from the fireplace.

COOKING APPLIANCES.

The last, but by far the most important of the kitchen requisites that we are called upon to consider is the apparatus which is used for cooking, heating water, etc., usually known as the kitchen range or kitchener, names which originally had a distinctive import, but which have lost much of their primary significence, and are now applied without much discrimination to cooking appliances of every kind, whether the fuel used be coal or gas. We will, however, for the sake of clearness, use the terms kitchen range, kitchener, and gas range or stove, to indicate three widely marked varieties of cooking apparatus : (1) the kitchen range, being taken to imply a range, either open or close, that is fixed in its place with brickwork, etc., and is therefore immovable ; (2) the kitchener, a range that is entirely independent of all its surroundings, one which stands, usually raised on four low legs, on the hearth in the recess otherwise occupied by the kitchen range, movable in itself when necessary, but virtually a fixture through its weight and size ; and (3) the gas range or stove, like the kitchener really movable, though virtually a fixture for the same reasons, but differing from the kitchener, not only in form and in the kind of fuel used, but also in the fact that it need not, like the kitchener, of necessity be placed on the hearth, that the chimney may be utilized as a means of escape for smoke and the various products of combustion, but may be placed in any part of the kitchen convenient for the purpose.

The Kitchen Range.—Kitchen ranges may be distinguished as close and open, the chief point of difference between them being in the construction of the fire-grate or box in which the fuel used for heating purposes is burnt. In the open range the fire-grate is uncovered at the top, and forms a cavity, enclosed by the boiler and oven at the sides and back, by a grating of close bars at the bottom, and by parallel horizontal bars, about one inch square in section, placed from one and a half to two inches apart in front. The fire in the open range, generally speaking, can be made larger or smaller at pleasure by means of a movable check attached to a notched bar which is fixed at right angles to its surface on one side of it, and moved backwards and forwards by means of a small cog-wheel, to a greater or less distance from the fixed side of the grate, as may be found necessary. In the close range the fire-chamber is inexpansive, closed in front either wholly or partially by an iron door, and covered in at the top by an iron plate, movable, and generally in two parts, namely, a circular plate, dropping into and filling an opening in a square plate, the size of the top of the fire box. At the back there is a fire-brick moulded into shape. Close ranges are now chiefly used, but open ranges are to be met with in the country and in some towns in the North and in houses that have been built for some years, and in which the open range that was originally fixed in the kitchen, still remains.

COOKING RANGES.



1. Portable Range with Oven, fixed in front of grate. 2. Portable Range with Oven and Boiler, fixed in recess.

Open Ranges.—The closed stove with its movable grate and many contrivances for the disposal and regulation of heat is an invention of recent years ; but the open fire with some primitive arrangement for cooking above, or by the side of it, dates back to a remote age. In the peat districts on the east and west coasts of England, cooking is still carried on under what appear to us almost impossible conditions, i.e. by means of a peat fire, burning on a stone hearth, with a wide chimney above it. In nearly all the houses the back kitchen or scullery is provided with a brick oven, in which bread and joints of meat may be baked ; but by reason of the cost of extra fuel, time and trouble entailed, the heating of this oven is a weekly, or at most, a bi-weekly occurrence, and on other days culinary operations are confined to the open kitchen fire. Vegetables and puddings are cooked in saucepans, or pots, as they are described in the local dialect, suspended over the fire ; the means of suspension being a rigid bar of iron, fixed in the breast-wall of the chimney, and supplied with strong hooks of varying length, to allow the vessels to be raised or lowered to any height above the fire. All the culinary utensils are provided with half-circular handles, curved over the top like the handle of a kettle, but running from side to side instead of from back to front. They have also a large oval iron vessel, which they term a "hang-over oven," and use for baking pies, puddings and cakes. It has a depressed lid, like a braizing pan, which is filled with hot peat ; and in this manner a steady, gentle heat is applied from above and below. A similar vessel, called a "kail-pot," was used by the ancient Egyptians for baking bread and cakes.

Before man's ingenuity had invented the chimney, the vessels were suspended from a tripod of three bars of iron or hard wood. One hook only could be inserted at the point where the rods were joined, and from this depended a large cauldron used for the various purposes of boiling and stewing. Cakes were baked and fish cooked in an open pan, which was probably the prototype of the North-country "griddle" or "girdle."

In pre-historic times, while the early Britons were subsisting mainly on milk, fruit, herbs and other products of the land, the ancient Druids built fires of wood on hearths formed of rough stones ; and it has been supposed that the agreeable odour of the roasted flesh of the sacrificed animals first suggested their use as food ; but until the year A.D. 61, when the Romans abolished Druidism by force, the inhabitants of Britain would not have dared to commit what would have been considered a terrible sacrilege.

There is no direct evidence of the fact, but it is highly probable that roasting in front of the fire was one of the improved methods of cooking introduced by the Normans in the eleventh century. Roasting spits were in general use in the fourteenth century. They were first turned by hand ; but afterwards dogs were specially trained for the work which was executed by the dog keeping in motion a revolving cage in which he was enclosed. The smoke-jacks, which are still found in the kitchens of some old country-houses, were next introduced ; these were turned by means of the smoke from the fire. The brass bottle-jack, still in use, is a mechanical contrivance, which, when wound up, revolves, carrying with it the joint of meat or whatever may be attached. The open range is said to have only one strong point in its favour, namely, that it will roast in front of the fire ; but this one point is sufficient to recommend it for all time to those who use it. Nothing will ever induce the North-country people to discard their open ranges ; although many supplement them with a gas stove, to make easier the cook's work as regards frying and sauce-making. As for the open ranges in the cottages, it is questionable whether they burn more coal than a close stove of the same capacity, for the careful housewife has various contrivances for reducing the consumption of fuel when the fire is not needed for roasting or baking purposes. Moreover, an oven heated from below is better adapted to the requirements of people who always have home-made bread and cakes ; and who prefer baked hot-pots and meat stewed in an earthenware pot in the oven, to the more liquid and less savoury stews made in a saucepan. Apart from the question of economy, the well-constructed close ranges found in good kitchens have many strong points to recommend them ; but their various adjustments to facilitate the disposal and regulation of heat, and the movable fire-box by which the consumption of fuel is controlled, are characteristic of this particular class of stoves, and are not found in the small close stoves supplied to artisan dwellings. And when the production of heat and the consumption of fuel cannot be controlled, a close stove may prove quite as wasteful as an open grate, and less satisfactory in other respects.

Close Fire Ranges.—There is little doubt that "close fire" ranges were at first mostly used in Devonshire for the convenience of the hotplate over the top for scalding milk to obtain clotted cream, open ranges being then used in London and other parts of the United Kingdom. Gradually the use of the open range was abandoned for the Leamington range, which at one time may be said to have had it all its own way ; but now there are a variety of ranges, each claiming some special merit, and rendering it a matter of considerable difficulty to pick and choose between them. It may be said, however, that economy of fuel and cleanliness are the chief features of close ranges of all kinds, combined with efficiency of action, provided that the flues themselves, through which the smoke and soot pass off into the chimney, leaving considerable deposits in the passage, are kept perfectly clean.

Advantages claimed for Close Fire Ranges.—(1) Many saucepans and vessels may be kept boiling at one time, and at the proper point of temperature.

(2) Saucepans and other vessels last double the time when used on the hot-plate of a closed stove.

(3) Saucepans and other vessels may be kept as clean outside as inside ; there is consequently an immense saving of labour.

(4) The fact of the entire range being covered by a hot-plate and the fire not being exposed lessens the probability of having food smoked.

(5) The hot-plate is well adapted for an ironing stove when not in use for cookery purposes.

(6) Close ranges are usually provided with some simple contrivance which enables them to be converted into slow combustion stoves, whereby the fire may be kept burning all night with a very small consumption of fuel, an inestimable advantage when it is necessary to keep the water in the boiler hot.

(7) The best types may be easily converted into an open range when a cheerful fire is desired.

(8) The heat is easily regulated, and when provided with an adjustable fire-box may be directed by a simple movement to the upper or lower part of the oven as required.

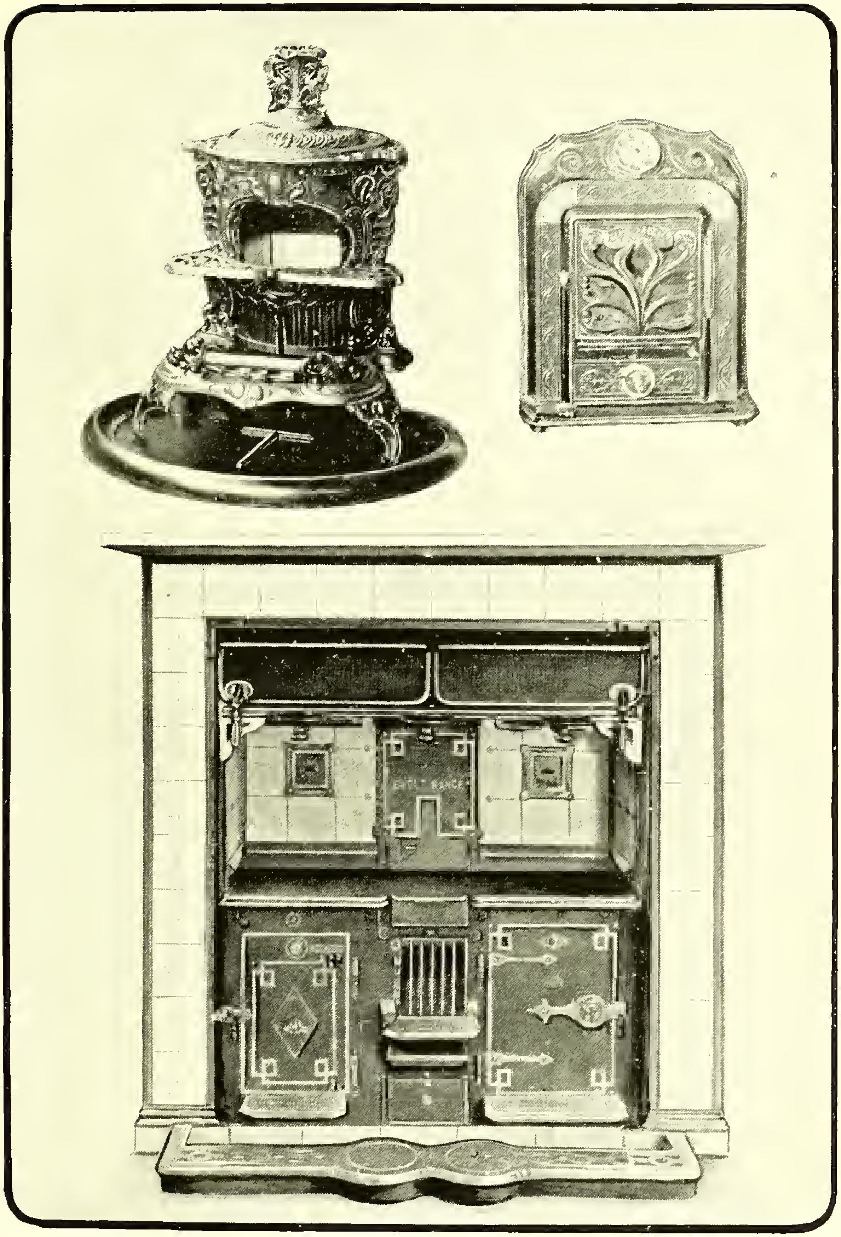
How to clean a Close Range.—The oven door should be closed to keep out the soot, and the kitchen door and window closed to prevent the soot flying about, and then all the ashes and cinders should be removed. All the little knobs on a range not attached to dampers indicate the position of the flues, and each of the small doors must be opened ONE AT A TIME, and the soot swept down with a brush constructed for the purpose, with a long flexible handle and a head like a bottle-brush. The highest flue-door is located in the breast of the chimney, and the sweeping should commence there. Usually a considerable amount of soot is found lodged at the side of the oven ; all this must be swept down and removed from the lowest soot door. After clearing away all the soot the ovens must be swept out and thoroughly washed with hot water and soda, to remove the grease ; and when necessary, the grease should be removed by the same means from the top and front of the stove. The stove must be perfectly dry before applying the blacklead which will produce a more brilliant polish if moistened with turpentine instead of water. The steel mouldings should be cleaned with paraffin and emery powder, or when badly stained, with vinegar and bathbrick.

Construction of a Good Stove.—Both cooking-ranges and cooking-stoves are constructed of steel, malleable iron, wrought-iron and cast-iron. Of these, the cast-iron stoves are the least expensive ; but they cannot be recommended, because they are liable to crack ; they usually waste fuel, owing to imperfect construction, frequently smoke, and are frequently out of order. Well-constructed stoves made of malleable iron, wrought-iron or steel are usually air-tight, give more evenly-regulated heat, and are altogether better in many respects. Good stoves do not allow the gases and fumes of the coal, or the soot to invade the oven ; and the fire-box and oven are protected from undue draughts which would affect the consumption of fuel or the temperature of the oven. No oven can satisfactorily roast and bake unless provided with a reversing damper by which the heat may be directed to the top or bottom of the oven as required. One or two of the best types have an adjustable fire-box, which may be lowered when an open fire is needed for roasting, or a good bottom heat for baking ; or raised when a top heat is desired in the oven, or the hot-plate only required for boiling and frying purposes. They have also well-ventilated ovens, whereby the proper flavour of the materials cooked is retained ; and fire-boxes fitted with vertical bars placed rather close together, but sufficiently narrow in section to allow anything to be properly cooked in front of the fire. There are many reliable firms who construct ranges on these principles ; and the annexed list of prices is an average of those of three of the best makers. Ranges of corresponding size and quality of the respective firms are fairly uniform in price ; but there is a wide difference in the cost of ranges of corresponding size made by individual firms, due chiefly to the expensive tiling and elaborate finish of the various details of some of the ranges, which improve their appearance but add nothing to their value in other respects. A good plain range, easily convertible into a close or open fire, fitted with an adjustable fire-box, plate rack, ventilating doors, reversing damper, patent cinder sifter, bright steel mouldings and bright steel bracket-shelves under the oven may be had at the following prices :—

WIDE.	HIGH.	WITH ONE OVEN.	WITH TWO OVENS.
3 ft. 6 in.	4 ft. 9 in.	£10 10 0	£12 0 0
4 ft.	4 ft. 9 in.	12 0 0	13 0 0
4 ft. 6 in.	4 ft. 9 in.	13 10 0	15 0 0
5 ft.	4 ft. 9 in.	15 0 0	16 10 0
5 ft. 6 in.	5 ft.	17 10 0	19 0 0

The Kitchener.—The term "range" has been used to distinguish the stove fixed in its place by brickwork from the stove or kitchener which may stand in any part of the room altogether independent of its surroundings except the connecting tube that carries away the products of combustion. This tube has a diameter of some eight or ten inches ; and where there is no chimney it must be carried to the outer wall and up the side of the house to a suitable level, otherwise there is a strong down-draught. When used in England, the stove is usually placed in or near the recess provided for a range, and the iron tube passes into the chimney. This arrangement is to be recommended, for the tube frequently becomes red-hot, and has often been a source

STOVES AND COOKING RANGE.



1. Warming Stove. 2. Continuous burning Anthracite Coal Warming Stove.
3. Kitchen Range.

of great danger in the Canadian settlements where such stoves are largely used. The small portable stoves are made in different sizes ; the smallest is 21 inches long, two-thirds of its length being appropriated by an oven, and the remaining space by the fire-grate. The cost of such a stove is about 30s. or 35s.

The Canadian Kitchener represents a more useful type of portable stove. The medium size costs from £4 10s. to £5 10s. The fire-box may be closed or opened as desired ; and its great depth, combined with the narrow bars, greatly facilitates the process of roasting. These stoves are frequently used in rooms where temporary cooking accommodation is required ; and when properly constructed and provided with a good draught they may be pronounced satisfactory in many respects.

The central ranges used in large kitchens are based on an altogether different principle. The flames from the burning coke or coal travel over the roof and down the sides of the oven into an underground flue, which runs to an outer wall, thence up the side of the building.

COOKING BY GAS, OIL, AND ELECTRICITY

Gas Stoves.—From the consideration of ranges in which cooking is performed by the combustion of solid fuel, it is necessary to turn to those in which gas is the fuel employed. Cooking by gas has been much on the increase in late years, the gas companies in various localities lending all the aid in their power to further it by supplying their customers with gas stoves, or ranges, at a low annual rental.

Cooking by Gas has much to recommend it. Gas kitcheners are compact, as no space has to be provided for furnace or ash-pit. They are cleanly, causing no dust or smoke, and consequently can be kept in perfect order with little trouble. And they are easily managed even by inexperienced girls. The mere turning on of one or more taps and the application of a lighted match to the burner or burners, sets the kitchener in working order, without loss of time. Thus there is economy, as fuel is only consumed when heat is actually required. Moreover, the requisite temperature can be speedily produced and kept under absolute control, an element of certainty which is of immense value to cook and housewife. As gas burners are provided for boilers, ovens, hot-plate and grills, each separately controlled, it is possible to prepare a large dinner on a gas kitchener with comfort, security and economy. Of late years great strides have been made in the design and construction of gas kitcheners, which now, with their enamelled ovens, and tops, wrought steel grilling bars, atmospheric burners and other improvements, have reached a high degree of perfection. With due care, it is impossible to spoil a dinner on a gas stove. Actual experiment has proved that meat and other food loses less weight, and retains more of its flavour when cooked by gas, than if cooked by coal. It has been shown that meat cooked in a coal-heated oven loses about

35 per cent. of its weight, in a gas oven only 25 per cent. This immense saving is no doubt due to the more evenly distributed and less fierce temperature.

It is essential that gas kitcheners should be kept scrupulously clean. The enamelled parts inside and out should be rubbed down when cold with a sponge or cloth dipped in warm water, and then wiped dry. The gas burners should be kept free from dust. Any grease on the kitchener should be carefully removed. If these precautions are taken and the burners properly lighted, all disagreeable odours will be avoided, and certainty of results ensured.

Advantages of Cooking by Gas.—There are many features to recommend cooking by gas, chief among which are—

(1) Cleanliness, and the readiness by which the fire can be lighted and extinguished, facilities which are conducive to economy, because the fire need only be maintained when it is required for cooking.

(2) It is economical in another respect, because meat cooked by gas has been found to lose less weight than when cooked in an oven heated by coal.

(3) The heat can be readily and instantly regulated, being concentrated precisely where required by means of the different burners, each of which is independent of the other.

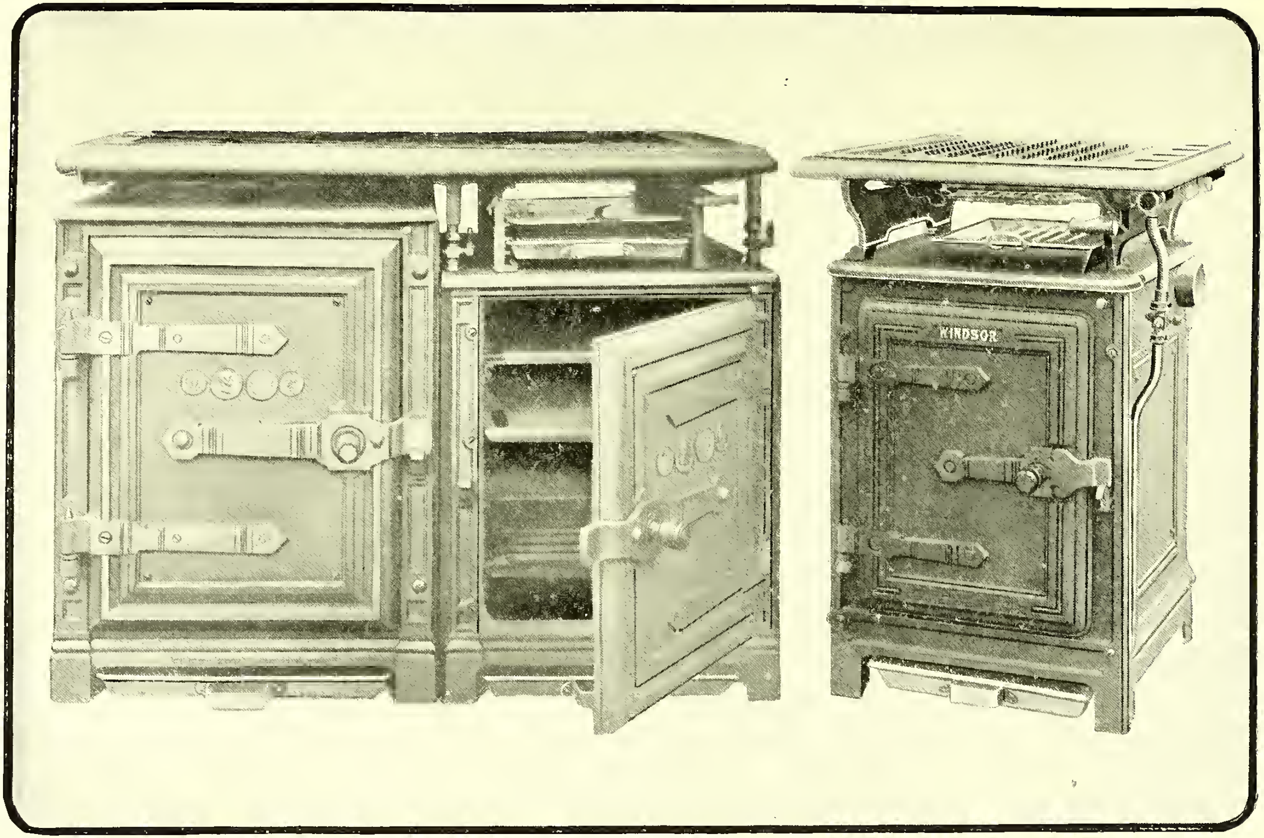
(4) Gas stoves are especially useful in summer and in small households, where, during the greater part of the day, no fire is needed.

(5) Saucepans and other vessels may be kept as clean outside as inside.

(6) Cooking by gas is less heating, and consequently less tiring to the person employed, than cooking by a coal-range.

Construction of Gas Stoves.—The oven of a well-constructed gas stove is made either entirely of cellular cast iron and jacketed all over with slag wool, or it is made with a double casing with an intermediate hot-air jacket. This is necessary to prevent heat being conducted from the oven to the surrounding air. The gas-burners are not always inside the oven; when they are, the oven should have no bottom, or if it has, there must be some provision made for admitting atmospheric air to mingle with the gas. The mixture of air and gas produces a bluish light; when the light is yellow (while using the atmospheric burners) the stove is wrongly-constructed in this respect, or it has not been lit in a proper manner. The inside of the oven and the top of the stove should be lined with porcelain enamel, in order that it may be easily kept clean. The oven should be provided with some efficient means of ventilation, whereby the vitiated air may be carried away, and the mixed flavour which sometimes pervades different materials cooked in the same oven may be obviated. The best stoves are provided with a patent reversible grill which, when deflected downwards, may be used for grilling meat or toasting bread. The rings on the top of the

GAS COOKING RANGES.



1. Large Double Gas Oven with Hot Plate, suitable for large kitchen. 2. Gas Oven with Hot Plate, for ordinary use.

stove should be provided with ATMOSPHERIC burners, which produce a blue flame, a mixture of gas and air, of higher heating power (with consumption of less gas) than the white flame produced by the LUMINOUS burners.

Gas Fires.—The great advantages of gas over coal fires consists in the complete absence of ashes and dirt ; in the fact that a bright hot fire can be obtained at any moment, night or day ; that the heat can be regulated at will, or the fire extinguished when not required ; in dispensing with the necessity of carrying coal into, and ashes and refuse out of, the room ; in the freedom of the atmosphere from dust, and the consequent saving in the matter of furniture dusting, curtain washing, etc. Against this must be reckoned the greater cost of gas fires as compared with coal for constant use ; but, notwithstanding this, there are few persons who have once used a good gas fire that could be persuaded to return to the old method of heating. For bedrooms, and occasional using, a gas fire is always economical, as compared with coal ; in fact, the expense and great trouble of coal fires for bedrooms render their use sometimes prohibitory, whereas a good hot gas fire can be obtained for half an hour, night and morning, at a cost of 6d. per week or less. In the sick-room a gas fire is simply invaluable ; its steadiness, night and day, and the perfect control over the warmth of the room are far above the possibilities of any coal fire. In sudden emergencies the instant command of a good fire in the night is sometimes a matter of life or death. In the bronchial affections common in this country warmed air is frequently of the utmost importance, and this can be obtained in moderate sized rooms by a gas stove properly constructed, with a regularity and economy which cannot be approached by coal or coke. Where the family consists of only two or three persons, small but powerful open gas fires, with an oven over the fire to utilize the waste heat, will be found of the greatest value and economy, as they do away entirely with the dirt and labour of coal fires, and yet fill all the purposes of a small kitchen range. These are now to be procured from any gas Company, hired from them, or obtained by the hire purchase system.

Objections to Gas.—The objections to the use of gas as a fuel exist only where the wrong appliances are selected, or when no trouble is taken to learn their proper use. One of the most common causes of failure with gas fires is that they are purchased for use either where there is no flue or where the chimney has a down draught ; in such cases as these the faults which cause the failure of a coal fire will be equally unfavourable to a gas fire. Burners used for gas cookers must be kept clear and in good condition ; if choked with dirt and grease, they will be as unsatisfactory as burners used for lighting under the same conditions. Pans and kettles must be kept clean outside, or they make an unpleasant smell, and ovens must be kept clean inside for the same reason, and also for the sake of sweet flavours in the food.

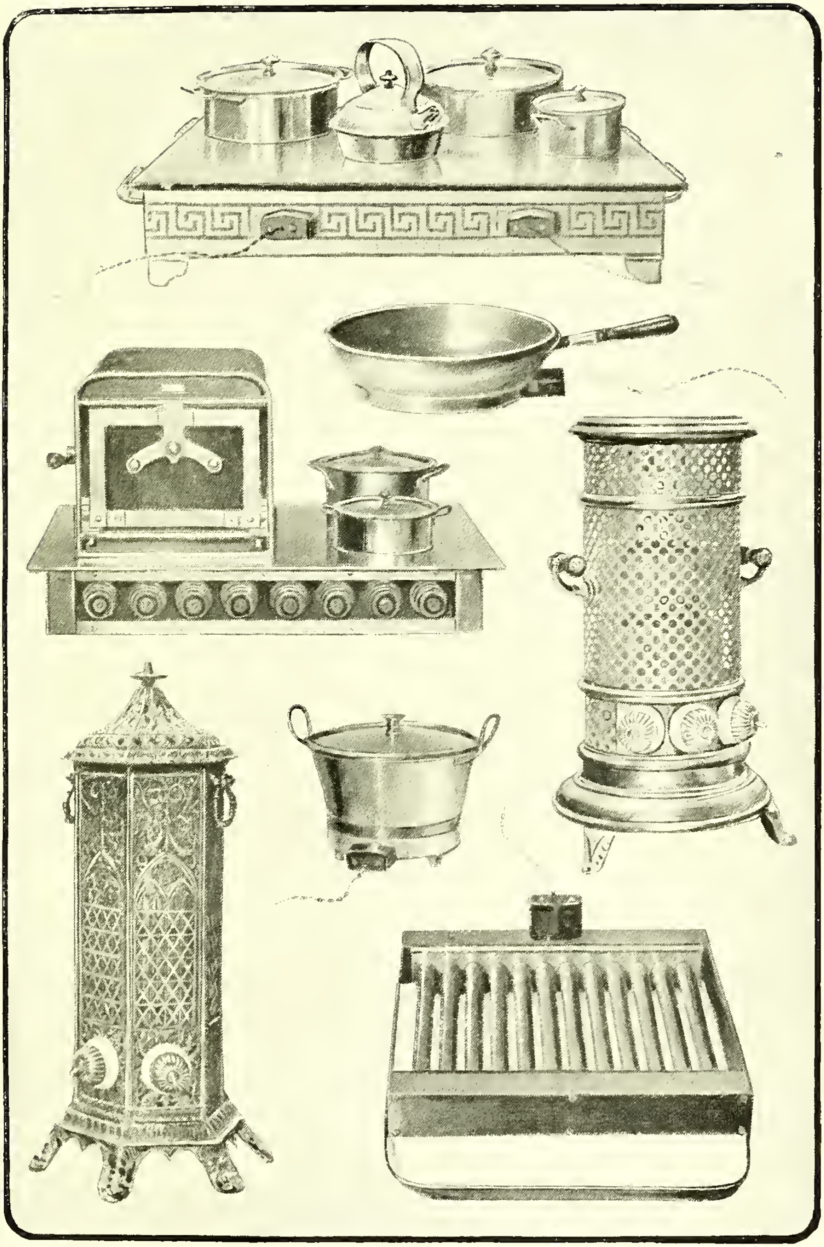
Oil Stoves.—A well-constructed, cleanly kept and well-managed oil stove will cook food as well as any other stove of corresponding capacity ; and with proper care there should be neither smoke nor odour from the flame. These stoves are sometimes a great convenience in places not within reach of gas. No flue is required for their use ; and being small they can be easily conveyed from place to place. Cooking on an oil stove may be done 20 per cent. cheaper than by any other means ; but unless the wicks are kept well-trimmed and the stoves properly managed, they emit a disagreeable smell and smoke. In a properly constructed stove there is not much danger from explosion, unless a light is, through carelessness, brought in contact with the oil.

Cooking by Electricity is now quite practicable, though for the present decidedly expensive. The heat is obtained from the ordinary electric lighting mains, the current being made to pass through wires coiled on iron or steel plates, and embedded in enamel, having the same ratio of expansion and retraction as the metal. In this way the plates of ovens, sides of boilers, hot-plates and corrugated grills can be heated. Stewpans and kettles are heated separately, these having double bottoms with the wires coiled between, and the current conveyed by flexible silk covered wires connected with a special fitting at the end of the handles. There is practically no loss of heat, as the electrical connexion is only made when cooking is in actual progress. The system also of course ensures freedom from dust and dirt, or undue radiation in the kitchen. It may be mentioned that the King's yacht (constructed for her late Majesty, Queen Victoria) is fitted up with a complete electric kitchen outfit, including soup and coffee boilers, hot-plates, ovens, grills and hot closets. As some municipalities are now supplying the electric current in the daytime at as low a rate as 2d. per Board of Trade unit, it is probable that cooking by electricity is destined to undergo a rapid development.

CULINARY UTENSILS.

Stewpans and Saucepans.—Stewpans and saucepans are usually, though not necessarily, circular in form, provided with a long handle, a lid or cover, and sometimes, in the smaller kinds, with a lip for the better and easier transference of its contents to another vessel. The term saucepan is applied indiscriminately to all kinds of saucepans and stewpans ; but the name stewpan is generally used to denote the shallower pans with straight sides and flat long-handled covers ; it should never be applied to an iron saucepan. Stewpans are made in copper ; wrought steel ; tin, enamelled inside and out ; and iron. Saucepans are made in copper ; brass ; iron, tinned inside ; iron, enamelled inside ; block tin ; tin, enamelled inside and outside. Stewpans generally have straight sides ; but saucepans vary in

COOKING, ETC., BY ELECTRIC HEAT.



Double Hot Plate, Frying Pan, Small Range, Radiator (Stove), Stewpan, Radiator (Stove), Grill.

shape, as shown in the illustrations. Their capacity and prices range as follows :—

Description.	Size. In. in dmtr.	Capacity. Pints.	Price.
Copper Stewpans and Covers, Best quality	4	1	6*s.*
,, ,, Second ,,	4	1	5*s.* 9*d.*
,, ,, Best ,,	5	2	7*s.* 3*d.*
,, ,, Second ,,	5	2	6*s.* 6*d.*
,, ,, Best ,,	6	3	8*s.* 3*d.*
,, ,, Second ,,	6	3	7*s.* 9*d.*
,, ,, Best ,,	8	7	15*s.* 3*d.*
,, ,, Second ,,	8	7	13*s.* 11*d.*
,, ,, Best ,,	10	14	23*s.* 9*d.*
,, ,, Second ,,	10	14	19*s.* 9*d.*
,, ,, Best ,,	12	22	35*s.*
,, ,, Second ,,	12	22	27*s.*
Wrought Steel Stewpans with Tin Covers, Best qlty.	4	1	3*s.* 3*d.*
,, ,, ,,	5	2	4*s.* 3*d.*
,, ,, ,,	6	3	4*s.* 9*d.*
,, ,, ,,	7	5	6*s.* 6*d.*
,, ,, ,,	8	7	7*s.* 3*d.*
,, ,, ,,	10	14	10*s.* 6*d.*
,, ,, ,,	12	22	15*s.* 6*d.*
,, ,, ,,	14	44	20*s.* 6*d.*
Cast-Iron with Block-Tin Covers, Best quality	4	1	1*s.*
,, ,, ,,	5	2	1*s.* 3*d.*
,, ,, ,,	6½	4	2*s.*
,, ,, ,,	7½	6	2*s.* 6*d.*
,, ,, ,,	8½	8	3*s.*
,, ,, ,,	9½	12	3*s.* 6*d.*
,, ,, ,,	10½	16	4*s.*
,, ,, ,,	11½	20	4*s.* 9*d.*
,, ,, ,,	12	24	5*s.* 6*d.*

The prices and capacity of saucepans and other articles are taken from the illustrated catalogues and price lists of the best firms and stores in London. Enamelled saucepans are not often used in kitchens where much cooking is done. They are inexpensive but not very durable ; they answer very well for boiling milk, but anything thickened with flour, if allowed to stand, quickly burns at the bottom. The wrought-steel saucepans are more expensive but decidedly cheaper in the end. They possess all the advantages of copper without any of its drawbacks ; they are easily kept clean, anything cooked in them does not become discoloured, and thickened sauces may be simmered in them for hours without injury, if occasionally stirred. The insides of the saucepans require re-tinning occasionally ; but when the tin wears off they are as harmless as before, being made of steel. Copper saucepans also are very durable ; in fact they last a lifetime, and are an ornament to the kitchen when kept beautifully clean, as they should be ; but this entails considerable labour, a point to be considered where few servants are kept. Copper utensils should be frequently examined and re-tinned as soon as the linings begin to show signs of wear. One of the objections to the use of copper for culinary purposes is its liability to become coated with verdigris, or copper-rust, under careless or unskilful hands—verdigris being a poison imparting its deadly properties to any food cooked in a vessel that is tainted with it.

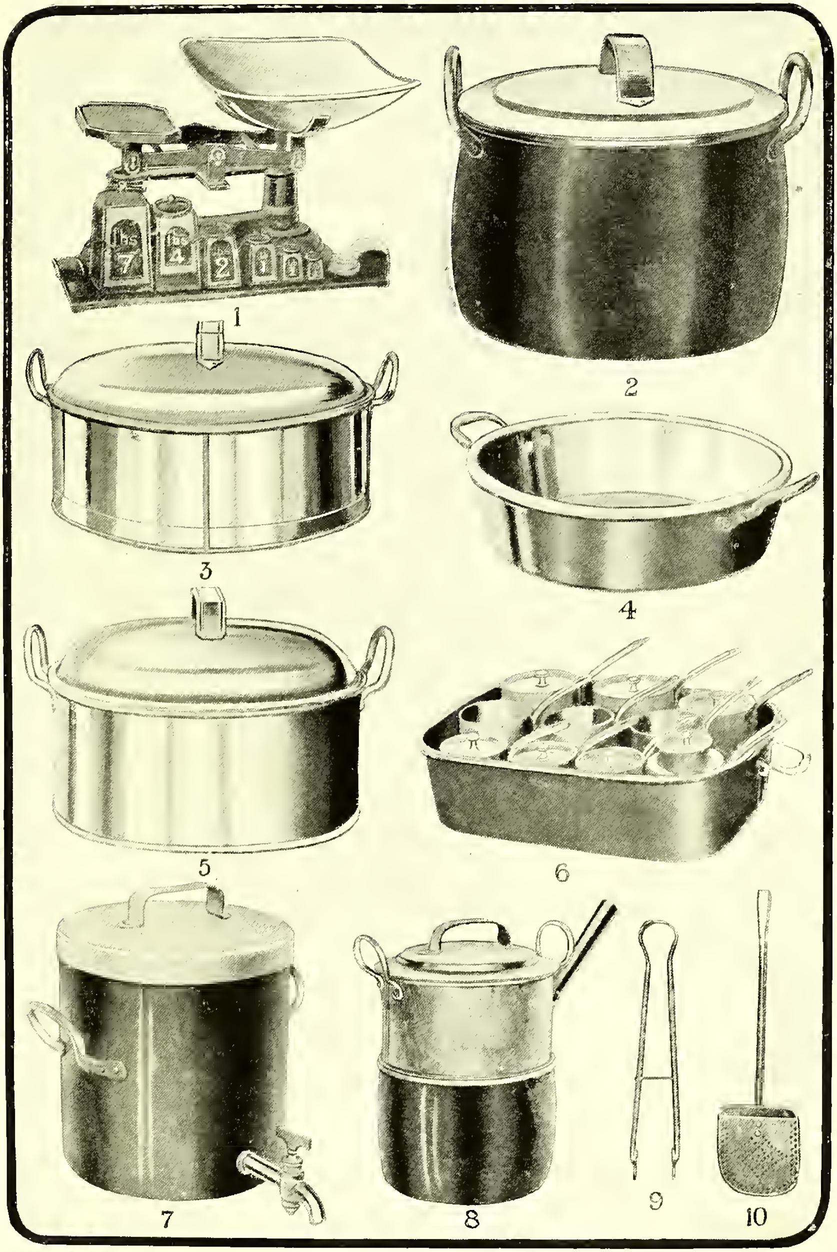
Boiler or Boiling Pot.—In large families this utensil comes into almost daily requisition. It is used for boiling large joints, hams, puddings, etc., and is usually made of iron. Boilers may be had in cast iron, tinned inside, to hold from 3 gallons to 7 gallons, at from 4s. 9d. to 10s., according to size ; in wrought iron, with bright cover, to hold from 4 gallons to 12 gallons, from 12s. to 26s.

The Digester.—This utensil is a kind of stock-pot, made of iron, having a lid which fits closely into a groove at the top of it. No steam escapes, therefore, by the lid ; and it is only through the valve at the top of the cover that the superfluous steam passes off. It is a very valuable utensil, inasmuch as by using it a larger quantity of wholesome and nourishing food may be obtained at much cheaper rates than is possible without it, and when bones are boiled in it its action will extract every nutritive particle from them, leaving nothing but the inorganic part of the bones. This utensil, when in use, should not be placed over a fierce fire, as that would injure the quality of the preparation ; for whatever is cooked must be done by a slow and gradual process, the liquid being just kept at the simmering point. These digesters are made in all sizes, and may be obtained to hold from 4 quarts to 16 quarts. The prices of digesters vary according to capacity, namely, to hold 4 quarts, 3s. 9d.; 6 quarts, 5s.; 8 quarts, 6s.; 10 quarts, 7s.; 12 quarts, 8s.; and 16 quarts, 10s. 6d.

The Stock-pot.—This article is used in the preparation of stock, which forms the foundation of soups, gravies, etc. Stock-pots are made in copper, wrought steel or iron. Copper stock-pots to hold 8 quarts, fitted with tap and strainer, are supplied in a good quality for about 42s. 6d. The price of a stock-pot, of corresponding capacity, in wrought steel would be 20s. 9d. with tap and strainer, and 12s. 3d. without these conveniences. They may also be obtained in wrought iron and earthenware, the latter being specially suited to small households, because a smaller amount of heat is required to keep the contents at simmering point and the stock-pot need not be emptied every day. The tap and strainer add about 30 per cent. to the cost of a stock-pot, but the advantage of being able to draw off the stock from the bottom, leaving the fat and the bones, vegetables and other solids behind, is well worth the additional outlay.

The Braising Pan.—This vessel is employed in a culinary process,

KITCHEN UTENSILS.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1. Household Weighing Machine. 2. Oval Boiling Pot. 3. Turbot Kettle. 4. Copper Preserving Pan. 5. Fish Kettle. 6. Bain Marie Pans. 7. Iron Stockpot with Tap. 8. Saucepan and Steamer. 9. Steak Tongs. 10. Fish Slice.

termed braising or braizing. In shape it may be either round or oval, with a depressed lid in which hot charcoal is placed, whereby the meat is cooked between two slow fires. This method is said to develop more fully the flavours of materials cooked ; also to decrease the loss of strength and flavour by evaporation ; it is largely practised in France. In England the braising-pan is frequently placed in the oven instead of under charcoal, the latter article as a fuel being but seldom used.

The Double or Milk Saucepan. This is, on a small scale, what the BAIN-MARIE is on a larger scale. The smaller saucepan fitting into the larger one is either lined with enamel or made of earthenware. The double saucepan is especially useful for making porridge and gruel, and boiling custards and milk. It may also be usefully employed in cooking tapioca, sago, semolina and other farinaceous substances, when the oven is being used for other purposes, and is too hot for the long, gentle process of cooking they require. When an egg is added to any of these preparations, it should be mixed in just before the pudding is put into the oven to brown. The double saucepan is supplied in four sizes, known as Nos. 1, 2, 3, 4, and sold respectively at 3s. 3d., 3s. 9d., 4s. 9d. and 6s. 6d. The lower saucepan is made of block tin, and when in use should be half filled with water, which must be replaced as it boils away, otherwise the upper saucepan is liable to crack.

Steamers.—These articles consist of a cylinder of tin, tinned iron or copper, made to fit into the top of a saucepan and to carry the saucepan cover as its lid. The lower or saucepan portion varies in capacity from 6 to 14 pints, and the entire appliance is sold from 2s. 6d. to 4s. 3d., according to size. Larger kinds, containing from 6 to 12 quarts, may also be obtained. Steamers are chiefly used in cooking potatoes and puddings, especially those containing meat or fruit. When the potatoes are sufficiently cooked, the water in the saucepan should be poured off and the steamer replaced. The heat from the saucepan below quickly causes the moisture remaining in the potatoes and the steamer itself to evaporate, thus converting the latter into a DRY HOT CLOSET, in which the cooking of the potatoes is completed. Even when boiled, potatoes are more floury when the water is drained off, and the cooking completed this way. It is possible to place one steamer above another, and, indeed, some steam-cookery vessels are constructed to carry four or six steamers, a contrivance being provided to prevent steam from one department invading another.

The Turbot Kettle and Salmon Kettle.—This variety of fish-kettle is arranged to suit the shape of the fish from which it takes its name. It is shallow, very broad, and is fitted inside with a drainer similar to that in other fish-kettles. Turbot-kettles are usually supplied in three sizes known as small, middle and large. These sizes, in block-tin, strong, are supplied at 11s., 13s. and 18s. 9d. The salmon kettle is a long, narrow utensil, like the fish-kettle, but the cover has a handle at each end instead of one only in the middle. They are made in copper, with draining plates, in sizes from 20 inches to 30 inches in length

The Fish Pan, or Kettle.—This utensil is fitted with a drainer inside, which is lifted when the fish is sufficiently cooked. The drainer is then laid across the kettle, and the fish lifted on to the dish with the fish-slice—a perforated plate attached to a long handle, sold at 1s., 1s. 3d. and 1s. 6d., according to size. Fish kettles are longer than they are wide, and are made either with handles at the side, or with a swing handle, like that of a pail. The former is the more convenient shape, on account of the facility which the two handles at the ends afford for putting the kettle on the range or taking it off. Prices range from 3s. 6d. to 9s. for kettles in strong block-tin plate, and from 15s. to 42s. for iron kettles. Copper fish kettles, from 16 inches to 22 inches, are supplied at prices ranging from 45s. to 85s. The mackerel-kettle, or saucepan, which will serve as a fish-kettle for all long fish, such as whiting, haddock, etc., and for soles and small plaice, is an elongated saucepan, with cover, and having a long handle on one side and an iron looped handle opposite to it on the other side. It is made in three sizes, sold respectively at 3s., 4s. and 5s.

Fish Fryer and Drainer.—This is an admirable contrivance for frying fish, by using which an experienced cook is much more likely to insure success and send a dish of fried fish properly to table. It is in shape not unlike a preserving-pan fitted with a closely-made wire drainer; and in this the fish is placed and lowered into the heated fat. As in frying fish it is necessary to have a large amount of fat, the depth of this kettle gives it a considerable superiority over the ordinary frying-pan. There is, besides, very little danger of the fish breaking, for being lifted up on the drainer when done, it is easily dished. Cooked in this manner the fish does not require turning, as the fat quite covers it, and of course browns it on both sides at once. The greasy moisture, too, is more effectually got rid of. Fat-pans with drainers may be obtained from a good ironmonger at the following prices :—

Extra Strong Copper, with Drainer :—

14-in.	15-in.	16-in.	17-in.	18 in.
£1 16 0	£2 0 0	£2 5 0	£2 8 0	£2 14 0

Strong Wrought Steel :—

12-in.	13-in.	14-in.	15-in.	16-in.	17-in.	18-in.
11s.	11s. 6d.	13s.	15s.	16s. 6d.	18s. 6d.	£1 0 0

Wire Vegetable Strainer.—This useful article consists of a wire frame, round which thinner wire is coiled and fastened. It is made to fit inside a stewpan or saucepan, and thus forms a convenient utensil in which to boil vegetables and to lift them at once out of the water ; or for frying whitebait, or parsley or sliced vegetables for soups, etc. They are made in sizes from 6 inches to 10 inches in diameter, and sold at prices from 2s. 3d. to 5s., according to size.

The Frying-pan.—This article is so well known that it is only necessary to mention shapes, sizes and prices. They may be had either round or oval in form, with shelving sides; the round pans being made in sizes ranging from 7½ inches to 9 inches at top, at prices varying from 9d. to 1s. 2d. The oval pans, which are more commonly used, are made in sizes from 11½ inches to 15 inches in length, and are supplied from 1s. to 2s.

The Omelet Pan.—This pan is a variety of the frying-pan, and generally made circular in form, but shallower than the frying-pan, for convenience in turning pancakes, omelets, etc. These pans are made in bright polished wrought iron, raised in one piece, from 6 inches to 10 inches in diameter, and sold from 5s. to 8s. 3d. Bowl omelet pans for soufflé omelets, are made 8 inches, 9 inches and 10 inches in diameter, and sold at 7s., 8s. and 9s. each. Copper omelet pans, with burnished iron handles, range from 6½ inches to 16 inches in diameter, and are sold from 5s. to 11s. each. Pans of the same material, with rounded or bowl bottoms for soufflés, are made 8 inches, 8½ inches and 9 inches in diameter, and sold at 9s. 6d., 10s. 6d. and 11s. 6d. each.

The Fricandeau or Cutlet Pan.—This is another variety of the frying-pan. It is made with upright sides, from 7 inches to 14 inches in diameter, at prices ranging from 21s. to 68s., according to size when made of copper; but iron or steel pans are also made, especially in the intermediate sizes, from 10 to 12 inches in diameter, which are cheaper. The sauté pan is not so deep as the cutlet pan, and has no cover, and differs only from the omelet pan in having its handle more raised above the edge of the pan. It is made in sizes ranging from 7 inches to 14 inches in diameter, and sold at prices ranging from 6s. 6d. to 20s. A few sizes, 8 inches, 9 inches and 10 inches in diameter, and made extra deep and furnished with covers like the fricandeau-pan, are sold at 21s., 25s. and 30s. respectively.

Bain-Marie Pan and Stewpans, etc.—The bain-marie is not used so much in England as it deserves to be, and is only to be found in large establishments. In serving a large dinner it is a most useful and indeed necessary article. The pan is filled with boiling water and stands on the hot-plate of the range or kitchener. The saucepans containing the sauces, gravies, entrées, etc., stand in the water, and the bain-marie keeps their contents at a proper heat without any risk of burning or loss of flavour. If the hour of dinner is uncertain in any establishment, no means of preserving the warmth and flavour of the dishes to be served is so sure and harmless as the employment of the bain-marie. Prices vary according to the number of stew-pans required. Each set comprises the bain-marie pan, 1 glazepot, 1 souppot, and from 4 to 12 stewpans in sizes ranging from 3 inches to 5½ inches. A complete set of 7 strong, well-made tin stewpans, 1 glaze-pot and 1 soup-pot, in a bain-marie pan of wrought steel, may be obtained for £2. Or, the same number of utensils in wrought steel, fitted in a bain-marie pan, 16 × 12½ inches, would cost £3 13s.; and in the best quality of copper £6. Larger sizes may be bought at a corresponding increase in price.

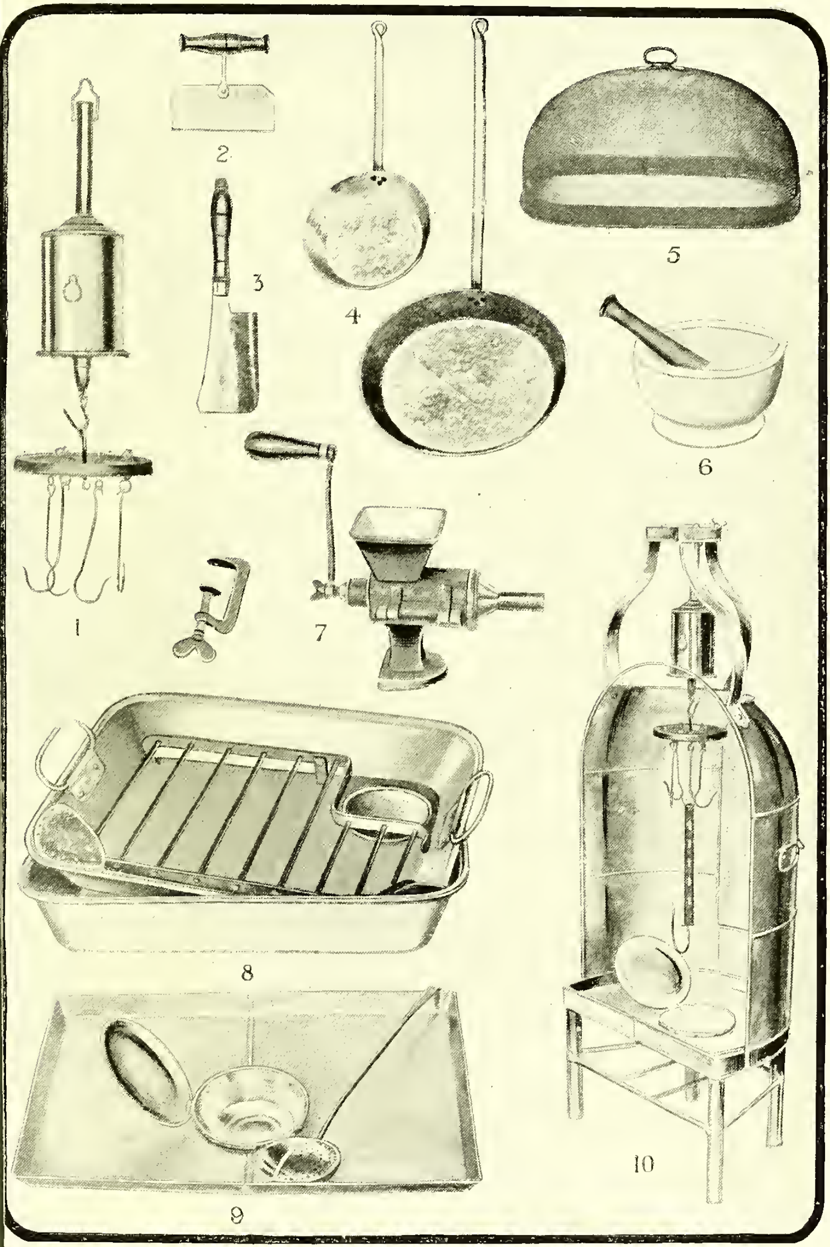
Warren's Cooking Pot is a vessel in three divisions, in which meat and vegetables may be cooked at the same time, but in separate compartments. The peculiarity of the process consists in cooking without the viands coming in contact with water or steam ; the meat, kept from water entirely, is cooked in an inner cylinder, the outer one containing the water, being kept at boiling point. The food thus prepared is cooked in its own vapour, and none of its nutritious properties are wasted. These utensils are also convenient where cooking space is limited, and economical when cooking by gas, because one ring of burners would serve instead of two or three. The price of the round saucepan is from 7s. 9d. to 20s., and the smaller size in the oval cooking pot costs 21s.

The Bottle-jack.—The action of this familiar piece of kitchen furniture, so called from its resemblance to an ordinary glass bottle, is so well known that very little explanation is needed. When the joint is hooked on, the jack requires winding up, an operation which must be repeated once or twice during the time the meat is cooking. A bottle-jack complete, capable of carrying a joint of 20 lbs., may be had for 6s. 9d. This bottle-jack is large enough for ordinary family use ; but larger sizes, to carry from 25 to 70 lbs. may be had from 8s. 6d. to 20s. In cases of necessity it may be dispensed with, and a suspender formed of a skein of worsted, knotted here and there throughout its length, used instead.

Meat Screen.—When the meat is roasting a meat-screen should be placed in front of the fire, to concentrate and reflect the radiated heat as much as possible. It is made of tin, 3 feet in width, and costs 12s. 9d. to 15s. 3d. Round screens known as bottle-jack screens, having bands at the top, from which the bottle-jack is suspended, and a dripping-pan in the bottom, are sold in three sizes, varying in price, according to stoutness of make, as follows : No. 1, from 12s. 6d. to 26s. ; No. 2, from 15s. 9d. to 25s.; and No. 3, from 19s. 6d. to 30s.

The Dripping-pan.—This is a receptacle for the droppings of fat and gravy from the roast meat. In some cases it forms an integral part of the meat screen, but when it is separate from it, it is supported on an iron stand. The pan is arranged with a well in the centre, covered with a lid, and round this well is a series of small holes, which allow the dripping to pass into the well free from cinders or ashes. When the meat is basted, the lid of the well is lifted up. The basting-ladle used to apply the dripping to the meat is half covered over at the top with a piece of metal perforated with small holes, so that

KITCHEN UTENSILS.



1. Bottle Roasting Jack. 2. Mincing Knife, or Suet Chopper. 3. Meat Chopper. 4. Frying Pans. 5. Wire Meat Cover. 6. Pestle and Mortar. 7. Mincing or Sausage Machine, with Table Clamp. 8. Double Baking Pan, with Meat Stand. 9. Drip Pan, with Basting Ladle. 10. Bottle Jack Roasting Screen.

should a small piece of cinder get into the ladle it will lodge there and not fall on the meat. Dripping-pans of block tin, with wells, are made in four sizes, ranging in price from 2s. to 3s. 6d. Wrought iron stands for these dripping-pans cost from 3s. to 4s., and basting ladles from 1s. to 2s. Extra strong wrought iron dripping-pans with wells, and mounted on wrought iron legs, range in size from 2 feet 6 inches to 4 feet in length, and cost from 33s. to 90s., according to size. Strong wrought iron basting ladles to accompany these appliances are made in three sizes, namely, 4, 4½ and 5 inches in diameter, costing 7s. 6d. 8s. 6d. and 10s. 6d. respectively.

Double Baking-pan and Stand.—Closely akin to the dripping-pan used in open-fire roasting is the double baking-pan and stand used in ranges and kitcheners for baking meat, poultry, etc. These are usually supplied with ranges and kitcheners when first purchased ; but sometimes it is necessary to renew them. The lower pan contains water which may be added through the opening in the lower right-hand corner, made by a depression in the inner pan ; the perforated shield or hood, covering the opposite corner being used for pouring off the dripping. These pans are supplied in oblong form, from 13 inches to 18 inches in length, at prices ranging from 3s. 9d. to 7s. 6d.; or square, from 12 inches to 16 inches, from 4s. to 7s. It may be added that single pans are supplied in the above sizes, oblong, from 1s. 2d. to 2s.; and square, from 1s. 4d. to 2s.

The Gridiron.—This utensil, which in its ordinary form consists of a frame supported on four short legs, one at each corner, and with round bars from front to back, and a handle at the back of the frame, is used for broiling purposes of all kinds. The round bar gridiron is made with from 8 to 12 bars, according to size, and is sold at from 10d. to 1s. 3d.

Hanging Gridiron.—The hanging gridiron consists of a double frame, similar in form to the bed or platform of the ordinary gridiron. Below the frames is a small trough or pan, in which the dripping or gravy running from the meat is caught, and above, the centre bars in each frame project upwards, forming the means of keeping the frames together when the meat is placed between them, by a wire ring, square in form, that is slipped over them. The hanging gridiron is suspended before the fire, on bars fastened to hooks, which slip over the top bar of the range. Hooks are attached to the inner frame to take slices of bacon, chops, steaks, etc., when placed between the frames, and to keep them in a proper position. These gridirons are made of wrought iron with from 8 to 12 bars, and are sold at 3s. 6d. and 5s. each, according to size.

American Grip Broiler and Toaster.—This grilling utensil is most useful and desirable for broiling steaks, chops, fish, etc. It is made of polished steel, with perforation in both plates, having their edges turned inwards. Thus it may be turned over on the fire without the escape and consequent loss of any of the fat or gravy coming from the meat, etc., the basting process being self-acting, and the flavour of the meat, etc., being fully retained. The perforations being turned inwards, grip the meat or fish firmly, and prevent any motion from one part of the pan to another. By frequent turning the gravy, etc., is distributed over the upper surface of the meat or fish, while the under side is being acted on by the heat, and thus uniform tenderness and juiciness of the food that is being cooked is insured. It is suitable for use in the openings on the top of a cooking range or kitchener, or on the hot-plate of a close fire range or over the open fire, and it may be used as a bread toaster on the hot-plate or in front of the fire. It is made in two sizes, namely, 9 inches in diameter, sold at 2s., and 10 inches, at 2s. 6d.

Dutch Oven.—The Dutch oven, or bacon broiler or toaster, is made in different shapes, but the principle and purpose of each is precisely the same, and consists of a flat bottom with triangular sides rising from it at each end. The bottom is fitted with a shallow dripping-pan, over which, with the ends inserted near the top of each triangular sidepiece, is a bar with hooks arranged at regular intervals. On the external surface of each side is a handle, by which the utensil may be placed on or removed from the plate hanger, which consists of a sliding plate on two bars, terminating in hooks in front, to hang on the bars of the range. Attached to the sides of the Dutch oven at the very apex of each, is a cover, or flap, which, in consequence of being fixed on a swivel, may be used on either side. The advantage of this reversible cover is that by turning the utensil round on the plate hanger and reversing the flap, each side of the meat or bacon that is being cooked can be presented to the fire quickly, without turning it on the hooks. Prices vary according to size ; one 10 inches long, and fitted with four or five hooks, would cost 2s. 6d. ; 12 inches, 2s. 9d.; 14 inches, 3s. 6d.

Toast Grid.—The toast grid for toasting bread is a utensil used for toasting bread on the hot-plate of a range ; but if the front of an open-fire range be large enough, and the heat sufficient, it may be used there with equal convenience and facility. It consists of two frames covered with wire, between which the bread is placed ; the frames are supplied with wire handles, which can be held together with a sliding ring. These grids are sold at 1s. 3d. and 1s. 9d.

UTENSILS AUXILIARY TO COOKING.

Auxiliary Utensils.—To describe everything that it is possible to introduce into the kitchen for use therein is neither practicable nor desirable. From the thousand and one articles, however, that might be enumerated, some few may be selected that hold a prominent place either from the frequency with which they are brought into use, or from the obvious necessity that exists for having them at hand when required.

Weights and Scales.—Our list of utensils may well start with this most important article or series of articles, as a good set of weights and scales is absolutely necessary to every cook. The cook should bear in mind always to put the weights away in their respective places after they have been used, and to keep the scales in thorough order. In weighing butter, lard, or anything that is of a greasy nature, a piece of paper should be placed in the scale before putting in the substance to be weighed. By doing this much labour will be saved. There are many reliable kinds of weighing machines, but the ordinary shop scales and weights still remain the most popular, and the price of a set of weights and scales, with weights sufficient to weigh from ¼ oz. to 14 lbs., is 18s. 6d., and to weigh 28 lbs., 22s. 6d. Spring balances to weigh up to 200 lbs. cost about 11s. and will often be found a great convenience.

Mincing Machine.—This time- and labour-saving invention is almost indispensable in elaborate culinary preparations. The intending purchaser has a wide choice as regards price, size and variety in form. Although the principle is practically the same in all machines, they differ in many respects some doing their work more thoroughly than others, besides being more easily adjusted and kept clean. The "American Two-Roller Mincer" is to be highly recommended in this respect, because the rollers are lined with enamel, and the knives so arranged that they may be easily cleaned. These machines are made in several sizes in two qualities, and may be procured at any ironmonger's, and cost from 9s. 6d. to 12s. 6d. Ordinary mincing machines may be obtained at from 4s. 3d. Mincing machines answer admirably for quenelle meat, rissoles, etc., where the meat is mixed with other ingredients ; but meat to be served as collops or mince is better cut by hand, as the particles of meat must be separate for these dishes, not crushed into a fine mass. Suet may be more quickly and satisfactorily chopped on a board or in a bowl than by a mincing machine, for, no matter how much flour is mixed with it, the suet sticks to the blades of the knives and forms itself into a compact mass. There are, however, chopping machines in which the knife acts on the material on the same principle as chopping by hand. They are not generally used in small households, but in large kitchens where much chopping of this description has to be done, they are most useful.

Brawn Tin.—This utensil is invaluable in preparing brawn or collard head. It is a tin cylinder placed on a foot or stand, into which the superfluous gravy escapes when the meat is placed in the cylinder and put under pressure. For this purpose the bottom of the cylinder consists of a movable perforated plate. The cylinder is not soldered along the junction of the ends of the metal of which it is composed, but the ends overlap, and are movable, one over the other, to a certain extent. By this means the cylinder is rendered expansive and will expand from 6½ inches in diameter to 8 inches. It is sold at 4s. 6d.

Tongue or Brawn Presser.—This article may be used for making either brawn or collard head, like the brawn tin last described ; or it may be used for compressing boiled tongue into a round, in which shape it is most conveniently sent to table, and moreover ensures an equal distribution of the fat and lean, which is not the case if the tongue be sent up unpressed, when the greater part of the fat in the root of the tongue is sent away uneaten. There is a perforated plate at the bottom through which the gravy escapes, and a flat plate acted on by a powerful screw at the top, by which the contents of the presser are squeezed to flatness. A good presser may be bought for 4s. 6d.

Rotary Bread Grater.—This machine grates or crumbles the bread without leaving a particle of waste, and will do a small quantity. The crumbs made by this process are much finer than when made on an ordinary bread grater. This grater is only made in one size and quality ; the price complete is 5s. 6d.

The ordinary bread grater has smaller perforated plates attached to the side for grating nutmeg, ginger, etc., and is supplied at prices ranging from 6d., according to size.

Steak Tongs.—When meat is being broiled or grilled, to prevent the juices of the steak from being lost by pricking the meat with a fork, in turning it about on the gridiron, steak tongs are brought into requisition for handling the steaks during the process. By making use of these the gravy is kept in the meat. These are supplied at prices ranging from 2s. upwards. A cutlet bat is sometimes used for beating cutlets, chops, etc. ; steaks, if beaten, are beaten with the rolling-pin.

The Meat Chopper is used for chopping and disjointing bones. Their price varies from 1s. 6d. to 2s., according to size. Meat choppers have wood handles. Steel cleavers have handles of steel, that is to say, blade and handle are made all in one piece. They are sold at from 3s. 6d. to 4s. 6d., according to size.

Meat Saw.—A meat saw is used for sawing bones in places where a chopper is not available. For instance, this utensil would come into requisition where a knuckle of ham is required to be severed from the thick end. The meat would first be cut all round down to the bone with a sharp knife, and the bone would then be sawn through. Good meat saws are sold at from 2s. 6d.

Cook's Knife.—The knives generally used by cooks are made very pointed at the end ; and for cookery purposes the slightly convex blades are preferable to those of ordinary shape. They are made 6 inches, 7 inches, 8 inches, 9 inches, 10 inches, 11 inches and 12 inches in length, and cost in the best quality from 2s. to 4s. each, according to length of blade ; and from 10d. to 1s. 10d. in the second quality. Both varieties have plain ebony handles. Cook's forks are made to match the knives ; they are larger and stronger than ordinary forks, and, therefore, better suited for lifting masses of meat, etc., out of a saucepan. Prices vary from 1s. to 2s. each, according to length of prong ; the average and most convenient size cost about 2s. or 2s. 6d.

French Chopping Knife.—The chopping knife is similar in shape to the cook's knife but of much stronger make. It may be had in two sizes, each made in two qualities, and costing respectively 3s. or 3s. 9d., with blades measuring 9 inches and 6s. or 6s. 6d., with blades 2 inches longer.

Mincing Knife.—A knife for chopping suet or mincemeat on a wooden board. As it is made with a firm wooden handle, the hand does not become so tired as when using an ordinary knife on a board ; and the chopping is accomplished in a much shorter time. These implements should be kept sharp, and should be ground occasionally. There is also a knife half-circular in form used for chopping materials in a wooden bowl. A good mincing knife in either form is supplied at 1s. 9d.

Chopping Bowl and Board.—For chopping suet, meat, etc., with the half-circular knife a wooden bowl should be provided. They are made from 10 inches to 16 inches in diameter, the smallest size being 1s. 6d.; but that is too small to be generally useful, a more convenient size is the bowl measuring 13 inches, supplied at 4s. A chopping board costs about 2s.

Colander.—This useful article comes into daily requisition. The most convenient and strongest form is that of a round tin basin with handles, perforated at the bottom and round the sides with small holes. It is used for straining vegetables, these being poured into the colander when they are cooked, and allowed to remain for a minute or two until all the water is drained from them, when they are dished. Colanders, or cullenders, as the word is sometimes spelt, are made in four sizes, supplied in tin at from 1s. 3d. to 2s. 6d. each, according to size. They are also to be had in strong tin enamelled inside and outside from 1s., according to size. They possess all the advantages of cleanliness, freedom from rust, etc., of perforated earthenware basins, without their liability to be cracked or broken.

Pestle and Mortar.—Pestles and mortars are made of iron, brass, marble and Wedgwood ware. Those of marble or Wedgwood ware are decidedly to be preferred, as they can be easily kept clean. This utensil is used for pounding sugar, spices and other ingredients required in many preparations of the culinary art. Potted meat is first cooked, minced and then pounded in a mortar ; and many farces must be pounded before they can be rubbed through a sieve. Pestles and mortars in composition, are made in sizes ranging from 7 inches to 10 inches, taking the diameter of the top of the mortar, and are sold at from 1s. 4d. to 3s. 3d., according to size. These prices include pestles. Marble mortars range in size from 10 inches to 14 inches, and in price from 4s. 6d. to 9s. 3d. Pestles of hardwood, to be used with these mortars, cost from 2s. upwards, according to size.

Preserving Pans.—Jams, jellies, marmalades and preserves are made in these utensils, which should be kept scrupulously clean, and well examined before being used. Copper preserving pans range in size from 11 inches to 18 inches in diameter, in capacity from 5 quarts to 21 quarts, and in price from 14s. to 29s. Preserving pans in enamelled cast iron are sold at from 3s. 6d. upwards, according to size.

Vegetable Cutters.—Vegetables are cut into fanciful shapes, by means of these little cutters. Stewed steaks and such dishes, in which vegetables form an important addition, are much improved in appearance by having these shaped. The price of a box of assorted vegetable cutters ranges from 2s. 3d. to 4s. 6d. Fancy cutters are sold at 2d. to 6d. each. These cutters can be made useful in ornamenting pastry, or cutters especially made for pastry can be had at 3d. each, or in boxes from 1s. 6d. to 2s., according to make.

Vegetable Scoop.—This implement is used for cutting vegetables into small, pea-shaped forms. It is supplied at a cost of 6d.

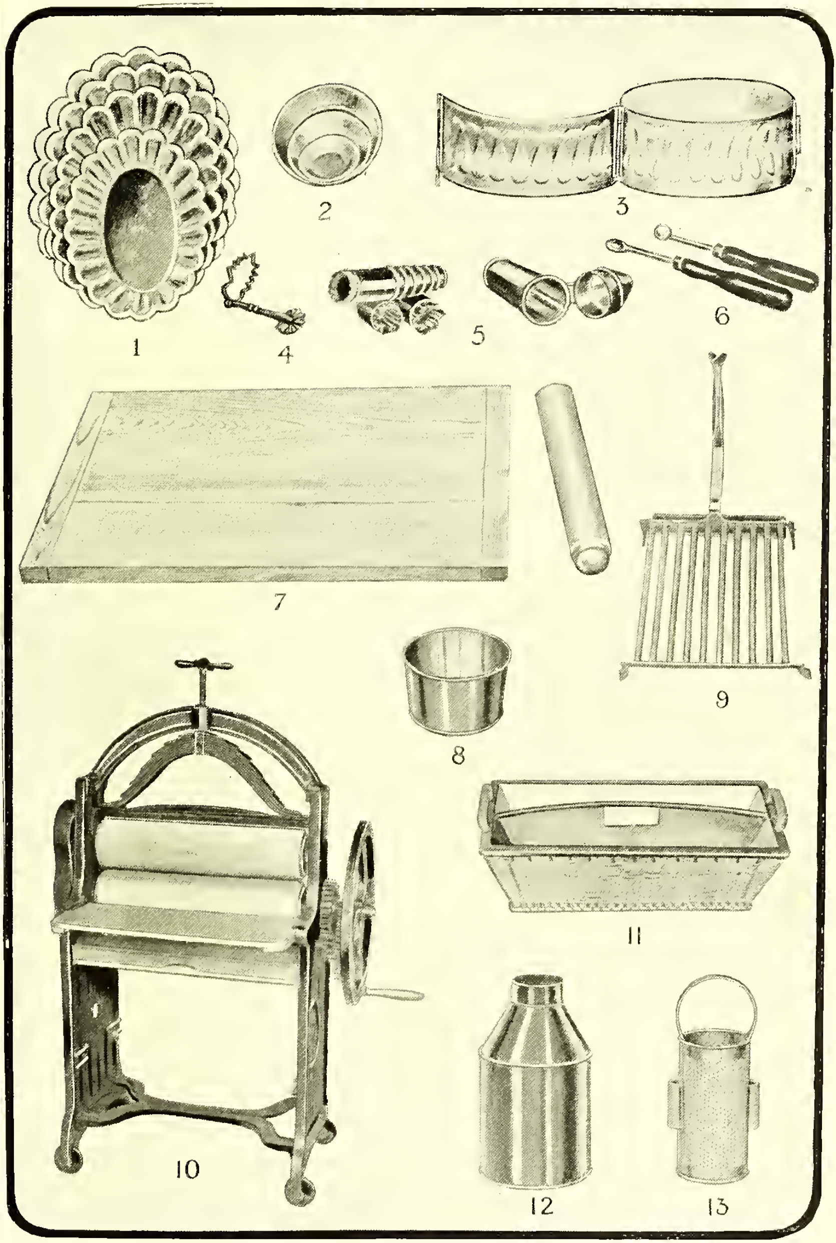
Cucumber Slice.—For shredding cucumbers into the thinnest possible slices, a little machine is often used. It is made of wood, with a steel knife running across the centre, and sold at 2s. After the cucumber is pared it should be held upright, and worked backwards and forwards on the knife, being borne sufficiently hard to make an impression on the cucumber.

Paste-Board and Rolling Pin.—Paste-boards of average size, made of well-seasoned deal, with clamped ends, are supplied at 2s. 6d. or 3s. 6d. When not in use they should be kept in a clean dry place, otherwise they may become mildewed, and the stains thus caused are indelible. Rolling-pins are made in two shapes, convex, that is, tapering towards each end, and perfectly straight. The shaped ones may be very dexterously employed by a skilful cook in shaping pastry and dough ; but novices in this branch of the culinary art should select a straight rolling-pin. Both shapes are supplied at from 4d. to 1s., according to size, and the quality of the wood. The best qualities are made from well-seasoned Indian boxwood ; a rolling pin of this description, measuring 18 inches in length, costs 2s. 3d.

Sieves.—Sieves, both hair and wire, are made in various sizes, but they are inconvenient unless large enough to fit easily over large basins, into which soup is usually sieved or strained. The hair sieves are used principally for vegetable purées and other substances of a sufficiently fine soft nature to allow them to be readily passed through. Some of the fibre of meat, after being well pounded, may be rubbed through a hair sieve,but with a considerable expenditure of time and strength, therefore a fine wire sieve is usually selected for this purpose. A fine wire sieve is also used in making breadcrumbs. Sieves of suitable size and mesh for ordinary purposes may be had for 6d. to 1s. 2d.

Paste Jaggers.—These are used for trimming and cutting pastry.

KITCHEN UTENSILS.



1. Tart Pans. 2. Patty Pans. 3. Raised Pie Mould. 4. Paste Jagger. 5. Fancy Vegetable Cutters and Case. 6. Vegetable Scoops. 7. Paste Board and Pin. 8. Plain Charlotte Pudding Mould. 9. Gridiron. 10. Mangle or Wringer. 11. Tin-lined Wicker Knife Basket. 12. Coffee Canister. 13. Bread Grater.

The little wheel at the end of the jagger is made to revolve, and is used for marking pastry which has to be divided after it is baked. The price of a jagger is from 6d. to 1s. 6d.

Coffee and Pepper Mills.—Patent improved mills for grinding coffee, pepper, spice, etc., may be had to fix permanently to the wall, or temporarily to the kitchen table or dressers. They are provided with a regulating screw, to grind fine or coarse, as may be desired. They are made in four sizes, and cost from 3s. to 9s. each.

Wire Dish Cover.—This is an article belonging strictly to the larder, and is intended for covering over meat, pastry, etc., to protect it from flies and dust. It is a most necessary addition to the larder, especially in summer time. These covers are made in sizes ranging from 10 inches to 20 inches in length, and sold at prices rising from 1s. 3d. to 4s. 3d., according to size. Round plate covers in the same material are supplied at from 1s. 3d. Wire meat safes, japanned, 16 in., 18 in., 20 in., 22 in. and 24 in. square, are supplied at from 20s. Wooden meat safes, with panels of perforated zinc, 24 in., 27 in. and 30 in. square, are sold at from 9s. 6d.

Knife Tray, Plate Basket and Plate Carrier.—A knife tray should be provided for keeping close at hand all knives in daily use. The wicker tray, lined with tin, sold at 2s. 9d. to 3s. 9d., according to size, is very easily washed, and will always appear clean and in nice order, if properly looked after. Japanned trays, equally cleanly and serviceable, may be had, single, with round corners, at from 2s. to 7s.; double, with square corners, from 2s. 6d. to 8s. Wicker plate baskets, for spoons, forks, etc., lined with baize, are supplied in four sizes from 2s. 6d. to 5s. each; and wicker plate carriers for dinner plates, unlined, at 4s., or lined with tin, 6s. The tin, if japanned, costs 10s. 6d. A wicker basket for the reception of plates that have been used and removed from table, with loose wicker lining and lined with tin, is supplied in three sizes at 4s. to 6s. 6d.

Baking Dish.—Many housewives prefer for family pies and puddings a baking dish made of tin, which may be covered with a wire grating, so that it may be used for baking meat and potatoes, the latter being placed in the dish and the meat on the wire grating. Seamless baking-pans, in all forms, oblong, square, round and oval, may be had in sizes ranging from 4 to 20 inches, at prices from 5d. to 4s. each, according to size.

Tartlet Pans.—The trimmings of pastry rolled out, laid in a tartlet pan, and baked, form the foundation of open tarts. The pans are made in all sizes, from 6 inches to 12 inches in length, with plain or fluted edges, at prices ranging from 2d. to 1s. 6d., according to size and shape.

Patty-pans.—These are made of tin, and used for cheese-cakes, little tarts, mince-pies, etc. Some are fluted and some plain, and they are manufactured in all sizes and of different shapes, both oval and round. The price of a dozen patty-pans, in tin, ranges from 2d. upwards, according to size and shape.

Raised Pie Mould.—The moulds in which raised pies are made open at the side, with loose bottom plates. They are usually, though not necessarily, oval in shape ; they are made from 6 inches to 11 inches in length ; and the smallest size is supplied in strong tin at 2s. to 3s.

Border Mould.—This mould measures 7 inches in length, 2½ inches in height ; its capacity is 1½ pints, and its price in copper, lined with pure tin, 8s. Very effective designs may now be obtained in strong tin from 10d. upwards.

Coffee and Tea Canisters, etc.—Japanned tin is the metal of which canisters for tea and coffee are composed. The flavour of the tea and the aroma of the coffee may be preserved by keeping them in tin canisters. The prices of these canisters, to hold from 2 oz. to 6 lb., range from 6d. to 3s., according to size. Among other boxes, made in tin and japanned, for the reception of articles of daily use and consumption may be named SEASONING BOXES, at 3s., 3s. 6d. and 4s. 6d., according to size ; SPICE BOXES at 2s., 2s. 6d. and 3s., according to size ; SUGAR BOXES, square in shape, with division, in five sizes without drawer to receive pounded sugar dropping from divisions through perforated bottom, from 2s. 9d. to 9s. 6d. ; or in three sizes with drawers, from 6s. 6d. to 10s. Round SUGAR CANISTERS, holding from 1 lb. to 6 lb., are sold at from 8d. to 4s. 6d., according to size ; and FLOUR BINS, bright tin inside and japanned blue with black hoops outside, ranging in capacity from 1 gallon to 3 bushels, are supplied at from 3s. 6d. to 28s., according to size.

Hot-water Dish.—In cold weather such joints as venison, a haunch, saddle or leg of mutton should always be served on a hot-water dish, as they are so liable to chill. This dish is arranged with a double bottom which is filled with very hot water just before the joint is sent to table, and so keeps that and the gravy hot. Although an article of this description can scarcely be ranked as a kitchen utensil, still the utility of it is obvious. Hot-water dishes may be had, made entirely of metal, of various sizes from 21s. upwards, or in nickel, electro-plated, at higher prices. Hot-water plates range in price from 1s. 6d. upwards.

Gravy Strainer.—One of these is absolutely indispensable. One variety is like an inverted cone with the pointed end cut off, having a handle attached to it, and a plate perforated with very fine holes, or piece of wire netting, at the bottom, below which is a rim on which it stands. It is made in three sizes, with fine or coarse bottom, sold at 1s. 6d., 1s. 9d. and 2s. each, according to size. Another kind is made in the form of a cone ; but this, of course, will not stand by itself, terminating as it does in a point. It is made in three sizes, with fine or coarse netting, sold at 10d. to 2s. 6d., according to size.

Egg Poacher.—When eggs are much used in a family, an egg poacher forms a desirable addition to the utensils of the kitchen. These are made in different forms, the ordinary poacher being in the form of a circular tin plate, with three or four depressions, to contain the eggs, and with an upright handle rising from the centre. The plate is supported by feet, on which it stands when lowered into the saucepan. Poachers for three eggs are sold for 1s. 4d. ; for four eggs at 1s. 11d.

Cask Stand.—For beer it is desirable to have a stand by which the cask may be raised or lowered without shaking its contents. The lever cask stand will be found most useful for this purpose. This stand is, perhaps, the best that has yet been produced, its action being very simple and easy to understand. The price of stand for a 9-gallon cask is 6s. ; for an 18-gallon cask, 8s.

Beer Tap.—The best kind of tap for home use is the brass syphon beer tap, which requires no vent-peg, and is fitted with a protector in front, to receive the blows of the mallet in tapping a cask. The protector may be unscrewed to clean the syphon tube when it is in the cask. Another improvement consists in the self-acting tube being brought down close to the mouth of the jug, glass or vessel into which the beer is drawn. Directions for keeping the tap in order are given to the purchaser. This tap is sold at 3s. 6d.

The Corrugated Kettle.—The chief feature of this kettle is the fluted form of the bottom, which not only adds considerably to its strength, but increases the heating surface about 20 per cent., thereby causing the water to boil in a very much shorter time than in an ordinary flat-bottomed kettle. The peculiar form of this kettle, both as regards the fluted bottom and dome top, renders it especially suitable for use on gas or petroleum stoves or spirit lamps. This kettle is made in polished steel in nine sizes, holding from 1 to 12 pints, and sold at prices ranging from 1s. 6d. to 4s. 3d., according to size. It is also made in polished copper or brass in the four smaller sizes, from 1 to 3 pints, sold at from 5s. to 7s. 6d. with ordinary handle In the five larger sizes, holding from 4 to 12 pints, it is made in polished copper with turned handle and spout, and sold at prices ranging from 8s. to 18s.

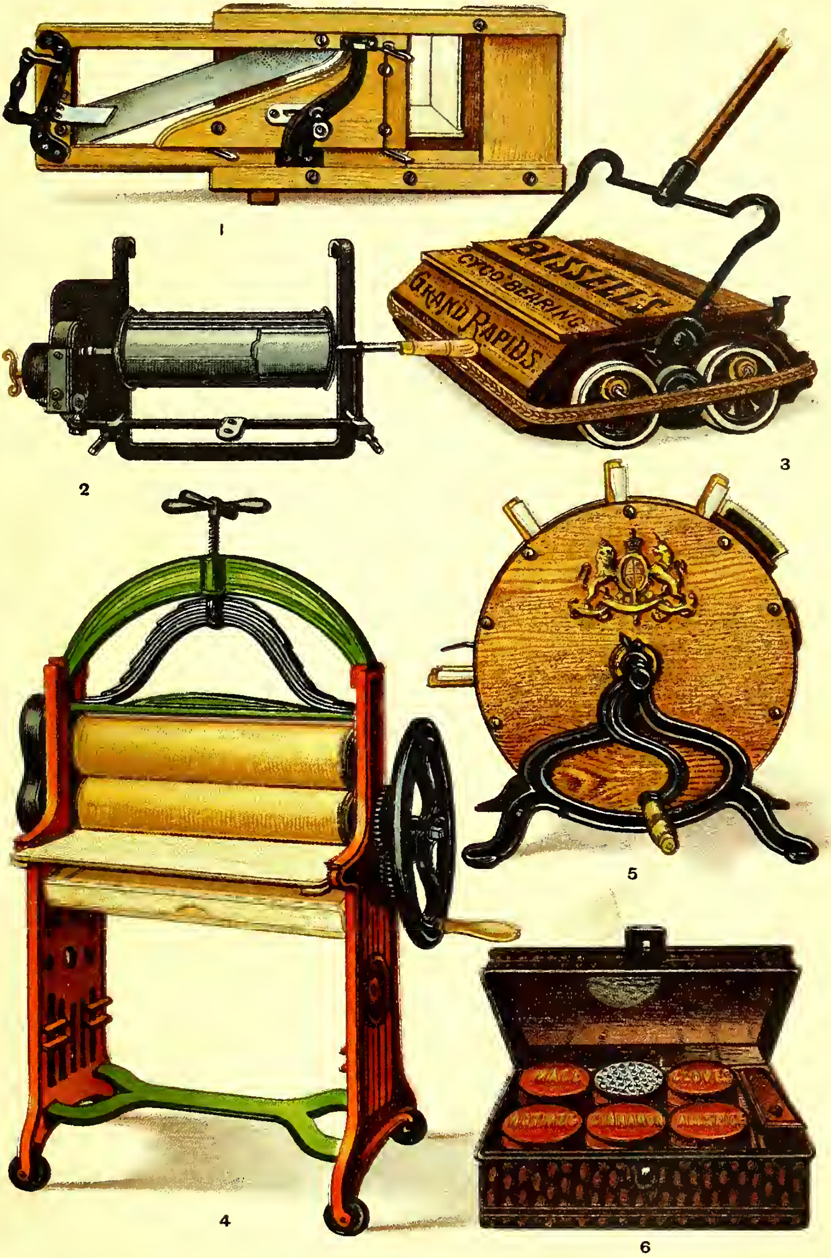
Coffee-pot.—When well made, coffee, perhaps, is the most delicious and refreshing of all the infusions that are made for household use, but the goodness of coffee very often depends on the construction of the vessel in which it is made, and it is most desirable to use one in which the aromatic oil of the berry developed in the process of roasting is not driven off by boiling, on the one hand, which invariably spoils coffee, and not made sufficiently perceptible by the endeavour to make it at too low a temperature, which is too often the case. In one of the Patent Coffee Cans either contingency is happily avoided by the peculiar construction of this coffee-pot, in which the coffee, when making, is surrounded by a jacket of boiling water, and thus kept at such a temperature that the valuable principle in which the aroma lies is not driven off, but gradually and continuously brought out, thus increasing to a wonderful extent the flavour and fragrance of the drink. By means of this utensil coffee can be made to perfection in so short a time as two minutes, which shows how easy and rapid the process is when performed by means of this utensil. They are kept in various sizes, and made of various materials, and vary in price from 5s. 6d. upwards.

Freezing Machines.—Ice is now so much used at English tables that it has become a necessary of household economy, and dessert ices follow summer dinners as a matter of course. Dessert ices are, by modern invention and ingenuity, placed within the reach of most housekeepers, and it is easy to make ices by one of the patent freezing machines, which afford a quick, economical and most simple method of freezing. Two ices, or an ice and an ice pudding can be made at the same time by these machines. The mixture to be iced is placed in the tubes or cylinders ; outside these tubes rough ice and salt are placed, the ice being pounded, and the salt and a little water added ; the piston is then worked up and down. This movement produces a constant change and agitation of the ice and salt, which is compelled to pass round and round the agitator. Two stirrers are attached to the piston, and work at the same time with it ; these " stirrers " go up and down inside the cylinders, and stir up and mix the cream or water mixture undergoing the freezing process. This agitation of the cream, etc., is necessary to prevent the future ice from being lumpy and snowy. When the freezing is complete the stirrers are taken out of the cylinders, and the ice pressed down firmly by a presser ; this moulds it to the form of the cylinder. It is set by keeping it still in the machine for a short time longer, still working the piston up and down ; it is then turned out, beautifully iced and moulded. The same ice and salt which freezes the dessert ices will afterwards freeze a block of pure water ice, or may be used to cool wine.

These freezing machines are made in oak, and are supplied in three sizes, Nos. 1, 2 and 3, to freeze and mould 1, 2 and 3 pints respectively, at £2 10s., £3 5s., and £3 15s. These are to be used with ice and salt only.

Refrigerators are very necessary in a household, as they ensure both comfort and economy, and, indeed, promote good health in the summer. They consist essentially of cupboards or chests, lined with zinc, and kept cool by ice. The ice receptacle, however, should have no connexion with the storage part, as the food should be kept in a cold, dry atmosphere. A properly-made refrigerator consists of a wood cupboard or chest, lined inside with zinc, and having a tight fitting door ; between the zinc lining and wood casing there should be a layer of insulating material, such as thick felt (the cheapest), or better, asbestos, or its artificial substitute, slag-wool. This insulating layer prevents loss by too rapid dissipation of the cold by contact with the hotter outside

HOUSEHOLD UTENSILS.


1
BISSELL'S
CYCO BEARING
GRAND RAPIDS
2
3
4
5
MACE
CLOVES
NUTMEG
CINNAMON
ALLSPICE
6

1. Bread Cutter. 2. Coffee Roaster. 3. Carpet Sweeper. 4. Wringer and Mangle.
5. Knife Cleaner. 6. Spice Box.

air. The ice chamber should also be lined with zinc, and be placed at the top or back of the chest, a waste pipe being provided for draining away the water, which may be stored in another zinc receptacle under the chest, and used as an ice bath for bottles of liquors, etc. Ice quickly melts if surrounded by water or air, therefore keep the ice chest closed and well drained. If you have a piece of ice but no proper receptacle for it, you may keep it for a long time even in summer if you wrap it in a blanket and place it in a dark, dry place. Unless you are quite sure of the purity of ice, never mix it with food or beverages ; cool down to the required temperature by surrounding the vessels in which the food or beverage is contained with a mixture of pounded ice and salt. An ice closet, or refrigerator, should not be kept in a kitchen ; place it in the larder, at all events well away from the direct sunlight ; choose the darkest corner. The interior should be kept scrupulously clean.

Filters. — Absolutely pure water is not to be found in nature, for even rain (natural distillation, resulting from condensation following on evaporation of sea, lake, river and soil surface water by the sun-rays) absorbs gases and dust as it descends through the various atmospheric strata. Lake, river and spring waters contain gases, earthy salts and organic matter. The salts are not to be feared unless present in large quantities, but the presence of organic matter, if not always dangerous, should give rise to suspicion. Organic matter in water is usually the result of decomposition, and whether of vegetable or animal origin is nearly always unwholesome; but too often such organic matter may comprise chemical poisons or the so-called poison secreting specific, or pathogenic, microbes. To get rid of superfluous earthy salts (more especially lime and magnesia) and organic matter, various methods of purification are adopted. Water supplied to towns by companies or municipalities is usually filtered through extensive and deep beds of sand gravel and other materials. Sometimes the water is first run into tanks, chemicals added, and the superabundant lime allowed to deposit before the water is run on the filters. Domestic filters are constructed on much the same principle, the water being made to pass through layers of sand, charcoal, spongy iron, porous earthenware or patent compositions. Charcoal and iron are believed to have a chemical as well as a mechanical influence, as they absorb oxygen and part with it, and also absorb deleterious gases. The varieties and styles of filters differ so widely that it is almost impossible to give prices. A domestic filter may be made by thoroughly charring the inside of an oaken cask (this is best done by burning spirits of wine in it), then placing curved porous tiles at the bottom, covering this with a layer of carefully cleansed gravel, upon the top of which should be a finer gravel, and finally sand or coarsely ground charcoal. The danger of all filters is that they soon get foul if constantly used, and then water passed through them is only contaminated. There are tubes composed of siliceous infusorial earths, which are very compact, but allow water introduced into them slowly to percolate. The only way to obtain absolutely pure water is to use a still, in which water is evaporated by heat, and the steam being caught and condensed by cold is obtained in the form of liquid water. But this water is of a "dead" character, having no oxygen, and if exposed to the air quickly absorbs atmospheric gases and dust. For practical purposes, if water has to be purified, the best plan is to boil it. This not only destroys living germs and their spores, but splits up organic matter and causes the earthy salts to be deposited in the form of slime or "fur." The kettle has the advantage of being available both for home and outdoor use—for instance on country excursions, when very often water of doubtful character is alone to be procured.

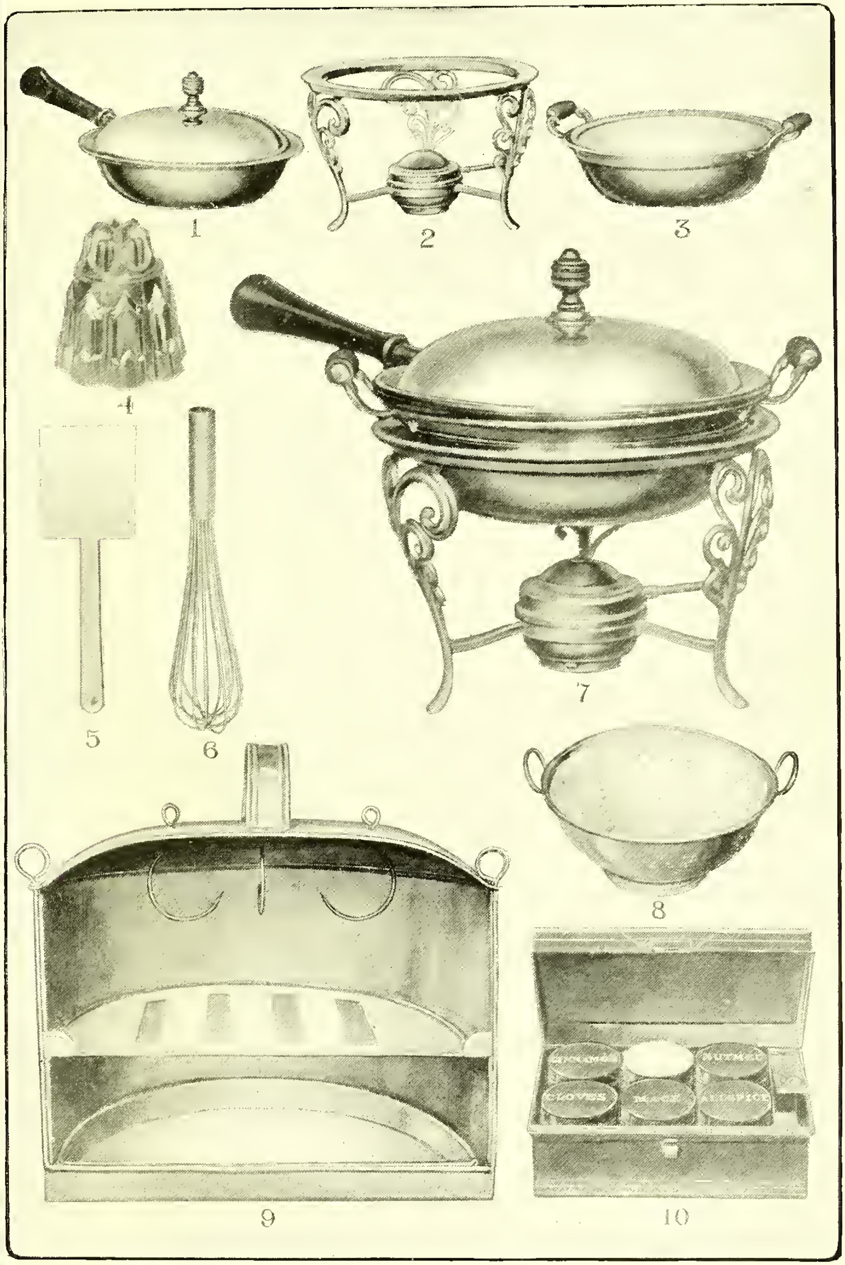
Washing and Wringing Machines.—In large establishments where there is a laundry these do not enter into "The Arrangement and Economy of the Kitchen," but in smaller ones they often of necessity form part of the furniture. The price of a small one is from 20s to 90s.

Washing machines are daily becoming more general in private families, and needless to say washing at home, if practicable, is a great economy.

Fireproof Earthenware Cooking Appliances and Casserole Pots are benefits which we owe to Continental chefs. For many purposes they are not to be surpassed. They are light, cleanly, impart no flavour to the most delicate of viands, quick in use, and may, for the most part, be sent up to table with their contents direct from the kitchener. Among other purposes fireproof earthenware vessels are excellent for cooking "œufs sur le plat," or fried eggs, scrambled eggs, stewed and baked tomatoes, joints of meat "au daube," that is, stewed with rich gravy and vegetables. These are all dishes which would be spoilt in colour and flavour if iron saucepans were used. Moreover, as this ware is decidedly ornamental, they only require to be taken from the oven or hot plate, placed on a dish and sent to the dining-room.

Enamelled Ware is now much used, both for cooking and other kitchen utensils. As a rule these consist of rather thin sheets of steel, or iron, stamped out into different shapes, and then coated inside and out with fireproof enamel ; the coat used for the outside generally being blue, and that for the inside white. The advantages of enamelled ware are that it is clean, acid-proof and does not injure the colour or flavour of any article cooked and placed within it. Vessels of this ware are especially useful for making sauces, boiling milk, farinaceous puddings and stewing fruit. These utensils are also easily cleaned. But it is necessary to buy good quality articles, as in the cheaper classes the enamel is often thin, inferior and contaminated with arsenic. Inferior enamel is apt to chip, and this is dangerous, as the particles are as sharp as glass and capable of causing serious digestive troubles. Moreover, if the enamel is chipped or badly cracked, all the advantages of enamelling are neutralized, as the foods come into direct contact with the metal, and

KITCHEN UTENSILS.


1
2
3
4
5
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8
CINNAMON
NUTMEG
CLOVES
MACE
ALLSPICE
9
10

1. Chafing Dish Pan. 2. Chafing Dish Stand and Lamp. 3. Double Boiler of Chafing Dish. 4. Jelly Mould. 5. Meat Slice. 6. Whisk. 7. Chafing Dish complete. 8. Colander. 9. Dutch Oven. 10. Spice Box.

further act on the under part of the enamel. This ware should always be properly seasoned before use. Fill to the brim with boiling water, add a good allowance of soda and allow to get cool, then wash thoroughly in very hot soap suds. Enamelled metal ware should never be placed in the oven or on a stove, unless it contains a liquid or some fat, otherwise the enamel will crack.

Aluminium is a metal existing largely in clay. It is only within recent years that it has been able to be extracted economically and in sufficient quantities for commercial purposes. Its chief characteristics are its extreme lightness, its resistance to the action of most acids and atmospheric influences, and the ease with which it forms most useful alloys. In its natural condition it is of a dullish silver hue. Aluminium cooking and kitchen utensils are now either stamped out of sheet metal or moulded. Their extreme lightness makes stewpans, frying-pans and bain-maries of this metal most handy in the kitchen, and the fact that the juices of vegetables and fruits, etc., do not act upon it, gives aluminium a considerable advantage over copper. The metal heats quickly and retains its heat for a long time. It requires some care in cleaning. As yet aluminium kitchen ware is somewhat expensive, but when its merits are more widely recognized, and it comes into more general use, prices are likely to fall.

The **Chafing Dish** is a very ancient utensil, much used by our ancestors and then gradually neglected. But it has come into fashion again, largely through a revival of its use in America. The chafing dish is a deep metal pan, with sloping sides, and provided with a domed cover, which fits in the circular rim of a metal tripod. On the stand of the tripod beneath the dish a spirit lamp is placed. In some instances the dish is heated by electricity. As a rule these articles are highly ornamental, and are meant to be used on the table or sideboard ; they are usually brought into requisition at breakfast, luncheon and supper, and are undoubtedly most serviceable in households where only a few servants are kept, as by their aid dainty little dishes such as fried or scrambled eggs, omelettes, stewed kidneys, broiled tomatoes, welch rarebit or cheese fondu, and similar preparations can be speedily prepared at the early morning meal, or at a late supper " after the theatre." For dwellers in flats the chafing dish is almost indispensable.

Complete List of Domestic Utensils.—Here we must bring our notices of utensils that find a place in most kitchens to a close, omitting many articles of less importance not likely to be called so frequently into use. Everything necessary for a family, whether large or small, is included in the following complete specifications of domestic utensils, which will show at a glance the articles required for the kitchens of families, ranging from those for whom a small cottage affords sufficient accommodation to those who have an income large enough to warrant the occupation of a mansion. For a mansion, whose many guests are ever coming and going, and where a large number of domestics are kept, a great number of articles will be required, and these are set forth in specification No. I. In specification No. II everything is included that is necessary for culinary operations in a family whose head is possessed of ample means. Specification No. III includes those articles which should be found in comparatively small houses ; whilst in specification No. IV such things only are enumerated as are indispensable to a family possessed of a small income, and moving in a comparatively humble sphere of life.

Specifications and Estimates for Outfit of Kitchens.—The following specifications and estimates, it may be said, have been carefully prepared. They are exclusive of tinnery and brushes. Each specification is complete in itself, and any of the articles mentioned may be had singly at the same prices.

SPECIFICATION No. I.

This Specification is complete and suitable for any Mansion.

	£	s.	d.
8 Copper Stewpans, assorted sizes	5	12	6
1 Copper Stock Pot, 10 galls., with tap and Drainer	5	18	6
1 Copper Bain marie, 11 vessels	7	7	0
2 Copper Sauté or Cutlet Pans	1	7	6
1 Copper Braizing Pan with Fire Cover, 18 in.	4	4	0
1 Copper Egg Bowl	0	18	6
1 Copper Sugar Boiler	0	15	0
1 Copper Preserving Pan	1	16	0
2 Copper Jelly Moulds	1	1	6
2 Copper Charlotte Moulds, 2 pt., 3s. 6d., 2¾, 4s. 6d.	0	8	0
12 Copper Dariol Moulds, 2 in.	0	9	6
12 Copper Fancy Entrée Cups, assorted	0	12	0
2 Copper Conical Gravy Strainers	0	17	6
1 Copper Soup Ladle	0	4	6
2 Copper D Slices	0	10	0
2 Copper Dish-up Spoons	0	10	0
1 Copper Dish-up, perforated	0	4	6
2 Copper Omelette Pans	0	15	9
2 Copper Baking Plates	1	2	6
1 Oval Wrought iron Fat Pan and Drainer	0	19	6
1 Oblong Wrought-steel Dripping Pan with Well, on iron legs	2	8	6
1 Basting Ladle for ditto	0	10	6
2 Large Wood Meat Screens with Hot Closet	9	12	6
1 Steel Cutlet Bat	0	4	6
1 Cast-steel Meat Saw	0	4	6
1 Cast-steel Cutlet Saw	0	3	6
Carried forward	£43	18	3

	£	s.	d.
Brought forward	48	18	3
1 Cast-steel Cleaver	0	5	6
1 Set Skewers, 9d., 1s., 1s. 6d.	0	3	3
1 Case Larding Needles	0	2	6
1 Daubing Needle	0	1	6
3 Cooks' Knives	0	9	6
1 Cooks' Bone Knife	0	5	6
2 Root Knives, 1s.	0	2	0
2 Steel Dish-up Forks with Guard	0	3	6
1 Salamander and Stand	0	9	6
1 Pair Steak Tongs	0	3	6
1 Toasting Fork	0	1	6
1 Fluted Bar Gridiron	0	3	6
1 Hanging Gridiron	0	3	6
1 Oval Iron Fry Pan	0	2	6
6 Tinned Iron Saucepans	0	13	6
2 Ditto, with steamer, 6 qt., 5s. ; 8 qt., 6s. 6d.	0	11	6
1 Best Wrought-iron Tea Kettle	0	10	6
1 Copper-Bottom Tin-Body Range Kettle	0	2	6
1 6 gal. Oval Wrought-steel Boiling Pot	1	10	0
2 Strong Wire Fry Baskets, 2s. 6d., 3s. 6d.	0	6	0
1 Strong Tin Fish Kettle, Copper Bottom	0	10	6
1 Strong Tin Turbot Kettle, Copper Bottom	1	5	0
1 Marble Slab for Pastry	0	10	6
1 Box Pastry Cutters, each Round and Fluted	0	5	0
1 Box Assorted Fancy Cutters	0	2	0
1 Paste Jagger	0	1	0
1 Box Vegetable Cutters	0	3	6
1 Salad Basket (Wire)	0	3	6
Carried forward	£58	10	6

SPECIFICATION No. I. (*continued*).

		£	s.	d.
	Brought forward	58	10	6
1	Patent Bread Grater	0	2	6
12	Assorted Iron Spoons	0	5	6
1	Block Tin Soup Ladle	0	1	9
1	Flour and Sugar Dredge	0	2	6
2	Pepper Boxes, 4d. each	0	0	8
1	Potato Masher	0	2	3
3	Steel Vegetable Scoops, wood handles	0	3	6
2	Tin Funnels	0	0	10
1	Raised Pie Mould	0	5	6
1	Dozen Tartlette Tins	0	1	6
3	Dozen Round Pattypans, fluted	0	1	0
1	Bread Rasp	0	2	0
1	Palette Knife	0	2	6
2	Wire Egg Whisks, strong, 1s. 3d., 1s. 9d.	0	3	0
1	Refrigerator	5	5	0
1	Pewter Ice Pot, with Cover	1	1	0
1	Pail for ditto, Oak	0	7	6
1	Spatula	0	4	6
2	Pewter Ice Pudding Moulds 10s. 6d., 15s.	1	5	6
12	Pewter Ice Dessert Moulds	0	18	6
1	Marble Mortar, 14 in.	0	15	0
1	Lignum Vitae Pestle for do.	0	4	6
1	Best "Quality" Knife Machine on high stand, clean 4 knives and carver	3	17	6
	Carried forward	£74	4	6

		£	s.	d.
	Brought forward	74	4	6
1	Spice Box, Block Tin	0	10	6
1	Seasoning Box	0	4	6
1	Mincing Machine, Vitrified Enamel	1	1	0
1	Set Registered Scales and Weights, to weigh 28 lb.	1	5	6
12	Tinned Meat Hooks	0	1	0
2	Corkscrews	0	1	6
2	Tin Openers	0	1	6
3	Galvanized Pails, 1s. 6d.	0	4	6
1	Coal Hod, Zinc lined	0	4	6
1	Kitchen Fender	0	12	6
1	Set Kitchen Fire Irons	0	6	6
1	Tin Coffee Pot, 3s. 6d., 1 Tin Tea Pot, 3s. 6d.	0	7	0
1	Coffee Mill, Steel	0	16	6
3	Japanned Trays, Strong	0	7	6
1	Lemon Squeezer	0	1	3
1	Jelly Bag and Stand	0	10	6
1	Set Tea, Coffee, and Sugar Canisters	1	1	0
4	Hair Sieves, best	0	11	6
2	Brass Wire Sieves	0	7	0
1	Flour Kit	0	5	6
1	Rolling Pin, hard wood	0	1	6
1	Set Stove Brushes	0	3	6
1	Set Shoe Brushes	0	6	6
1	Hair Broom and handle	0	4	6
1	Bass or Yard Broom and handle	0	2	6
3	Scrubbing Brushes	0	4	6
	Total	£84	8	9

SPECIFICATION No. II.

Suitable for Good Class Houses.

		£	s.	d.
6	Copper Stewpans, assorted sizes	5	10	0
1	Copper Stock Pot, 4 galls., with tap and drainer	3	5	0
1	Copper Sauté Pan	0	10	6
1	Copper Sugar Boiler	0	10	6
1	Copper Egg Bowl	0	15	0
1	Copper Preserving Pan	1	4	0
2	Copper Jelly Moulds	0	17	6
1	Dozen Copper Dariol Moulds	0	9	6
½	Dozen Copper Fancy Entrée Cups	0	6	0
1	Only Copper Charlotte Mould, 2 pt.	0	3	6
1	Only Copper Conical Gravy Strainer	0	8	9
	Carried forward	£14	0	3

		£	s.	d.
	Brought forward	14	0	3
1	Only Copper Omelette Pan	0	7	6
1	Copper D Slice	0	5	0
1	Oval Wrought-iron Fat Pan and Drainer	0	15	0
1	Wrought-iron Dripping Pan with Well and on Iron legs	2	2	6
1	Wrought Ladle for ditto	0	8	6
1	Wooden Meat Screen, circular corners and Hot Closet	4	7	6
1	Brass Bottle Jack and Crane complete	0	14	6
1	Cutlet Bat	0	4	6
1	Meat Saw	0	4	6
1	Cutlet Saw	0	3	6
	Carried forward	£23	13	3

	£	s.	d.
Brought forward . . .	23	13	3
1 Set Skewers, each 9d., 1s.	0	1	9
1 Case Larding Needles .	0	2	6
1 Daubing Needle . . .	0	1	6
2 Cooks' Knives	0	5	6
1 Cooks' Bone Knife . . .	0	5	6
2 Root Knives, 1s. . . .	0	2	0
2 Dish-up Forks with Guard	0	3	6
1 Salamander and Stand .	0	7	6
1 Pair Steak Tongs . . .	0	2	6
1 Toast Fork	0	1	0
1 Fluted Bar Gridiron . .	0	3	6
1 Strong Wire Hanging Gridiron	0	3	6
1 Oval Iron Fry Pan . .	0	2	3
4 Iron Saucepans, assorted .	0	9	0
1 2 gall. ditto, with steamer	0	6	0
1 Cast-iron Oval Boiling Pot	0	7	6
1 Oval Wrought-iron Tea Kettle	0	8	6
1 Copper-bottom, Tin-body Well Kettle	0	5	6
1 Strong Tin Colander . .	0	3	9
1 Strong Tin Fish Kettle, Copper Bottom . . .	0	8	6
1 Strong Fish Kettle, Tin Bottom	0	4	11
1 Box Paste Cutters, Round	0	2	0
1 Box Paste Cutters, Fluted	0	2	0
1 Box Fancy Cutters . .	0	2	0
1 Paste Jagger	0	1	0
1 Japanned Spice Box . .	0	4	6
1 Seasoning Box . . .	0	3	11
1 Bread Grater	0	2	6
12 Assorted Iron Spoons . .	0	5	6
1 Box Vegetable Cutters .	0	2	9
1 Strong Tin Soup Ladle .	0	1	6
1 Fish Slice	0	1	6
1 Egg Slice	0	1	0
3 Vegetable Scoops . . .	0	2	9
1 each Flour and Sugar Dredge, 1s. 3d. . . .	0	2	6
2 Tin Funnels	0	0	8
12 Tartlette Pans	0	1	6
Carried forward . . .	£30	7	0

	£	s.	d.
Brought forward . . .	30	7	0
24 Patty Pans fluted . . .	0	0	8
1 Bread Rasp	0	2	0
1 Strong Wire Egg Whisk	0	1	6
1 Refrigerator	4	4	0
1 Pewter Freezing Pot . .	0	17	6
1 Oak Pail for ditto . . .	0	6	6
1 Spatula	0	3	9
1 Pewter Ice Pudding Mould	0	10	6
6 Pewter Ice Dessert Moulds	0	9	0
1 Marble Mortar . . .	0	10	6
1 Lignum Vitae Pestle . .	0	3	6
1 Set Best Scales and Weights 14 lb.	0	18	6
1 Knife Machine on High Stand, 3 knives and carver	2	15	6
1 Mincing Machine . . .	0	15	0
3 Hair Sieves	0	7	6
1 Brass Wire Sieve . . .	0	3	6
12 Meat Hooks	0	1	0
1 Jelly Bag and Stand . .	0	8	6
2 Corkscrews	0	1	0
1 Coffee Mill, Steel . . .	0	12	6
1 Kitchen Fender . . .	0	9	6
1 Set Kitchen Irons . .	0	4	6
1 Zinc-lined Coal Hod . .	0	4	6
1 Tin Coffee Pot . . .	0	3	6
1 Tin Tea Pot	0	3	6
2 Japanned Trays, Strong .	0	5	0
1 Lemon Squeezer . . .	0	1	3
2 Tin Openers	0	1	0
2 Galvanized Pails . .	0	3	0
1 Set Tea, Coffee, and Sugar Canisters	0	17	6
1 Flour Kit	0	4	6
1 Rolling Pin, hardwood .	0	1	6
1 Paste Board, hardwood .	0	4	6
1 Set Stove Brushes . .	0	2	11
1 Set Shoe Brushes . . .	0	5	6
1 Hair Broom and Handle .	0	3	11
1 Bass or Yard Broom and Handle	0	2	6
3 Scrubbing Brushes . .	0	3	9
1 Meat Chopper	0	4	6
Total . .	£48	6	3

SPECIFICATION No. III.

Suitable for Middle-Class Houses.

	£	s.	d.
4 Sanitary Steel Saucepans, assorted	0	16	0
1 Sanitary Steel Stock Pot, 3 galls.	0	18	3
2 Tinned Iron Saucepans .	0	4	6
1 10 pt. ditto, with steamer	0	4	0
Carried forward . . .	£2	2	9

	£	s.	d.
Brought forward . .	2	2	9
1 Oval Boiling Pot, 3 galls.	0	4	9
1 Preserving Pan, Copper .	0	16	6
1 Sanitary Steel Sauté Pan .	0	3	0
1 Sanitary Steel Omelette Pan	0	2	6
Carried forward . . .	£3	9	6

SPECIFICATION No. III. (*continued*).

	£	s.	d.
Brought forward	3	9	6
1 Brass Bottle Jack and Crane	0	8	6
1 Jack Screen	0	12	6
1 Block Tin Fish Kettle	0	5	11
1 Mincing Machine	0	9	6
1 Knife Machine, to clean 3 knives and carvers	1	5	6
2 Cooks' Knives	0	4	6
1 Dish-up Fork with Guard	0	1	9
1 Game Oven	0	3	6
1 Fluted Hanging Gridiron	0	2	6
1 Strong Wire Hanging Gridiron	0	2	0
1 Set Best Scales and Weights 14 lb.	0	9	6
1 Meat Saw	0	2	11
1 Meat Chopper	0	2	6
1 Iron Frying Pan	0	2	0
1 Iron Kettle	0	4	6
1 Tin Kettle, Copper Bottom	0	3	3
1 Double Oven Pan	0	4	6
2 Cake Tins	0	1	0
2 Tin Moulds	0	2	9
12 Tin Dariol Moulds	0	1	6
1 Box Plain and Fluted Pastry Cutters	0	3	0
1 Colander	0	2	6
24 Patty Pans, plain	0	0	6
1 Fish Slice	0	1	0
1 Egg Slice	0	1	0
1 Set Skewers, 6d., 9d.	0	1	3
1 Wire Toast Fork	0	0	6
1 Vegetable Scoop	0	1	0
1 Vegetable Cutter	0	1	0
1 Root Knife	0	0	9
1 Sugar Dredge	0	1	3
1 Flour Dredge	0	0	9
1 Tin Funnel	0	0	6
2 Gravy Strainers, flat and conical	0	2	4
Carried forward	£9	17	5

	£	s.	d.
Brought forward	9	17	5
1 Wire Egg Whisk	0	1	0
1 Tin Opener	0	0	6
1 Corkscrew	0	0	9
1 Lemon Squeezer	0	1	0
1 Composition Mortar and Pestle	0	3	3
1 Wire Fry Basket	0	2	0
1 Fish Frying Pan with Wire Drainer	0	3	11
1 Spice Box	0	2	6
6 Iron Spoons, assorted	0	1	6
6 Wood Spoons	0	1	0
1 Hair Sieve	0	2	0
1 Tinned Wire Sieve	0	2	6
1 Baking Plate, oblong	0	1	11
1 Dust Pan	0	1	2
1 Flour Bin, Japanned	0	4	9
2 Each Tea, Coffee and Sugar Canisters	0	9	0
1 Potato Masher	0	1	0
1 Gallon Pail	0	1	6
1 Gallon Oval Wash-up Pan	0	3	0
1 Paste Board	0	2	6
1 Rolling Pin	0	0	9
2 Wire Dish Covers, 1s. 6d., 2.	0	3	6
3 Enamelled Pie Dishes	0	2	6
3 Enamelled Pudding Basins	0	2	0
1 Enamelled Water Ewer, 8 pint	0	2	6
1 Kitchen Fender	0	6	6
1 Set Kitchen Fire Irons	0	3	3
1 Coal Hod	0	2	9
1 Set Stove Brushes	0	2	9
1 Set Shoe Brushes	0	4	6
1 Hair Broom and Handle	0	3	0
1 Bass or Yard Broom	0	2	0
3 Scrubbing Brushes	0	3	0
Total	£14	3	2

SPECIFICATION No. IV.

Suitable for very small Houses.

	£	s.	d.
3 Tinned Iron Saucepans	0	6	0
1 Tinned ditto, with steamer	0	3	6
1 Tinned Oval Boiling Pot, 3 galls.	0	4	9
2 Enamelled Steel Saucepans	0	2	0
1 Iron Kettle	0	3	6
1 Tin Kettle	0	1	9
1 Frying Pan, iron	0	1	9
1 Baking Pan	0	1	3
Carried forward	£1	4	6

	£	s.	d.
Brought forward	1	4	6
1 Yorkshire Pudding Tin	0	0	8
2 Cake Tins	0	0	9
1 Mould	0	1	4
12 Patty Pans	0	0	4
3 Cutters	0	0	9
1 Fish Kettle	0	4	6
1 Tin Colander	0	1	6
3 Iron Spoons	0	0	9
Carried forward	£1	15	1

SPECIFICATION No. IV. (*continued*).

	£	s.	d.
Brought forward	1	15	1
1 Root Knife	0	0	6
1 Flour Dredge	0	1	0
1 Pepper Box	0	0	4
2 Cooks' Knives	0	2	6
1 Hanging Wire Gridiron	0	1	6
1 Fish Slice	0	0	9
1 Egg Slice	0	0	9
1 Set Skewers	0	0	6
1 Vegetable Scoop	0	0	10
1 Baking Sheet	0	1	6
1 Cooks' Fork	0	1	0
1 Fry Basket	0	1	6
1 Gravy Strainer	0	1	0
1 Hair Sieve	0	1	0
1 Wire Sieve	0	1	3
1 Funnel	0	0	4
1 Corkscrew	0	0	6
1 Spice Box	0	1	6
1 Tin Opener	0	0	4
1 Tea, Coffee, and Sugar Canister	0	4	6
1 Flour Bin, Japanned	0	3	2
1 Potato Masher	0	0	10½
2 Enamelled Pie Dishes	0	1	6
3 Enamelled Pudding Basins	0	1	1
Carried forward	£3	4	9½

	£	s.	d.
Brought forward	3	4	9½
1 Enamelled Jug, 3 pint	0	0	11
1 Enamelled Preserving Pan	0	5	6
1 Patent Steamer Cooker, 4 vessels	0	10	4
1 Pestle and Mortar	0	2	11
1 Lemon Squeezer	0	0	9
1 Bread Grater	0	0	7
1 Coffee Pot	0	1	6
1 Tea Pot	0	1	6
1 Gallon Pail	0	1	0
1 Galvanized Oval Washing-up Pan	0	2	2
1 Spring Balance Family Scales, 20 lb.	0	4	11
1 Knife Machine, "Servants Friend"	0	13	3
1 Mincing Machine	0	4	8
1 Coffee Mill	0	3	6
1 Set Stove Brushes	0	1	11½
1 Set Boot Brushes	0	3	6
1 Hair Broom and Handle	0	2	6
1 Bass or Yard Broom and Handle	0	1	6
2 Scrubbing Brushes	0	2	0
Total	£6	9	9

Turnery and Brushes, etc.—To render the information given here as complete as possible, lists are appended: (1) of the various articles usually comprehended under the general term "Turnery," with brushes; and (2) of numerous sundries of which it is always desirable to know the price. As it is impossible to give prices where many sizes of the same article are on sale, the minimum only has been stated, preceded by the word "from."

TURNERY (Best London Make) and BRUSHES.

		£	s.	d.
Butter Prints	from	0	0	6
Butter Prints, in Case	,,	0	0	9
Knife Trays, Mahogany	,,	0	3	9
Knife Trays, Oak	,,	0	2	6
Knife Trays, Wicker	,,	0	4	6
Knife Trays, Japanned, Single	,,	0	2	0
Knife Trays, Japanned, Double	,,	0	5	6
Plate Baskets, Wicker	,,	0	2	6
Meat Safes, Wooden, Zinc Panels	,,	0	17	6
Meat Safes, Japanned Wire	,,	1	0	0
Jelly Bags	,,	0	3	0
Jelly Bags, Wood Stand for	each	0	4	6
Carried forward		£3	7	0

		£	s.	d.
Brought forward		3	7	0
Plate Racks	from	0	8	0
Housemaid's Box, Deal	,,	0	2	9
Decanter Drainers	,,	0	2	0
Linen Press	,,	1	10	0
Washing Trays	,,	0	5	0
Clothes-horse	,,	0	2	6
Wicker Plate Carriers	,,	0	8	0
Cask Stand, Patent	,,	0	7	6
Beer Taps	,,	0	2	6
Stands for Trays—				
Unpolished		0	9	6
Polished		0	13	0
Best Boxwood Churns	from	1	5	0
Butter Knives	,,	0	3	0
Butter Hands	,,	0	1	3
Salt Box	,,	0	1	9
Carried forward		£9	8	0

TURNERY and BRUSHES (*continued*).

		£	s.	d.
Brought forward		9	8	0
Butlers' Aprons	from	0	5	6
Chamois Leather	,,	0	1	0
Flour Tubs	,,	0	4	0
Flour Tubs, Barrel Shape	,,	0	2	6
Oak Tubs, Round	,,	0	2	6
Oak Tubs, Oval	,,	0	4	0
Elm Bowls	,,	0	1	6
House Pails, Wood	,,	0	4	0
Chopping Board	,,	0	1	6
Door Scrapers, with Brushes	,,	0	12	11
Curtain or Bed Brooms	,,	0	2	0
Telescope ditto	,,	0	5	3
Carried forward		£11	14	8

		£	s.	d.
Brought forward		11	14	8
Hand Brooms	from	0	3	0
Carpet Whisks	,,	0	2	0
Hand Brushes	,,	0	1	9
Hearth Brushes	,,	0	2	9
Banister Brushes, Single	,,	0	1	0
Do. Double	,,	0	3	9
Banister Stair Carpet	,,	0	1	9
Shoe Brushes, per set of 3	,,	0	4	6
Boxes for Stove Brushes	each	0	1	9
Stove Brushes	from	0	1	6
Plate Brushes	,,	0	1	0
Oil Brushes	each	0	0	6
Dish Brushes	from	0	2	6
Total		£13	2	5

SUNDRIES.

		£	s.	d.
Bone Spoons	from	0	0	2
Bottle Baskets	,,	0	8	0
Black Lead, Best	per lb.	0	0	8
Bellows, Kitchen	from	0	1	9
Bellows, fancy pattern	,,	0	4	0
Bread Platters	,,	0	4	0
Bread Knives	,,	0	2	6
Butter Dishes, Carved	,,	0	1	0
Beetle Traps	,,	0	1	0
Butlers' Aprons, Green Baize	,,	0	5	6
Butlers' Apron, Red Leather	,,	0	9	0
Buff Leather Knife-boards	,,	0	4	3
Bass Brooms	,,	0	1	6
Bottle Brushes	,,	0	0	6
Crumb Brushes	,,	0	2	0
Cinder Sieves	,,	0	1	9
Cucumber Slicers	,,	0	3	0
Closet Brushes	,,	0	2	6
Dinner Mats, set of 8	,,	0	8	9
Drinking Horns	,,	0	1	9
Drum Sieves	,,	1	1	0
Door Mats	,,	0	3	6
Dusting Brushes	,,	0	1	0
Egg Timers	,,	0	0	6
Emery Powder	per pkt.	0	0	6
Flue Brushes	from	0	1	6
Furniture do.	,,	0	1	8
Feather Dusters	,,	0	1	9
Do. with jointed pole	,,	0	2	8
Glaze Brushes	,,	0	1	6
Housemaids' Gloves	,,	0	0	8
House Flannels	per yd.	0	0	8
Hat Brushes	from	0	1	3
Hair Sieves	,,	0	0	10
Hair Sieves, double bottoms	,,	0	2	0
Carried forward		£5	4	7

		£	s.	d.
Brought forward		5	4	7
House Steps	from	0	3	6
Knife Boards	,,	0	1	3
Knife Polish	,,	0	0	6
Kneeling Mats	,,	0	1	0
Leather, Chamois	,,	0	1	0
Lemon Squeezers	,,	0	1	3
Lemon Corers	,,	0	0	8
Lawn Sieves	,,	0	1	9
Library Brushes	,,	0	1	6
Marrow Scoops, Ivory	,,	0	2	0
Mallets	,,	0	0	9
Mops	,,	0	1	0
Mops for Jugs	,,	0	0	3
Mouse-Traps	,,	0	0	6
Nail Brushes	,,	0	0	6
Napkin Rings, Bone or Ivory	,,	0	1	0
Paste Brushes	,,	0	1	0
Paste Boards	,,	0	2	6
Polishing Paste	per box	0	0	6
Putty Powder	per pkt.	0	0	5
Rolling Pins	from	0	0	6
Sieves (Hair, Wire, etc.)	,,	0	0	7
Sponges	,,	0	0	6
Soap Boxes	,,	0	0	3
Sink Brushes	,,	0	0	6
Scrubbing do.	,,	0	0	6
Sweeping Machines	,,	0	10	6
Salad Spoons and Forks	,,	0	0	6
Sweeps' Brushes	,,	0	0	7
Towel Rollers	,,	0	1	0
Turks' Heads with jointed Poles	,,	0	3	9
Urn Powder	per box	0	1	0
Vegetable Pressers	from	0	0	6
Velvet Brushes	,,	0	1	6
Wooden Spoons	,,	0	0	2
Total		£7	9	9

MARKETING

CHAPTER V

A Guide for Choosing and Buying Provisions and Home Requisites. With full Information about the Prices and Seasons of Fish, Meat, Poultry, Game, Dairy Produce, Vegetables, Fruit, Tinned Meats, Groceries, Wines, Spirits, etc.

That these lists may be of real service, neither time nor care has been spared to render them as complete and reliable as possible. They show not only the prices and seasons of all provisions, but when they can be bought at their cheapest and best, points to be studied by all household managers, particularly those who have to provide for large families.

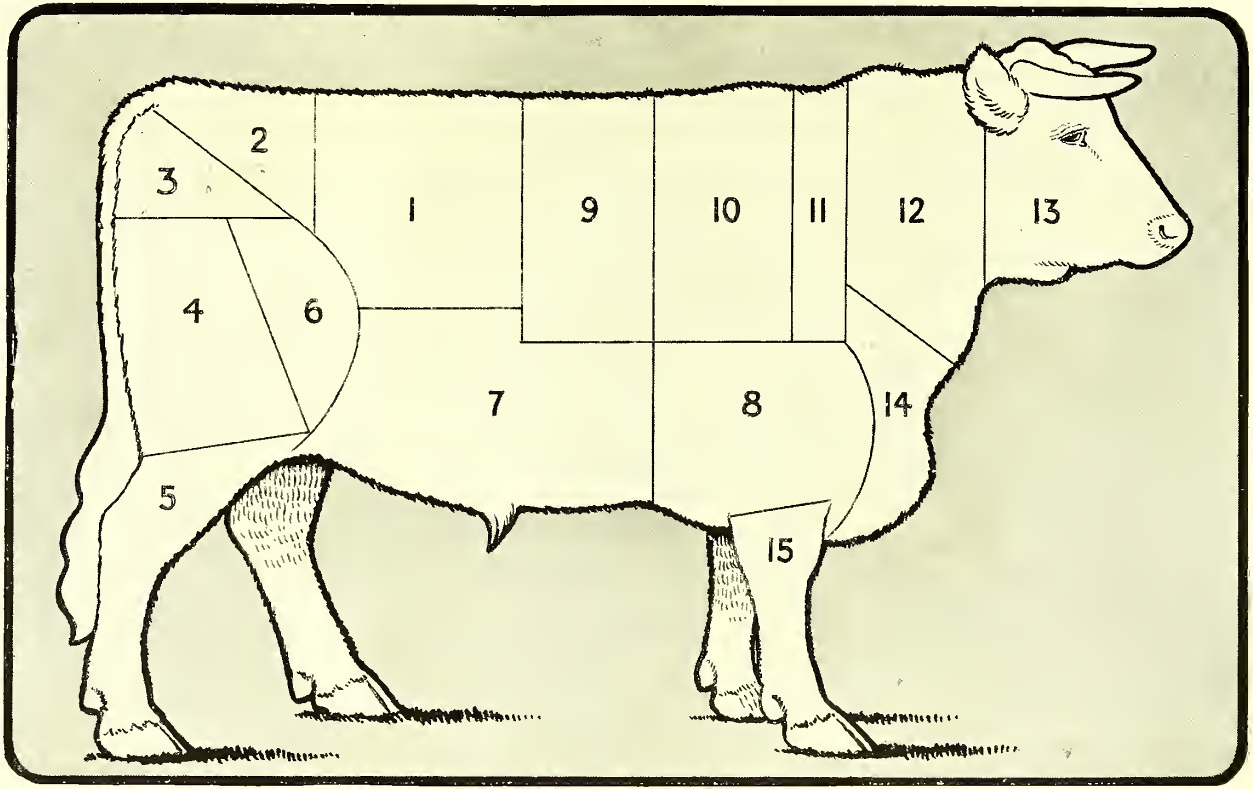
With regard to fish, meat, poultry, game, dairy produce, vegetables and fruit, the prices have been obtained from the principal provincial towns as well as from different parts of London, so as to arrive at the average cost.

In the case of tinned provisions, groceries, etc., they are quoted from various sources, and at the present reduced scale of charges generally adopted by tradesmen and stores throughout the kingdom.

MEAT

Except in the case of early lamb, which is always expensive (unless the excellent New Zealand lamb is used), the price of meat varies but little with the season. Lamb and veal are in full season during spring and summer, and are generally preferred in the hot weather to beef and mutton, which are not then considered so good.

MARKETING GUIDE: BULLOCK.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1. Sirloin. 2. Rump. 3. Aitchbone. 4. Buttock. 5. Leg. 6. Flank. 7. Thin Flank. 8. Brisket. 9. Prime Rib. 10. Middle Rib. 11. Chuck and Leg-of-Mutton Piece. 12. Neck. 13. Head. 14. Clod. 15. Shin.

BEEF.

Part.	In Season.	Best.	Average Price.	
			English.	American.
Aitchbone . .	All the year	During Winter	6½*d.* per lb.	5½*d.* per lb.
Baron . . .	,,	,,	9*d.* ,,	—
Brisket . . .	,,	,,	5½*d.* ,,	4½*d.* ,,
Buttock . . .	,,	,,	10*d.* ,,	10*d.* ,,
Clod	,,	,,	4*d.* ,,	—
Flank . . .	,,	,,	5½*d.* ,,	4*d.* ,,
Hock . . .	,,	,,	5*d.* ,,	—
Silver side . .	,,	,,	9*d.* ,,	8*d.* ,,
Neck . . .	,,	,,	5*d.* ,,	3½*d.* ,,
Ribs . . .	,,	,,	8½*d.* ,,	7½*d.* to 8½*d.*,,
Rump (in steaks)	,,	,,	1*s.* 1*d.* ,,	11*d.* ,,
Shin	,,	,,	3½*d.* ,,	—
Round . . .	,,	,,	8½*d.* ,,	7*d.* to 8½*d.*,,
Sirloin . . .	,,	,,	9*d.* ,,	8*d.* ,,
Cheek . . .	,,	,,	1*s.* 3*d.* ea.	—
Heart . . .	,,	,,	1*s.* 6*d.* ,,	—
Kidney . . .	,,	,,	10*d.* per lb.	9*d.* per lb.
Tail	,,	,,	1*s.* 9*d.* ea.	—
Tongue . . .	,,	,,	2*s.* 6*d.* ,,	2*s.* 6*d.* ea.

Australian and Foreign Meat.—Although it is difficult to equal, and impossible to surpass, the best British grown beef and mutton, we have as a nation immensely benefited by the enormous and ever-increasing imports of meat from America, Australia and New Zealand. The large supplies of beef which reach us from the river La Plata and elsewhere have undoubtedly kept down prices, so that meat is no longer a luxury except among the poor. Much of the beef from South and North America reaches us alive, but it is not of this phase of the trade that we need speak. The great development arose when it was found that cattle and sheep could be slaughtered and dressed on the other side of the ocean, then packed close together in freezing chambers on board ship, and so imported here. Actual freezing, many contend, injures the quality of meat, and certainly if the meat is heated carelessly on arrival it quickly deteriorates. As a matter of fact, however, most meat is now "chilled," that is packed in chambers in which the air is made cold, but is not suffered to reach freezing point. Moreover, it is packed in loose-woven cloth wrappers, and on arrival in England is removed to cold storage chambers, and gradually exposed to higher temperature before it is put on the market. When carefully treated, mutton and lamb are none the worse for the long chilly voyage. Beef, however, is apt to lose somewhat of its natural firmness and elasticity ; it therefore requires to be carefully stored, and, when cooked, should be subjected for some minutes to very high temperature, which should be subsequently lowered, otherwise the albuminous constitutents will soon drain out in the gravy, leaving the mass of meat stringy, tasteless, and not very nourishing. Imported killed meat cannot safely be kept long except in winter, unless hung in a refrigerator. The housewife who takes special pride in her roast beef, had better buy English joints, using the imported meat for stews and "made dishes."

VEAL.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.
Breast . . .	Feb. to Nov.	In Summer.	8*d.* per lb.
Cutlet . . .	,,	,,	1*s.* 2*d.* ,,
Fillet . . .	,,	,,	1*s.* ,,
Knuckle . .	,,	,,	6*d.* ,,
Loin	,,	,,	8½*d.* ,,
Shoulder . .	,,	,,	8½*d.* ,,
Head . . .	,,	,,	5*s.* each.
Heart . . .	,,	,,	9*d.* each.
Sweetbread . .	,,	,,	from 1*s.* each.

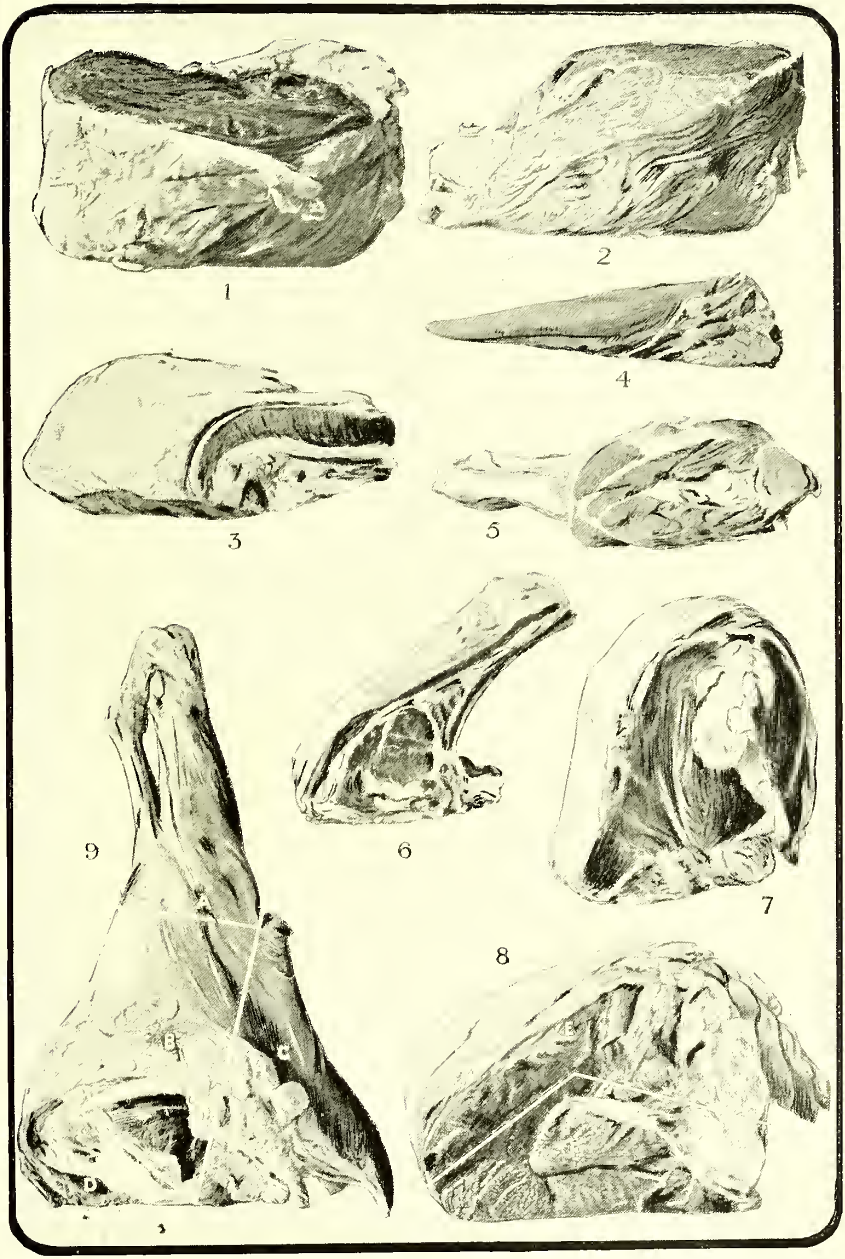
MUTTON.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	NEW ZEAL'D.
Breast . . .	All the year	Sept. to April.	4*d.* per lb.	2½*d.* per lb.
Haunch . . .	,,	,,	10*d.* ,,	—
Leg	,,	,,	9½*d.* ,,	6½*d.* ,,
Loin	,,	,,	9½*d.* ,,	5½*d.* ,,
Neck (best end) .	,,	,,	9*d.* ,,	5½*d.* ,,
Neck (Scrag end)	,,	,,	6*d.* ,,	4*d.* ,,
Saddle . . .	,,	,,	10*d.* ,,	6*d.* ,,
Shoulder . .	,,	,,	8*d.* ,,	6*d.* ,,
Head . . .	,,	,,	6*d.* each.	—
Heart . . .	,,	,,	3*d.* to 4*d.*ea.	—
Kidney . . .	,,	,,	3½*d.* each.	1*d.* each.
Chops . . .	,,	,,	1*s.* per lb.	8*d.* per lb.

LAMB.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	NEW ZEAL'D.
Breast . . .	Mar. to Sept.	May to July.	7*d.* per lb.	4*d.* per lb.
Fore-quarter .	,,	,,	9*d.* ,,	7*d.* ,,
Hind-quarter .	,,	,,	11*d.* ,,	8½*d.* ,,
Leg	,,	,,	1*s.* ,,	9½*d.* ,,
Loin	,,	,,	11*d.* ,,	7½*d.* ,,
Neck (best end).	,,	,,	10*d.* ,,	6*d.* ,,
Neck (Scrag end)	,,	,,	8*d.* ,,	5*d.* ,,
Shoulder . .	,,	,,	10*d.* ,,	8½*d.* ,,
Fry (about) . .	,,	,,	8*d.* to 1*s.*,,	—

MARKETING GUIDE: BEEF.



1. Round. 2. Aitchbone. 3. Brisket. 4. Tongue. 5. Leg. 6. Ribs. 7. Sirloin. 8. Buttock: E. Topside or Buttock; F. Silverside or Round. 9. Hind-quarter: A. Leg, B. Buttock, C. Thick Flank, D. Aitchbone.

PORK.

Part.	In Season.	Best.	Average Price.
Belly . . .	Sept. to April	Nov. to March	8*d.* per lb.
Hand . . .	,,	,,	7½*d.* ,,
Fore-loin . .	,,	,,	8*d.* ,,
Hind-loin . .	,,	,,	9*d.* ,,
Leg	,,	,,	8½*d.* ,,
Spare ribs . .	,,	,,	8*d.* ,,

FISH.

In purchasing Fish it should be remembered that it is generally best when in full season, and the following list will be found useful in ascertaining when it is best and cheapest. To give a satisfactory table of the prices of fish is a difficult and almost impossible task. Many circumstances conspire to make the variations in price greater than in the case of any other food commodity. The fact that fish is a most perishable article of food and is usually caught while travelling in shoals, results in alternate scarcity and over-supply of a particular kind of fish, whilst the question whether the purchaser resides near or far away from a seaside or big distributing town, affects the situation. All we have been able to do is to record fluctuations in prices over a period of years, from which the housewife must form her own judgment. In conclusion, we would say that in no branch of marketing is personal attention better repaid, both in quality and economy, than in the buying of fish. The lady who markets herself will select the fish that on the day of her visit is plentiful, consequently cheapest and often best.

Name of Fish.	In Season.	Best & Cheapest.	Average Price.
Bloaters . . .	Sept. to April .	Sept. to Feb. .	9*d.* to 1*s.* 6*d.* doz.
Brill	All the year . .	Aug. to April .	6*d.* to 1*s.* per lb.
Cod	Nov. to March .	Feb. to March .	3*d.* to 8*d.* per lb.
Crabs	April to October	Summer . . .	3*d.* to 3*s.* each.
Eels	June to March .	Sept. to Nov. .	6*d.* to 1*s.* per lb.
Haddocks . .	August to Feb. .	Winter . . .	3*d.* to 1*s.* 3*d.* each.
Halibut . . .	All the year . .	Nov. to June .	4*d.* to 10*d.* per lb.
Herrings . . .	May to January	June to Sept. .	6*d.* to 1*s.* 6*d.* doz.
Lobsters . . .	All the year . .	Summer . .	6*d.* to 3*s.* each.
Mackerel . .	Nearly all the year	April to July .	3*d.* to 8*d.* each.
Mullet (red&grey)	All the year . .	April to October	6*d.* to 1*s.* 2*d.* per lb.
Oysters . . .	Sept. to April .	Winter . . .	6*d.* to 3*s.* per doz.
Plaice . . .	All the year . .	May to Nov. .	4*d.* to 8*d.* per lb.
Prawns . . .	May to Dec. .	May to Nov. .	1*s.* to 2*s.* per pint.
Salmon . . .	Feb. to Sept. .	Spring & Summer	10*d.* to 3*s.* per lb.
Shrimps . . .	All the year . .	April to Nov. .	3*d.* to 6*d.* per pint.
Smelts . . .	October to May .	Winter . . .	1*s.* to 2*s.* 6*d.* per box

FISH (*continued*).

NAME OF FISH.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Soles	All the year	April to July	1*s*. to 2*s*. per lb.
Sprats	Nov. to March	Nov. and Dec.	1*d*. to 3*d*. per lb.
Trout	Feb. to Sept.	April to July	8*d*. to 2*s*. per lb.
Turbot	All the year	Spring & Summer	6*d*. to 1*s*. 2*d*. per lb.
Whitebait	Jan. to Sept.	Feb. to May	1*s*. to 2*s*. per qt
Whiting	All the year	Spring & Summer	2*d* to 6*d*. each.

POULTRY.

The cost of poultry varies considerably, being affected both by the season of the year and the district in which it is purchased. It is well to remember that poultry almost invariably rises in price at Christmas, and also tends to be expensive when no game is on the market. These considerations borne in mind, the table below will give a reliable average of prices.

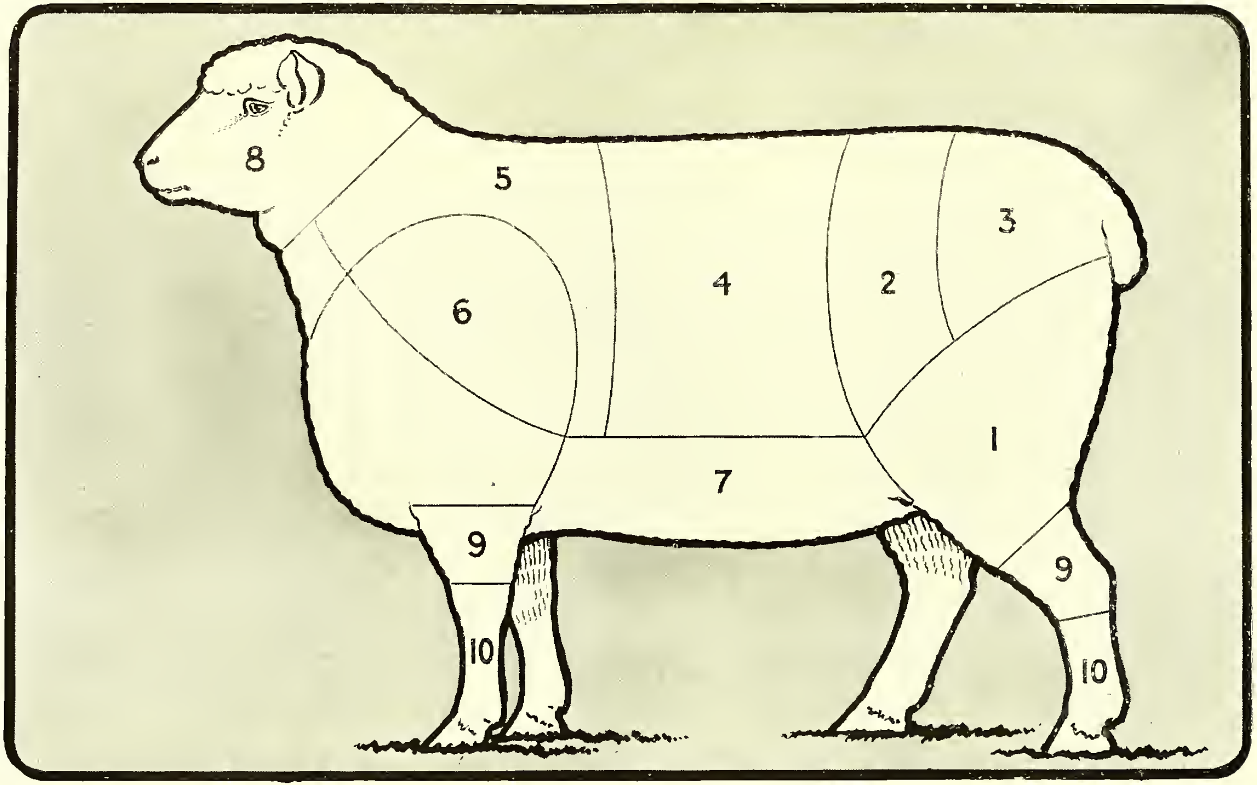
POULTRY.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Chickens	Feb. to October	July to October	2*s*. to 3*s*. 6*d*. each.
Ducklings	Feb. to August	May to July	2*s*. 6*d*. to 3*s*. 6*d*. ea.
Ducks	August to Feb.	Sept. and Oct.	3*s*. to 4*s*. each.
Fowls	All the year	June to October	2*s*. 6*d*. to 3*s*. 6*d*. each.
Geese	Sept. to Feb.	Oct. and Nov	6*s*. to 10*s*. each.
Green Geese	May to August	June	6*s*. to 10*s*. each.
Guinea Fowl	Feb. to August	Summer	3*s*. to 4*s*. each.
Pigeons	August to April	Winter	9*d* to 1*s*. each.
,, (Bordeaux)	All the year	Winter	1*s*. to 1*s*. 4*d*.
Rabbits	All the year	October to Feb.	6*d*. to 8*d*. per lb.
,, (Ostend)	All the year	October to Feb.	7*d*. and 8*d*. per lb.
Turkeys	Oct. to March	Nov. to January	10*s* to £1 each.
Wheatears	Sept. to March	Sept. and Oct.	1*s*. each.

GAME.

Game varies very much in price, being generally very expensive on the first day or two of the season, whilst on the other hand, any one watching the market may sometimes buy it more cheaply than ordinary poultry at any subsequent period of the season.

In this variable climate no hard and fast rule can be laid down for the keeping of Game before it is cooked. In all cases it requires hanging; but while in winter it is safe to buy birds that have been shot some time, in damp or warm weather no such risk should be run.

MARKETING GUIDE: SHEEP.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1. Leg. 2. Loin (best end). 3. Loin (chump end). 4. Saddle. 5. Neck (scrag end). 6. Shoulder. 7. Breast. 8. Head.
9. Shank. 10. Trotters.

GAME (*continued*).

GAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Blackcock	Aug. to Nov.	Sept. and Oct.	2*s.* 6*d.* to 3*s.* 6*d.* b'e.
Ducks (wild)	Oct. to Sept.	Nov. and Dec.	2*s.* to 3*s.* brace.
Grouse	August to Nov.	September	3*s.* 6*d.* to 5*s.* brace.
Hares	Sept. to March	October	3*s.* 6*d.* to 5*s.* each.
Partridges	Sept. to Feb.	Oct. and Nov.	3*s.* to 5*s.* brace.
Pheasants	Oct. to Feb.	Winter	6*s.* to 10*s.* brace.
Plovers	Oct. to Feb.	Winter	1*s.* to 1*s.* 6*d.* each.
Ptarmigan	Sept. to April	September	1*s.* to 1*s.* 6*d.* each.
Quail	Sept. to Feb.	Sept. and Oct.	1*s.* to 1*s.* 6*d.* each
Snipes	Oct to Feb.	Oct. and Nov.	2*s.* 6*d.* to 3*s.* brace.
Teal	Oct. to Feb.	Winter	1*s.* to 1*s.* 6*d.* each.
Venison	Sept. to Jan.	Sept. and Oct.	1*s.* to 2*s.* per lb.
Widgeon	Oct. to Feb.	Oct. and Nov.	1*s.* to 1*s.* 6*d.* each.
Woodcock	Oct. to Feb.	Oct and Nov.	3*s.* 6*d.* to 5*s.* brace.

VEGETABLES AND FRUIT.

Vegetables and fruits vary greatly in price according to the abundance or scarcity of the supplies. Our table gives the average prices which would have to be paid at the various seasons of an average year.

VEGETABLES.

NAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Artichokes	Jan. to April	February	3*d.* to 6*d.* each.
,, Jerusalem	Oct. to March	December	1*d.* to 2*d.* per lb.
Asparagus	Feb. to July	April and May	2*s.* 6*d.* to 5*s.* per 100
Beans (French)	May to November.	Summer	3*d.* to 1*s.* per lb.
,, (Broad)	July and Aug.	August	6*d.* to 9*d.* per peck.
,, (Runners)	July to Oct.	Aug. and Sept.	2*d.* to 4*d.* per lb.
Beetroot	All the year	Autumn	1*d.* to 3*d.* each.
Broccoli	,,	Autumn	2*d.* to 6*d.* each.
,, Sprouts	Nov. to May	April	1*d.* to 4*d.* per lb.
Brussels ,,	Sept. to March	Oct. and Nov.	2*d.* to 4*d.* per lb.
Cabbages	All the year	Spring and Smr.	1*d.* to 2*d.* each.
Carrots	All the year	Early Smr & Atm	4*d.* to 6*d.* bunch.
Cauliflowers	All the year	Summer	2*d.* to 6*d.* each.
Celery	Sept. to March	December	1*d.* to 4*d.* per hd.
Horseradish	All the year	Winter	1*d.* to 2*d.* per stick
Leeks	,,	Oct. and Nov.	3*d.* to 6*d.* bundle.
Lettuce	,,	Summer	1*d.* to 4*d.* each.
Onions	,,	Summer and Atm	1*d.* to 2*d.* per lb.
Parsnips	Oct. to April	Feb. and March	1*d.* to 2*d.* per lb.
Peas	June to Sept.	July and Aug.	4*d.* to 2*s.* per pck.
Potatoes	All the year	Autumn	½*d.* to 1*d.* per lb.
,, New	March to Aug.	June and July	1*d.* to 8*d.* per lb.
Radishes	April to Nov.	June to Aug.	1*d.* to 2*d.* per bch.
Seakale	Nov. to May	Feb. and March	1*d.* to 2*s.* 6*d.* bskt.
Savoys	Nov. to March	Dec. and Jan.	1*d.* to 4*d.* each.
Spinach	All the year	Summer	2*d.* to 4*d.* per lb.
Tomatoes	,,	Sept. and Oct.	2*d.* to 8*d.* per lb.
Vegetable Marrws	July to Oct.	September	1*d.* to 6*d.* each.
Watercress	All the year	Spring and Smr.	1*d.* per bunch.

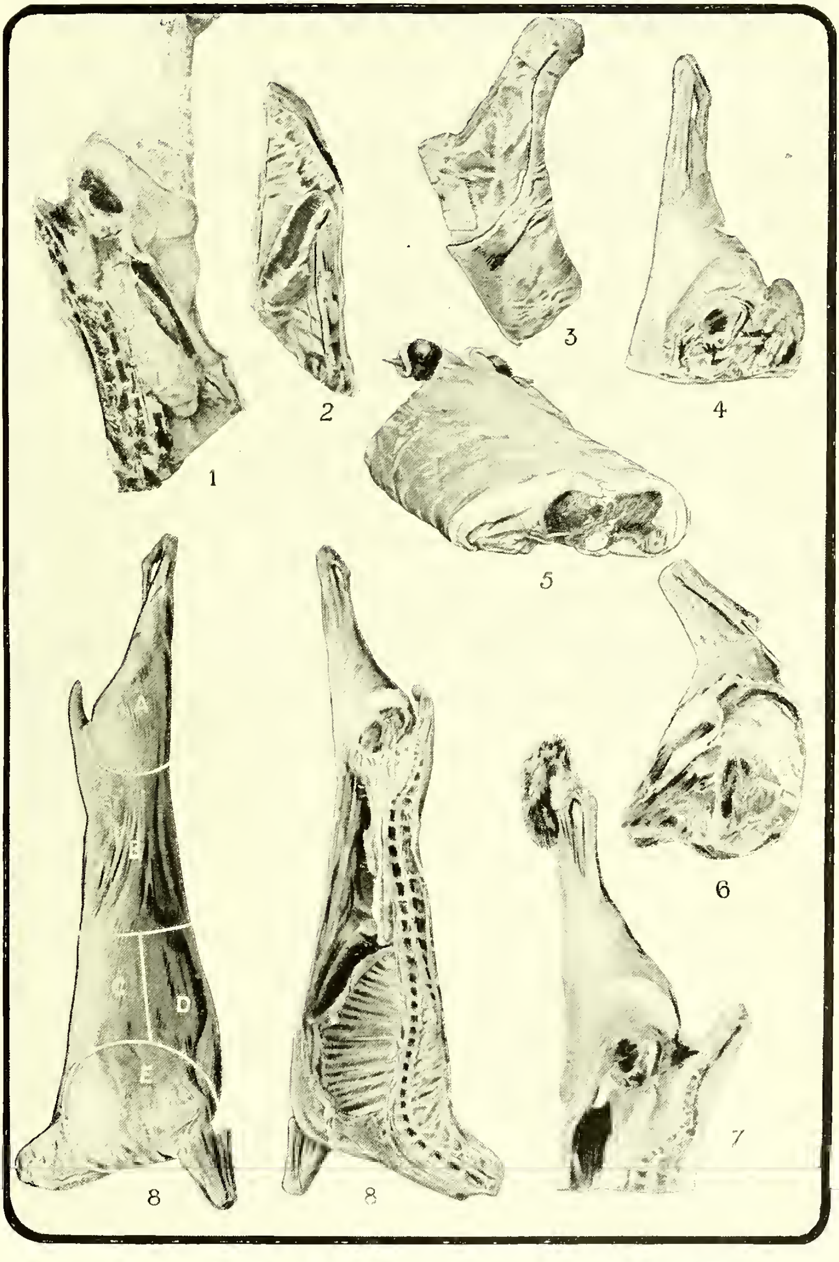
FRUIT.

Name.	In Season.	Best & Cheapest.	Average Price.
Apples	All the year	Oct. to Dec.	2*d.* to 6*d.* per lb.
Apricots	June to Sept.	August	1*s.*6*d.* to 3*s.*6*d.*do.
Bullaces	Autumn	October	2*d.* to 3*d.* per lb.
Cherries	June to Aug.	July	4*d.* to 8*d.* per lb.
Currants	July to Sept.	August	3*d.* to 8*d.* per lb.
Damsons	Sept. and Oct.	October	1*d.* to 4*d.* per lb.
Figs	,,	,,	2*s.* to 3*s.* per doz.
Gooseberries	July to Sept.	August	4*d.* to 8*d.* per qt.
,, (Green)	May to July.	June	2*d.* to 6*d.* per qt.
Grapes (Foreign).	All the year	Autumn	4*d.* to 1*s.* per lb.
,, (Hothouse)	Sept. to Nov.	October	1*s.* and upwards.
Greengages	Aug. and Sept.	August	3*d.* to 8*d.* per lb.
Medlars	Oct. to Jan.	Oct. and Nov.	4*d.* to 8*d.* per lb.
Melons	June to Nov.	October	9*d.* to 5*s.* each.
Nectarines	Sept. and Oct.	October	2*s.* to 6*s.* per doz.
Oranges	All the year	Winter	From 4*d.* per doz.
Peaches	Sept. and Oct.	October	4*s.* to 8*s.* per doz.
Pears	Oct. to March	Oct. and Nov.	1*d.* to 6*d.* each.
Plums	Aug. to Oct.	Sept. and Oct.	2*d.* to 6*d.* per lb.
Quinces	Sept. and Oct.	October	2*s.* to 3*s.* per doz.
Rhubarb	Jan. to May	March and April	4*d.* to 8*d.* bundle.
Strawberries	June to Sept.	July	4*d.* to 1*s.* per lb.

Dried Vegetables and Fruits.—We have long known such dried fruits as raisins and currants, prunes, dates and figs, and pippins. These useful pudding and dessert fruits are now more abundant than ever, and as a rule prices are moderate. Within recent years other fruits have been added to the list, and we now have dried apple rings, apricots, etc. These apple rings and apricots reach us chiefly from America and Australia, where they are dried in large quantities in specially constructed ovens. They are used for pies and tarts, or may be served stewed. Before cooking, place the required quantity of dried fruit in a colander, and allow tepid water to run over them in order to remove dust. Then place in a bowl and cover with water and allow to soak. When soft, place in an enamelled pan and stew gently, adding more water if desired. If intended for a pie, stew for a quarter of an hour, then place in piedish, add sugar, place crust on, and bake. If to be used as a compote, only add the sugar a few minutes before removing from the fire. If sugar is added too soon, it is apt to turn to caramel and harden the fruit.

Recently vegetables in great variety have been treated by the desiccating process, that is, cut in pieces, and exposed to a more or less quick heat, to remove the water. The vegetables are afterwards packed loosely or compressed. They retain their colour and flavour, and only require soaking before being cooked. These dried vegetables are chiefly to be recommended for use on board ship, for travellers, or for the store cupboards of housewives. Unquestionably fresh vegetables are to be preferred, whenever obtainable.

MARKETING GUIDE: MUTTON.



1. Hind Quarter. 2. Breast. 3. Neck. 4. Leg. 5. Saddle. 6. Shoulder. 7. Haunch. 8. Side: A. Leg, B. Loin, C. Best End of Neck, D. Breast, E. Shoulder, F. Scrag.

DAIRY PRODUCE, HAM, BACON, ETC.

Dairy produce varies somewhat in price in accordance with locality, but the differences are not so great of late years, the increased railway facilities having brought about a greater uniformity of price.

DAIRY PRODUCE.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Butter—		Cheese (*contd.*)—	
Fresh	1s. to 1s. 4*d.* per lb.	Gruyère . . .	from 10*d.* per lb.
English, Normandy or Brittany . .	1s. per lb.	Stilton . . .	1s. to 1s. 6*d.* per lb.
		Eggs—	
Salt	10*d.* to 1s. 2*d.* lb.	Hens' . . .	8*d.* to 2s. per doz
Margarine . . .	6*d.* to 8*d.* per lb.	Ducks' . . .	1s. to 2s. ,,
Cheese—		Geese . . .	3s. to 4s. ,,
American . .	6*d.* to 8*d.* per lb.	Guinea Fowls' .	1s. to 2s. ,,
Cheddar . .	10*d.* per lb.	Plovers' . . .	3s. to 5s. ,,
Cheshire . .	9½*d.* to 1s. per lb.	Turkeys' . .	3s. to 4s. ,,
Cream . . .	3*d.* to 1s. each.	Milk	4*d.* per qt.
Dutch . . .	7*d.* to 9*d.* per lb.	,, Separated .	2*d.* ,,
Gorgonzola . .	from 9*d.* per lb.	Cream	1s. to 3s. per pint.

BACON, HAM, ETC.

The cheaper parts of bacon vary from 5*d.* to 9*d.* per lb., but by reason of the quantity of bone contained in them they are not in reality more economical than the best.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Bacon (best part).	10*d.* to 1s. per lb.	Ham (*contd.*)—	
Ham—		Canadian . .	7*d* to 9*d.* per lb.
English . .	8*d.* to 1s. ,,	Lard	7*d.* to 10*d.* ,,
American . .	7½*d.* to 9½*d.* ,,	Pickled Pork .	8*d.* ,,
		Sausages . . .	8*d.* to 1s. ,,

PROVISIONS AND HOUSEHOLD REQUISITES.

For groceries, tinned provisions, jams, biscuits and other household requisites, the prices quoted will be found a fair average of those charged by the principal provision dealers and grocers in London and the chief provincial towns.

Tinned meats, soups, fish, poultry, fruit and vegetables now occupy an important place in our food supply, being available at any time, and handy substitutes when fresh provisions are difficult to procure. In the respective chapters will be found recipes giving full directions for their use.

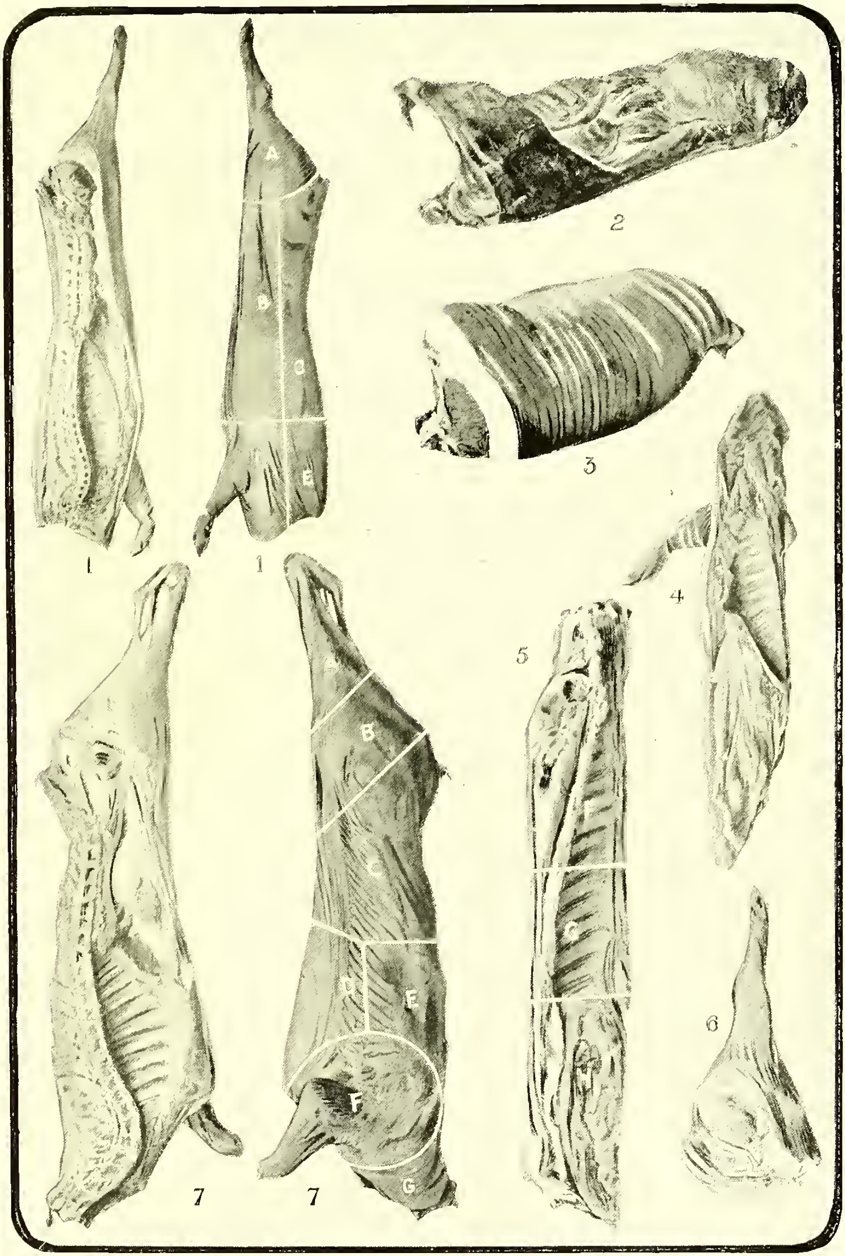
GROCERY.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
		Fruit (*continued*)—	
Almonds—Jordan	1*s*. to 2*s*. 6*d*. per lb.	Greengages	1*s*. 4*d*. per lb.
Valencia	1*s*. to 2*s*. 6*d*. per lb.	Chinois	1*s*. 4*d*. per lb.
Baking powder	4½*d*. per tin.	Crystallized—	
Beef Essence—		Cherries	1*s*. 3*d*. per lb.
(Brand's)	1*s*. 3*d*. per tin.	Pears	1*s*. 4*d*. per lb.
(Mason's)	9½*d*. per bot.	Angelica	1*s*. 1*d*. per lb.
(Liebig's)	2*s*. 3*d*. per ¼ lb.	Figs	1*s*. 4*d*. per lb.
Beef Tea in skins	5*s*. to 6*s*. per lb.	Flour—Best Whites	from 11*d*. 7 lb. bag.
Blancmange Pwdr.	6*d*. per box.	Self-raising	1*s*. 10*d*. 12 lb. bag.
Capers	5*d*. per ¼ lb. bottle.	Whole Meal	11*d*. 7 lb. bag.
Candied peel—		Gelatine	3½*d*. per pkt.
Lemon	4½*d*. per lb.	Ginger—	8*d*. per lb.
Orange	5*d*. per lb.	Ground	8*d*. per lb.
Citron	7*d*. per lb.	Crystallized	1*s*. 1*d*. per lb.
Mixed	6*d*. per lb.	Preserved	5*d*. per lb. in jar.
Chicory	4*d*. per lb.	Golden syrup	1*s*. per 4 lb. tin.
Chocolate	10*d*. per lb.	Herbs	5*d*. per bot.
Best do.	11*d*. per tin.	Isinglass	5*d*. per pkt.
Milk paste	11*d*. per tin.	Mustard	1*s*. 4*d*. 1 lb. tin.
Cocoa	2*s*. 6*d*. per lb.	Prunes	4*d*. per lb.
Essence	from 1*s*. 6*d*. per lb.	Pudding powder	6*d*. per pkt.
Nibs	1*s*. 3*d*. per lb.	Raisins—	
Cocoatina	1*s*. 7½*d*. per ½ lb. tin.	Valencia	5*d*. per lb.
Coffee—		Sultanas	6*d*. per lb.
Whole, or ground	from 1*s*. to 2*s*. per lb.	Muscatels	8*d*. to 1*s*. 4*d*. per lb.
East-India	1*s*. 6*d*. per lb.	Spices, various	4½*d*. per tin.
Mocha	1*s*. 9*d*. per lb.	Sugar—Demerara	2½*d*. per lb.
Coffee and Milk.	10½*d*. per tin.	Loaf	2½*d*. per lb.
Currants	2½*d*. to 5*d*. per lb.	Tea—	
Custard powder	4½*d*. per tin.	Congou	1*s*. 2*d*. per lb.
Curry powder	1*s*. 6*d*. per lb. bot.	Ceylon	1*s*. 6*d*. to 3*s*. per lb.
Paste	1*s*. 2*d*. per ½ pt. jar.	Orange Pekoe	2*s*. 8*d*. per lb.
Egg powder	6*d*. per pkt.	Gunpowder	3*s*. per lb.
Fruit—Dried	1*s*. 2*d*. per lb.	Assam Pekoe	2*s*. 6*d*. per lb.
Apricots	1*s*. 3*d*. per lb.	Oolong	2*s*. 6*d*. per lb.
Lunettes	1*s*. 4*d*. per lb.	Young Hyson	2*s*. 6*d*. per lb.
Melon	1*s*. 6*d*. per lb.	Consolidated	2*s*. 8*d*. per lb.
Mixed	1*s*. 4*d*. per lb.	Yeast-Powder	4*d*. per tin.

Preserved and Tinned Provisions.—The preservation of meat and other foods by pickling, salting and smoking has been in use since early times in many lands. The primitive methods of exposing slabs of meat, or split-open fish and fowls, to the fierce rays of the sun, or to the action of smoke, have been improved upon. A large choice of smoked hams and bacon (the pork having undergone some process of "curing" before the actual smoke exposure) is now afforded, and other dried foods usually found in the market are smoked tongues, smoked and salted herrings, mackerel, salmon, eels, turtle, etc., smoked breasts of geese and sausages.

Of much more recent origin are the methods of preserving foods in bottles and tins. This system is due to a Parisian, named Appert. He placed meats, vegetables and fruits in bottles, brought them to the boil, and hermetically sealed the openings. It is true that before his day, it had been the custom to put foods in vases with or without water and

MARKETING GUIDE: PORK AND VEAL.



1. Side of Pork: A. Leg, B. Belly, C. Loin, D. Hand, E. Spare Rib. 3. Loin. 4. Hand and Spring, and Belly. 5. Loin (side view): F. Fore-end, G. Middle Loin, H. Hind Loin. 6. Leg. 2. Neck of Veal. 7. Side of Veal: A. Knuckle, B. Fillet, C. Loin, D. Breast, E. Best End of Neck, F. Shoulder, G. Scrag.

vinegar, and pour on an air impervious seal of oil. But Appert's system was a great step in advance, and gave rise to the enormous trade in tinned and bottled foods. For years the system was chiefly applied to the preserving of expensive delicacies, but it was ultimately adopted in Australia and America for the packing of cheap foods, such as beef and mutton, and afterwards rabbits, soups, salmon and lobster. In the early stages, Australian meat was partly roasted, then packed in tins which were boiled in a water bath, or by steam, and then sealed down. Though the meat was cheap, it was somewhat overcooked, and therefore neither tasty nor nourishing. Improvements have been steadily produced, and now the meat, fowl, and fish imported from abroad in tins is usually excellent. Some precaution should be taken. The food remains wholesome so long as the tins remain air-tight, but if air gets in, decomposition soon follows. It is therefore necessary to see that the tins are perfect and air-tight. Tins should not be bulged ; the tops and bottoms should be concave, and have the appearance of depressions. They should be free from rust. Bulged and rusty tins should be rejected, and so ought those which emit a rush of air on being opened. As soon as a tin is opened the whole contents should be turned out. Fish should be eaten (or at all events cooked) the same day it is opened. This does not apply to sardines and other kinds preserved in oil, although even these had better be placed in glass or earthenware dishes. Tinned vegetables and fruits soon deteriorate when opened if left in the tins.

As a rule, foods preserved in earthenware and glass are better and safer, though rather more expensive than those sold in tin cans.

Tinned and bottled fruits should be stored in a cool, dry cupboard.

Tinned sardines, bottled anchovies and anchovy paste ought always to be kept in store, as they are useful in preparing many dishes.

TINNED PROVISIONS, JAMS, etc.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Cherries in Brandy.	1s. 7*d.* per half bot.	Haddocks, Blanchflower	10*d.* per tin.
Cake, Various	10½*d.* each.	Herrings	8*d.* per tin.
Fruit in Tins—		Honey	11*d.* per jar.
Peaches	10*d.* per tin.	Jams—	
Pineapple	5½*d.* to 11½*d.* per tin.	Apricot	5*d.* per lb. jar.
Pears	9*d.* to 1s. 6*d.* " "	Raspberry	6*d.* per lb. jar.
Apricots	8*d.* to 1s. 4*d.* " "	Strawberry	5*d.* per lb. jar.
Bottled Plums	6½*d.* per bottle.	Raspberry and Currant	5½*d.* per lb. jar.
Cranberries	8½*d.* per bottle.	Greengage	5*d.* per lb. jar.
Gooseberries	6½*d.* per bottle.	Black Currant	6*d.* per lb. jar.
Black Currants	11*d.* per bottle.	Red Currant	5*d.* per lb. jar.
Red Currants	8½*d.* per bottle.	Gooseberry	4½*d.* per lb. jar.
Cherries	10*d.* per bottle.	Plum	4*d.* per lb. jar.
Greengages	9*d.* per bottle.		
Raspberries and Currants	1s. per bottle.		

TINNED PROVISIONS, JAMS, ETC. (*continued*)—

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Jellies—		Meats, etc. (*contd.*)—	
Red Currant	4*d.* per ¼ lb. pot.	Lunch Ham	1*s.* 1*d.* per 1¾ lb. tin.
Black Currant	4*d* per ¼ lb. pot.	Minced Collops	9½*d.* per 2 lb. tin.
Calf's Foot	1*s.* 6*d.* per qt. bot.	Minced Steak	9½*d.* per 2 lb. tin.
Orange	1*s.* 6*d.* per qt. bot.		
Lemon	1*s.* 6*d.* per qt. bot.		
Madeira	2*s.* per qt. bot.	Mutton Cutlets with Tomato Sauce	1*s.* 9*d.* per tin.
Aspic	1*s.* 6*d.* per qt. bot.	Mutton, Roast	10*d.* per tin.
Lobster	8*d.* per tin.	Mutton, Boiled	1*s.* 2*d.* per tin.
Marmalade	4*d.* per lb. jar.	Ox Tongues	2*s.* 9*d.* per tin.
Meats, Game and Poultry—		Ox Tails (solid)	9½*d.* per 2 lb. tin.
Ham and Chicken	1*s.* 4*d.* small tin.	Pheasant, Roast, whole, in Jelly	4*s.* 6*d.* per tin.
		Ptarmigan	1*s.* 9*d.* per tin.
Turkey and Tongue	1*s.* 4*d.* small tin.	Pic-nic Pie	1*s.* 4*d.* per tin.
Ham, Chicken, and Tongue	1*s.* 4*d.* small tin.	Rabbit, excellent quality	9*d.* per tin.
Beef, Ham and Tongue	2*s.* large tin.	Rabbit, finest quality	10½*d.* per tin.
		Rabbit, Curried	10½*d.* per 2 lb. tin
Veal, Ham and Tongue	2*s.* large tin.		
		Stewed Kidney and Mushroom	1*s.* 9*d.* per tin.
Chicken and Tongue	2*s.* 1½*d.* large tin.		
		Turkey and Tongue	11½*d.* per tin.
Chicken and Ham	2*s.* 1½*d.* large tin.	Turkey,—Roast.	1*s.* 3*d.* per tin.
Chicken, Ham and Tongue	2*s.* 1½*d.* large tin.	Turkey, Boneless	11½*d.* per ¾ lb. tin.
Turkey and Tongue	2*s.* 1½*d.* large tin.	Tête de Veau (en Tortue)	1*s.* 5*d.* per tin.
Veal and Ham	2*s.* 1½*d.* large tin.		
Pork and Rabbit	1*s.* 8*d.* per tin.		
		Veal and Ham (half-circle tin)	1*s.* 10½*d.* per tin.
Beef, Boiled or Roast	1*s.* 2*d.* per tin.		
		Veal Cutlets with Tomato Sauce	1*s.* 9*d.* per tin.
Chicken, Roast, whole, in jelly	3*s.* 3*d.* per tin.	Veal Loaf	9½*d.* per tin.
		Milk—	
Chicken (Poulet de Bresse)	2*s.* 6*d.* per tin.	Anglo-Swiss	5½*d.* per tin.
		English	5*d.* per tin.
Half Roast Fowl and Sausage	2*s.* per tin.	Olives—	
		French	6*d.* per bottle.
		Spanish	8*d.* per bottle.
Chicken and Tongue (half circle tin)	1*s.* 10½*d.* per tin.	Oysters	6½*d.* per tin.
		Plum Pudding	1*s.* 10*d.* per lb. tin.
Chicken, Spring (one bird in tin)	1*s.* 6*d.* per tin.	Potted Meats—	
Chicken, Roast	1*s.* 3*d.* per 1½ lb. tin.	Anchovy	5*d.* per tin.
Chicken, Boneless	11½*d.* per ¾ lb. tin.	Bloater	5*d.* per tin.
Duck, Boneless	11½*d.* per ¾ lb. tin.	Ham—Tongue	5*d.* per tin.
		Strasbourg Meats—	
Calf's Head and Tomato	1*s.* 2½*d.* per tin.	Beef	5*d.* per tin.
Camp Pie	1*s.* 4*d.* per tin.	Pâté de foie gras	2*s.* 6*d.* per jar.
Game Pie	1*s.* 4*d.* per tin.	Game	5*d.* per tin.
Jugged Hare	1*s.* 3*d.* per tin.	Rabbit	1*s.* 8*d.* per tin.
		Salmon	8*d.* per tin.
		Sardines (Péneau)	1*s.* 2*d.* per tin.
Lambs' Sweetbreads with Tomato Sauce	1*s.* 4½*d.* per tin.		
		(Philipee and Canaud)	1*s.* 4*d.* per tin.
Larks, Roast, 6 birds	2*s.* 9*d.* per tin.	Sausages	6*d.* to 2*s.* per tin.

TINNED PROVISIONS, JAMS, ETC. (*continued*)—

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Soups—		Soups (*contd.*)—	
Turtle (Brand's)	1s. 5*d.* per qt. tin.	Gravy, Vegetable	1s. per qt. tin.
Ox Tail, Mock Turtle, Hare, Julienne, Mulligatawny, Gravy, and Giblet .	From 1s. per qt. tin.	Green Pea . .	7*d.* per qt. tin.
		Mutton Broth .	1s. per qt. tin.
		Truffles	1s. 8*d.* ¼ bottle.
		Vegetables—	
		Artichokes . .	1s. 4½*d.* per bot.
Soups (Crosse & Blackwell, and Lazenby)—		Asparagus . .	1s. per tin.
		Celery . . .	9*d.* per tin.
		French Beans .	1s. per tin.
Game—Hare .	1s. 6*d.* per qt. tin.	Green Peas . .	10*d.* per qt. tin.
Mock Turtle, Ox Tail . . .	1s. 4*d.* per qt. tin.	Haricots, Verts .	1s. per qt. tin.
		Macedoine . .	10½*d.* per qt. tin.
Giblet, Mulligatawny . . .	1s. 4*d.* per qt. tin.	Mushrooms . .	1s. per qt. tin.
		Tomatoes . .	4*d.* to 6*d.* per tin.
Julienne . . .	1s. per qt. tin.		

BISCUITS.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Abernethy . . .	6*d.* per lb.	Ginger Nuts . .	6*d.* per lb.
Almond Rings .	6*d.* per lb.	Ice Creams . .	1s. 8*d.* per lb.
Arrowroot . . .	7*d.* per lb.	Jam Fingers . .	8*d.* per lb.
Arrowroot (thin) .	8*d.* per lb.	Kindergarten . .	5*d.* per lb.
Bath	7*d.* per lb.	Lunch	From 3d. per lb.
Breakfast . . .	8*d.* per lb.	Macaroons. . .	11*d.* per lb.
Butter . .	5*d.* per lb.	Marie	8*d.* per lb.
Butter Cream . .	7*d.* per lb.	Maître d'Hotel .	From 1s. per lb.
Butter Fingers .	6½*d.* per lb.	Milk	5*d.* per lb.
Butter Nuts . .	5*d.* per lb.	Mixed	From 6*d.* per lb.
Cinderella . . .	6*d.* per lb.	Nice	From 6*d.* per lb.
Captain . . .	5*d.* per lb.	Oat Cakes. . .	1s. 6*d.* per packet.
Cheese	5*d.* per lb.	Olive	10½*d.* per lb.
Coffee	10*d.* per lb.	Osborne . . .	7*d.* per lb.
Colonial . . .	6*d.* per lb.	Oswego. . . .	9*d.* per lb.
Cracknel . . .	1s. per lb.	Ratafias . . .	1s. 6*d.* per lb.
Cream Cracker. .	6*d.* per lb.	Shortbread . .	From 9*d.* per tin.
Dessert	10*d.* to 1s. 3*d.* per lb.	Tea.	6*d.* per lb.
Digestive . . .	9*d.* per lb. . . .	Toast	7*d.* per lb.
Dinner	9*d.* per lb.	Water	5*d.* per lb.
Garibaldi . . .	6*d* per lb.	Wafers (various) .	1s. 2*d.* to 1s. 8*d.*
Ginger	From 6*d.* per lb.	Wholemeal . .	8*d.* per lb.

GRAIN AND PREPARED FOODS.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Arrowroot . . .	From 5*d.* to 10*d.* per lb.	Rice (*continued*)—	
		Patna . . .	2½*d.* per lb.
Barley	2*d.* per lb.	Java. . . .	2½*d.* per lb.
Corn Flour . .	5*d.* per lb. packet.	Carolina. . .	3*d.* per lb.
Groats	4*d.* per lb. packet.	Ground . . .	2*d.* per lb.
Hominy . . .	2*d.* per lb.	Sago, Small . .	2*d.* per lb.
Lentil Flour . .	3*d.* per lb.	Large . . .	2½*d.* per lb.
Oatmeal . . .	From 2½*d.* per lb.	Semolina . . .	2½*d.* per lb.
Pea Flour . . .	6*d.* per tin.	Tapioca . . .	2*d.* per lb.
Rice—		Best. . . .	4*d.* per lb.
Rangoon . .	2*d.* per lb.	Vermicelli. . .	3½*d.* per lb.

SAUCES AND PICKLES.

Article.	Average Price.	Article.	Average Price.
Sauces—		Sauces (*continued*)—	
Anchovy	10*d.* per bottle.	Horseradish	4½*d.* per pot.
Browning for Sce	5½*d.* per bottle.	Mason's O.K.	7½*d.* per bottle.
Brand's A1	8*d.* per bottle.	Foundation Sauces	
Tomato	10½*d.* per bottle.	Italienne, dark	1*s.* 9*d.* 4 oz. bottle.
Clarence	6*d.* per bottle.	Espagnole, brown	1*s.* 9*d.* 4 oz. bottle.
Harvey's	7*d.* per bottle.	Allemande, pale	1*s.* 9*d.* 4 oz. bottle.
Ketchup	8*d.* per bottle.	Pickles—	
Reading (Cock's)	10*d.* per bottle.	Cabbage	8½*d.* per pint bot.
Soy	6½*d.* per bottle.	Cauliflower	8½*d.* per pint bot.
Regent	1*s.* per bottle.	Onions, Mixed	8½*d.* per pint bot.
Worcester	4½*d.* per bottle.	Walnuts	8½*d.* per pint bot.
Yorkshire Relish	4½*d.* and 9*d.* per bot.	Piccalilli	8½*d.* per pint bot.
Edward's	8*d.* per bottle.	Gherkins	8½*d.* per pint bot.
Mushroom Ketchup	5*d.* per bottle.	Mangoes	8½*d.* per pint bot.
		Chutnee	1*s.* per bottle.
Bengal Chutney	1*s.* per bottle.	Mango	1*s.* per bottle.
Curry	6½*d.* per tin.	Indian Relish	1*s.* 6*d.* per jar.

HOUSEHOLD REQUISITES.

Article.	Average Price.	Article.	Average Price.
Bath Brick	1*d.* each.	Nugget	4½*d.* and 9*d.* per bot.
Beeswax	1*s.* 9*d.* per lb.	Pepper—Whole	1*s.* 2*d.* per lb.
Blacking	3*d.* doz. skins.	Ground	1*s.* 2*d.* per lb.
Ebonite	9*d.* per bottle.	Cayenne	4*d.* per bottle.
Blacklead	6*d.* per packet.	Nepaul	4*d.* to 1*s.* per bottle.
Blue	10*d.* per lb.	Plate Powder	6*d.* per box.
Brunswick Black	7*d.* per bottle.	Polishing Paste	6*d.* per pot.
Candles, Composite	3*s.* 6*d.* 6 lb.	Salt	7½*d.* per 14 lb.
Stearine	3*s.* 9*d.* 6 lb.	Cerebos	6*d.* per tin.
Rock Wax	3*s.* 9*d.* 6 lb.	Soap, Yellow (Kt.)	3*d.* per lb.
Dyes	3½*d.* per bottle.	Soft (Knight)	10½*d.* 3½-lb. tin.
Gold Paint	10½*d.* per bottle.	Cold Water	3*d.* per lb.
Essences (flavouring)	from 3*d.* per bottle.	Carbolic	3*d.* per lb.
Furniture Polish	6*d.* per pot.	Hudson's Extract	4*d.* per packet.
Cream	6*d.* per bottle.	Toilet	1*d.* to 6*d.* per tablet.
Knife Powder	4½*d.* per packet.	Soda	7*d.* per 14 lb.
Polish	4½*d.* per packet.	Starch—Glenfield	5½*d.* per lb.
Metal Polishing Pdr.	3*d.* per box.	Colman's	3½*d.* per lb.
Night Lights	4*s.* doz. boxes.	Vinegar	7½*d.* per quart.

WINES, SPIRITS AND LIQUEURS.

In the following lists the prices are averaged from those of several good firms of Wine Merchants, both in London and the chief provincial towns. Prices vary very considerably according to the age of the wine and vintage years.

WINES.

Australian Wines (Red)—	
Burgundy	from 19*s*. per doz. bots.
Cabernet	,, 24*s*. per doz. bots.
Chablis	,, 19*s*. per doz. bots.
Australian Wines (White)—	
Riesling	from 22*s*. per doz. bots.
Muscat	,, 30*s*. per doz. bots.
Bordeaux (White)—	
Sauterne	from 25*s*. per doz. bots.
Burgundy (Red)—	
Burgundy	from 18*s*. per doz. bots.
Beaune	,, 24*s*. per doz. bots.
Chambertin	,, 60*s*. per doz. bots.
California Wines—	
Burgundy	from 19*s*. per doz. bots.
Claret	,, 17*s*. per doz. bots.
Sauterne	,, 25*s*. per doz. bots.
Hock Riesing	,, 19*s*. per doz. bots.
Champagne—	
Bollinger & Co.	from 82*s*. per doz. bots.
Deutz & Geldermann	,, 70*s*. per doz. bots.
Duminy & Co.	,, 80*s*. per doz. bots.
Heidsieck & Co.	,, 90*s*. per doz. bots.
Laurent-Perrier	,, 78*s*. per doz. bots.
Moet & Chandon	,, 66*s*. per doz. bots.
G. H. Mumm & Co.	,, 87*s*. per doz. bots.
Piper-Heidsieck	,, 84*s*. per doz. bots.
Pommery & Greno	,, 156*s*. per doz. bots.
Claret—	
Ordinary	from 12*s*. per doz. bots.
Medoc	,, 18*s*. per doz. bots.
Chateau Margaux	,, 72*s*. per doz. bots.
Claret (*continued*)—	
Chateau Lafite	from 400*s*. per doz. bots.
Chateau Cos d'Estournel	,, 50*s*. per doz. bots.
Hock—	
Niersteiner	from 24*s*. per doz. bots.
Johannisberg	,, 126*s*. per doz. bots.
Marcobrunner	,, 56*s*. per doz. bots.
Rudesheimer	,, 30*s*. per doz. bots.
Italian Wine—	
Egidio Vitali	from 66*s*. per doz. bots.
Chianti, Ordinary	,, 21*s*. 6*d*. per doz bots.
Tarragona Port	,, 12*s*. per doz. bots.
Madeira—	
Dinner Wine	from 32*s*. to 68*s*. per doz. bots.
Marsala—	
Virgin	from 19*s*. 6*d*. per doz. bots.
Moselle—	
Berncastler Doctor Auslese	from 60*s*. per doz. bots.
Port	,, 18*s*. to 144*s*. per doz. bots.
Vintage Wines—	
Tuke's, 1892	from 66*s*. per doz. bots.
Croft's, 1885	,, 70*s*. per doz. bots.
Sandeman's, 1865	,, 144*s*. per doz. bots.
Sherry—	
Pale	from 18*s*. per doz. bots
Golden	,, 20*s*. per doz. bots.
Superior Golden	,, 48*s*. per doz. bots.
Montilla	,, 66*s*. per doz. bots.
British Wines—	
Orange	from 14*s*. per doz. bots.
Ginger	,, 14*s*. per doz. bots.
Raisin	,, 14*s*. per doz. bots.
Cowslip	,, 14*s*. per doz. bots.
Cider	,, 7*s*. per doz. bots.

SPIRITS.

Brandy	from 40*s*. to 200*s*. per doz. bots.
Gin	,, 28*s*. to 38*s*. per doz. bots.
Holland	,, 30*s*. to 55*s*. 6*d*. per doz. bots.
Rum	from 35*s*. to 43*s*. per doz. bots.
Whiskey	,, 37*s*. to 65*s*. per doz. bots.
Vermouth	,, 30*s*. per doz. bots.

LIQUEURS.

Liqueurs—		Liqueurs (*continued*)—	
Absinthe . .	from 6*s.* per bot.	Kirschwasser .	from 5*s.* 6*d.* per bot.
Anisette . .	,, 5*s.* per bot.	Kümmel .	,, 4*s.* 3*d.* per bot.
Benedictine .	,, 7*s.* per bot.	Maraschino. .	,, 4*s.* 9*d.* per bot.
Crême de Menthe	,, 5*s.* 6*d.* per bot.	Vermouth . .	,, 2*s.* 6*d.* per bot.
Chartreuse (yellow) . . .	,, 9*s.* per bot.	English Liqueurs—	
Chartreuse (green) . .	,, 11*s.* 8*d.* per bot.	Cherry Brandy.	from 3*s.* 6*d.* per bot.
Curaçoa (sweet or dry) . .	,, 5*s.* 9*d.* per bot.	Ginger Brandy	,, 3*s.* 6*d.* per bot.
		Orange Brandy	,, 3*s.* 6*d.* per bot.
		Milk Punch .	,, 3*s.* 6*d.* per bot.

ALES AND STOUT.

Dinner Ale . . .	2*s.* 6*d.* per doz. bots.	Bitter Ale . . .	11*s.* 6*d.* per 9 gals.
Stout	2*s.* 6*d.* per doz. bots.	Stout in Cask . .	14*s.* per 9 gals.
Pale Ale . . .	8*s.* 6*d.* per 9 gals.	Porter in Cask . .	9*s.* per 9 gals.

MINERAL WATERS AND BEVERAGES.

Article.	Average Price.	Article.	Average Price.
Soda Water . .	1*s.* 3*d.* per doz.	Bitters—	
Lemonade . .	1*s.* 6*d.* ,,	Angostura . .	4*s.* 6*d.* per bot.
Ginger Beer . .	1*s.* 6*d.* ,,	Hop	2*s.* 6*d.* ,,
Ginger Ale . .	1*s.* 6*d.* ,,	Khoosh . . .	2*s.* 6*d.* ,,
Potass	1*s.* 6*d.* ,,	Orange . . .	2*s.* 6*d.* ,,
Lithia	3*s.* 9*d.* ,,	Fruit Juice & Syrups	
Soda Water (Sch.)	2*s.* 9*d.* ,,	Lemon Juice .	4½*d.* ,,
Seltzer ,, .	2*s.* 9*d.* ,,	Orange Juice .	4½*d.* ,,
Ginger Ale ,, .	2*s.* 9*d.* ,,	Lime Fruit Juice	1*s.* ,,
Lemonade ,, .	3*s.* 3*d.* ,,	Lime Juice Cordl.	1*s.* 1½*d.* ,,
Potass ,, .	2*s.* 9*d.* ,,	Syrups, Lemon, etc. . . .	1*s.* ,,
Lithia ,, .	4*s.*	Vinegar, Raspberry . . .	5½*d.* ,,

NATURAL MINERAL WATERS.

Name.	Properties.	Price.
Apenta	Aperient	11*s.* per doz. bottles.
Apollinaris	Table Water	6*s.* per doz. bottles.
Buffalo Lithia . . .	Alkaline Lithiated . . .	9*s.* per doz. bottles.
Carlsbad	Alkaline Lithiated . . .	12*s.* per doz. bottles.
Hunyadi Janos . . .	Saline Aperient . . .	12*s.* per doz. bottles.
Johannis	Table Water, Gaseous .	6*s.* per doz. bottles.
Marienbad	Alkaline Chalybeate . .	11*s.* per doz. bottles.
Rosbach	Table Water	6*s.* per doz. bottles.
Salutaris (Manufactured)	Table Water	4*s.* 6*d.* per doz. bottles.
Taunus	Table Water, Gaseous .	5*s.* per doz. bottles.
Vichy (State Springs) .	Alkaline Acidulated . .	9*s.* per doz. bottles.

COMPARATIVE VALUE OF FOOD, WITH ITS PERCENTAGE OF CARBON AND NITROGEN.

SHOWING WHAT A SHILLING WILL BUY.

A Shilling will Buy	Bone.	Meat.	Total Weight.	Per Cent. Carbon.	Per Cent. Nitrogen.
Rumpsteak . . .	none.	13 oz.	13 oz.	11·00	3·00
Beefsteak . . .	none.	16 oz.	16 oz.	,,	,,
Ribs of beef . .	2½ oz.	15½ oz.	18 oz.	,,	,,
Leg of mutton piece .	none.	19 oz.	19 oz.	,,	,,
Shin	none	30 oz.	30 oz	,,	,,
Leg of mutton . .	2½ oz.	15½ oz.	18 oz.	,,	,,
Loin of mutton . .	3 oz.	15 oz.	18 oz.	,,	,,
Neck (best end). .	4 oz.	16 oz.	20 oz.	,,	,,
Shoulder (best end).	3 oz.	17 oz.	20 oz.	,,	,,
Veal cutlet . . .	2 oz.	10 oz.	12 oz.	,,	,,
Breast of veal . .	6 oz.	16 oz.	22 oz.	,,	,,
Salmon	1 oz.	7 oz.	8 oz.	16·00	2·09
One-third of a fowl .	11 oz.	9 oz.	20 oz.	14·00	3·275
Two-thirds of a rabbit	4 oz.	16 oz.	20 oz.	—	—
Bacon	2 oz.	19 oz.	21 oz.	62·58	1·394
Bread	—	—	100 oz.	30·00	1·20
Cheese	—	—	24 oz.	41·24	4·126
Potatoes	—	—	192 oz.	81·00	0·33
Oatmeal[1] . . .	—	—	112 oz.	44·00	1·95
Haricot beans[1] . .	—	—	95 oz.	45·00	3·22
Hominy[1] . . .	—	—	136 oz.	40·28	1·60

To arrive at the relative value of various foods, it is absolutely necessary to carefully estimate their different nutritive qualities.

By this table it will be seen that some expensive foods are really even more costly than they appear at first sight, because of the small proportion of flesh-forming, or nutritive quality they contain. As an instance of this one shilling will buy only 7 ozs. of salmon, containing 2 per cent nitrogen., while the same sum will buy 30 ozs. of shin of beef, containing 3 per cent. nitrogen, or 24 ozs. of cheese, containing 4 per cent.

The heat-giving qualities can be estimated by comparing the large percentage of carbon which such foods as oatmeal and potatoes contain with the small amount which is found in various meats. Thus one shilling will buy 136 ozs. of hominy, containing 40·28 per cent. of carbon, or 192 ozs. of potatoes, containing 81 per cent., whilst it will only buy 13 ozs. of steak, which contains 11 per cent. of carbon.

"Once, weekly, remember thy charges to cast,
Once, monthly, see how thy expenses may last."—Tusser, 1557.

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[1] Artificially dried. Reckon half as much again for the water to be added.

CALENDAR OF FOOD IN SEASON

The following lists will be found useful in arranging menus, as it can be seen at a glance what Fish, Meat, Vegetables, etc., are in season, but it will be necessary to turn to our price lists to know when all such fresh provisions are cheapest and best. It need hardly be added that tinned and preserved provisions are always to be obtained.

JANUARY.

Fish.—Brill, carp, cod, crayfish, eels, flounders, haddocks, halibut, ling, lobsters, mussels, oysters, perch, pike, prawns, scallops, shrimps, skate, smelts, soles, sprats, tench, turbot, whitebait, whiting.

Meat.—Beef, house lamb, mutton, pork, veal, venison.

Poultry.—Capons, chickens, ducklings, pigeons, pullets, turkeys.

Game.—Hares, partridges, pheasants, snipe, wild-fowl, woodcock.

Vegetables. — Jerusalem Artichokes, beetroot, broccoli, cabbages, carrots, celery, chervil, cresses, cucumbers, endive, lettuces, parsnips, potatoes, spinach, turnips.

Fruit.—Apples, bananas, grapes, medlars, nuts, oranges, pears, pines, Spanish nuts.

FEBRUARY

Fish.—Bream, brill, carp, cod, crab, crayfish, eels, flounders, haddocks, halibut, herrings, ling, lobsters, mullet, mussels, oysters, pike, prawns, salmon, scallops, shrimps, skate, smelts, soles, sprats, turbot, whitebait, whiting.

Meat.—Beef, house lamb, mutton, pork, veal.

Poultry.—Capon, chickens, ducklings, pigeons, pullets, turkeys.

Game.—Hares, partridges, pheasants (until the 15th), snipes, woodcock, wild fowl.

Vegetables.—Jerusalem Artichokes, beetroot, broccoli, Brussels sprouts, cabbages carrots, celery, chervil, cresses, cucumbers, endive, lettuce, parsnips, potatoes, savoys, spinach, turnips.

Fruit.—Apples, bananas, chestnuts, grapes, medlars, rhubarb, nuts, oranges, pears, pines, peaches, Spanish nuts.

MARCH.

Fish.—Bream, brill, carp, cod, crabs, crayfish, eels, flounders, haddocks, halibut, herring, ling, lobsters, mullet, mussels, oysters, pike, prawns, salmon, scallops, shrimps, skate, smelt, soles, sprats, tench, turbot, whiting, whitebait.

Meat.—Beef, house lamb, mutton, pork, veal.

Poultry.—Capons, chickens, ducklings, pigeons, pullets, turkeys, wild-fowl.

Game.—Hares, Guinea fowls. Foreign : black game, ortolans, ptarmigan, quails.

Vegetables.—Jerusalem artichokes, asparagus, beetroot, broccoli, Brussels sprouts, cabbages, cauliflowers, celery, chervil, cucumbers, endive, horseradish, lettuce, mushrooms, parsnips, radishes, spinach, tomatoes, watercress.

Fruit.—Apples, bananas, figs, grapes, medlars, nectarines, oranges, pears, peaches, pines, dried fruits, rhubarb.

APRIL.

Fish.—Bream, brill, crabs, crayfish, dory, flounders, gurnet, haddock, halibut, lobsters, mullet, mussels, oysters, prawns, salmon, scallops, shad, shrimps, skate, smelts, soles, turbot, trout, whitebait, whiting.

Meat.—Beef, lamb, mutton, pork, veal.

Poultry.—Capons, chickens, ducklings, fowls, goslings, pigeons, pullets, rabbits.

Game.—Guinea fowl. Foreign : ortolans, ptarmigan, quails.

Vegetables.—Jerusalem artichokes, asparagus, beetroot, broccoli, cabbages, cauliflowers, celery, lettuce, mushrooms, parsnips, radishes, seakale, spinach, sprouts, tomatoes, turnips, watercress.

Fruit.—Apples, bananas, figs, grapes, oranges, pines, dried fruits, rhubarb.

MAY.

Fish.—Bass, brill, crabs, crayfish, dory, eels, hake, halibut, herrings, lobsters, mackerel, mullet, prawns, salmon, shad, scallops, smelts, soles, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Capons, chickens, ducklings, fowls, goslings, pigeons, pullets, rabbits.

Game.—Guinea fowl. Foreign : ortolans, ptarmigan, quails.

Vegetables.—Artichokes, asparagus, beans, beetroot, cabbages, carrots, cauliflowers, cresses, cucumbers, endive, leeks, lettuce, mushrooms, peas, potatoes, radishes, seakale, spinach, tomatoes, turnips, watercress.

Fruit.—Apples, bananas, figs, gooseberries (green), grapes, oranges, pears, pines, dried fruits, rhubarb.

JUNE.

Fish.—Bass, bream, brill, crabs, crayfish, dory, eels, gurnets, halibut, hake, haddock, lobsters, mackerel, mullet, plaice, perch (after 15th), prawns, salmon, shad, soles, shrimps, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, buck venison.

Poultry.—Capons, chickens, ducklings, fowls, goslings, pigeons, pullets, turkey poults.

Game.—Guinea fowls. Foreign : Hazel hens, quails.

Vegetables.—Asparagus, artichokes, beans, beetroot, cabbages, carrots, chervil, cucumbers, leeks, lettuce, mushrooms, parsnips, peas, potatoes, radishes, seakale, spinach, tomatoes, turnips, watercress.

Fruit.—Apples, bananas, cherries, currants, gooseberries, grapes, melons, nectarines, peaches, pears, pines, strawberries, rhubarb.

JULY.

Fish.—Bass, bream, brill, carp, crabs, crayfish, dory, eels, gurnets, haddock, hake, halibut, herrings, lobsters, mackerel, mullet, perch, plaice, prawns, salmon, shad, shrimps, soles, tench, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Capons, chickens, ducklings, fowls, goslings, pigeons, pullets, rabbits, turkey poults.

Game.—Quails (foreign).

Vegetables.—Artichokes, asparagus, beans, beetroot, cabbage, carrots, cauliflowers, chervil, cresses, cucumber, endive, leeks, lettuce, mushrooms, peas, spinach, tomatoes, turnips, watercress.

Fruit.—Apricots, bananas, cherries, currants, figs, gooseberries, grapes, melons, nectarines, oranges, pears, pineapples, plums, raspberries, strawberries.

AUGUST.

Fish.—Bass, bream, brill, carp, chub, crabs, crayfish, dory, eels, flounders, gurnets, haddock, hake, halibut, lobsters, mullet, plaice, perch, pike, prawns, salmon, shad, shrimps, soles, tench, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Capons, chickens, ducklings, ducks, fowls, geese, goslings, pigeons, pullets, rabbits, turkey poults.

Game.—Black game, capercailzie (20th), grouse (12th), hares, plovers, woodcock, quails (foreign).

Vegetables.—Artichokes, beans, beetroot, cabbages, carrots, cauliflowers, cresses, cucumbers, leeks, lettuce, peas, potatoes, spinach, tomatoes, turnips, vegetable marrows, watercress.

Fruit.—Apricots, bananas, cherries, currants, figs, filberts, grapes, greengages, melons, nectarines, oranges, peaches, pears, pines, plums, raspberries, strawberries.

SEPTEMBER.

Fish.—Bass, bream, brill, carp, cod, crayfish, dory, eels, flounders, gurnets, haddocks, hake, halibut, herrings, lobsters, mackerel, mullet, oysters, perch, pike, plaice, shrimps, soles, trout, turbot, whiting.

Meat.—Beef, lamb. mutton, pork, veal, buck venison.

Poultry.—Capons, chickens, ducks, fowls, geese, pigeons, pullets, rabbits, turkey poults, turkeys.

Game.—Black game, capercailzie, grouse, hares, partridges.

Vegetables.—Artichokes, beans, beetroot, cabbages, carrots, cauliflowers, celery, cresses, cucumbers, endive, leeks, lettuce, mushrooms, parsnips, peas, spinach, sprouts, tomatoes, turnips, vegetable marrows, watercress.

Fruit.—Apples, apricots, bananas, cherries (morella), cob-nuts, damsons, figs, filberts, grapes, melons, medlars, nectarines, oranges, peaches, pears, pines, plums, quinces, walnuts.

OCTOBER.

Fish.—Bream, brill, carp, cod, crabs, crayfish, dory, eels, flounders, gurnet, haddocks, halibut, herrings, lobsters, mackerel, mullet, mussels, oysters, perch, pike, plaice, salmon (Dutch), scallops, shrimps, skate, smelts, tench, turbot, whiting.

Meat.—Beef, lamb, mutton, pork, veal, doe venison.

Poultry.—Capons, chickens, ducks, fowls, geese, pigeons, pullets, rabbits, turkeys, turkey poults.

Game.—Black game, capercailzie, hares, grouse, pheasants, partridges, ptarmigan.

Vegetables.—Artichokes, beetroots, cabbages, carrots, cauliflowers, celery, cucumber, lettuce, mushrooms, spinach, tomatoes, turnips, vegetable marrows, watercress.

Fruit.—Apples, apricots, bananas, cranberries, damsons, figs, filberts, grapes, medlars, melons, nectarines, peaches, pears, pines, quinces, walnuts.

NOVEMBER.

Fish.—Bream, brill, carp, cod, crabs, crayfish, dory, flounders, eels, gurnet, haddocks, halibut, herrings, lobsters, mackerel, mullet, mussels, oysters, perch, pike, plaice, salmon (Dutch), scallops, shrimps, skate, smelts, sprats, soles, tench, turbot, whiting.

Meat.—Beef, lamb, mutton, pork, doe venison.

Poultry.—Capons, chickens, ducks, fowls, geese, pigeons, pullets, rabbits, turkey-poults, turkeys.

Game.—Black game, capercailzie, grouse, hares, partridges, pheasants, ptarmigan.

Vegetables.—Artichokes, beetroot, Brussels sprouts, carrots, celery, cresses, cucumbers, leeks, lettuce, parsnips, spinach, tomatoes, turnips, turnip tops, watercress.

Fruit.—Apples, bananas, chestnuts, cranberries, figs, filberts, grapes, melons, oranges, pears, pines, pomegranates, plums (Californian), walnuts.

DECEMBER.

Fish.—Brill, carp, cod, crabs, crayfish, eels, flounders, gurnets, haddocks, halibut, herrings, lobsters, mackerel, mullet, mussels, oysters, perch, pike, plaice, salmon (Dutch), scallops, shrimps, skate, smelt, sprats, soles, tench, whiting.

Meat.—Beef, lamb, mutton, pork, doe venison.

Poultry.—Capons, chickens, ducks, fowls, geese, pigeons, pullets, rabbits, turkeys.

Game.—Black game, capercailzie (till 20th), grouse (till 18th), hares, partridges, pheasants, ptarmigan.

Vegetables.—Artichokes, Brussel sprouts, broccoli, cabbages, carrots, celery, leeks, parsnips, salsify, savoys, Scotch kale, seakale, spinach, tomatoes, turnip tops, watercress.

Fruit.—Apples, bananas, chestnuts, figs, filberts, grapes, medlars, melons, oranges, pears, pines, plums (Californian), pomegranates, walnuts.

INTRODUCTION TO COOKERY

CHAPTER VI

English and French Cookery, The Science and Progress of Cookery, Reasons for Cooking, Methods of Cooking, with instructions for Broiling, Roasting, Baking, Boiling, Stewing, Frying, Hints for Amateur Cooks, The Preservation, Adulteration and Prices of Food, Digestive Time Table, Quantities and Measures, and Table of Equivalents.

In the Fine Arts the progress of mankind is marked by a gradual succession of triumphs over the rude materialities of nature. Plain or rudely-carved stones, tumuli, or mounds of earth, are the monuments by which barbarous tribes denote the events of their history, to be succeeded, in the long course of a series of ages, by beautifully proportioned columns, gracefully sculptured statues, triumphal arches, coins, medals and the higher efforts of the pencil and the pen, as man advances by culture and observation to the perfection of his faculties. So is it with the art of cookery. Man, in his primitive state, lived upon roots and the fruits of the earth, until by degrees he was driven to seek for new means by which his wants might be supplied and enlarged. He then became a hunter and a fisher. As his species increased, greater necessities came upon him, and he gradually abandoned the roving life of the savage for the more stationary pursuits of the herdsmen. These begat still more settled habits, as the result of which he began the practice of agriculture, formed ideas of the rights of property, and had his own both defined and secured. The forest, the stream and the sea were then no longer his only resources for food. He sowed and he reaped, pastured and bred cattle, lived on the cultivated produce of his fields, and revelled in the luxuries of the dairy; raised flocks for clothing, and assumed, to all intents and purposes, the habits of permanent life and the comfortable condition of a farmer. This was the fourth stage of social progress, up to which the useful or mechanical arts had been incidentally developing themselves, when trade and commerce began. Through these various phases, ONLY TO LIVE had been the great object of mankind ; but by and by comforts were multiplied, and accumulating riches created new wants. The object. then, was not only TO LIVE, but to live economically, agreeably, tastefully and well. Accordingly, the art of cookery commences ; and although the fruits of the earth, the fowls of the air, the beasts of the field, and the fish of the sea, are still the only food of mankind, yet these are so prepared, improved and dressed by skill and ingenuity, that they are the means of immeasurably extending the boundaries of human enjoyment. Everything that is edible and passes under the hands of the cook is more or less changed, and assumes new forms. Hence the immense influence of that functionary upon the happiness of a household.

In the luxurious ages of Grecian antiquity Sicilian cooks were the most esteemed, and received high rewards for their services. Among them, one called Trimalcio was such an adept in his art, that he could impart to common fish both the form and flavour of the most esteemed of the piscatory tribes. A chief cook in the palmy days of Roman extravagance had about £800 a year, and Antony rewarded the one who cooked the supper which pleased Cleopatra with the present of a city. With the fall of the Empire, the culinary art sank into less consideration. In the middle ages cooks laboured to acquire a reputation for their sauces, which they composed of strange combinations, for the sake of novelty.

Excellence in the Art of Cookery as in all other things is only acquired by experience and practice. In proportion, therefore, to the opportunities which a cook has had of these, so will be his excellence in the art.

FRENCH COOKERY.

English v. French Cookery.—It is not easy to treat separately English and French cookery, because, in the first place, by dint of borrowing across the Channel, the two have become inextricably mixed up, as is evidenced by our habitual use of French terms, and by the common, though less constant, use of English terms in French cookery-books ; and because, in the second place a good deal of what is distinctive in French cookery is founded on the nature of things, and cannot be transplanted.

Perhaps the difference is greatest in the cooking of meat. We are accused of eating meat raw, and we retort that roast meat out of England is uneatable. The damp climate and the broad pastures, the turnip crops that flourish under our rainy skies, the graziers who for many years have worked to make British cattle and British sheep renowned through the world ; these all have made our cookery what

take it out when it is done—and probably the assumption is correct. If we had to do all our cooking with wood we also should become economical; but wood, even in England, does not cost as much as wood costs in many countries, where coals for domestic use are practically unknown.

Count Rumford's action in the matter of stoves was received with some scorn, though he died only in 1814. It used to be said of him that he would cook his dinner by the smoke from his neighbour's chimney. The wasted fuel that escapes as smoke would cook not one but many dinners.

It is a truism to say that France, pressed by circumstances, has accomplished much in the realm of cookery. France has achieved the highest results in luxurious cookery; and to the thrift of her peasantry we must look for the beginnings of the French economy in cookery that has become almost proverbial. Luxury with economy is the highest praise in cookery.

French Names.—In the present edition of this book French names—either the accepted or the literal translation—have been added to many of the dishes. Those of distinct English origin remain as they are. Our readers can now write a menu in either language.

THE SCIENCE AND PROGRESS OF COOKERY

Cookery and the Artificial Preparation of Food has one chief object, i.e., to assist in the wonderful series of changes known as digestion and assimilation. A secondary aim is to render certain foods, noxious in their natural state, fit for human consumption. The potato and manioc are poisonous when gathered, but rendered harmless by the cook. The object of a journey may be reached by many different, and sometimes by apparently divergent, roads. So it is here. Some even argue that the roads once diverging never become parallel. They declare that the art of cookery, as now understood, only results in the persistent overtaxing, instead of lightening the labours of, the digestive organs. But let us realize what it would mean to go back to pre-cooking days, when our ancestors not only devoured their relatives, but devoured them raw; or to place ourselves in some savage tribe where cookery is in its infancy; or even return to the coarse abundance of our nearer forefathers; and all will agree that the properly trained cook is more friend than foe.

The Art of Cookery.—Within the last few years cookery has made great strides in a totally new direction. The cook has turned philosopher, and loves—if not the process of reasoning—at least to be told other people's "reasons why" for the operations of the kitchen. Chemistry is a recent science, and is now in an active state of growth. Every day something is being added to our store of physiological knowledge. The science of food cannot advance a step but by the help of one of these. Formerly the art of cookery had little enough to do with either, and flourished long before chemistry and physiology in their modern acceptation were known.

But we cannot accept the common assertion that because cookery long flourished alone it should be left alone now, for the same assertion might be made respecting the application of modern science to any department of human activity.

People lived and died before the law of gravitation, or elementary mathematical truths, or the application of steam to machinery were discovered, yet these discoveries have been applied to practical industries with immense benefit to mankind. Science applied to agriculture has enabled us to support a larger population in greater comfort; science applied to food and cookery will enable us to do this and more. We can confidently look forward to a time when in the chemist's laboratory the transformation of nature's laboratory shall be imitated for the feeding of our starving millions. That goal is a very long way off, and we trace out only the first steps of the road towards it. But as we said at the outset, good cookery must always mean the successful doing or easing in the kitchen of Nature's work.

Everyday Science.—It is interesting to the student of human progress to watch for scientific discoveries, as they gradually creep from the laboratory to the treatise, from the treatise to the lecture-room, thence to the kitchen. Each operation was once carried out according to the fancy of the individual operating. Experience, not only the best, but the only teacher, taught. There were a number of isolated experiments, some repeated or handed down until they became traditions. But there was little or no generalization of the facts, and there was arbitrary declaration instead of reasonable conviction.

In cookery books of a few years ago the reader is bidden to do a thing at one time, and leave it undone on a precisely similar occasion. Delicate gradations of heat, frimometers, even thermometers, were unknown. Water boiled or simmered, was lukewarm or cold, as if the four words comprehended all the variations of temperature, or at any rate were fixed points having magical effect upon every substance used as food. Only a few—a very few—scientific facts have been as yet applied to everyday cookery. The genealogy of each might probably be traced from the treatise to the lecture, thence to one book, now to all. It is curious also to see that there are some processes in cookery for which every one now assigns a reason, while others, equally common, every one is content to follow unreasoning. It is safe to assert that supporting or condemning all such processes there is scientific fact, and if every intelligent cook would try to find out the reason for what is done, our knowledge would soon emerge from its present chaotic condition.

REASONS FOR COOKING

Food is prepared and cooked for six reasons: (1) To render mastication easy; (2) to facilitate and hasten digestion; (3) to convert certain naturally hurtful substances into nutritious foods; (4) to eliminate harmful foreign elements evolved in food (e.g. the tinea of tapeworm in beef and mutton; trichinae in pork; the ptomaines resulting from tissue waste); (5) to combine the right foods in proper proportions for the needs of the body; (6) to make it agreeable to the palate and pleasing to the eye.

It may be said that the last "reason" is in flat contradiction to number two; that is only apparently so. Apart from the purely æsthetic value of an agreeable meal, and a well-spread table (and certainly no one will wish that any pleasure or beauty should be gratuitously foregone), there remain many solid arguments for reason number six. "The eye does half the eating." The street boy who flattens his nose against the pastrycook's window-pane while his mouth waters at the sight of the good things within; the animal who, before he is killed, is shown food, in order that he may produce pepsine; the starving man whose pangs are even sharper when he smells some one else's good dinner; all are so many witnesses that the sight and smell of food cause the digestive juices to flow more abundantly.

Pleasant flavours are a necessity of diet. No man could be nourished on tasteless food, though arranged on the most approved scientific basis. No man can live healthily on a monotonous diet, though there may be nothing wanting from the point of view of chemical analysis. The health of the inmates of public institutions has over and over again shown noticeable improvement by reason of some change in the dietary, not implying greater expenditure, nor greater nourishment, nor even alteration of constituents. As in all human affairs there are facts to be reckoned with that science cannot foretell or explain.

Mastication acts mechanically in subdividing food and so exposing a greater surface to the action of the digestive juices with which it afterwards comes in contact. It acts chemically by reason of the digestive power of saliva on starch. Among animals there are some gramnivora that spend a large part of their time in chewing their food, the flow of saliva being very profuse; there are others, chiefly carnivora, that bolt food whole, and afterwards digest at leisure. Prepared food is more or less divided, so that to some extent mastication is superseded. For the rest, in the kitchen starch is hydrated, fibre softened or made brittle, dough vesiculated, albumen coagulated, and indigestible matter removed.

Any one may perceive how impossible it would be to masticate a mouthful of flour, and how raw meat would clog the teeth. Hurrying over our meals, as we do, we should fare badly if all the grinding and subdividing of human food had to be accomplished by human teeth.

Action of Heat.—The most important results of cookery are to be ascribed to the action of heat upon the various constituents of our food. Many foods that we now eat would become useless to mankind if we had to eat them raw. Cooking may not always alter the chemical constitution of a food, but even then it may entirely change its practical value to mankind. As a matter of fact, however, heat does alter the chemical nature of a great many foods to a considerable extent. Still, even if the change may be nothing that chemical analysis can detect, yet it is perceptible to every one who eats a dinner.

There is no greater mistake than to suppose that the chemical analysis of a food tells us its value. Flesh and bones, and fat and heat can be, by some warm-blooded animals, obtained from a diet of grass or woody fibre, but we should starve in the midst of such plenty.

Many of the changes wrought by heat are easily explained. Whether albumen is barely coagulated or is hard and horny, whether fibre is shrivelled or swelled, whether gelatine is dry and brittle or dissolved it does not take a scientific head to discover. But science tells us why these things are, and so enables us to bring our food readily into whatever state we will.

Given certain food, one cook so manipulates it that the consumer is well nourished and pleased ; another cook leaves him hungry and discontented.

Combination of Foods.—In preparing food we must remember also to combine all necessary foods in a right proportion. Some foods are deficient in one respect, some superabundant in another : a little addition here and there helps digestion and supplies the body with what it needs. All cooks do this in obedience to the natural promptings of the appetite. To rice, rich in starch, they add butter and cream ; with peas, they serve fat bacon ; salt-fish has less nourishment than its egg sauce ; beef steak is balanced by boiled potatoes. But the customs of the kitchen often err, and we have much to learn that our artificially stimulated appetites fail to teach.

Not only is the deficient supplied, but the indigestible is removed. Bran from flour, paring from potatoes, cellulose from vegetables go to feed animals whose digestions are stronger than ours, and who utilise our discarded food to produce other in a form more fitted to our powers.

Another service that cookery does is to economize our food by heating it. Part of what we eat is used as fuel or heat-giving food—is burnt or oxidized, to keep the heat of the body at a certain point. Wherever we live and whatever we do, as long as we are in health our body temperature is always 98° Fahr. neither more nor less. When we take cold food some of the heat of the body has to be used to heat it, for the same reason that when we put fresh coals on the fire the temperature of the room is lowered for a time. So we take our food warm and use coals to do what our food must otherwise do. There are burners that give a very brilliant light with little gas, because the spare heat of the flame is used to heat the gas that is presently to be burnt. We warm our food on precisely the same principle. Very hot food is always unwholesome, but warm food always goes further and is more nourishing than cold.

Amount of Food.—A day's ration for a healthy man of average size, doing moderate work, has been reckoned as follows :—

	Oz. Avoirdupois.
1. Water	4½
2. Albuminoids	3
3. Fats, starch, sugar, etc. .	14
4. Salts	1
	22½ oz.

For a woman, also working, the rations may be somewhat smaller, the proportions being the same, but the total about 3 oz. less.

This seems a small allowance, but when we remember that it is reckoned as dry food, and that food as we get it is always moist, generally containing half or rather more than half its weight of water, it appears that the food altogether should weigh about 40 ozs.

The quantity required varies, however, very much within the limits of health. Every man requires more food if he works hard, and less if he has no work to do. Even doing the same work no two men will eat exactly the same, and it is only possible to calculate by taking an average of a large number of eaters. Generally speaking, more food is required in cold weather and cold climates than in hot. But it is necessary that all these four classes of elements should be represented in our daily food, and in something like the above proportion. If we have too little of any one class we are sure to be ill, and if one class were to be quite left out we should die, even though we have plenty of other foods.

As to the water, there is not much to be said in addition to the remarks in the chapter on Beverages. By whatever name we call our beverages, the chief constituent of them is water, and were we given but one food we could exist longer on water alone than upon any other, except milk. In every food, even when artificially dried, there is a percentage of water, and taking foods one with another there is about half water. But the amount varies ; in lettuce, 96 per cent. is water ; in onions, 91 ; in lean meat, 75 ; in wheat, 14. Artificially dried substances are ready to take up water from the atmosphere, a fact of practical interest to the housewife, who will remember that oatmeal, maize-meal, biscuits, and the like, soon become flabby and moist if they are left in the open air. It is generally agreed that animals thrive better on moist food than on dry food with water.

Carbonates and Salts include chloride of sodium, or common salt, as well as potash, phosphates of lime, and iron. Common salt is a necessary food, but the fact is that many persons now-a-days get too much of it in the form of salt fish and flesh. It is the only mineral habitually added to food as such. Potash salts we find in all fresh fruits and vegetables. Probably no defect in diet is more common than a want of these, especially in our large towns. Lime is necessary for the building up of bones and teeth. We look for it in milk for the young, and in whole grains, and we know that it has been missing when we see weak and distorted limbs and broken teeth. Iron is generally thought of as a physic and not as a food. It is, however, a necessary constituent of the blood, and is chiefly derived in an organized form from fresh vegetables. It is also largely present in many natural tonic waters.

Starch or floury Foods are the cheapest and most abundant of all, so that if people have enough of any food they are likely to have enough of these. Over-fed persons are an exception to this rule, for too small a proportion of their diet is starchy. Bread, potatoes, rice, barley and all the floury foods contain more starch than anything else, and cornflour, arrowroot, sago and tapioca are nearly pure starches. There is much starch too in beans, peas and lentils, though they are generally spoken of as albuminoids, or flesh-forming foods, because of the very large amount of legumin that they contain. There is no starch in milk, but there is sugar, which replaces it. An infant can make no use of starchy food, having no power to digest it. Heated to 200° or 400° starch becomes dextrine, known too as "British Gum." The crust of a loaf, biscuits and baked flour all show dextrine.

Sugar and treacle are good foods and substitutes for starch. They are, however, apt to produce acidity in grown-up persons if used too freely, though children can and do eat large quantities without inconvenience.

The fats, starches and sugars are called heat-producers, because they are oxidized or burnt in the body to keep up the temperature to its proper degree. From the starches and sugars fat is deposited, if more is consumed than is required to maintain the heat of the body; therefore, the way to get thin is to eat little or none of these, or, better still, to take plenty of exercise and let them become completely oxidized.

Fat.—Fat, whether it is in the form of butter, cream, dripping, meat, bacon, oil, or by any other name, is necessary for food, and many are the persons that suffer in health from want of it, especially among the poor, who cannot afford the dearer fats, or do not know the cheaper, and among the sickly, who cannot—or fancy they cannot—digest fat in any form. If it can be digested one fat is as good a food as another. Cod-liver oil and cream are the easiest to digest. Fats that are greatly heated decompose, and are always difficult of digestion, which is the reason why fried food often disagrees. Many persons, who cannot eat a lump of fat with meat hot or cold, can eat buttered toast, suet pudding, or lightly fried bacon, or fat in one of the many forms in which it is served.

Fat and starch can replace one another to some extent, but there must be some fat, and it is better in this climate to have some starchy or floury foods. In the coldest countries plants will not grow, and so starch is unknown.

Albuminoids is a term that covers albumen and the food substances which serve the same purpose as albumen. Sometimes they are spoken of as flesh formers, or as nitrogenous foods, because they all contain nitrogen, and neither fats, starches, nor sugars do. Nothing that lives and grows is without nitrogen, and so we find it in large or small amounts in all plants as well as all animals. Our supplies of albuminoids, or flesh-formers, are obtained from lean meat, fish, poultry, game, as milk curd or cheese, eggs, gluten in flour, fibrine in oats, and in beans, peas and lentils. Albumen is found in many other foods besides eggs. The blood of many animals contains it, and we have presently to speak of albumen in meat. In most vegetable juices and in many seeds and nuts we find it also.

Fibrine is also both animal and vegetable. From meat, wheat and other corn grains we obtain our daily supply. Casein is an albumenoid that we find in the curd of milk, and in the pulses, beans, peas and lentils. Vegetable casein is sometimes called legumin, but it was given that name before it was known to be practically the same as animal casein of milk. In China cheese is made of curdled vegetable casein. Gelatine and some substances nearly like it are known as gelatinoids, and they can replace albumen in part, though not altogether.

METHODS OF COOKERY

Six Methods of Cookery are commonly spoken of, viz. 1. Broiling; 2. Roasting; 3. Baking; 4. Boiling; 5. Stewing; 6. Frying.

BROILING

Rules for Broiling Meat.—The rules for broiling remain the same always. A hot fire at first, with a hot gridiron well greased. Frequent turning. No holes made in the surface, nor cuts to see if the meat is cooked.

The meat must be turned frequently so that it may be heated and the albumen may coagulate all over and not merely on one side. Tongs are sold to turn it over with, because they cannot be used to stick into the meat and make holes for the juice to run out, but a knife or spoon or a fork run into the fat answers just as well in the hands of a cook who knows the reason why a blunt instrument is recommended. Some few broiled things should not be turned: a mushroom, for instance, is broiled stalk upwards. The inside of a split fish should first go to the fire, and afterwards the skin. Paper is wrapped round salmon and other fresh-water fish.

It is not an economical way of cooking, for though quickly done it takes a great deal of fuel to make a good broiling fire. The meat loses weight more than in most ways of cooking. And it is only suited for tender, juicy meat from the best joints.

ROASTING

This is the favourite national method of cookery. The immense stone hearths on which huge logs flared up an open chimney were just adapted for this style of cookery, and the open coal fires in almost general use until the middle of the 19th century were almost as prodigal of fuel. To roast before the fire could have become a national custom only where fuel was cheap. We now roast in the oven more often than before the fire, but even so it is not an economical way of cooking, because of the much greater amount of fuel necessary to heat the oven than to boil a saucepan. The waste in roasting is also great, from a third to a quarter of the total weight of a joint is lost in the process; only a small part of the loss being recoverable in gravy or dripping. Furthermore, it is a method only suited to the tender parts of meat, and does not answer at all for sinewy and gelatinous meat which is the least expensive. Against this has to be set the fact that roast meat is agreeable to most persons' taste, and is generally considered digestible. As in broiling, the object is to harden the surface albumen and so to imprison the juices of the meat. This can only be done by making it very hot for a short time: the heat must afterwards be lessened by drawing the joint from the fire, or by cooling the oven. The larger the joint the smaller the fire, lest it should be burnt outside before it is cooked enough, but it should always be hot FIRST, and cool afterwards. In a perfectly roasted joint, the outside albumen should be thoroughly hardened, but inside it should only reach the moderate heat that just coagulates the albumen and swells and softens the fibrine; cooked more than this, the fibre becomes hard, and separates into bundles that offer an active resistance to teeth and digestive organs. It can scarcely happen to a large joint, but often does to a small one, and this is the reason why a small joint is often dry and hard. It is a sign of good meat and of good roasting to lose little in weight. Generally speaking, the loss is more before the fire than in the oven.

Count Rumford invented a double dripping-pan that cannot be too strongly recommended. The water in the under pan boils and prevents the fat in the upper pan from becoming hotter than boiling water, so that the dripping is neither wasted nor burnt, and there is no horrible odour of fat burning on the floor of the oven. These roasting pans are among the few cooking utensils that economize their own cost in a very short time.

BAKING

Baking naturally comes next to roasting ; the two often do duty for one another. As in all other methods of cookery the surrounding air may be many degrees hotter than boiling water, but the food is not appreciably hotter until it has lost water by evaporation, after which it may readily burn. The hot air of the oven is greedy of water, and evaporation is great, so that ordinary baking (i.e., just to shut the food into a hot-air chamber) is not suited for anything that needs moist heat. But baking often means to put some dry substance in a dish with water and to shut it in the air chamber, and under such circumstances it amounts to much the same as boiling with surface heat added.

To test the heat of an oven special thermometers are made. For meat the temperature should be about 300° Fahr.; for bread 360°, afterwards lowered ; for pastry about the same, the richest pastry requiring the hottest oven. The heat may be tested with a sheet of writing paper, which curls up brown in a pastry oven, or with flour, which takes every shade from coffee colour to black, when sprinkled on the floor of the oven. Experienced cooks test very accurately with the hand.

The hot air of the oven sometimes imparts disagreeable flavours to the things cooked ; but this can be avoided by keeping the oven scrupulously clean and having it well ventilated.

BOILING

Boiling is generally thought to be the easiest method of cooking. Certainly nothing could be less troublesome than the simple process of boiling or stewing meat, and yet beef tough and flavourless, or a leg of mutton boiled to rags is the rule rather than the exception. The success of this culinary method depends entirely upon the liquid in which the material is immersed or partially immersed being kept at a suitable temperature.

The temperature of boiling water at sea-level is 212° Fahr. and 100° Cent. In a mine, where the level is considerably lower than that of the sea, the water reaches a higher temperature before boiling, because the air being more dense offers greater resistance to it ; consequently the water must acquire more heat and force to overcome this resistance before it can boil. Conversely, as we ascend a mountain we leave behind the more dense part of the atmosphere, and the column of air, reaching from the earth into space, becomes less in height, and so exerts less pressure on the surface of the water, which consequently boils at a lower temperature. But, whether the water boils gently or is in a state of violent ebullition the temperature remains the same, and anything immersed in the water will cook at an equal rate, although there will be a wide difference between the tender juicy joint cooked at simmering point and the tough stringy meat that has been quickly boiled. Count Rumford, writing on this subject, said :—

"Causing anything to boil violently in any culinary process is very ill-judged ; for not only does it not expedite in the smallest degree the process of cooking, but it occasions a most enormous waste of fuel, and by driving away with the steam many of the more volatile and more savoury particles of the ingredients renders the victuals less good and less palatable. Five times as much heat is required to send off in steam any given quantity of water already boiling hot as would be necessary to heat the same quantity of the cold water to the boiling point."

In order to find out the right heat, we must first know which of several substances we have to deal with, and how each one of them is acted upon by heat.

The simplest thing to boil is an egg. The white is little more than albumen and water ; the yolk contains albumen and water with some oil and some sulphur, but the albumen is of a rather different character.

We have seen that albumen begins to coagulate at 145°, sets into a jelly at 160°, and at a higher temperature quickly becomes tough and hard. Eggs should therefore be gently boiled. Some recommend the plan of putting the egg into a saucepan of boiling water, taking the pan off the fire and letting it cook so. Others prefer to put the egg in cold water and to take it off directly it boils.

In boiling lean meat we must deal with albumen again. Just as the white of an egg hardens by boiling, so does the albumen in a leg of mutton. Plunge it into boiling water, and on the surface an impervious crust is formed that prevents the juices of the meat from escaping. Once that is done, the boiling should cease, for the toughening of the albumen throughout the joint is as undesirable as the escape of the juices. Boiled meat intended for table should never be put into cold water: firstly, because the surface albumen is dissolved, and afterwards, when the water boils, hardens and rises as scum ; also, secondly, because the salts and extractives are dissolved, leaving the meat dry and flavourless. Cold water first and fast boiling afterwards (the common way of cooking) is the worst possible way, for the meat is not only dry, but hard. If the meat is to be boiled for soup the object is to extract all the juice, the soluble albumen, and as much gelatine as may be, so that it should be cut up to multiply surfaces, put into cold water, and heated slowly to boiling point. To attain contrary ends, contrary means must be used.

The exceptions to this rule, if any, for boiling meat are in the case of sinewy and tendonous meat where gelatine is abundant. To make it soft and eatable long continued boiling is necessary. Calf's head and feet, veal tendons, cow heel, and tripe are often put into cold water.

Flour Foods, such as macaroni, rice, sago, cornflour and flour puddings should be kept all the time in boiling water, in order to burst the starch granules. The mechanical action of fast bubbling water is often useful, partly in preventing grains of rice, etc., from settling to the bottom of the saucepan.

Boiled Fish.—In the case of fish, the water should be kept below bubbling point, otherwise it may crack the skin and so spoil the appearance of the fish; and, on the other hand, if the fish is put into cold water, it, like meat, has much of its goodness and flavour extracted. So a compromise has to be made here, and the best plan is to put it into water as hot as the skin will bear (which varies with each fish), and to put salt with the water, or lemon-juice, or vinegar, because albumen sooner coagulates if acid is added to it. Vinegar with a poached egg answers the same purpose. Vegetables, with few exceptions, should be put into boiling water.

STEWING

Stewing almost invariably requires a heat much below that of boiling water: 165° is about stewing point. Whatever is stewed, parts with much of its goodness to the surrounding liquor, which should not, therefore, be wasted. Less liquid is used than in boiling. It is a method particularly suitable for all gelatinous meat, such as knuckles, heads and feet, and for all tough, fibrous meat, because long-continued, moderate heat, with moisture, is the best way of bringing gelatine and tough fibre into an eatable condition. It is the cheapest method of cooking for several reasons. Little heat is required, therefore little fuel used. Nothing is wasted; whatever goes into the pot comes out. The cheapest and coarsest meat can be used; and very little attention is needed while cooking. In order that all the juices may not be extracted from the meat it is sometimes fried before stewing; this gives it a good colour, and also hardens the surface albumen and prevents the soluble matters from escaping. A stew should not bubble and boil; it should stand by the side of the stove, and should never do more than bubble occasionally and leisurely at one side of a large pan. A jar well tied down and set in a cool oven makes a capital stewing utensil, or a jar set in a saucepan and surrounded by boiling water.

One difficulty is that carrots and turnips when they are old and tough ought to be boiled, and so do not agree with a small piece of stewed meat. Cooked together, one must be spoiled. It is the best plan to boil the vegetables first, and then to use them and their liquor for the stew.

A common mistake is to put in too much liquid. The raw meat supplies some liquid by its own juices and many do not sufficiently realize that at the moderate heat of stewing there is very little waste by evaporation.

FRYING

Frying has been described as boiling in fat. It is not a correct phrase, because the fat is not boiled, and the thing fried is not always immersed in fat. It is the quickest mode of cooking, because melted fat or oil can be brought to a high temperature, and, by contact with it, the food fried is very quickly and very much heated. All fried food is heated beyond boiling water point on its surface ; if the frying is prolonged the meat is over heated throughout, so that this method is not fitted for food that should be slowly cooked at a low temperature, such as tough meat.

The point to which fats or oils may be heated varies, some burning much more readily than others. About 350° to 400° is a suitable temperature ; it can be higher, it should sometimes be lower for things that need slow cooking, but it is usually better to begin at a high temperature and lower it afterwards. The temperature is always lowered, by putting in the cold things to be cooked, to a degree that is determined by the relative quantity of fat and food, and by the sort of food.

The temperature can be taken accurately with a thermometer constructed specially for the purpose ; it can be taken approximately by several homely devices.

1. Drop in a few drops of water. If the fat bubbles thereupon, it must be hotter than 212° ; if it bubbles smartly it may be taken at over 300°.

2. Drop in a piece of bread and take it out at the end of half a minute. If the bread is crisp the fat is about 350° or more.

3. Parsley that becomes crisp immediately it is dropped in means fat at 350° or more.

4. The more violent the bubbling when anything is put in the hotter the fat.

5. A thin, filmy, blue smoke rises when the fat is fit for frying, and then becomes thicker until the fat is burning, when there is a dense cloud.

6. Fat, unless it has left off bubbling and is quite still, is never hot enough to fry.

These rules are true of all fat, and more or less of all frying. But there are two ways of frying, known to cooks as DRY FRYING, and frying in deep fat ; the later method being also known as "French frying." The former is more common ; the latter is more economical, and produces better results.

Deep frying or frying in a saucepan, means that there must be fat enough to cover what is fried, and a pan deep enough to contain it. It is economical, for the fat can be used over and over again, and, if sufficiently hot, does not soak into the food fried, which consequently comes out quite dry and without any of the greasy moisture of frying-pan cookery. In the long run less fat is used than for ordinary dry frying; though, of course, there is a greater outlay to begin with.

An iron or steel saucepan must be used, as the heat of the fat melts the solder of a tin pan ; it is a good plan to keep one for the purpose.

Frying baskets should be used for all delicate frying (see p. 302) so as to do away with the need for much handling, and to lift all the things out at the same moment. Failing a basket, an iron spoon or slice may be used, but not of tin or Britannia metal, as they would melt. Baskets should not be used for fritters, which stick to the wires. As the basket always expands with heat, it should not be a very tight fit for the pan.

Dry Frying is so called because of the small amount of fat used, not because of the dryness of what is fried, for things fried this way are very apt to be greasy. Sometimes the frying is so " dry " that only just fat enough is used to prevent the meat from sticking to the pan, just as the bars of a gridiron are greased. The iron pan is heated, and the meat is cooked by heat directly communicated from the hot iron. Such frying, in fact, is an imitation of broiling, and usually an unsuccessful imitation. There should always be at least enough fat to cover the surface of the pan, and it always should be made as hot as possible without burning, before beginning to fry. To put cold fat and cold pan and cold chop on the stove and let them all heat together is always a mistake sure to result in a greasy, juiceless chop with burnt fat. WHATEVER AND HOWEVER YOU FRY, FIRST HEAT THE FAT.

Fat for Frying.—Melted suet or fat can be used for French frying, and mutton is less likely to burn than beef, but either or both together will do. Lard should never be used, for it always leaves an unpleasant flavour and costs more than beef or mutton fat. Oil is to be preferred to, and can, without burning, be made hotter than any fat. Olive oil is often recommended, but it is costly, and much of the oil sold as olive is largely adulterated with cotton-seed oil, which is far cheaper than any fat used as food. Unfortunately, though a great deal is sold, not much is sold under its right name or at a fair price, except to cookshops or to the vendors of fried fish. Many specially prepared fats are now on the market ; they vary greatly. Some are merely beef fat, freed from skin and blood, and melted into cakes ; these can be used like suet. Others are solidified cotton seed oil, purified nut oil, etc. These are sold plain or as blends. Some of them are excellent for frying purposes, and are economical where much frying is required. Animal fats, with the exception of refined lard, burn quicker than vegetable fats. Butter is the soonest spoilt by high temperatures.

To clarify fat or suet for frying, it should be cut up into small pieces, put into a saucepan with just enough water to prevent burning, heated over a slow fire until the liquid fat is quite clear and then strained. The pieces strained out are an economical substitute for suet for short cakes, puddings, etc. After using several times, the fat can be purified by pouring it whilst hot into a pan of water and well stirring ; the pieces and impurities settle at the bottom of the cake of fat or sink into the water. The fat should be also occasionally strained when cool ; if it be strained directly after frying it will melt any soldered strainer. To fry well the food should be dried. Fish can be lightly coated with flour; vegetables well-dried in a cloth. Before dropping into hot fat anything that contains much water lift the pan off the stove, as the fat is likely to bubble over and catch fire.

Many things that are fried are previously covered with egg and breadcrumbs, or flour and milk or batter, in order that a crust may be formed round them to keep the juice in and the fat out. The essential thing is to cover them completely and leave no crack.

HINTS FOR AMATEUR COOKS.

The two most common faults with amateur cooks are not giving sufficient time and attention to the details of preparation, and ignorance of the varying action of heat. It is admitted that the making of soups and sauces is a test of a good cook. Now, both soups and sauces (with a few exceptions, which prove the rule) require very careful preliminary preparation and close attention during cooking. The time devoted to planning, cleaning, chopping, paring or trussing, as the case may be, is not lost. The actual process of cooking is immensely facilitated, and success half assured, if everything has been properly prepared beforehand.

Then, as regards the utilization of heat; it is essential in boiling and roasting that the temperature should be very high at first, to prevent loss of nutriment, and then be lowered to prevent the meat being scorched and dried. In stewing, however (and this applies to soup making) the heat should be moderate and the cooking slow. Frying in most cases should be done in hot fat, so a deep vessel full of oil or fat at a very high temperature should be used. Omelets, pancakes, and a few other preparations only require to be placed in a pan with a little butter; in such cases the fire should be fairly brisk. When using an oven, if the dish requires long cooking, get up a high temperature at first and then lower it slightly; but pastry requires quick cooking in a fairly brisk oven.

All dishes should be duly flavoured with the necessary condiments during the process of cooking, except in the case of roast meats, when salt should only be applied just before serving. Water is a solvent, so all meat and vegetables should be plunged into fast boiling water, unless the object is to extract flavour for making soups. Dried peas and beans, however, should be put on in cold water, as it is necessary to soften them.

Amateur cooks may prepare dainty breakfasts and suppers if they give their attention to the peculiarities of electric heated stewpans, or the still more convenient chafing-dish. The dishes prepared in these vessels are generally of the stew or *daube* order. For stews a fairly large amount of sauce is allowed, and the cooking should be somewhat moderate; for *daubes* very little moisture is allowed and the pan must be closely covered, apply high temperature, then lower and finish with reduced heat. Gas as well as electric heat and the spirit lamp can be easily regulated as desired.

For outdoor cooking (picnics and camping) the chafing-dish is useful, but should be supplemented with a tinplate oil cooking stove, which generally provides an oven, hot plate, and ring for kettle or stewpan.

For emergencies a good substitute for cream can be made with fresh milk, a little butter and flour.

If milk cannot be procured for tea and coffee, use an egg beaten up to a froth.

If fresh-water fish is caught and has to be cooked, wash thoroughly in clean water ; if small, fry ; if large, stew with a sauce, in which wine or vinegar and aromatic herbs are used.

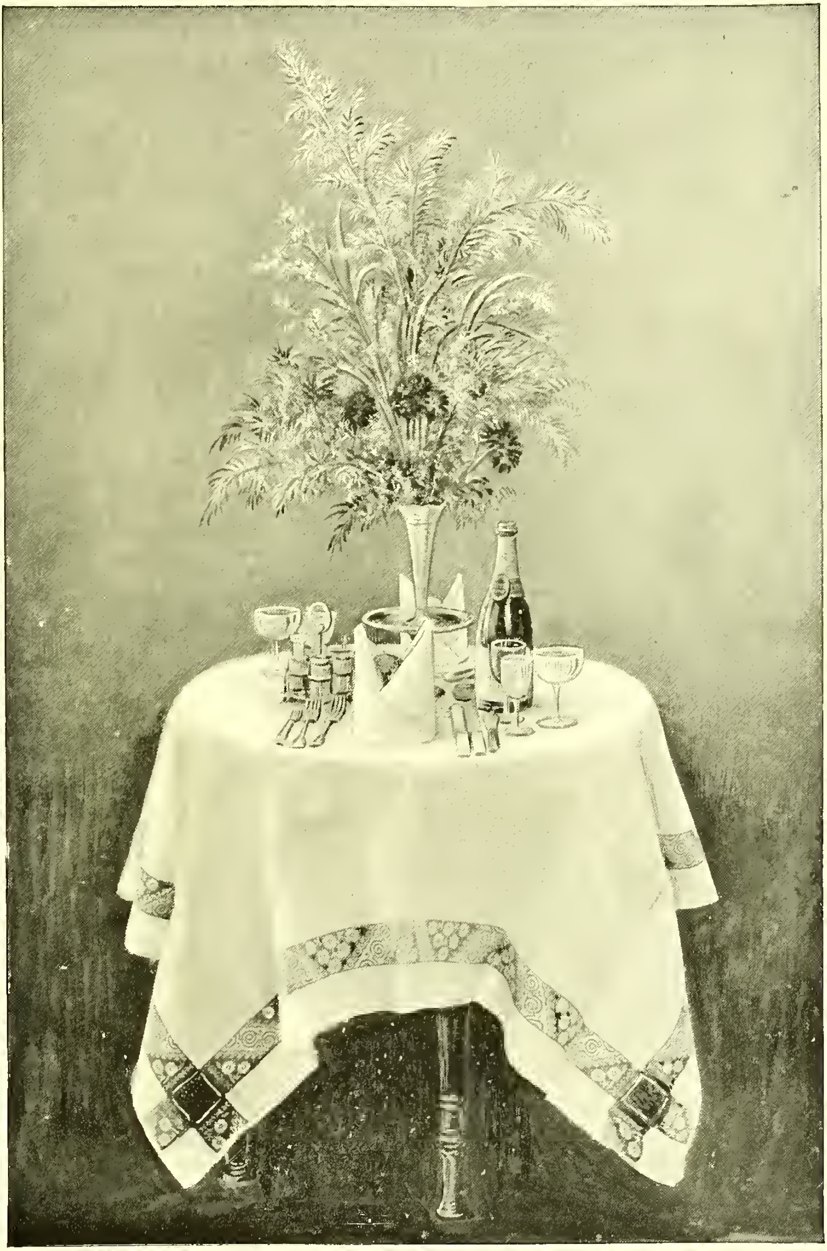
PRESERVATION OF FOOD.

An important consideration is, how food may be best preserved with a view to its being suitably dressed. More waste is often occasioned by the want of judgment, or necessary care in this particular than by any other cause. In the absence of proper places for keeping provisions, a hanging safe, suspended in any airy situation, is the best substitute. A well-ventilated larder, dry and shady, is better for meat and poultry, which require to be kept for some time ; and the utmost skill in the culinary art will not compensate for the want of proper attention to this particular. Though it is advisable that animal food should be hung up in the open air till its fibres have lost some degree of their toughness, yet, if it is kept till it loses its natural sweetness, its flavour has become deteriorated, and, as a wholesome comestible, it has lost many qualities conducive to health. As soon, therefore, as the slightest trace of putrescence is detected, it has reached its highest degree of tenderness, and should be dressed immediately. During the sultry summer months, it is difficult to procure meat that is not either tough or tainted. It should, therefore, be well examined when it comes in, and if flies have touched it, the part must be cut off, and the remainder well wiped with a clean cloth dipped in warm water and vinegar. In loins of meat, the long pipe which runs in the cavity of the bone should be taken out, as it is apt to taint, as also the kernels of beef. Rumps and aitch-bones of beef, should not be purchased when bruised.

All these things ought to enter into the consideration of every household manager ; and great care should be taken that nothing is thrown away, or suffered to be wasted in the kitchen, which might, by proper management, be turned to a good account.

The shank bones of mutton, so little esteemed in general, give richness to soups or gravies, if well soaked and bruised before they are added to the boiling liquor.

A SUPPER TABLE FOR TWO PERSONS.



Roast beef bones, or shank-bones of ham, make excellent stock for soup.

When the whites of eggs are used for jelly, confectionery, or other purposes, a pudding or a custard should be made, that the yolks may be used.

All things likely to be wanted should be in readiness: sugars of different sorts; currants washed, picked, and perfectly dry; spices pounded, and kept in very small bottles closely corked, or in canisters, as we have already directed. Not more of these should be purchased at a time than are likely to be used in the course of a month.

Much waste is always prevented by keeping every article in the place best suited to it.

In very cold weather, vegetables touched by the frost should be brought into the kitchen early in the morning and soaked in cold water. Vegetables keep best on a stone floor, if the air be excluded; meat in a cold, dry place; as also salt, sugar, sweetmeats, candles, dried meats and hams.

Rice, and all sorts of cereals for pudding, should be closely covered to preserve them from insects; but even this will not prevent them from being affected by these destroyers, if they are long and carelessly kept in a damp place.

Pears and grapes should be strung, and hung up in a cold, dry place. Apples should be laid on straw, after being carefully wiped, and should not touch each other. They keep better on wood than on china.

ADULTERATION.

The Act passed in 1872 for the prevention of Adulteration of Food, Drink and Drugs declares that persons who adulterate articles of food, or who sell those that they know to have been adulterated, whether with material injurious to the health or not, are punishable with fine or imprisonment. The vendor is bound to declare such admixture to the purchaser at the time of the sale. The inspectors under the local authorities are directed to procure samples from time to time, and to submit them to the public analyst.

Any purchaser may have any article of food, or drink, or drugs analyzed by the public analyst of his district on payment of a sum not less than half-a-crown and not more than half-a-guinea.

In olden times the prices of the chief necessaries of life were regulated by authority. Such interference has long been a thing of the past. Vendors may ask any price they please for the things they sell, and the legislature only insists that no fraud shall be practised on the public, and that goods shall be sold under their rightful names,

PRICES OF FOOD

Every one nowadays will agree that the seller should fix the price at which he will sell his wares. For the prices vary according as the supply of the commodity in question is plentiful and the demand great. An abundant wheat harvest is followed by cheap bread ; but we do not all so readily understand, that not bread alone but all perishable articles must be dear one year and cheap another. It may sometimes happen that the fall in price never reaches the consumer, but stops short with the wholesale or retail trader, although this tendency is to some extent counteracted by the competition in retail trade.

Overcharging is most likely to occur where the customers cannot readily transfer their custom to a neighbouring shop, as, for instance, in isolated country places, or when the customers are in debt, or under obligation to the shopkeeper, having perhaps been supported by him during times of scarce work. It is often for these reasons that in the poorest and most wretched neighbourhoods the highest prices rule. Customers are often induced by considerations of fashion or convenience to pay high prices ; but they can scarcely be said to be overcharged, since they choose to pay for such costly luxuries as spacious premises, handsome shop-fronts, numerous shop assistants and long credit. Economical people are compelled to go without these and many other things that it is pleasant to have.

DIET

But it is not only the weight and the cost that have to be studied for economy's sake. We have already seen that it is possible to starve in the midst of plenty ; to starve, that is, for want of one necessary constituent of food, though all the others may be supplied in superabundance. A good housekeeper will, therefore, take care that upon her table is set a variety of well-chosen food, and very often indeed, by the exercise of a little care in dieting, she may prevent the outlay of much care in nursing and of much money in doctors' bills. People suffer from diseases of mal-nutrition much more often through bad management than because of a short purse. It will often be found, especially with children, that they are ill for want of certain kinds of food and yet will not take them in their ordinary form ; it is then the part of the housekeeper to reproduce the food so that it is not recognized, or to find the same substance in some other form.

COST AND ECONOMY

Again, two foods may cost the same and weigh the same, and yet one may be far more economical than the other. For one may be very nourishing, containing a kind of food that is not cheaply to be bought, and it may besides be such that it takes up water and increases in weight in the cooking. The other is a moist food, and will lose weight before it comes to table, or it may be starchy food, which can always be bought at a low price, or it may contain bone and waste, which is not properly to be called food at all. One very good contrast is afforded by a pound of rumpsteak at fourteenpence, and a pound of beans or lentils at twopence. Both are bought for the sake of flesh-forming, or nitrogenous, food. From neither is there actual waste to be cut away. But the broiled meat will not weigh more than 12 ozs. when it comes to table, and the pulse will have taken up more than its own weight of water, which costs nothing. We have two pounds of food for twopence against three-quarters of a pound for one and twopence.

This must always be remembered in dealing with all dry foods. One pound of Indian meal weighs when cooked three pounds ; half a pound of macaroni increases to two pounds, we are told by Rumford. Comparing rice to flour, if both are the same price, flour is cheaper because it is less starchy, and people who reckon such small economies as these are generally ill-fed, needing flesh-formers, which are chiefly to be found in the costlier foods.

As a third example we may take beefsteak as compared to mutton chops : they are usually about the same price per pound, but there can be no question which is the cheaper of the two, for the beef has no bone and little fat.

DIGESTION

Digestion is a complicated process, and, as a rule, a slow one. It may be interfered with either by physical short-comings such as absence of, or bad, teeth, muscular flaccidity, or nervous exhaustion, or by functional derangements causing a deficiency in the quality or quantity of saliva, gastric, or other secretions, which are poured into the stomach or intestines during the process of digestion. As a rule cooking facilitates digestion, partly by softening the food, and partly by inducing chemical changes which would otherwise have to be induced by functional activity in the stomach or intestines. In some instances, however, cooking hardens the tissues, and so retards digestion. Over roasting or quick boiling of meats usually toughens the fibres. Fat retards digestion, as it has to undergo a long process of emulsifying before being absorbed. Salt and spices, on the other hand, hasten digestion by stimulating the secretion of the necessary juices. But an over indulgence in spices of all kinds will, in the long run, irritate the mucous membrane of the intestinal canal, induce a congestive tendency of the secretory organs, and so produce functional disorganization, resulting in slow and painful digestion. Over-seasoning brings about an unhealthy condition of the liver. Too much liquid in the stomach immediately before or while eating dilutes the saliva and digestive juices, weakening their activity. Too long fasting turns the natural alkalinity of the saliva to acidity, resulting in heartburn. Coffee and tea retard digestion. They should not be partaken of at a meal when meat is eaten to any extent. In the aged, however, good tea is undoubtedly beneficial by reducing tissue waste. Wines and light beers in moderation gently stimulate digestion, but strong beers and alcohol greatly prolong the process.

Under normal conditions, it is well that the digestive process should not be prolonged beyond four to four-and-a-half hours. For invalids and persons with " weak stomachs," the time allowed should be much less. It is, therefore, necessary to study the table of digestibility, which has been compiled from the result of repeated experiments by a number of doctors. It must, of course, be remembered that with invalids, the weak, children, and aged persons, digestion is prolonged beyond the normal indicated below.

DIGESTIVE TIME TABLE

Food	Preparation	Time	
		Hours	Minutes.
Apples, sweet	Raw	1	30
,, green	Stewed	1	35
Asparagus	Boiled	1	30
Barley Soup	——	1	30
,,	Boiled	2	0
Beans	Boiled	2	30
,,	Purée	1	30
Beef, lean	Roasted	3	0
,, tender	Stewed	2	45
Beefsteak	Grilled	3	0
Beef, fresh salted	Boiled	2	45
,, old salted	,,	6	0
Beets	Boiled	3	45
Brains	Boiled	1	35
Bread, fresh	Baked	3	30
Butter	Melted	3	30
Bread and Butter (with coffee)	——	3	45
Cabbage	Roasted	3	30
,,	Pickled	4	30
Celery	Boiled	1	30
Chicken	Boiled	2	0
,,	Frieasseed	2	45
Cheese, old	——	3	30
Custard	Boiled	2	45
Duck	Roasted	4	0
Eel	Roasted	6	0

DIGESTIVE TIME TABLE (*continued*).

Food.	Preparation.	Time.	
		Hours.	Minutes.
Eggs, fresh	Raw	2	0
,,	Soft boiled	3	0
,,	Hard boiled	4	0
,,	Whipped (raw)	1	30
,,	Scrambled	3	0
Fish (other than fat varieties)	Boiled	2	30
,, ,, ,,	Fried	3	0
Fowls	Boiled	4	0
,,	Roasted	4	0
Game (most kinds)	Roasted	4	15
Goose	Roasted	2	30
Hashed meat	Warmed	2	30
Liver (calves')	Fried or sautéed	2	30
,, (ox)	,, ,,	3	0
Lamb	Grilled	2	30
Lentils	Boiled	2	30
Milk	Raw	2	15
,,	Boiled	2	0
Mutton	Boiled and broiled	3	0
,, lean	Roasted	3	15
Nuts	——	5	0
Oysters	Raw	2	55
,,	Stewed	3	30
Onions	Stewed	3	30
Peas	Boiled	2	30
Pig, sucking	Roasted	2	30
Pork, fat	Roasted	5	15
,, salt	Boiled	3	15
Potatoes	Fried or baked	2	30
Rice	Boiled	1	0
Salad	Raw	3	15
Sausage	Grilled	3	30
,,	Smoked	5	0
Suet	Boiled	5	30
Sago	Boiled	1	35
Soles	Fried	3	0
Spinach	Stewed	1	30
Salmon, fresh	Boiled	1	30
,, smoked	,,	4	0
Stone Fruit	Raw	6	0
Tapioca	Boiled	2	0
Tripe	Boiled	1	0
Trout	Boiled	1	30
Turkey	Roasted	2	30
,,	Boiled	2	15
Turnips	Boiled	3	30
Veal	Roasted or grilled	4	30
Venison	Grilled	1	40

QUANTITIES AND MEASURES

AVOIRDUPOIS WEIGHT.

$27\frac{11}{32}$ Grains = 1 Drachm.
16 Drachms = 1 Ounce.
16 Ounces = 1 Pound (lb.).
14 Pounds = 1 Stone.
28 Pounds = 1 Quarter (qr.).
4 Quarters = 1 Hundredwt.
20 Hundredweight = 1 Ton.

APOTHECARIES'

20 Grains = 1 Scruple = 20 grs.
3 Scruples = 1 Drachm = 60 ,,
8 Drachms = 1 Ounce = 480 ,,
12 Ounces = 1 Pound = 5760 ,,

Apothecaries compound their medicines by this weight, but buy and sell their drugs by avoirdupois.

APOTHECARIES' FLUID MEASURE

60 Minims = 1 Fluid Drachm.
8 Drachms = 1 Ounce.
20 Ounces = 1 Pint.
8 Pints = 1 Gallon.

DRY MEASURE

2 Gallons = 1 Peck (pk.).
4 Pecks = 1 Bushel (bush.).
3 Bushels = 1 Sack.
12 Sacks = 1 Chaldron.
8 Bushels = 1 Quarter (qr.).
5 Quarters = 1 Load (ld.).

LIQUID MEASURE

4 Gills = 1 Pint (pt.).
2 Pints = 1 Quart (qt.).
4 Quarts = 1 Gallon (gall.).

QUANTITIES AND TIME

Scales and weights for weighing are desirable in all culinary operations, but they are not indispensable ; for weights and measures have their equivalents, as the appended tables will show. They may not be strictly exact, but they are sufficiently so for ordinary purposes. The "rule of thumb" system sometimes produces very good results, but it is uncertain, and it is better to have a rough guide than none ; and failing weights and scales, all ingredients should be measured in cups, spoons, or whatever utensil or vessel may be best suited to the quantity. But whether the ingredients are intended for a cake, pudding, soup or sauce, something more than exact weight and measure and careful mixing is required. The recipes give precise directions as to application of strong or gentle heat, and whether the vessels are to remain uncovered or otherwise. If these directions be disregarded, and soups or stews are allowed to reduce themselves by evaporation and rapid boiling, it naturally follows that the amount of liquid allowed for the stew is too little, and the quantity of thickening intended for the soup will be found too much. If eggs were of uniform size, and if flour always absorbed the same amount of liquid, it would be possible to state precisely how many eggs or how much milk would sufficiently moisten a given quantity of flour. As matters stand, indecisive terms and directions are sometimes unavoidable ; occasionally something must be left to the discretion and common-sense of the worker.

TABLE OF EQUIVALENTS

			Measure.
1	Breakfastcupful of	Water or Milk	½ pint.
1	Teacupful	,, ,,	¼ ,,
4	Tablespoonfuls	,, ,,	¼ ,,
1	Wineglassful	,, ,,	⅛ ,,

				Weight.
1	Breakfastcupful of	moist sugar	(heaped)	½ lb.
1	,,	castor	,, ,,	7 ozs.
1	,,	rice	,, ,,	7 ,,
1	,,	butter, lard or dripping	(hpd.)	7 ,,
1	,,	suet (finely chopped)	,,	4 ,,
1	,,	breadcrumbs, pressed in	,,	4 ,,
1	,,	sago, tapioca, semolina	,,	4 ,,
1	,,	flour, cornflour ,,	,,	4 ,,

				Weight.
1	Tablespoonful of	suet finely chopped	(heaped)	1 oz.
1	,,	flour	,, ,,	1 ,,
1	,,	moist sugar	,,	1 ,,
½	,,	golden syrup		½ ,,
1	Dessertspoonful of	flour	(heaped)	½ ,,
1	,,	moist sugar	,,	½ ,,
1	,,	golden syrup	(level)	1 ,,
1	,,	marmalade	,,	1 ,,
1	Saltspoonful is equal to			½ teaspoonful.
1	Teaspoonful	,,		½ dessertspoonful.
1	Dessertspoonful	,,		½ tablespoonful.

6 Ordinary-sized lumps of sugar weigh	1 oz.
A piece of butter or fat, about the size of a *small* egg, weighs	about 1 ,,

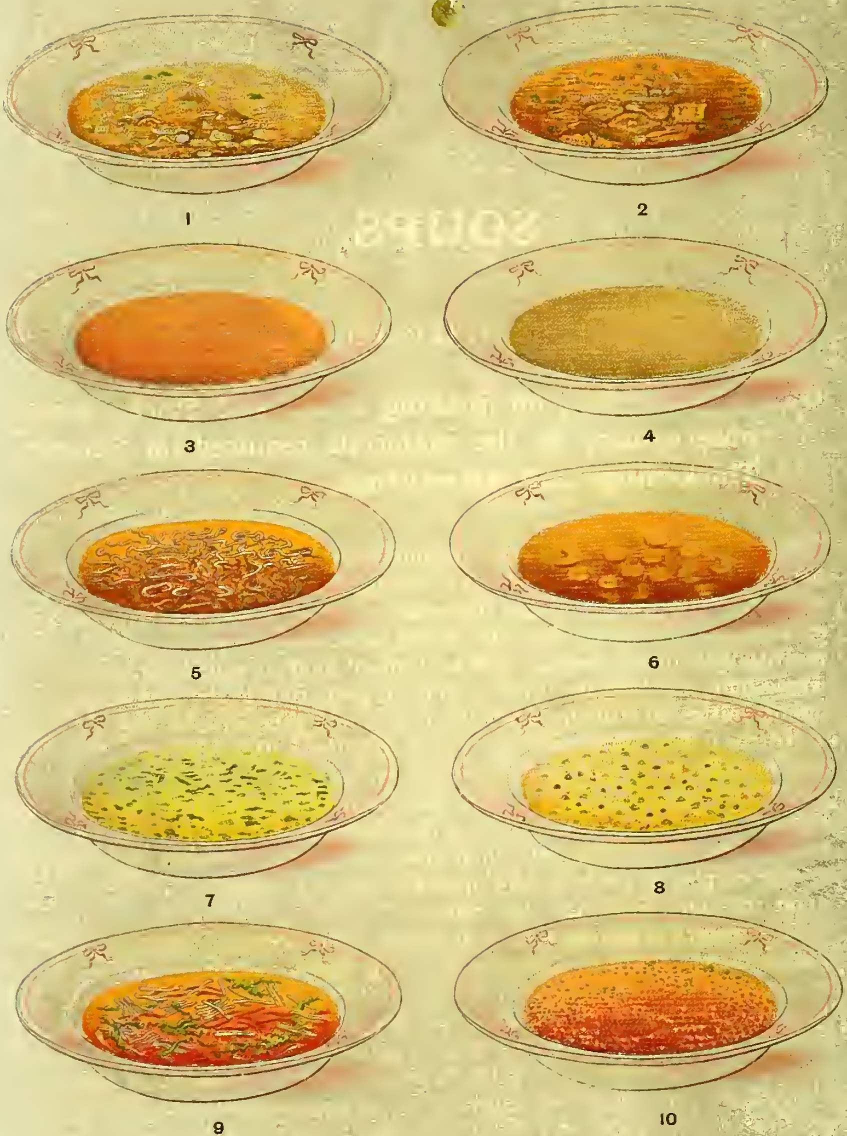
NOTE

It will be seen, on referring to the Recipes which follow, that by the original method of explanation adopted, the rules for the preparation of each dish are clearly and intelligibly indicated. We would recommend the young housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner or other meal, to follow precisely the order in which the Recipes are given. Thus, let them first place on their table all the **Ingredients** necessary; then their **Method** of preparation will be quickly and easily managed. By carefully reading the Recipes there should not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the **Time** required for the cooking of each dish, the periods when it is **Seasonable,** and its **Average Cost.**

The prices are based on a careful study of the London Market lists of the season, when the various articles are at their best. Where the fluctuations are very considerable, the item is omitted from the calculation. As stated, the prices are **Average** only, and must be modified according to season, district and the supply of and demand for the articles that may prevail.

Notes are also given on the natural history of the different animals and various edible articles in common use, indicating their habitat, characteristic features, and dietetic value, which from a practical, economical and educational point of view will be found both interesting and serviceable.

SOUPS.



1.—Mutton Broth. 2.—Pot-au-Feu. 3.—Tomato Soup. 4.—Kidney Soup.
5.—Consommé à la Celestine. 6.—Consommé à la Royale. 7.—Bonne Femme.
8.—Hollandaise. 9.—Consommé à la Julienne. 10.—Consommé à la Brunoise.

SOUPS.

CHAPTER VII.

General directions for making Soups and Stock, with observations on the materials required for Soups. Thickenings and Flavourings.

THE valuable dietetic properties of soup have been, and indeed still are, much overlooked in this country. Soup forms the first course of the meal of those who dine in the true sense of the term, but its importance as a part of the every day diet is not sufficiently appreciated by the multitude in these islands. Yet no form of food is more digestible and wholesome, nor does any other method of preparing food afford so many opportunities for utilizing material that would otherwise be wasted.

Nearly a hundred years ago Count Rumford, the famous scientist and founder of the Royal Institution, wrote :—

" The richness or quality of a soup depends more upon a proper choice of ingredients, and a proper management of the fire in the combination of those ingredients, than upon the quantity of solid nutritious matter employed ; much more upon the art and skill of the cook than upon the sum laid out in the market."

This remark is as true to-day as it was a century ago. The average cook imagines that the goodness of a soup depends upon the weight of meat she puts into it, and upon the size of the fire over which it is boiled. It will therefore be advisable to preface this chapter with a simple scientific account of a few of the most interesting and important facts which relate to the food we have to prepare, and the theory and chemistry of the various culinary operations. This is, therefore, the proper place to treat of the quality of the flesh of animals, and to describe some of the conditions which affect its qualities. We will commence with the consideration of age, and examine how far this affects the quality of the meat.

The Flesh of Animals.—During the period between the birth and maturity of animals their flesh undergoes very considerable changes. For instance, when the animal is young, the fluids in the tissues of the muscles contain a large proportion of albumin and gelatin. This albumin, which is also the chief component of the white of eggs, and is the essential constituent of protoplasm, the physical basis of life, possesses the peculiarity of coagulating or hardening at a certain temperature (160° F., the cooking point of meat) like the white of a boiled egg, and becomes no longer soluble or capable of being dissolved in water. As animals grow older gelatin gradually decreases in proportion to the fibrin (an organic compound substance which constitutes the solid matter that is deposited when blood coagulates) and to the other constituents of the flesh. The reason, therefore, why veal, lamb and young pork are white when cooked is that the large quantity of albumin contained in the fibres hardens, or becomes coagulated. The chief characteristic of young meat is the great proportion of gelatin contained in those parts that afterwards become hard or bony.

The quality of the flesh of animals is influenced considerably by the nature of the food on which they have been fed, for the food supplies the material which produces the flesh. If the food is not suitable and good, the meat will necessarily be inferior. The flesh of animals fed on farinaceous produce, as corn, pulse, etc., is firm, well-flavoured and also economical in the cooking ; the flesh of those fed on juicy and pulpy substances, as roots, possesses these qualities in a somewhat less degree ; but the flesh of those whose food contains fixed oil, as linseed, is greasy, high-coloured and gross in the fat, and if such food has been used in large quantities, will have a rank flavour.

Health of Animals.—It is indispensable to the good quality of meat that the animal should be perfectly healthy when slaughtered. However slight the disease in an animal may be, inferiority in the quality of its flesh as food is certain to follow. In many cases, indeed, the flesh of diseased animals has a tendency to very rapid putrefaction, and becomes not only unwholesome, but absolutely poisonous to those who eat it.

The Treatment of the Animal before it is Slaughtered is another circumstance which greatly affects the quality of meat, and has an important influence on its value and wholesomeness. This will be readily understood if we consider the laws in accordance with which the life of an animal is supported and maintained. These are the digestion of its food and the assimilation of that food into its substance. Nature in effecting this process, first reduces the food in the stomach to a state of pulp, under the name of chyme, which passes into the intestines, and is there divided into two principles, each distinct from the other. One, a milk-white fluid—the nutritive portion—is absorbed by the innumerable vessels which open upon the mucous membrane, or inner coat of the intestines. These vessels, or absorbents, discharge the fluid into a common duct, or road, along which it is conveyed to the blood, thus supplying it with materials whereby the various tissues are nourished. The blood having circulated through all parts, and having had its waste repaired by the digested food, is now received into the heart, and by the action of that organ it is urged through the lungs, there to receive its purification from the air which the animal inhales. Again returning to the heart, it is forced through the arteries, and thence distributed by the innumerable ramifications of the minute blood-vessels, called capillaries, to every part of the animal, imparting life and nutriment. The other principle—the innutritive portion—passes from the intestines out of the system. It will now be clearly seen how flesh is injuriously affected if an animal is slaughtered when the circulation of its blood has been increased by over-driving, ill-usage or any other cause of excitement, to such a degree that the capillaries cannot perform their functions properly, thus causing the blood to be congealed in its minuter vessels. Where this has been the case, the meat will be dark-coloured and become rapidly putrid, so that self-interest and humanity alike dictate kind and gentle treatment of all animals destined to serve as food for man.

THE CHEMISTRY AND ECONOMY OF SOUP MAKING.

The Basis of all Meat Soups.—Stock forms the basis of all meat soups and of the principal sauces ; but except the rich clear stock used for consommé (or clear soup), it is not necessarily made from fresh meat. In making brown stock from the shin of beef, white stock from the knuckle of veal, or ordinary stock from the bones and the trimmings of meat, poultry, etc., the methods employed for completely extracting from the materials all their nutriment and flavour are the same : the result depends upon the quality and kind of material employed, and the length of time the simmering is continued. Five or six hours will extract from the materials all that is necessary and desirable for stock intended for clear soup ; but many more hours of gentle simmering will be necessary to draw from the bones all the goodness they contain.

In France, and indeed throughout the Continent generally, a stock-pot will be found in every peasant's kitchen. By its means, the basis of many a delicious meal can be provided from materials that would be wasted in the average middle class household in Britain.

The component parts of meat are : albumin, myosin (contained in all muscle fibres), fibrin, gelatin, fat, alkaline salts and certain extractives known as osmasome, which give to flesh its characteristic agreeable flavour.

Albumin.—Albumin is the most valuable nutritive substance contained in meat ; it and its allied substance myosin are soluble in cold water, but coagulate or harden almost immediately they come in contact with boiling water, or with water a few degrees below boiling point ; and it is the knowledge of these important facts which enables us to retain the juices in the meat in roasting and boiling, and extract all the goodness from it in making soup. The chemistry of this will be easily understood by minutely examining the thread-like fragments of meat that have been subjected to a long process of boiling. In the raw condition each separate fibre was intermixed with and surrounded by albumin, myosin, etc. In making stock, the meat is cut up into rather small pieces in order to expose a larger surface to the action of the water. If put into cold water and allowed to stand for some time the soluble substances, albumin, myosin, osmasome and salts are extracted. The salts and extractives (certain nitrogenous crystalline bodies) being readily soluble are dissolved at once, the albumin and myosin dissolve slowly and the gelatin becomes softened. When heat is applied its first gentle effect is to hasten the dissolving and softening processes, but as it approaches boiling point the albumin and myosin coagulate and appear as brown particles on the surface of the stock. The connective tissue which surrounds and binds the thread-like fibres together dissolves under the influence of heat, and yields gelatin to the stock. Should the mistake of putting the meat into boiling water be made the albumin on the surface of each piece of meat would immediately harden and imprison the juices of the meat, and thus protect them and the fibres from the softening and dissolving influence of the water. Consequently the stock would be thin and poor.

Gelatin.—The best stock and the best beef tea are not necessarily those which, when cold, form a jelly. The properties to which beef tea owes its valuable stimulating power are not derived from gelatin, but from the juices of the meat ; of which juices more can be extracted from a beef-steak cut from a recently-killed animal, than from one that has been hung for some time, and yet obtained in a much larger proportion from ANY KIND of beef-steak than from the highly gelatinous shin of beef. Juicy beef produces well-flavoured, stimulating beef tea, but such a liquid, strained of its floating particles of coagulated albumin, has no value as a food, and notwithstanding its rich flavour of meat would be regarded as too thin and watery to form the basis of a good consommé, which must combine both flavour and substance. Therefore, in making stock, the extraction of the juices of meat by the process already indicated, should be followed by a long, slow simmering to soften and dissolve the connective tissue, tendons, etc., which yield a more transparent gelatin than that extracted from bones. Gelatin not only gives substance to the stock, but also makes it more nourishing, if that point need be considered in a liquid forming the basis of a consommé generally used as a prelude to a dinner in which meat and poultry play an important part. Gelatin in this form is more useful to those who cannot eat much meat or other albuminoid food, as the nitrogen of the gelatin replaces the nitrogen of albumin, in the formation of many digestive and other secretions of the body, if not in its constructive processes.

Extractives.—It is to the changes the extractives undergo during the process of cooking that meat owes much of its flavour, particularly the outside of roast meat. The flesh of old animals contains more of these substances than that of young ones ; brown meats contain more than white, and consequently give a richer, if a less delicate, flavour to the stock.

CLASSIFICATION OF SOUPS.

Although there are between five and six hundred different kinds of soup, they can be broadly divided into a few distinct classes, namely, broths, clear soups, thick soups and purées ; each group may be divided and sub-divided, but it will be more convenient to consider them under this simple classification.

Broths.—The unclarified liquor in which chicken, veal, beef, mutton, rabbit or sheep's head is cooked are included in this class. They are frequently garnished with pearl-barley or rice, but they are not thickened.

Clear Soups.—The basis of good clear soups is double stock, that is, a good beef stock which has been strengthened with veal to give it gelatinous substance, and with fowl to improve the flavour. The clear soups include all those which are transparent in appearance, varying in colour from amber to nut-brown. Additions may be made to them as a garniture or decoration, from which they take their distinctive name. Some of the garnitures and flavouring in common use are : vegetables ; "shaped," i.e. cut into various shapes or devices ; dice, or small cubes of cooked game, chicken, meat and fish ; quenelles of meat, fish and chicken ; finely shredded vegetables ; various farinaceous preparations as Italian paste, semolina, rice, sago and batters.

Thick Soups.—The basis of soups of this class may be stock of any kind, white, brown, fish or vegetable, according to the soup required, or a mixture of white stock and milk for such soups as Potage à la Royal and Potage à la Bonne Femme ; or all milk, or milk and water for such plain thick soups as cabbage and vegetable soups. Soups of this class are frequently garnished as well as being thickened ; the well-known ox-tail and mock turtle soups may be given as examples. Thick soups owe their thickening to the addition of arrowroot, cornflour, rice-flour, flour, or some other farinaceous substance ; rich soups, such as "Bonne Femme," are thickened by a liaison or combination of yolks of eggs and cream, while a good brown soup like "Ox Tail" would be thickened with butter and flour, previously either cooked or well kneaded together. In making hare soup the blood of the animal is frequently used : it should be strained into the soup a few minutes before serving. Thick soups should have the same consistency as good single cream, i.e. cream obtained from milk that has stood 12 hours.

Purées.—This class of soups differs from other thick soups in being thickened by the ingredients of which they are made, such as Bisque of Lobster, purées of peas, beans and lentils ; in all cases the substances comprising the soup are rubbed through a sieve and served in the soup. Croûtons of bread are usually used with purées.

PURÉE, Fr.—A smooth pulp, thick soup, mashed vegetables. Meat or fish that has been cooked, pounded in a mortar, and passed through a sieve is also called a purée.

Vegetarian Soups.—A soup made of milk and cabbage, lettuce or mixed vegetables, may not please the English palate so well as the more expensive consommé, but it contains as much nourishment, and if in itself it had no food value whatever it would still be a useful addition to a meal of cold meat. A few words will explain this. Food serves the twofold purpose of maintaining the heat of the body and of supplying force or strength. A want of food produces not only a sense of hunger, but also a sensation of cold. If a meal of cold meat be taken, a part of the latent heat contained in it will be spent in raising the temperature of the food to that of the body, consequently less food will be available for the production of heat and energy. Some hot soup taken at the commencement of the meal would not only have strengthened the stomach and made it better able to receive the substantial food to follow, but it would by its own heat have quickly raised the temperature of the food it became mixed with. Soups made from peas, beans and lentils, being very rich in carbo-hydrates, contain so much nourishment that they ought to be eaten in the place of meat instead of with it : every economical housewife should know the value of these soups. Mattieu Williams, speaking of vegetable soups, says : "I must add a few words in advocacy of the further adoption in this country of the French practice of using as POTAGE the water in which vegetables generally (excepting potatoes) have been boiled. When we boil cabbages, turnips, carrots, etc., we dissolve out of them a very large proportion of their saline constituents ; salts which are absolutely necessary for the maintenance of health ; salts without which we become victims of gout, rheumatism, lumbago and gravel."[1]

Flavourings for Soups.—The following list of flavourings simply enumerates those most commonly used and conveniently obtained : turnips, carrots, onions, celery, parsley, thyme, bay-leaf (parsley, thyme and bay-leaf are usually tied together and spoken of as a "bouquet-garni"), tarragon, chervil, tomatoes, celery seeds, cloves, wine, vinegars of various kinds, and lemon juice.

Seasoning for Soups.—In addition to salt and pepper, which form the ordinary seasonings for soups, and which must be added with caution, nutmeg, allspice, mace, sugar and cinnamon are used, but in all cases judgment and discretion must be exercised, as an overdose of any one of the above ingredients may spoil the best soup.

The exact quantity of liquid needed in making soup cannot, speaking generally, be given, so much depends on the rate of cooking, and whether the lid of the saucepan is kept on to prevent waste by evaporation. If the liquid becomes greatly reduced by rapid boiling but has been closely covered, the contents of the saucepan have merely become concentrated in strength and flavour, and water may be added to make up the original quantity. Should the liquid, by being allowed to boil in an uncovered saucepan, have wasted its strength and flavour, sufficient stock, milk, or whatever formed the basis of the soup, must be added to make up the original STRENGTH and quantity. The inexperienced cook should take this lesson to heart—**Cooking cannot be Hastened.** If the preparations for dinner have been somewhat delayed nothing is gained by placing the saucepan containing the soup, stew, or meat on the top of a fierce fire. When once the SLOW-BOILING or simmering point has been reached all excess of heat is wasted, and the BENEFIT of slow progressive cooking is lost.

STOCK.

The following information and directions will be found useful in the making of stock.

1. **Beef makes the best brown stock,** but it lacks gelatinous substance; therefore stock for good consommé, or clear soup, should be made of beef and veal, and a fowl, or part of a fowl added to give it an additional flavour.

2. **White stock** is usually made from veal, bones and remains of poultry and calves' feet. The liquor in which calves' head or fowls has been boiled makes excellent white stock.

3. **Stock meat** should be as lean and as fresh as possible. Never wash meat unless obliged, as it deprives its surface of all the juices. It should be cut into small pieces, in order to multiply the surfaces to be exposed to the softening and dissolving influences of the water.

4. **The usual allowance of water** is 1 quart to each lb. of meat. This may, however, be too large a quantity if the stock is very gently simmered and kept covered the whole time; on the other hand, if cooked too quickly, or if by careless exposure the evaporation is excessive, the amount specified may not be sufficient.

5. **The meat should be allowed to stand** in the water for a little time in order to dissolve the soluble constituents; heat should be applied gradually until the stock reaches the boiling point; when the scum

thrown up by boiling has been removed, the stock should be reduced to, and kept at, simmering point.

6. **The vegetables must be whole** or in large pieces, and be added after the stock has boiled and the scum has been removed. They should be used very sparingly so as not to overpower the flavour of the meat. To 4 quarts of water, 1 carrot, 1 onion, ½ a turnip and 1 short strip of celery should be allowed, also a teaspoonful of salt and 12 peppercorns ; ground pepper should never be used, as it makes stock and clear soup cloudy.

7. **The stock should simmer** very gently for 5 or 6 hours, with the stock-pot covered to prevent waste by evaporation. When ready, it should be strained through a hair sieve into a large basin, and the meat and sediment at the bottom of the stewpan be put back into the stock pot.

8. When cold, the fat should be removed from the surface.

MANAGEMENT OF A HOUSEHOLD STOCK-POT.

For most cooking operations stock is in constant demand to form the basis of a soup, a sauce or gravy. Recipes for making excellent stocks (including white stock or blond de Veau, and a good brown stock) are given on the following pages. The stock-pot should supply stock for sauces, stews and gravies, and we will now indicate how a careful cook can always have stock on hand with little or no extra expense.

The first consideration is the stock-pot. A well-tinned stock-pot with a tap is to be recommended ; the tap permits the stock to be drawn off without any admixture of grease, all the fat rising to the top of the stock-pot. For small households the earthenware stock-pot will be found useful, as a very small amount of heat is required to keep its contents at simmering point.

The materials that may be put into the stock-pot are bones and the trimmings of meat, cooked or uncooked ; poultry, giblets, poultry bones, game bones, the rinds and bones of bacon, the remains of gravies, but not sauces thickened with flour—the latter make the stock cloudy. Scraps of raw vegetables, if fresh and suitable, may be added in cold weather ; cooked vegetables must not be used for they are liable to turn sour, especially in warm weather.

Fat should never be put into the stock-pot, but marrow from bones is often introduced in small quantity. Flour and anything thickened with flour or potatoes must also be carefully excluded.

When using a metal stock-pot the stock should be emptied and strained every night into an earthenware vessel. In starting it the following morning the pieces of meat and bones from which all the goodness has been extracted should be discarded, and the rest returned to the stock-pot with the stock or fresh water.

Fresh meat used for stock need not be washed, but should be wiped with a damp cloth before being cut up.

Any unused stock should be boiled up every day in hot weather, and in cooler weather every second or third day.

MEAT GLAZE.

Any kind of rich meat stock, especially such as contains a good proportion of gelatinous substance, can be reduced to half glaze, or glaze gravy that sets to the thickness of jelly. This is effected by rapid boiling, and frequent skimming to ensure its being clear, until the desired consistency has been reached.

Glaze is used for improving the appearance of meats, galantines, pies, etc., and is very handy for enriching soups and sauces, which frequently require additional strength and flavour.

GENERAL DIRECTIONS FOR RECIPES FOR SOUPS.

The vegetables named in the recipes are supposed to be of moderate size, but two smaller ones, or half a larger one may be used instead. To avoid repetition, they are spoken of as "prepared," meaning that the onions have been peeled, the carrots scraped and the turnips pared. As the fibre on the outside of the turnip is very tough and thick it is advisable, and not extravagant, to take off a THICK PARING. On the other hand, potatoes should be pared as thinly as possible, because the outer part contains the most valuable and nutritious part of the potato.

A bouquet-garni is a small bunch of mixed herbs, such as parsley, thyme, bay-leaf, basil and majoram. Sparingly used, these herbs improve the flavour of many soups, but they are not essential, and one or more of them may be omitted if they cannot be easily procured.

The following table of equivalents will enable the cook to dispense with scales in making many of the soups given in the following pages.

TABLE OF EQUIVALENTS

MEASURE.			WEIGHT.
Flour	1	tablespoonful (heaped)	1 oz.
Rice	1	,, (level)	1 ,,
Semolina	1	,, ,,	1 ,,
Tapioca and Sago	1	,, ,,	1 ,,
A piece of butter or fat, the size of a small egg			1 ,,

Tumbler, ½ pint. Breakfast Cup, ½ pint. Tea Cup, ¼ pint.

RECIPES FOR SOUPS.

CHAPTER VIII.

Stock, broths, clear soups, thick soups, purées, fish soups, and miscellaneous soups.

Stocks for all Kinds of Soup.

1.—BONE STOCK.

Any kind of bones, cooked or uncooked, may be used to make bone stock. Put them in a small stew-pan or small stock-pot, add enough water to well cover, and bring to the boil. Skim, add a peeled onion, a carrot and a bay-leaf, and simmer for 2 or 3 hours. Season to taste with salt. This stock may be used in place of water for making gravy, soups, and sauces.

2.—BROWN STOCK. (Very good).

Ingredients.—2 lb. of shin or neck of beef, 1 lb. of knuckle of veal, 3 or 4 lb. of bones (beef and veal), the necks, cleaned feet, the gizzards and livers of a chicken or a fowl, 2 carrots, 2 onions, 1 turnip, a strip of celery, a bouquet-garni (parsley, thyme bay-leaf), 12 peppercorns, 4 cloves, 1 tablespoonful of salt, 8 quarts of water.

Method.—Cut up the meat, and break the bones into small pieces ; cover with cold water, put in the salt and let it stand for an hour, then bring gently to boiling point. Remove the scum as it rises, and when quite clear put in the herbs and vegetables, which should previously have been prepared, and cut into large pieces, or if small, left whole ; if they are cut small and break up, they are apt to make the stock cloudy. Let the stock boil up after putting in the vegetables and skim well, then put on the lid, draw to the side of the stove and simmer VERY GENTLY for 5 or 6 hours. Any fat which rises to the surface during the process of simmering should be carefully skimmed off with a spoon. When sufficiently cooked, strain the stock through a hair sieve into a basin, and when cold take off the fat, which can be clarified and used for frying. The meat and bones should be covered with water and boiled down for " second " or " ordinary " stock.

Stock made according to this recipe could, after being cleared, be used for any clear soup, which would take its name from the garnish served with it.

Time.—6 hours. **Average Cost,** 1s. per quart.

This should produce about 6 quarts of stock.

3.—BROWN STOCK. (Economical).

Ingredients.—4 lb. of raw or cooked bones, the neck, cleaned feet, gizzards and liver of a chicken, the bones and rind of ham or bacon, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a strip of celery cut into small pieces, 2 ozs. of butter or sweet dripping, 12 peppercorns, 2 cloves, 1 tablespoonful of salt, and 1 quart of water to each lb. of meat and bone.

Method.—Clean and peel the vegetables. Make the fat hot in a large stewpan, chop or break the bones into small pieces, drain the vegetables thoroughly. Place the bones, herbs and vegetables in the hot fat, put on the cover of the stewpan, and fry gently until the whole is quite brown, stirring and turning the ingredients occasionally to prevent anything becoming overcooked. Put in the cold water, salt, peppercorns and cloves, let it come gently to the boil, and remove the scum as it rises. When clear, put on the cover and simmer gently for 5 or 6 hours. Some of the fat used in frying will rise to the surface during the process of simmering and should be taken off with a spoon. When done, strain through a sieve into a large basin, and when cold, remove the fat.

Soup made from this stock may not have the transparent brilliancy of that made from the previous recipe, but if gently simmered and carefully cleared it is quite good enough for ordinary purposes. Frying the bones and vegetables before adding the water greatly improves the flavour and colour.

Time.—6 hours. **Average Cost,** 6d. per quart.

1 lb. of solid material employed for stock should produce about 1½ pints of stock.

4.—BROWNING FOR STOCK.

The best way to get brown stock is to fry the meat and bones in a little fat, as directed in the foregoing recipe. Another way to colour stock or any kind of soup or sauce is to add a few drops of caramel. This is obtained by boiling ½ a lb. of loaf sugar with ½ a gill of water until it is a dark brown, almost black colour. Then add a gill of cold water, and boil again till it acquires the consistency of thick syrup. Put it in a bottle and use as required; it will keep for any length of time.

5.—FISH STOCK.

Ingredients.—2 lb. of any inexpensive white fish, such as plaice or flounders (the bones and trimmings of fish will serve), 1 onion sliced, a blade of mace, a bouquet-garni (parsley, thyme, bay-leaf), 12 white peppercorns, 1 teaspoonful of salt, 2 quarts of water.

Method.—Put all the ingredients together into a clean stewpan, and simmer gently for 1 hour from the time the stock begins to cook, when all that is desirable will have been extracted. Further cooking sometimes imparts a disagreeably bitter taste to the stock. The stock should be well skimmed, strained, and put into a basin For thick soups and sauces it is ready for immediate use, but for clear fish stock (which is very rarely used), it would be necessary to clarify it with the whites and shells of eggs, allowing 4 to each quart of stock.

Time.—1 hour. **Average Cost,** 6d. per quart. **Quantity,** about 3 pints of stock.

6.—GRAVY STOCK.

Chop up, rather small, some bones from roast meat, fry them till brown in a pan with a little dripping; pour off all the fat, and add enough stock or water to cover the bones. Season with salt and pepper, and boil for half an hour. Strain and use as required.

7.—SECOND STOCK.

The bones and meat used for making stock, and the meat used for clearing consommé (clear soup) should be covered with cold water and cooked for several hours to make what is known as "second," or "ordinary" stock. Neither seasoning nor flavouring is added, as this second stock forms the basis of soups, stews, and sauces which have a distinct flavour of their own.

8.—VEGETABLE STOCK.

Ingredients.—3 carrots, 2 onions, 1 turnip, 2 tomatoes, 1 stick of celery, 1 head of lettuce, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 12 peppercorus, 2 cloves, 3 ozs. of butter, 2 quarts of water, 1 teaspoonful of salt.

Method.—Cut the onions, turnips and carrots into thin slices, and the celery into small pieces. Make the butter hot in a stewpan, put in the vegetables and fry gently for ½ an hour, keeping the stewpan covered. In the meantime shred the lettuce, and when the vegetables are sufficiently cooked, add it, together with the tomatoes (sliced), herbs, flavourings, seasonings and water, and bring gently to the boil. Skim off the scum as it rises, then cover and simmer gently for 1½ hours, strain, and it is ready for use.

Time.—2 hours. **Average Cost,** 5d. per quart. **Quantity,** about 2 quarts.

9.—WHITE, or VEAL STOCK. (*Fr.*—Blond de Veau.)

Ingredients.—4 lb. of knuckle of veal, the neck and cleaned feet of a chicken, the bones of a chicken (or one shilling's worth of veal bones and an old fowl), 2 carrots, 2 onions, 1 turnip, 1 strip of celery, bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, 1 tablespoonful of salt, 1 quart to each lb. of meat and bone.

Method.—Cut up the meat and break the bones into small pieces, put them into a large stewpan with the salt and water, and let them stand for about 1 hour. Bring gently to boiling point, remove the scum as it rises, and when the stock is quite clear put in the herbs and vegetables, which should previously have been prepared and cut into large pieces, or if small left whole. Let the stock boil up after putting in the vegetables and skim well until clear, then put on the cover, draw the pan to the side of the stove and simmer VERY GENTLY for 5 or 6 hours, taking care to skim off the fat as it rises. When sufficiently cooked, strain off, and when cold remove the fat.

Time.—6 hours. **Average Cost,** 1s. per quart. **Quantity.**—4 quarts.

Note.—The liquor in which chicken, veal, rabbit, calf's head or mutton has been boiled makes excellent stock for white soups ; and the cold remains of any of these ingredients may be made into second stock, which, if not very rich, is obviously better than water in making the inexpensive white soups.

10.—TO CLARIFY STOCK FOR CLEAR SOUP, or CONSOMMÉ

The following is a simple way by which any cloudy stock can be clarified or rendered transparent. Peel, wash and cut up small the following prepared vegetables: ½ an onion or ½ a leek, 1 small carrot, a piece of celery or some celery leaves ; put these into a clean and dry stewpan, with a sprig of thyme and marjoram, a sprig or two of tarragon, chervil, 6 peppercorns, the white and shell of an egg (the egg shell must be clean), a little lemon-juice and a teaspoonful of vinegar. Stir this with a whisk, and add ¼ to ¾ of a lb. of finely-chopped lean beef, moistened with a little cold water, then put in the stock (2 to 3 quarts), which should be cold and free from fat. Bring it to the boil whilst whisking, remove from the fire. and let it simmer gently for about 20 to 30 minutes. Season to taste with salt, etc., and strain through a cloth.

Average Cost, 1s. 6d. per quart.

THE LAUREL, or BAY (Fr. *laurier*).—There are two varieties of the laurel chiefly cultivated in gardens, the sweet bay—the noble or victor's laurel, whose berry-bearing sprays were used in classic times to decorate competitors in the national games—and the common or cherry-laurel, which is not a true laurel, whose leaves are employed for their kernel-like flavour, for blanc-manges, custards, puddings, etc. By the action of water upon the leaves of the cherry-laurel prussic acid is developed ; care should therefore be taken to use the leaves with great moderation.

Broths.

11.—BEEF BROTH. (*Fr.*—Croûte-au-pot.)

Ingredients.—2 quarts of good first stock (see Recipe No. 3, p. 139), 1 carrot, 1 turnip, ½ a cabbage, 2 ozs. of butter, 1 dinner roll, parsley or chives, pepper, salt, and nutmeg to season.

Method.—The stock should be made from beef and veal bones, well skimmed, but not necessarily clarified. The vegetables, after being washed and pared, may be cooked whole in the stock-pot.

Cut the carrot and turnip into round slices, drain the cabbage and cut it into small pieces. Put all the vegetables in a stewpan with the butter, cover, and cook slowly for about 10 minutes. Season with pepper, salt, and a little grated nutmeg. Strain the stock on to the vegetables, let them simmer for about 30 minutes, and skim occasionally. Cut the roll into thin round slices, place them on a baking sheet, bake them on both sides a golden brown in a moderate oven, put them in a soup tureen, moisten with a little stock, pour the soup over, sprinkle over with a little chopped parsley or chives, and serve.

Average Cost.—2s. 6d. **Seasonable** at all times. **Sufficient** for 6 or 8 persons.

The Carrot (Fr. *carotte*) is a biennial plant of the natural order *Umbelliferae.* In its natural state the root is small, tapering, of a white colour, and strongly flavoured. It is indigenous to Britain and most parts of Europe, was cultivated in England as early as the sixteenth century, and has also been grown in North America and China. The cultivated variety of the carrot varies in colour from pale-yellow to orange-red, the latter being the more esteemed. The carrot is not very nutritive, containing but few flesh-forming constituents; it has, however, a large proportion of saccharine matter. It is slightly laxative. The leaves of the carrot have an elegant feathery appearance, and a pretty winter ornament may be made by placing the cut top of a carrot in a shallow vessel of water, when the young leaves will spring forth, and grow with a pleasant freshness.

12.—BOUILLON (BEEF BROTH).

This is the same as Pot-au-feu (see Recipe No. 17, p. 144), using the broth, which should be seasoned and served in cups, with a few thin sippets of bread, and a little finely-chopped parsley.

13.—CHICKEN BROTH. (*Fr.*—Bouillon de Volaille.)

Ingredients.—1 chicken, 2 quarts of cold water, 1 small onion, 1 teaspoonful of finely-chopped parsley, 1 blade of mace, 1 tablespoonful of rice (this may be omitted), salt and pepper.

Method.—Cut the chicken into small pieces, break the bones, scald and skin the feet and gizzard, and wash the neck and liver. Put these into a stewpan, add the water and ½ a teaspoonful of salt, bring to the boil, and skim. Add the onion and mace, and cook slowly for 3 hours, Strain, return to the stewpan, bring to the boil, sprinkle in the rice, and simmer for 20 minutes. Add the parsley, season to taste, and serve.

Time.—3¾ to 4 hours. **Average Cost,** 3s. **Seasonable** at any time, **Sufficient** for 5 or 6 persons,

14.—CHICKEN BROTH, CHIFFONADE STYLE.
(*Fr.*—Consommé de Volaille à la Chiffonade.)

Ingredients.—A small fowl, 3 quarts of white stock (see Recipe No. 9, p. 141), 3 ozs. of butter, 2 leeks, a bouquet-garni (parsley, thyme, bay-leaf), 1 long lettuce, a handful of sorrel, ½ a handful of chervil, pepper and salt.

Method.—Cut the fowl into small joints, put 2 ozs. of butter in a stewpan, when hot put in the pieces of chicken, season with salt and pepper and fry slightly brown, add the stock, boil up and skim. Next add a small bunch of parsley, the bouquet-garni, and the leeks (previously dressed). Simmer gently for 2 hours. Wash the sorrel, chervil and lettuce (use the tender leaves only of the latter), cut all these vegetables into very fine strips, put them together with 1 oz. of butter in a stewpan, stir gently over a fire for 10 minutes, moisten with some of the broth, skim and cook for 15 minutes. Strain the remainder of the broth into this and season to taste. Cut some neat pieces of chicken and put into a tureen, pour in the soup, and serve.

Time.—3 hours. **Average Cost.**—6s. **Sufficient** for 8 persons.

CHERVIL (Fr. *cerfeuil*).—The leaves of this plant are used for salads and as an ingredient in soups. It is native to some of the countries of Europe, and has become naturalized in England. There are different varieties of the chervil, the parsnip-chervil, sweet chervil, anise chervil, great chervil. Cultivated chervil may be distinguished from the common wild chervil, which is poisonous, by the pleasant aromatic fragrance of its leaves, those of the wild variety having a disagreeable smell.

15.—COCKIE LEEKIE. (*Fr.*—Soupe aux Poireaux.)

Ingredients.—2 quarts of good white stock, 1 small fowl, a bunch of leeks, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, 2 tablespoonfuls of cooked, well-dried rice, 2 ozs. of butter.

Method.—Cut the fowl into small joints. Melt the butter in a stewpan, and fry the pieces of fowl until nicely browned. Pour off the butter, add the stock, boil up slowly, and remove the scum as it rises. Wash the leeks, cut off the green parts, parboil them in salt and water, and drain well. Strain the soup after it has cooked for ½ an hour, return it to the saucepan, add the leeks, herbs, and the meat of the fowl cut into dice or cubes. Simmer gently for 1 hour, then take out the herbs. Skim off the fat, add the cooked rice, salt and pepper to taste, and serve.

Time.—About 2 hours. **Average Cost,** 3s. to 3s. 6d. without the stock. **Seasonable** in the Autumn. **Sufficient** for 10 persons.

Note.—Without the fowl the above, which would then be merely called leek soup, is very good, and also economical.

THE LEEK (Fr.: *Porreau*).—This is a perennial culinary vegetable of the genus *Allium* or onion but of a milder flavour. The stem of the leek is somewhat tall, and its large compact balls of flowers are supported on purple peduncles. The leek has been cultivated in Britain from the earliest times, and was a favourite article of food of the ancient Egyptians. It is specially cultivated in Scotland and Wales. The leek is the badge of the Welsh, tradition ascribing to St. David, the patron saint of Wales, its introduction to that part of Britain The leek is a most wholesome vegetable, and is largely used for soups and stews.

16.—FRENCH FAMILY SOUP. (*Fr.*—Croûte au Pot.)

Ingredients.—2 quarts of good beef stock, 1 carrot, ½ a turnip, ½ a small cabbage, 1 teaspoonful of finely-chopped parsley, 2 ozs. of butter, salt and pepper, nutmeg, 1 dinner roll.

Method.—Parboil the cabbage, carrot and turnip, and drain well. Cut the cabbage into small pieces, and the other vegetables into small rounds or squares. Melt the butter in a large stewpan, put in the vegetables, season with salt, pepper, and a little nutmeg, cover and cook slowly for about 10 minutes. Add the stock and simmer gently for ½ an hour. Cut the roll into thin round slices, brown them in the oven, then put them into the tureen, and add the chopped parsley. Season the soup if necessary, and serve.

Time.—About 1 hour. **Average Cost,** 2s. 6d. **Seasonable** at any time. **Sufficient** for 8 persons.

PARSLEY (Fr. *persil*).—This well-known culinary vegetable, with its fresh crisp aromatic leaves, has been long cultivated for seasoning and garnishing dishes. Its native country is uncertain, but it was known to the Greeks, who awarded a crown of parsley to victors in the Nemaean and Isthmian games; and the poet Anacreon uses this herb as the symbol of joy and festivity. It was probably introduced into Britain during the sixteenth century. There are several varieties of parsley, the curled-leaved, celery-leaved, and Hamburg-parsley; the more curled varieties are used for garnishing. Celery-leaved parsley is sometimes grown for its leaf stalks, which are blanched and used in the same manner as celery. Hamburg-parsley is cultivated only for its roots, which are eaten with meat as parsnips or carrots.

17.—FRENCH HOTCH POTCH. (*Fr.*—Pot-au-Feu.)

Ingredients.—5 quarts of cold water, 4 lb. of brisket, rump, or leg of beef (not the shin, which is too tough for this purpose), 3 onions, 2 leeks, 2 carrots, 1 turnip, 1 parsnip, 1 small head of celery, 1 small cabbage, 20 peppercorns, 4 cloves, a bouquet-garni (parsley, thyme, bay-leaf), 1 dessertspoonful of finely-chopped parsley, salt and pepper, 1 or 2 French rolls.

Method.—Tie the meat to keep it in shape, and put it and the water into a large stewpan (an earthenware one with a close-fitting lid answers admirably). When it boils, add a dessertspoonful of salt and let it simmer gently for 2 hours. Meanwhile prepare the vegetables, but leave the carrots, turnip, and parsnip whole, unless very large, when they should be cut into 2 or 3 pieces. Quarter the celery, and remove the outer stalks, cut the cabbage in two, trim, and wash it well, then tie the two halves together. When the meat has been boiling for 2 hours, put in the bouquet-garni, cloves (stuck in one of the onions) peppercorns, and all the vegetables, but only a few at a time so that the temperature of the stock is not too much reduced. Cut the crust of the French rolls into small rounds, and either fry them or crisp them in the oven. Continue the cooking for 2 hours, after adding the vegetables, then strain some of the soup into a tureen, cut a little carrot, turnip, and leek into dice or cubes, and add them, with the chopped parsley and fried bread, to the soup in the tureen, and serve. Place the meat on a hot dish, and garnish with the rest of the vegetables. Serve the cabbage separately in a vegetable dish.

Time.—4 to 4½ hours. **Average Cost,** 3s. to 3s. 6d. **Seasonable** at any time. **Sufficient** for 8 or 10 persons.

THE POT-AU-FEU figures as a standing dish in France, Germany, and Switzerland. It is really the stock-pot, and is in use from early morning until dinner-time, therefore the basis of a *pot-au-feu* is the stock already in the pot, which is daily being added to and taken from. The meat and soup are not necessarily served at one meal or served up in the manner described, for the meat is sometimes cut into rather thick slices and served covered with a good brown or piquant sauce.

18.—HOTCH POTCH. (*Fr.*—Hotch Potch à l'Anglaise.)

Ingredients.—2 quarts of water, 2 lb. of neck of mutton, 1 onion, 1 carrot, ½ a turnip, ½ a pint of shelled peas, 1 small cauliflower, 1 good lettuce, 1 teaspoonful of chopped parsley, salt and pepper.

Method.—Cut the meat into neat pieces, put it into a stewpan with a teaspoonful of salt and the cold water, bring slowly to the boil, and skim well. Meanwhile, shred the lettuce finely (taking care to shorten the filaments by cutting them across), cut off the stalk of the cauliflower, and break the flower into small sprigs, cut the turnip, carrot, and onion into dice or cubes. Let the meat simmer gently for 1 hour, then put in the onion, carrot, and lettuce ; ½ an hour afterwards add the turnip, peas, and cauliflower, and cook slowly for 1 hour, or until all the vegetables are tender, then add the chopped parsley, season to taste, and serve.

Time.—About 3 hours. **Average Cost,** 2s. to 2s. 2d. **Seasonable** in Summer. **Sufficient** for 6 persons.

19.—LEEK SOUP. (*Fr.*—Potage aux Poireaux.)

Ingredients.—2 quarts of sheep's head broth (see recipe No. 26, p. 148), 6 leeks finely shredded, 1 good tablespoonful of medium or coarse oatmeal, salt and pepper.

Method.—Make the broth as directed, then strain and replace it in the saucepan. Bring to the boil, sprinkle in the oatmeal, add the prepared leeks, and boil gently until quite tender. Season to taste, and serve.

Time.—From ¾ to 1 hour. **Average Cost,** 6d., exclusive of the stock. **Sufficient** for 6 or 8 persons. **Seasonable** in winter.

20.—MUTTON BROTH. (*Fr.*—Bouillon de Mouton.)

Ingredients.—1 quart of cold water, 1½ lb. of neck of mutton, 1 small carrot, ½ a turnip, 1 onion, 1 strip of celery, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of rice or pearl-barley, salt and pepper.

Method.—Remove all the fat and cut the meat into small pieces. Put the water into a stewpan, add the meat, bones and a little salt, bring slowly to the boil, and skim well. If pearl-barley is used, blanch it by putting it into cold water and bringing to the boil. Cut the vegetables into rather small dice or cubes, and add them to the broth when it has cooked for 1 hour : add also the pearl-barley. When the broth has simmered gently for 3 hours, strain and return to the saucepan. Carefully remove any fragments of bone from the meat, vegetables and pearl-barley, and return. When boiling, sprinkle in the parsley. Season to taste, and serve.

Time.—3 to 3¼ hours. **Average Cost,** 1s. 1d. to 1s. 3d. **Seasonable** at any time. **Sufficient** for 4 or 5 persons.

21.—MUTTON BROTH. (*Fr.*—Bouillon de Mouton.) (Another Method.)

Ingredients.—3 quarts of cold water, 3 lb. of the scrag end of the neck of mutton, 1 onion, 1 carrot, ½ a turnip, 2 strips of celery, 2 or 3 sprigs of parsley, 2 ozs. of pearl-barley, salt and pepper.

Method.—Cut the meat into small pieces, put them into a stewpan with the vegetables (cut up small), parsley, water, and a teaspoonful of salt, and simmer for 3 hours. Blanch and parboil the pearl-barley ; cut one or two nice turnips into small dice (about ½ a pint). Strain the broth, return it to the stewpan, add the pearl-barley and turnip dice, and cook very gently for 40 to 60 minutes. Cut some of the best pieces of mutton into neat squares, and add them to the broth to re-heat. Season to taste, and serve.

Time.—About 4 hours. **Average Cost,** 1s. 9d. to 2s. **Seasonable** at any time. **Sufficient** for 6 or 8 persons.

22.—OKRA SOUP.

Ingredients.—1 lb. buttock steak, 2 oz. of butter, 1 onion, 1 pint of okras, 2 quarts of stock.

Fry 1 lb. of buttock steak, cut into small pieces, in butter or dripping. To this add a few slices of onion, fry both a nice brown. Next add 1 pint of okras (sliced), and moisten with 2 quarts of stock or water. Simmer for 2 hours, season, strain and serve.

Time.—2½ hours. **Average Cost,** 2s. 6d. **Sufficient** for 6 persons.

23.—PAN KAIL. (*Fr.*—Soupe Maigre aux Choux.)

Ingredients.—2 quarts of boiling water, 3 ozs. of butter or fat, 1 small cabbage shredded, 1 heaped tablespoonful of medium or coarse oatmeal, salt and pepper.

Method.—Melt the butter or fat in a saucepan, stir in the prepared cabbage, cook for 5 minutes, then add the boiling water. Bring to boiling-point, add a seasoning of salt and pepper, sprinkle in the oatmeal, and boil gently for 15 or 20 minutes, or until the cabbage is sufficiently cooked. Add more seasoning if required, then serve.

Time.—About ½ an hour. **Average Cost,** 4d. to 5d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

The Savoy (Fr. *chou de Savoie*) is one of the numerous cultivated forms of the cabbage, and is characterized by its wrinkled leaves. It is close-hearted, sweet and tender, especially the middle leaves. The savoy is in season from late autumn to spring, and is improved in flavour by frost.

24.—RABBIT BROTH. (*Fr.*—Bouillon de Lapin.)

Ingredients.—2 quarts of water, 1 rabbit, 1½ lb. of bacon or pickled pork, 2 onions, 1 carrot, ½ a turnip, 1 strip of celery, 1 tablespoonful of rice, salt and pepper.

Method.—Wash the rabbit, and if it is to be served separately, keep it whole and truss for boiling (see Chapter on trussing); if not, cut it into small joints, and remove the liver, etc., If bacon be used, let it be well scraped, and soaked in warm water for 1 or 2 hours. Cut the vegetables into small dice or cubes. Put the water into a large stewpan, add the bacon and rabbit, bring slowly to the boil, remove the scum as it rises, and when the rabbit has cooked for 1 hour put in the vegetables, rice, and a little salt, and continue the cooking for another hour. Take out the rabbit, and if it is to be served separately, have ready some onion sauce, or white sauce, to serve with it. (See Sauces.) If the rabbit has been cut into joints, take them out of the stewpan, remove the meat from the bone, cut it into small dice, and return to the broth to be re-heated. Cut a little of the bacon also into dice: the rest can be used cold. Season to taste, and serve.

Time.—2¼ to 2½ hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Seasonable** in Winter. **Sufficient** for 5 or 6 persons.

25.—SCOTCH BROTH. (*Fr.*—Bouillon Ecossais.)

Ingredients.—3 quarts of cold water, 3 lb. scrag end of mutton, 1 onion, 1 leek, 1 carrot, 1 turnip, a strip of celery, 1 dessertspoonful of finely-chopped parsley, 2 tablespoonfuls of Scotch barley, salt and pepper.

Method.—Cut the meat into small pieces, put them into a stewpan with the water and a teaspoonful of salt, and cook gently for 2 hours. Wash the barley, cut the vegetables into dice, add them to the broth and cook for another hour, making 3 hours in all. Strain and return the broth to the stewpan. Cut the meat into small pieces, carefully remove any fragments of bone from the vegetables and barley, and add them to the broth. When quite hot, season to taste, and serve.

Time.—About 4 hours. **Average Cost,** about 2s. **Seasonable** in Winter. **Sufficient** for 6 or 8 persons.

The Sheep (Fr. *brebis*) has from the earliest times been one of the most useful of animals to man, its wool, skin and flesh supplying him respectively with material for clothing, leather and food; its milk in some countries is used for making butter and cheese. There are numerous varieties of the domestic sheep, a ruminant quadruped of the genus *Otis*: wild sheep are found chiefly in mountainous districts. The principal breeds of English sheep are the Southdown, Leicester, Cotswold, Cheviot and the Welsh. Of the numerous foreign breeds, the fat-tailed sheep of Asia and Egypt, the Astrakan, the Cretan, the Iceland and the Merino, are the most noticeable, the last named originally belonging to Spain, but now extensively bred in other countries of Europe and in Australia and New Zealand, furnishing the valuable merino wool. The flesh of the sheep, or mutton, is tender and easy of digestion, and possesses highly nutritive properties. Large quantities of foreign mutton are now imported into England principally from Australia and New Zealand by means of cold storage in transit. The New Zealand mutton is of excellent quality, and has an extensive sale. The small Welsh mutton is much esteemed. The quality of the flesh of the sheep is largely dependent on the pastorage and food stuffs on which it is fed.

26.—SHEEP'S HEAD BROTH. (*Fr.* Potage de Tête de Mouton.)

Ingredients.—3 quarts of water, 1 sheep's head, 2 carrots, 2 onions, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt, 1 tablespoonful of rice.

Method.—Remove the brains and tongue, and soak the head in salt and water for 12 hours, changing the water repeatedly. Put it into a large saucepan with a good handful of salt, cover with water, bring to the boil, strain, and wash well. Return it to the saucepan, add the water, and bring to the boil, skim thoroughly, add a teaspoonful of salt, then simmer for 3 hours. Meanwhile cut the vegetables into dice, and now add them and the rice to the broth. Continue the cooking for another hour, then take up the head, cut the meat into dice and return it to the broth and simmer for a few minutes. Take out the herbs, add seasoning to taste, and serve.

The brains can be used for brain cakes, and the tongue cooked and served separately. Only a small portion of the head need be served in the broth; the rest could be served separately, garnished with the tongue, and covered with brain sauce.

Time.—About 4 hours. **Average Cost,** 1s. to 1s. 2d. **Seasonable** at any time, particularly in Winter. **Sufficient** for 5 or 6 persons.

27.—SCOTCH KAIL. (*Fr.*—Potage au choux écossais.)

Ingredients.—3 quarts of cold water, 3 lb. of mutton, 3 onions (cut into dice or cubes), 2 leeks when procurable, the hearts of 2 white cabbages, salt and pepper, 1 oz. of pearl-barley.

Method.—Keep the meat whole, and put it into a stewpan or earthenware stew pot with the water, onions, leeks, and a teaspoonful of salt, and cook gently for about 3 hours. Blanch the pearl-barley and add it when the meat has cooked for 1 hour. Wash the cabbages, shred them finely, and put them into the stewpot 1 hour before the meat is to be served. Take up the meat, cut some of it into small pieces, and place these in a soup tureen. Season the broth, and serve.

Time.—About 3½ hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Seasonable** at any time. **Sufficient** for 6 or 7 persons.

Note.—Scotch Kail is the *Pot-au-feu* of Scotland, and like its Continental prototype may have the meat served separately, or in the broth. But it differs from *Pot-au-feu* in having only the green vegetables from which it derives the name of "kail."

28.—VEAL BROTH. (*Fr.*—Bouillon de Veau.)

Ingredients.—1 quart of cold water, 1½ lb. of neck or knuckle of veal, 1 small carrot, ½ a turnip, 1 onion, 1 strip of celery, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of rice or pearl-barley, salt and pepper.

Method.—Cut the meat into small pieces, put them with the water into a stewpan, and bring slowly to the boil. Skim, add a little salt, and simmer gently for 1 hour, then add the rice or pearl-barley (the latter must be blanched), and the vegetables cut into dice. When the broth has cooked gently for 3 hours, strain and return to the stewpan. Add the meat to the broth. Carefully remove any fragments of bone from the vegetables and pearl-barley, then return them to the broth. When boiling, sprinkle in the parsley, season to taste, and serve.

Time.—3 to 3¼ hours. **Average Cost,** 1s. 2d. to 1s. 3d. **Seasonable** at any time. **Sufficient** for 4 or 5 persons.

Clear Soups.

29.—BRUNOISE SOUP WITH TAPIOCA. (*Fr.*—Consommé Brunoise au Tapioca.)

Ingredients.—1 carrot, 1 small turnip, 1 lettuce, 1 leek, ½ an onion, 2 ozs. of butter, 3 pints of consommé (see Recipe No. 42, p. 156), lemon juice, 1 oz. of crushed tapioca, seasoning.

Method.—Prepare the vegetables and cut them into very small dice or cubes. Fry lightly in the butter, add a good pinch of castor sugar, and salt and pepper to taste. Moisten with some of the consommé. Cook gently for about ½ an hour, skim, add the remainder of the consommé, and boil gently until the vegetables are tender. Soak the tapioca in tepid water, strain and put it in a stewpan with a little consommé, cook till tender, and mix it with the remainder of the soup a few minutes before sending to table, when a few drops of lemon juice should be added.

Time.—1½ hours. **Average Cost**, 2s. 6d. per quart. **Sufficient** for 6 persons.

TAPIOCA (Fr. *tapioca*) is a preparation of cassava meal, made from a South American shrub of some 8 feet in height, with broad, shining leaves, and handsome white and rose-coloured flowers. The nutritious starch is obtained from the thick, fleshy, parsnip-like roots by the process of washing, maceration and pressure to express the juice, which, in its natural state, is poisonous. The cassava meal, while in the moist state, is made into flat cakes and heated and dried on hot plates.

30.—CLEAR BRUNOISE SOUP. (*Fr.*—Consommé Brunoise.)

Ingredients.—3 pints of clear soup (see Recipe 42 page 156), 1 carrot, 1 onion, 1 turnip, ½ an oz. of butter, pepper and salt.

Method.—Prepare the vegetables and cut them into very small dice or cubes, melt the butter in a stewpan, put in the dice of vegetables with a little salt and pepper, and fry very gently for a few minutes, shaking and tossing them frequently to prevent them taking colour. Drain well to free them from butter, add them to the hot soup and simmer gently for 15 minutes. Skim well.

Time.—To prepare and cook the vegetables, ½ an hour. **Average Cost,** 3s. 6d. **Seasonable** at any time. **Sufficient** for 6 persons.

31.—CLEAR COLD CHICKEN SOUP. (*Fr.*—Consommé de Volaille Frappé.)

Ingredients.—1 old hen, 1½ lb. of knuckle of veal, 1½ lb. of shin of beef, salt, soup vegetables, 2 cloves, a few peppercorns, 1 oz. of butter, 1 glass of sherry.

Method.—Pluck and truss the fowl as for boiling, put the butter in a stewpan, and add the fowl whole as soon as the butter is hot; let it get a nice brown, then add the meat. Pour on about a gallon of water and set it to boil—it must come slowly to the boil, and remove the scum. Have the vegetables ready and well washed (they should include 1 onion stuck with 2 cloves, ½ a head of celery, 2 carrots, 1 leek, 2 small turnips, 1 bay-leaf, and a parsley root, and put them in the stock. Add a little salt and the peppercorns, simmer gently for about 4 hours, or longer; skim occasionally. The fowl may be taken out after 2 hours cooking, and can be made use of for the cutlets. When the stock is finished carefully remove the fat from the top, and strain it through a fine hair sieve. If carefully cooked it will be quite clear, otherwise it will have to be clarified. Season to taste at the last and allow it to get cold, then stand it on the ice until required. The sherry should be added just before sending it to the table. This soup is, as its name implies, quite cold (iced). A handful of Royal Custard may be served in the consommé if liked.

Average Cost.—5s. 6d. **Sufficient** for 8 or 10 persons. **Seasonable** at any time.

Basil (Fr. *basilie*).—This aromatic plant is a native of the East Indies, its perfume resembling that of cloves. It is cultivated as an aromatic pot-herb, and its leaves are used for flavouring soup and as a salad, especially by French cooks.

32.—CLEAR DUBOURG SOUP. (*Fr.*—Consommé à la Dubourg.)

Ingredients.—3 pints of clear soup, a small savoury custard (see recipe for Consommé à la Royale, p. 155), 1 tablespoonful of cooked rice, 1 tablespoonful of cooked green peas.

Method.—Prepare the custard as directed, and add it with the peas and rice to the soup a few minutes before serving.

Time.—To prepare and cook the garnish, ½ an hour. **Average Cost** 2s. 9d. **Seasonable** at any time. **Sufficient** for 6 persons.

33.—CLEAR GAME SOUP, PALERMO STYLE. (*Fr.*—Consommé de Gibier à la Palermo.)

Ingredients.—For consommé: 1 grouse, ½ a rabbit, 2 lb. of shin of beef, 1 lb. of lean veal, ¼ lb. of raw ham, 2 ozs. of dripping or butter, the bones and trimmings of the above meat, poultry, or game, soup vegetables, 2 blades of mace, 2 cloves, peppercorns, a small bunch of herbs (bouquet-garni), salt, 2½ quarts of water, cayenne pepper.

For Garniture.—½ a head of celery, 2 ozs. of macaroni, game quenelles, cooked ham, 1 French roll, grated Parmesan cheese.

Method.—Remove the breasts from the grouse, and use for quenelles. Cut up the bird and rabbit into joints, and the beef and veal into pieces. Melt the dripping in a large stewpan, put in the bird, the rabbit and the meat, and fry till brown over a quick fire; pour off the fat, add the water and the ham, let it come to the boil, and skim. Put in the soup vegetables, consisting of a small onion stuck with cloves, a carrot, a turnip, and a few leaves of celery or leek, together with any trimmings or bones of meat, etc. Now add the bouquet of herbs, mace, peppercorns, and a tablespoonful of salt, simmer gently for about 3 hours or longer; take out the ham when done, as some of it will be required for garnish. Special attention must be paid to the simmering and occasional skimming of the soup in order to keep it clear, otherwise it will require clarifying. Strain the soup through a cloth into a clean stewpan, and keep hot.

Prepare the garniture as follows: Cut the white portion of the celery into small dice or strips, cook in slightly salted water containing a small piece of butter. Cook the macaroni in salted water, cool and strain, then cut it into short pieces. Prepare some small quenelles with the breast of grouse and panada (a culinary paste of flour and water), and poach in a little stock. Cut the cooked ham into strips or dice the same as the celery, and put these into the consommé to get thoroughly hot. Stamp out some small rounds of bread crust cut from the roll, put these in the soup tureen, pour over the consommé. Hand round the grated cheese on a plate.

Time.—About 3 hours. **Average Cost,** 3s. 8d., without the game. **Sufficient** for 8 persons.

34.—CLEAR JARDINIERE SOUP. (*Fr.*—Consommé à la Jardinière.)

Ingredients.—3 pints of clear soup (see Recipe No. 42, p. 156), 2 carrots, 1 turnip, ½ a cucumber, salt.

Method.—Scrape the carrots, pare the turnip, but leave the skin on the cucumber, as the green has a pleasing effect when mixed with the other vegetables. Cut the vegetables (with a round cutter sold for the purpose) the size and shape of peas, and boil them separately in slightly salted water until tender, taking care not to cook them too much. Drain well, add the vegetables to the boiling soup, simmer for a few minutes, then serve.

Time.—To prepare and cook the vegetables, ½ an hour. **Average Cost,** 2s. 4d. **Seasonable** in Spring. **Sufficient** for 6 persons.

35.—CLEAR JULIENNE SOUP. (*Fr.*—Consommé à la Julienne.)

Ingredients.—3 pints of clear soup (see Recipe No. 42, p. 156), 1 carrot, 1 onion, ½ a turnip, a strip of celery, pepper and salt, ½ an oz. of butter.

Method.—Prepare the vegetables and cut them into fine strips like small matches, melt the butter in a small saucepan, put in the strips of vegetable with a little salt and pepper, and fry gently for a few minutes, shaking frequently to prevent browning. Drain well to free them from butter, add them to the hot soup, and simmer gently for 15 or 20 minutes, keeping the soup well skimmed.

Time.—To prepare and cook the vegetables, 40 minutes. **Average Cost,** 2s. 4d. **Seasonable** at any time. **Sufficient** for 6 persons.

Note.—A tablespoonful of cooked green peas, and the same quantity of cooked French beans cut in narrow strips, may be added to the other vegetables. Instead of frying them in butter they (the turnip, carrot, onion, celery) may be parboiled in salt and water, and afterwards simmered until tender in the stock.

36.—CLEAR LEAFY SOUP.
(*Fr.*—Consommé aux Mille Feuilles.)

Ingredients.—2 quarts consommé (see Recipe No. 42, p. 156), 1 oz. soft breadcrumbs, 1 oz. grated Parmesan cheese, 2 eggs, grated nutmeg, pepper and salt.

Method.—Mix the breadcrumbs and cheese in a basin, beat up the eggs and stir them into the above ; beat up well for a few minutes, and add the seasoning. Drop the mixture by means of a funnel into the boiling consommé, and allow it to simmer for about 5 minutes. By this time the broth will become clear again. It is then ready for serving.

Time.—About ½ hour. **Average Cost,** 3s. **Sufficient** for 8 persons.

37.—CLEAR MOCK TURTLE SOUP. (*Fr.*—Potage de Tortue Fausse Clair.)

Ingredients.—½ a calf's head, 5 quarts of clear second stock (see Recipe No. 7, p. 140), (or water), 2 onions, 2 carrots, 1 turnip, 1 strip of celery, bouquet-garni (parsley, basil, marjoram, thyme, bay-leaf), 12 peppercorns, 4 cloves, 2 blades of mace, 2 glasses of sherry, 1 tablespoonful of lemon juice, ½ a lb. of lean beef, ½ a lb. of lean veal, the whites and shells of 2 eggs, salt.

Method.—Soak the head 24 hours in salt and water, changing it frequently. Then bone the head (the brains and tongue may be used for some other purpose), tie the meat in a thin cloth and break the bones into small pieces ; put them into a stewpan, cover with cold water, add a tablespoonful of salt, let it boil up, strain, and wash the head in cold water. Return the meat and bones to the stewpan, put in the stock and a dessertspoonful of salt, boil up, and skim well. Now add the prepared vegetables, herbs, peppercorns, cloves and mace, and when boiling, remove the scum, put on the cover and cook slowly for about 3 hours, according to the size of the head. Strain, put the meat aside, and when the stock is cold remove the fat, and clarify with the coarsely chopped beef and veal, and whites of eggs, see recipe No. 10. Return to the saucepan, with the sherry, the lemon-juice and a little of the meat of the head, cut into small pieces. Add necessary seasoning, boil up and serve.

This recipe may be thickened with a tablespoonful of arrowroot when a thicker soup is required.

The remainder of the calf's head can be used for an entrée.

Time.—To prepare the stock, 3½ to 4 hours. To clarify and re-heat, 40 to 60 minutes. **Average Cost.** 5s. 9d. with stock. **Seasonable** at any time. **Sufficient** for 12 or 14 persons.

MARJORAM (Fr. *marjolaine*).—The common marjoram is indigenous to Britain, and grows on chalky soils. Its flowers are reddish in colour, growing in clustered spikes. It possesses balsamic, aromatic and bitter properties, and from the plant is obtained "oil of thyme." Sweet and pot marjoram, natives of southern Europe, are cultivated in gardens for culinary use; the young tops and leaves, both green and dried, are used for seasoning.

38.—CLEAR MULLIGATAWNY. (*Fr.*—Consommé à l'Indienne.)

Ingredients.—2 quarts of second stock (see Recipe No. 7, p. 140), 2 onions, sliced, 1 apple, sliced, 1 tablespoonful of mild curry powder, ½ a tablespoonful of salt, the whites and shells of 2 eggs, the juice of 1 lemon.

Method.—Put the stock, onions, apples, curry powder (previously mixed smoothly with a little cold water), and salt into a well-tinned stewpan, put on the cover and simmer gently for 1½ hours, then strain. When cold, add the egg-shells crushed and the whites stiffly whipped, let the soup boil up again and simmer for a few minutes, then strain, re-heat, add the lemon-juice and any necessary seasoning, and serve, with boiled rice, handed round separately or put in the soup.

When convenient, a little cooked chicken should also be served, cut into dice or cubes, and warmed in the soup a few minutes before serving.

Time.—To make the soup, 1¼ to 1½ hours. To clear and re-heat the soup, 30 to 40 minutes. **Average Cost,** 1s. 6d. **Seasonable** at any time. **Sufficient** for 6 persons.

39.—CLEAR MULLIGATAWNY. (*Fr.*—Consommé à l'Indienne.) (Another Method.)

Ingredients.—2 quarts of second stock, 2 small onions, sliced, 1 sour apple, sliced, 2 oz. of lean raw ham or bacon, the bones of any roast game or poultry, 1 dessertspoonful of mild curry powder, 1 dessertspoonful of curry paste, 1 teaspoonful of chutney, 1 tablespoonful of lemon juice, 1 teaspoonful of salt, the whites and shells of 2 eggs, 1 oz. of butter.

Method.—Fry the onions, apple, curry powder, ham (cut into small pieces), bones and any trimmings of poultry there may be, in the butter until nicely browned, then add the stock, salt, curry paste, chutney, and simmer gently for about 1 hour; strain, and when cold remove the fat. Clarify with the shells and whites of eggs as in the preceding recipe, re-heat, add the lemon-juice, and serve with boiled rice.

Time.—To make the soup, 1¼ to 1½ hours. To clarify and re-heat, 30 to 40 minutes. **Average Cost,** 2s. **Seasonable** at any time. **Sufficient** for 6 persons.

40.—CLEAR OXTAIL SOUP. (*Fr.*—Potage de Queue de Bœuf, clair.)

Ingredients.—1 oxtail, 1 carrot, ½ a turnip, 1 onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, 1 blade of mace, 3 quarts of CLEAR second stock, salt, the whites and shells of 2 eggs.

Method.—Cut the tail into short lengths, cover with cold water, add a little salt, bring to the boil and strain. Return to the saucepan with the vegetables, flavourings, and seasonings, simmer gently for four hours, keeping the stewpan covered, strain, put the meat aside, and when the stock is cold remove the fat. Clarify with the whites and shells of the eggs, strain, re-heat, and serve garnished with pieces of the tail, and a little carrot and turnip cooked and cut into some fancy shape. A glass of sherry is sometimes added when re-heating, also a tablespoonful of arrowroot, previously mixed smoothly with a little stock, when a slightly-thickened " clear " soup is desired.

Time.—To make the soup, from 4 to 4½ hours. To clarify and heat, 30 to 40 minutes. **Cost.**—2s. 9d. to 3s. 3d. **Seasonable** at any time. **Sufficient** for 9 or 10 persons.

Note.—The larger pieces of tail should be re-heated in brown sauce, or a good curry sauce, and served as a dish for luncheon.

41.—CLEAR ROYAL SOUP. (*Fr.*—Consommé à la Royale.)

Ingredients.—3 pints of clear soup (see Recipe No. 42, p. 156), 1 egg, 1 tablespoonful of milk or white stock, salt and pepper.

Method.—Beat the egg, add the milk, salt and pepper to taste, and pour the custard into a well-buttered plain mould. Have ready a small stewpan half full of boiling water, put in the custard, cover the top of the mould with greased paper, put on a close-fitting lid to keep in the steam, and cook VERY SLOWLY for 15 minutes, or until the custard is firm. When cold, cut into strips, rounds, diamonds or any fancy shape, rinse in warm water, then put them into the tureen and pour in the hot consommé. Or to make a change, use one yolk and the whites of 2 eggs. To the yolk and each white add a dessertspoonful of good white stock or milk, season to taste, and colour one white of egg with carmine or cochineal. Cook in 3 separate small timbals or dariol moulds, and use as directed above.

Time.—To prepare and cook the custard, ½ an hour. **Average Cost,** 3s. 4d. **Seasonable** at any time. **Sufficient** for 6 persons.

42.—CLEAR SOUP. (*Fr.* Consommé.)

Ingredients.—2 quarts of brown stock, 1 lb. of neck of beef (lean) finely chopped, or passed two or three times through the mincing machine, the whites and shells of 4 eggs, 1 carrot, cut in two or three pieces, 1 onion (left whole), a strip of celery, 12 peppercorns, 6 allspice, 2 cloves, salt.

Method.—The stock should be cold and quite free from fat. Put it into a clean well-tinned stewpan, add the vegetables, flavourings, seasonings, the shells of the eggs crushed and the whites stiffly whipped, and whisk all together over a gentle fire until just on boiling point, then let it simmer about ½ an hour. Strain through a clean dry cloth, re-heat and season to taste before serving. A glass of sherry, a dessert-spoonful of French vinegar or lemon-juice and a pinch of castor sugar, are frequently added when re-heating the consommé.

Time.—About 1 hour. **Average Cost,** 3s. to 3s. 6d. **Seasonable** at any time. **Sufficient** for 8 or 9 persons.

43.—CLEAR SOUP, PORTUGUESE STYLE. (*Fr.*—Consommé à la Portugaise.)

Ingredients.—2 quarts consommé, 1 large ripe tomato, ½ an oz. of butter, 12 French plums, 1 small leek, a pinch of cayenne.

Method.—Wash the plums, put them in cold water with a little salt, bring to the boil, strain, and rinse in cold water ; return to the stewpan in which they were blanched, add sufficient clear stock to well cover, and cook slowly till tender. Wash and clean the leek, cut it into fine shreds or Julienne shaped strips about 1 inch long, wash well in cold water, drain, and cook for a few minutes with the butter, pour in some clarified stock or consommé, and cook slowly till tender. Carefully remove all the fat, pour in the consommé, and let it simmer for a few minutes. Put the plums in the soup tureen. Blanch and skin the tomato, cut it up into very small pieces or dice, free from pips, and put these also into the soup tureen. Add a pinch of cayenne pepper to taste, pour on the consommé, and serve.

Time.—About 1 hour. **Average Cost,** 4s. 2d. **Sufficient** for 8 persons.

44.—CLEAR SOUP WITH FRIED QUENELLES. (*Fr.*—Consommé aux Quenelles Frites.)

Ingredients.—3 pints of clear soup (see Recipe No. 42), ¼ of a lb. of leg of veal, or raw chicken, ½ an oz. of flour, ¼ of an oz. of butter, a tablespoonful of good white stock, a teaspoonful of cream, ½ an egg, salt and pepper to taste.

Method.—Mince the veal finely, or pass it through the mincing machine 2 or 3 times. Melt the butter in a small saucepan, stir in the flour, add the stock, and cook until it leaves the sides of the saucepan clear and forms a compact mass round the bowl of the spoon : this is called a panada. Let it cool slightly, pound it and the veal well together, add the half egg and seasoning, pound until well mixed together, then rub through a wire sieve. Mix in the cream, shape into small marbles, fry in a little hot butter or fat, drain well, and add them to the soup just before serving.

Time.—To make and cook the quenelle mixture, 30 to 40 minutes. **Average Cost,** 2s. 9d. to 3s. **Seasonable** at any time. **Sufficient** for 6 persons.

Note.—This mixture may also be shaped in small teaspoons or eggspoons, and poached in a little boiling water before being added to the soup.

45.—CLEAR SOUP WITH ITALIAN PASTE.
(*Fr.*—Consommé aux Pâtes d'Italie.)

Ingredients.—3 pints of clear soup (see Recipe No. 42, p. 156), 1 tablespoonful of Italian paste (bought in packets).

Method.—Sprinkle the paste into the boiling soup, and cook it for a few minutes before serving. Crushed tapioca, sago or Florador may be used instead of the paste, also macaroni, vermicelli or spaghetti, but these must be cooked and cut into short lengths before being added to the soup.

Time.—To cook the Italian paste, 10 minutes. **Average Cost,** 3s. **Seasonable** at any time. **Sufficient** for 6 persons.

46.—CLEAR SOUP WITH RIBBON MACARONI.
(*Fr.*—Consommé aux Nouilles.)

Ingredients.—3 pints of clear soup, 4 ozs. of fine flour, 1 dessertspoonful of grated Parmesan cheese, 1 egg, 1 saltspoonful of salt.

Method.—Mix the flour, cheese and salt well together, add half the egg, and, if necessary, a little water. Knead it vigorously with the palm of the hand until a fairly stiff but smooth paste is formed ; it must not be too moist, and should have a tenacious elastic consistency. Wrap in a floured cloth and let it stand for 1 hour or more, then roll out VERY thinly on a floured board, cut into narrow strips, and cook a few at a time, in salted boiling water. Strain and drain and add a handful to the consommé a few minutes before serving.

Time.—½ an hour to cook the paste. **Average Cost,** 3s. 3d. **Seasonable** at any time. **Sufficient** for 6 persons.

Note.—The remainder of Nouilles or Ribbon Macaroni can be heated up with White Sauce, and done au gratin, to be served for a luncheon or supper dish.

47.—CLEAR TURTLE SOUP. (*Fr.*—Potage Tortue Clair.)

Ingredients.—½ a lb. of the best sun-dried turtle, 1 small tin of turtle fat (this may be omitted), ½ a lb. of lean neck of beef, ½ a lb. of lean veal, the whites and shells of 2 eggs, 5 quarts of good stock, 2 onions, 2 carrots, 1 turnip, 1 strip of celery, bouquet-garni (parsley, thyme, bay-leaf, basil, marjoram), 12 peppercorns, 2 cloves, 1 blade of mace (tied in muslin), 2 glasses of sherry, 1 tablespoonful of lemon-juice, salt.

Method.—Soak the turtle for 3 days, changing the water frequently. Put the stock, turtle, and a dessertspoonful of salt into a large stewpan and bring to the boil, then add the prepared vegetables, herbs, bag of peppercorns, etc., and when the stock boils remove the scum as it rises. Put on the cover and cook gently for 8 or 9 hours, adding more stock if that in the pan reduces very much. Strain, put the pieces of turtle aside, and remove the fat from the soup when cold. Pass the beef and veal 2 or 3 times through the mincing machine, and add them together with the shells and stiffly-whipped whites of the eggs to the soup, and whisk until it boils. Simmer gently for ½ an hour, then strain and return to the stewpan with the turtle and turtle fat cut into small squares, adding sherry, lemon-juice, and the necessary seasoning, and cook gently for a few minutes. Lemons cut in quarters are sometimes handed separately with this soup for those who prefer a stronger flavour of lemon.

Time.—To make the stock, 9 to 10 hours. To clarify and re-heat, 1¼ to 1½ hours. **Average Cost,** 8s. 6d. without stock. **Seasonable** at any time. **Sufficient** for 10 persons.

48.—COCK-A-LEEKIE SOUP.

Ingredients.—A small fowl for boiling, 1 carrot, 1 turnip, 1 onion, 2 cloves, 1 small bunch of young leeks, 2 ozs. of rice, salt and pepper.

Method.—Truss the fowl for boiling, put it in a large stewpan or stock-pot, with enough water to well cover it, add a little salt, and let it come to the boil. Remove the scum, then add the carrot, turnip (previously cleaned), and the onion, peeled and stuck with the cloves. When the fowl is tender take it out. Wash the leeks, trim off the roots and outside leaves, and cut into 1-inch lengths. Strain the broth (which should measure about 3 pints) into another stewpan, add the leeks and the rice, previously washed and blanched. Boil for about ½ an hour, season to taste, cut the fowl in half, divide one half into very small pieces and put these with the soup. Use the remainder for some other purpose. Before serving, add a teaspoonful of chopped parsley to the soup. If preferred, the fowl need not be served in the soup, but it is essential that this soup should be made from chicken stock.

Time, about 1½ hours. **Average Cost,** 2s. 10d. **Sufficient** for 6 persons.

49.—CUSTARD FOR SOUP. (*Fr.*—Garniture Royale.)

Ingredients.—2 whole eggs, 2 yolks of eggs, 1 gill of white stock, salt and pepper.

Method.—Beat up the eggs in a basin, add the stock, and season with salt and pepper and a little grated nutmeg. Strain this into a well-buttered plain tin mould; stand it in a stewpan containing a little boiling water, cover the mould with a buttered paper, and let it poach in a moderately heated oven for 20 minutes. When done, take out the mould and put in a cool place. Turn out when cold, and cut the custard into dice, cubes, or other fanciful shapes (known as Royal). Use for garnish in clear or thick soups.

Time.—20 to 30 minutes. **Average Cost,** 6d. **Sufficient** for 3 or 4 quarts of soup. **Seasonable** at any time.

50.—PRINCE'S SOUP. (*Fr.*—Consommé aux Navets.)

Ingredients.—3 pints of boiling clear soup, (see Recipe No. 42, p. 156,) ¼ of a pint of turnip garnish, 2 tablespoonfuls of cooked green peas, 1 dessertspoonful of finely-shredded truffle, salt and pepper.

Method.—Scoop the turnip into rounds the same size as the peas, and cook them until tender but not broken. Season the stock to taste, add the prepared turnip, peas and truffle, make thoroughly hot, and serve.

Time.—½ an hour. **Average Cost,** 2s. 6d. **Sufficient** for 6 persons. **Seasonable** at any time.

51.—RICE SOUP. (*Fr.*—Consommé au Riz.)

Ingredients.—3 pints of consommé, (see Recipe No. 42, p. 156), 2 ozs. of Patna rice, salt and pepper.

Method.—Throw the rice into boiling water, let it cook rapidly for 5 minutes, then wash and drain it well. Bring the stock to boiling-point, add salt and pepper to taste, and put in the rice. Simmer gently until the rice is quite tender, then serve.

Time.—From 15 to 20 minutes. **Average Cost,** 2s. 3d. **Sufficient** for 6 persons. **Seasonable** at any time.

52.—SAGO SOUP. (*Fr.*—Consommé au Sagou.)

Ingredients.—3 pints of consommé (see Recipe No. 42, p. 156), 1½ oz. of fine sago, salt and pepper.

Method.—Wash the sago in 2 or 3 waters. Boil up the stock, sprinkle in the sago, boil gently until it becomes transparent, then season to taste, and serve.

Time.—About 20 minutes. **Average Cost,** 2s. 3d. **Sufficient** for 6 persons. **Seasonable** at any time.

53.—SEMOLINA SOUP. (*Fr.*—Consommé au Semoule.)

Ingredients.—3 pints of consommé (see Recipe No. 42, p. 156), 1½ oz. of semolina, salt and pepper.

Method.—Boil up the stock, and sprinkle in the semolina. Cook gently for 20 minutes, stirring almost continuously, then season to taste, and serve.

Time.—About 30 minutes. **Average Cost,** 2s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

SEMOLINA (Fr. *semoule*).—A wheat meal, prepared from the large grains of the hard wheats of southern Europe by a special process of milling, which produces a very white coarse flour, rich in gluten, rendering semolina a valuable flesh-forming food. It is used for thickening soups, puddings, etc.

54.—SOLFERINO SOUP. (*Fr.*—Consommé Solferino.)

Ingredients.—1 quart of clear soup, (see Recipe No. 42, p. 156), 2 ozs. of choux paste.

Method.—Make the stock and choux paste as directed, and season the latter well with salt and pepper. Have ready a deep pan of hot fat, dip into it the bowl of a small teaspoon, fill it with choux paste, and smooth the surface with a knife previously dipped into the hot fat. As the shapes are formed drop them into the fat, and fry them slowly until crisp and lightly browned. Drain well, and add them to the soup when on the point of serving.

Time.—About 15 minutes, to fry the shapes. **Average Cost,** 2s. 3d. **Sufficient** for 4 persons. **Seasonable** at any time.

55.—SPRING SOUP. (*Fr.*—Potage Printanière.)

Ingredients.—3 pints of unclarified stock, ¼ gill each of green peas, french beans, asparagus tops, and chopped lettuce, 1 young carrot, 1 small onion, a bouquet garni, ¼ lb. of gravy beef, the white of 1 egg; seasoning.

Method.—Prepare the vegetables, and scoop out some small pea shapes of carrot. Cook all the vegetables separately in salted water. Put the stock into a pan with the onion, herbs, finely minced meat, seasoning and white of egg. Whisk till it boils, then simmer for 10 minutes. Strain and reheat. Add the prepared vegetables and serve.

Time.—1 hour. **Average Cost,** 2s. 9d. **Sufficient** for 6 persons. **Seasonable** in April and May.

56.—TRANSPARENT SOUP.

Ingredients.—4 lb. of knuckle of veal, 2 ozs. of blanched almonds finely-chopped, 1½ oz. of vermicelli crushed, 1 blade of mace, salt and pepper, 3 quarts of water.

Method.—Cut the meat into small pieces, break up the bones, put both into a large stewing-jar, and add the water, prepared almonds, mace, and a little salt and pepper. Cook slowly on the stove or in the oven until reduced to ½ the original quantity, then strain. When cold, remove every particle of fat, boil up the stock, sprinkle in the vermicelli, simmer gently for 10 or 15 minutes, then season to taste, and serve.

Time.—To prepare the stock, 8 hours. **Average Cost,** 2s. 9d. **Sufficient** for 8 persons. **Seasonable** at any time.

57.—VERMICELLI SOUP. (*Fr.*—Consommé Vermicelle.)

Ingredients.—3 pints of consommé, (see Recipe No. 42, p. 156), 2 ozs. of vermicelli, salt and pepper.

Method.—Crush the vermicelli between the fingers into short lengths. Bring the stock to boiling point, sprinkle in the vermicelli, boil gently for 15 minutes, then season to taste, and serve.

Time.—About 30 minutes. **Average Cost,** 2s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

VERMICELLI (Fr. *vermicelle*) is a preparation of macaroni in a fine, thread-like form, with the addition of the yolk of eggs, sugar, saffron, and cheese.

Thick Soups.

58.—BARLEY SOUP. (*Fr.*—Potage Crême d'Orge.)

Ingredients.—1 pint of white second stock, 1 pint of milk, 1 dessertspoonful of flour, 1 oz. of butter, salt and pepper, croûtons of fried or toasted bread, 2 tablespoonfuls of fine crushed barley, sold in packets under the name of "Crême d'Orge."

Method.—Boil the stock and milk together in a saucepan, melt the butter, stir in the flour, add the stock and milk and stir until it boils.

Sprinkle in the barley, stir and cook until the mixture becomes transparent (about 10 minutes). Season to taste, and serve. The croûtons (small slices of bread cut into shapes) should be either fried in hot fat or cut from thin slices of toast. They should be handed separately, unless directions are given to put them into the soup before serving.

Time.—20 to 30 minutes. **Cost,** 4d. to 5d. without the stock. **Seasonable** at all times. **Sufficient** for 4 persons.

Note.—Rice and tapioca, finely crushed and ground, may also be bought in packets, and will be found useful preparations for soups of this class. When not easily obtainable, ground rice, Florador, or Semolina will be found good substitutes. The well-known "Potage Crême de Riz" can be made from this recipe, using crême de riz instead of crême d'orge; and either soup can be made richer by omitting the flour, and butter, and in their place using the yolks of 2 eggs, and 2 tablespoonfuls of cream, which should be added to the soup a few minutes before serving.

59.—BARLEY SOUP (Another Method). (*Fr.*—Potage Crême d'Orge.)

Ingredients.—3 pints of white second stock, 1 pint of milk, 1½ ounces of pearl-barley, 1½ oz. of butter, 1 oz. of corn-flour, salt, pepper, nutmeg, croûtons of fried or toasted bread.

Method.—Wash the pearl-barley until the water is clear, drain, put it and the stock into a stewpan, boil up, and simmer gently for 3 hours, stirring occasionally. Rub through a hair or fine wire sieve, return to the stewpan, add the milk and seasoning, and bring to the boil. Knead the corn-flour and butter together, put the mixture into the soup and stir until it becomes smoothly united with it. Add the nutmeg if liked, place the croûtons of fried bread in the tureen, pour in the soup, and serve.

Time.—3½ to 4 hours. **Average Cost.**—4d. to 5d. without the stock. **Sufficient** for 6 persons.

BARLEY (Fr.: *Orge*).—This well known plant, which is a genus (*hordeum*) of the order *Graminæ*, or Grasses, is probably the first cereal cultivated by man. It was grown in Egypt and Palestine in the earliest recorded times, and Homer makes reference to it. The ancient Egyptians, Greeks, and Germans made beer from barley. The grain is principally used for making malt, from which beer, porter, and whiskey are manufactured. Scotch barley is prepared by removing the husks of the grain and pearl-barley by the further process of polishing and rounding the grain. Barley-water, a concoction of pearl-barley, owing to its emollient and diluent properties, forms a valuable medicine, for patients of weak digestion. The constituents of barley in 100 parts are:—Starch, 79; glutin, 6; sugar, 7; husk, 8.

60.—CABBAGE SOUP. (*Fr.*—Potage aux Choux.)

Ingredients.—2 small young cabbages (finely shredded), 1 tablespoonful of finely chopped onion, 1 teaspoonful of finely chopped parsley, 2 pints of boiling water, 1 pint of milk, 2 tablespoonfuls of crushed tapioca (sold in packets), or fine sago, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, 1 oz. of butter.

Method.—Cover the shredded cabbage with boiling water, bring to the boil and strain. Return the cabbage to the saucepan, add to it 2 pints of boiling water, the milk, onion, parsley, butter, salt and pepper, and boil gently for 15 minutes. Sprinkle in the tapioca and cook for about 10 minutes longer, or until the tapioca becomes transparent, then serve.

Time.—About ½ an hour. **Average Cost,** 6d. to 7d. **Seasonable** at any time. **Sufficient** for 8 persons.

Cabbage (Fr.: *Chou*).—This valued vegetable, so largely used for culinary purposes, is cultivated in almost every temperate region of the globe, and in its wild state grows on the rocky shores of our own island, and still more extensively on the shores of Southern Europe. There are numerous varieties or "sports" of the common cabbage, as the Savoy cabbage, kohl Rabi, the Portugal cabbage, cauliflower, broccoli, and seakale, which are grown for the table, and cooked in various ways. Red or purple cabbage is used for pickling. The cabbage is one of the least nutritious of vegetables, as it contains about 90 per cent. of water. Sauer-kraut, a popular dish in Germany, is prepared by packing white cabbages, cut into small pieces, into a cask with layers of salt, mixed with caraway and juniper berries. When fermented, it is eaten with meat.

61.—CALVES' TAIL SOUP. (*Fr.*—Potage de Queue de Veau.)

Ingredients.—2 quarts of second stock, 2 calves' tails, 2 ozs. of butter, 1½ ozs. of flour, 1 onion sliced, 1 small carrot sliced, a bouquet-garni (parsley, thyme, bay-leaf), a small blade of mace, 2 cloves, 1 glass of sherry, salt and pepper.

Method.—Wash, blanch and dry the tails, and divide them into sections. Boil the stock, add the prepared tails and vegetables, season to taste, put in the mace and cloves, and cover closely. Simmer very gently from 1¼ to 1½ hours, or until the tails are sufficiently cooked. Meanwhile melt the butter in a stewpan, add the flour, and stir and cook slowly until it acquires a nut-brown colour. Strain the stock and add it to the flour, and stir over the fire until the whole is well blended. Add the pieces of tail, a few shreds of onion and carrot, the sherry, and more seasoning if required. Make thoroughly hot, then serve.

Time.—About 2 hours. **Average Cost,** 1s. 6d. to 2s., exclusive of the stock. **Sufficient** for 6 persons. **Seasonable** at any time.

Calf (Fr. *veau*).—The name given to the young of cattle. When under two months of age the flesh is called veal, and yields a large quantity of soluble extract, and is, therefore, much used for broths and soups.

62.—COTTAGE SOUP. (*Fr.*—Potage à la Paysanne.)

Ingredients.—2 lb. of lean neck of beef, ¼ of a lb. of streaky bacon, 1 onion, 1 carrot, ½ a turnip, 2 lb. of potatoes, 2 ozs. of dripping, 1 tablespoonful of rice, salt, pepper, and 2 quarts of water.

Method.—Cut the meat into thin slices, the bacon into dice or cubes, and the soup vegetables into thin slices. Melt the fat in a stewpan, fry the bacon, meat and onion until nicely browned, then add the sliced vegetables, the water, salt and pepper, cover closely and simmer for 1 hour. Meanwhile the potatoes should have been prepared, and if very large, cut in two. Add them to the soup, and when they have been cooking ½ an hour sprinkle in the rice. Cook gently for another ½ hour (2 hours altogether), and if the potatoes and rice are tender, season the soup to taste and serve.

Time.—2¼ hours. **Average Cost,** 1s. 9d. **Seasonable** at any time. **Sufficient** for 6 persons.

63.—ENDIVE SOUP. (*Fr.*—Potage au Chicorée.)

Ingredients.—1½ lb. of knuckle of veal, free from bone, poultry giblets (9d. or 1s. worth), 1 onion, 2 cloves, 1 turnip, 1 carrot, 1 small bouquet-garni (parsley, thyme, bay-leaf), 2 endives (large heads), 2 ozs. of butter, 1 oz. of flour, yolks of 2 eggs, 1½ gills of cream, seasoning, nutmeg, salt and pepper, ground mace, paprika pepper.

Method.—Cut the meat into pieces, wash and clean the giblets; put all in a stewpan with sufficient water to cover, about 2 quarts, add a teaspoonful of salt, and bring to the boil. Skim well. Peel the onion, insert the cloves, peel or scrape the turnip and carrot; add these to the above, also the bouquet-garni. Boil for about 1½ hours or longer, and strain. Trim, wash and drain the endives, cut them into fine shreds, blanch and drain. Melt 1 oz. of butter in a stewpan, add the endives, and stir over the fire for 5 minutes. Moisten with sufficient stock, and cook until tender, then put it into the prepared stock. Allow this to boil up. Melt the remainder of the butter, stir in the flour, cook a little, and moisten with a little cold milk. Pour this into the soup, and continue to cook the whole a little longer, then pass through a fine sieve. Return to the stewpan, season to taste with salt, pepper and nutmeg, also a tiny pinch of ground mace and paprika. Put the cream and egg-yolks into the soup tureen, beat up well, and pour the boiling soup gradually into the tureen. The soup is then ready for table.

Average Cost.—3s. 6d. **Sufficient** for 8 persons. **Seasonable** from October to April.

ENDIVE (Fr. *chicorée*).—The curled leaves of this plant—known also as "garden succory"—when blanched are used for soups, stews and in salads. The endive, which belongs to the *Chicoraceae* or Lettuce division of the *Compositae*, is a native of China, but grows well in Britain, where it was introduced in the sixteenth century. From one species the chicory used in the adulteration of coffee is obtained.

64.—FLEMISH SOUP. (*Fr.*—Potage à la Flamande.)

Ingredients.—2 quarts of boiling stock or water, ½ a pint of milk, 2 lb. of potatoes sliced, ½ a head of celery cut into short pieces, 2 onions sliced, 3 ozs. of butter or fat, salt and pepper.

Method.—Heat the butter in a large saucepan, add the prepared vegetables, cover closely, and cook gently for ½ an hour, stirring or shaking the ingredients occasionally. Add the boiling stock or water and a seasoning of salt and pepper, boil gently until the potatoes are soft, then rub the whole through a wire sieve. Re-heat, add the milk, season to taste, make thoroughly hot, and serve.

Time.—From 1½ to 1¾ hours. **Average Cost,** 8d., exclusive of the stock. **Sufficient** for 8 persons. **Seasonable** at any time.

65.—GIBLET SOUP. (*Fr.*—Potage aux Abatis.)

Ingredients.—The giblets of a goose, turkey, ducks, or chickens, to one set allow 1 lb. of lean beef, and 3 pints of stock or 2 pints of water, ½ a carrot, 1 small onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 dessertspoonful of flour, ½ a glass of sherry, salt, pepper, 1 tablespoonful of macaroni, cooked and cut across into tiny rings.

Method.—Skin the gizzard, scald and skin the feet, wash the neck and liver, dry and cut into small pieces. Melt the butter and fry the giblets, meat and sliced vegetables until brown, then add the stock, herbs, salt and pepper, and when boiling skim well. Cook gently for 2 hours, then strain and return to the stewpan. When boiling, mix the sherry and the flour smoothly together and add to the soup, also the macaroni and any necessary seasoning, simmer a few minutes longer, and serve.

Time.—2¾ to 3 hours. **Cost,** exclusive of the giblets and stock, 1s. to 1s. 2d. **Seasonable** at any time. **Sufficient** for 5 or 6 persons.

66.—GOOD WOMAN'S SOUP. (*Fr.*—Potage à la Bonne Femme.)

Ingredients.—1 quart of white stock, 1 white-heart lettuce, 1 thick slice of cucumber (the length of which must equal the breadth of the cucumber, so that a square block may be cut), a little tarragon and chervil (these may be omitted when not easily procurable), 1 oz. of butter, the yolks of 2 eggs, ¼ of a pint of cream or milk, salt and pepper.

Method.—Wash and shred the lettuce finely, cut the block of cucumber lengthwise into thin slices, and the slices into match-like strips. Melt the butter, and fry the vegetables for 5 or 6 minutes, then add the stock, salt and pepper, and boil slowly until the lettuce is tender (10 to 15 minutes). Beat the yolks of the eggs, add to them the cream or milk. Let the soup cool slightly, then pour in the yolks and cream, and stir until the soup thickens, but it MUST NOT BOIL or the eggs will curdle.

Time.—To prepare and cook, about 40 minutes. **Cost,** 2s. to 2s. 3d. **Seasonable** almost at any time. **Sufficient** for 4 persons.

67.—GRAVY SOUP. (*Fr.*—Potage au Jus.)

Ingredients.—3 pints of second stock or gravy stock, 1 lb. of neck or shin of beef (lean), 1 carrot, 1 onion, ½ a turnip, 1 strip of celery, bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, 2 cloves, 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Cut the meat into small pieces. Make the butter hot in the stewpan, put in the meat and sliced vegetables, and fry until brown. Add the stock, herbs, peppercorns, cloves, and seasoning, and cook very gently for 2½ to 3 hours, strain, return to the saucepan, boil up, mix the flour smoothly with a little cold stock, pour it into the soup, simmer 5 minutes longer, add seasoning to taste, and serve.

Time.—3½ to 4 hours. **Average Cost,** 10d. to 1s. without the stock. **Seasonable** at any time. **Sufficient** for 4 persons.

68.—GUMBO SOUP. (*Fr.*—Potage Gombo.)

Ingredients.—1 quart okras, 3 pints beef stock (see Recipe No. 3, p. 139), 6 tomatoes, ¼ pint Lima beans, salt, pepper, 1 tablespoonful of chopped parsley.

Method.—Mince the okras, and cook them in the stock with the sliced tomatoes and the beans. When tender, rub all through a fine sieve, re-heat, season with salt and pepper, and add 1 tablespoonful of chopped parsley.

Time.—1 hour. **Average Cost,** 2s. 6d. to 3s. **Seasonable** at any time. **Sufficient** for 6 persons.

69.—HARE SOUP. (*Fr.*—Purée de Lièvre.)

Ingredients.—3 quarts of second stock, 1 hare or the bones and inferior parts of a hare, 2 ozs. of butter, 1 tablespoonful of cornflour, 1 small onion, 1 small carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 1 glass of port wine, salt.

Method.—Wipe the hare with a clean damp cloth and cut it into small joints. Melt the butter in a stewpan, put in the hare, the vegetables sliced, and the herbs, and fry until brown. Add the stock, salt and peppercorns, and simmer gently for 3 hours. Strain, remove the meat from the bones, and pound it well in a mortar. Rub it through a fine sieve, then return it and the stock to the stewpan, and when boiling add the wine and the cornflour, previously mixed smoothly together. Stir and cook for a few minutes, season to taste, and serve.

Time.—4 hours. **Average Cost,** 4s. to 5s., when made from a whole hare, not including the stock. **Seasonable** from August to March. **Sufficient** for 10 persons.

70.—HARE SOUP. (*Fr.*—Potage de Lièvre.)

Ingredients.—A hare fresh killed, 1 lb. of gravy beef, ½ lb. of raw lean ham, 1 oz. of butter, 1 tablespoonful of well-browned flour, 1 medium-sized onion stuck with 3 cloves, 1 small carrot sliced, ¼ of a pint of port wine or ½ pint of good stout, salt and pepper, 3 quarts of water.

Method.—Skin and paunch the hare, saving as much blood as possible. Divide it into small pieces, put them into a stew-jar, add the beef and ham cut into small pieces, the blood and liver of the hare, the water, onion, carrot, and a good seasoning of salt and pepper. Cover closely, and cook gently, either on the stove or in the oven, for 5 or 6 hours. Meanwhile brown the flour either in a clean frying-pan or on a plate in the oven, let it cool, then blend it smoothly with the butter. Form into small balls, and add them with the wine or stout to the contents of the stew-jar about 1 hour before serving. Strain, add the best parts of the hare, season to taste, and serve.

Time.—From 5½ to 6½ hours. **Average Cost,** 6s. to 8s. **Sufficient** for 8 or 10 persons. **Seasonable** in winter.

The Common Hare (Fr. *lièvre*) is found in all parts of Europe, and in some parts of Asia. Its fur is tawny-red in the back and white underneath; in winter the colour of the mountain hare of Northern Europe changes to white. The average length of the hare is about two feet, and its weight varies from 8 lb. to 14 lb. The flesh is dark and dry, and devoid of fat, but its flavour is much esteemed. When old the ears of the hare are dry and tough, the haunches thick, and the claws rugged and blunt. The ears of young hares tear easily, and its claws are both smooth and sharp. The hare is noted for its timidity, but, as a protection from its enemies, it possesses great acuteness of hearing, and remarkable swiftness of foot. The hare and rabbit are typical examples of the rodent quadrupeds of the genus *Lepus*.

71.—HUNTER'S SOUP. (*Fr.*—Potage à la Chasseur.)

Ingredients.—5 pints of second stock or water, the remains of pheasants, partridges or other game, 4 ozs. of raw lean ham, 3 ozs. of butter, 1½ oz. of flour, 1 onion sliced, 1 small carrot sliced, 1 or 2 strips of celery shredded, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Heat half the butter in a stewpan, add the game divided into small pieces, the ham, the prepared vegetables, and the bouquet-garni, and cook slowly for ½ an hour, turning or shaking the ingredients frequently. Add the stock or water and seasoning of salt and pepper, cover closely, and simmer gently for 2 hours. Meanwhile heat the remainder of the butter, add the flour, and cook gently until it acquires a nut-brown colour. Strain the stock on to it, stir and boil gently until quite smooth, then garnish with a few strips of game and vegetables, season to taste, and serve.

Time.—About 3 hours. **Average Cost,** 8d., in addition to the game and stock. **Sufficient** for 8 persons. **Seasonable** in winter.

72.—KIDNEY SOUP. (*Fr.*—Potage aux Rôgnons.)

Ingredients.—3 pints of second stock or water, ½ lb. ox kidney

½ lb. of lean beef, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of coarsely chopped onion, ½ a tablespoonful of chopped parsley, salt and pepper.

Method.—Cut the meat and kidney into very small pieces. Melt the butter in a stewpan, and fry the meat, kidney, parsley, and onion until brown. Put in the stock or water, salt and pepper, bring to the boil, skim well, then cover, and simmer gently for 3 hours. Strain, pound the meat if convenient, if not, rub as much as possible of it through a wire sieve. Return the soup to the saucepan, and when boiling add the purée of meat, and the flour (previously mixed smoothly with a little water), simmer for a few minutes, and serve. If preferred, the soup may be garnished with a little carrot and turnip, cooked and cut into some small fancy shape.

Time.—From 4 to 4½ hours. **Average Cost,** 10d. to 1s. **Seasonable** at any time. **Sufficient** for 4 persons.

73.—LIEBIG SOUP.

Ingredients.—1 pint of stock, 1 teaspoonful "Lemco" salt and pepper, any garnish that is seasonable or liked.

Method.—This can be made thick or clear. It is quickly prepared, and is very tasty as well as nourishing. To every pint of thick or clear soup add 1 teaspoonful of Liebig's Extract of Meat, called "Lemco," stir until it boils, and serve hot. This soup may be varied to any extent by adding such vegetables as carrots, turnips, celery, green peas, asparagus, vermicelli or macaroni as a garnish. Bone stock or gravy stock does well for this soup.

Time.—5 minutes to make the soup. **Average cost,** without garnish, about 6d.

74.—MACARONI SOUP. (*Fr.*—Potage de Macaroni.)

Ingredients.—3 pints of stock made from the bones and trimmings of meat (see Bone Soup), 1 oz. of butter, 1 oz. of flour, 2 ozs. of macaroni, salt and pepper.

Method.—Put the macaroni into boiling salted water and boil quickly until tender (20 to 30 minutes), then cut it into short lengths. Boil the stock, knead the flour and the butter together, add the compound to the stock, and stir until it becomes smoothly mixed with it. Season to taste, put in the macaroni, cook for 5 minutes, and serve.

Time.—40 to 50 minutes. **Average Cost,** about 2d. without the stock. **Seasonable** at any time. **Sufficient** for 6 persons.

MACARONI (Fr. *macaroni*).—In Italy, and especially with Neapolitans, macaroni is a popular article of food It is prepared from hard varieties of wheat, which is ground to a fine meal and made into a stiff paste with a small quantity of water. The mass, placed in a hollow, cylindrical vessel, is squeezed through apertures of various sizes by means of a powerful screw. That pressed through fine holes is called vermicelli. While issuing from the holes, the macaroni is partially baked by a fire placed below the cylinder, and at the same time it is drawn away and hung over rods to dry either by artificial heat or in the sun; the sun-dried macaroni is esteemed the best. Macaroni is a nutritious and wholesome food, and is used for thickening soups, for puddings, and other forms of cookery. Macaroni paste rolled out into flat cakes is cut into various shapes and devices, and sold under the designation of "pastes."

75.—MILK SOUP. (*Fr.*—Potage au Lait.)

Ingredients.—3 pints of boiling milk, 2 ozs. of butter, 1 oz. of flour, ½ a small white cabbage finely shredded, salt and pepper.

Method.—Heat the butter in an enamelled or well-lined saucepan, add the cabbage, and let it cook gently for 15 or 20 minutes. Now add the boiling milk, simmer gently for about 10 minutes, then stir in the flour, which must previously have been smoothly blended with a little cold water. Stir and boil gently for 6 or 7 minutes, then season to taste, and serve.

Time.—About 40 minutes. **Average Cost,** 8d. **Sufficient** for 6 persons. **Seasonable** at any time.

76.—MULLIGATAWNY SOUP. (*Fr.*—Potage à l'Indienne.)

Ingredients.—2 quarts of water, 2 lb. of mutton (a tin of Australian mutton may be used), 2 onions, 2 carrots, 2 apples, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 2 tablespoonfuls of flour, 1 tablespoonful of curry powder, the juice of ½ a lemon, salt.

Method.—Remove the fat from the mutton and melt it in the saucepan. Have the apples and vegetables ready sliced, and when there is sufficient liquid fat to fry them, take out the pieces of fat, put in the vegetables, and cook them for 15 minutes. Sprinkle in the flour and curry powder, fry for a few minutes, then add the meat in small pieces, a teaspoonful of salt, the herbs and water. When the compound boils, remove the scum as it rises, then cover and cook gently for 3 hours. Strain, rub the meat through a wire sieve, and return to the saucepan. When boiling, add the lemon-juice, season to taste, and serve. Well-cooked rice should be handed round with this soup.

Time.—4 to 4½ hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Seasonable** at any time. **Sufficient** for 6 persons.

Note.—The bones and remains of any kind of meat or poultry may be used instead of Mutton. The soup would take its name from the materials employed as

Oxtail Soup, Indian Style.	(*Fr.*—Queue de Bœuf a l'Indienne.)
Rabbit Purèe, Indian Style.	(*Fr.*—Purèe de Lapin a l'Indienne.)

77.—OX CHEEK SOUP. (*Fr.*—Potage de Moufle de Bœuf.)

Ingredients.—5 quarts of water, 1 ox cheek, 2 onions, 2 carrots, 1 turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, basil, marjoram, bay-leaf), 12 peppercorns, 4 cloves, 2 blades of mace, 2 ozs. of butter, 2 ozs. of flour.

Method.—Soak the cheek in salt and warm water for 5 or 6 hours, changing it 2 or 3 times. Prepare the vegetables and cut them into thick slices, melt the butter in a large stewpan, add the vegetables to it, and fry until brown. Well wash the ox cheek, break the bones into small pieces, and put them into the stewpan ; also put in the herbs, seasonings, meat and water. Bring slowly to the boil, skim well, put on the cover and simmer gently for 3 hours, or according to the size of the cheek, strain, return the soup to the saucepan, and bring to the boil. Mix the flour smoothly with a little cold water or stock, pour it into the soup, stir and simmer for 5 or 6 minutes. Cut the smaller pieces of meat into dice and add them to the soup, also cut a few dice of cooked celery and carrot. Season to taste, and serve.

Time.—About 4 hours. **Average Cost**, 2s. 6d. **Seasonable** in winter. **Sufficient** for 12 persons.

THYME (Fr. *thym*).—There are numerous species of this aromatic plant, which are native to the temperate regions. The wild variety in Britain is characterized by its well-known fragrant smell. The cultivated garden-thyme is indigenous to the south of Europe ; its young leaves and tops are used for flavouring soups and sauces, and as an ingredient in stuffings. From the essential oil contained in thyme a flavouring essence is prepared.

78.—OXTAIL SOUP. (*Fr.*—Potage de Queue de Bœuf.)

Ingredients.—1 oxtail, 2 quarts of second stock or water, 2 onions, 2 carrots, 1 turnip, 2 strips of celery, 2 ozs. of butter, 2 ozs. of lean ham or bacon (cut into dice or cubes), a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, salt, 1 glass of sherry, 1 tablespoonful of cornflour.

Method.—Cut the tail into small joints, put it into a stewpan, cover with cold water, boil up and strain. Dry the pieces of oxtail, roll them in flour, put them with the ham and sliced vegetables and butter into the stewpan, and fry until brown. Then add the stock, herbs peppercorns, cloves, and salt, boil and skim well. Put on the lid and cook very gently for about 4 hours. Strain, remove the fat, return to the stewpan, and when the soup boils add the sherry and cornflour smoothly mixed together, stir and cook for a few minutes. Serve the smaller pieces of the tail in the soup, the remainder may be re-heated in a good brown sauce and served as an entrée.

Time.—5½ to 6 hours. **Average Cost**, 2s. 9d. without the stock. **Seasonable** at any time. **Sufficient** for 6 persons.

THE OX (Fr. : *Boeuf*).—The name of various breeds of ungulated or "hoofed" ruminants of the sub-family *Bovidae*. Like the sheep, the ox (including under this designation also the cow) in its domesticated state is one of the most valuable of animals for its flesh and the various products of its skin, horns, hair, bones and milk. So highly was the ox prized by the ancient Egyptians that it was regarded as a special object of worship, and at the present day the cow is still venerated by the

Hindus. It forms one of the signs (Taurus) of the Zodiac. Oxen and sheep have from the earliest ages been used for religious sacrifices. They also constituted the wealth of the earlier races. The original stock of existing breeds is unknown. The Chillingham cattle are a type of the older wild ox and are supposed to be the descendants of the Urus, or "mountain bull," inhabiting the forest districts of Britain at the time of the Roman invasion. The Aurochs, or Lithuanian bison, is also an example of the wild variety. The chief breeds in Britain are the Ayrshire, Alderney, Kyre, and Durham shorthorn, with crosses between these varieties, bred for food or the dairy. A large quantity of beef is now imported from America and Canada. Beef constitutes the principal article of animal food, and is highly nutritious, but less digestible than mutton. It's constituents are :—In 100 parts: Water, 72.0; proteids, 21.0; fats, 6.0; salts, 1.0.

79.—PARTRIDGE SOUP. (*Fr.*—Potage de Perdrix.)

Ingredients.—2 quarts of second stock, 1 cold roast partridge, or the remains of two or three, ¼ of a lb. of calf's or chicken's liver, 2 ozs. of lean bacon or ham, 2 ozs. of butter, 1½ ozs. of flour, 1 bouquet-garni (parsley, basil, marjoram, thyme, bay-leaf), 1 glass of port or sherry, salt and pepper.

Method.—Cut a teaspoonful of small dice from the breasts of the birds and put them aside. Cut the remainder of the birds into small pieces, the liver into thin slices, and the bacon into dice. Fry all these together in 1 oz. of butter until brown, then add the stock, bouquet-garni, seasoning, and simmer gently for 1½ to 2 hours, keeping the compound well skimmed; strain, pound the meat in a mortar and rub it through a sieve, or, when pounding is inconvenient, rub as much as possible through a wire sieve. Melt the remaining oz. of butter, stir in the flour, and cook until brown. Pour in the stock, stir until it boils, add the purée of meat, wine, seasoning if necessary, the dice of partridge, simmer for a few minutes, and serve.

Time.—2½ to 3 hours. **Average Cost,** 9d. without stock and partridge. **Seasonable** from September 1 to February. **Sufficient** for 6 persons.

The Partridge (Fr. *perdrix*).—The common partridge is in Britain the most abundant of the game birds, and belongs to the same family as the grouse. Its general colour is ash-grey, varied by brown and black. The male partridge is about 12 inches in length; the female is somewhat smaller. It feeds principally on grain and insects. The eggs are olive-brown, and the young brood is known as a "covey." A characteristic of the partridges is their habit of associating together and frequenting their native locality. The French partridge, or red-legged variety, a native of southern Europe, is larger than the English variety, and is numerous in the eastern counties of England. It is stronger on the wing than the English bird, and does not fly in coveys. The eye is pencilled in front and behind by a white line, and its eggs are yellowish white marked with brown. In the United States several species of quail are called partridges.

80.—QUEEN SOUP. (*Fr.*—Potage à la Reine.)

Ingredients.—1 chicken, 3 quarts of white stock, 4 ozs. of bacon, 1 carrot, 1 onion, 1 bunch of parsley, thyme, bay-leaf, 3 ozs. of butter, 1 oz. of almonds, 4 ozs. of breadcrumbs, chicken quenelles, seasoning, ½ a pint of milk.

Method.—Slice the bacon and put in a stewpan together with the vegetables, herbs, etc. Place the chicken, previously trussed as for boiling, on top, season with pepper and salt, pour in 1 quart of stock, cover with a lid, and let it reduce slowly; add the remainder of the stock, boil slowly, skim, and continue to boil until tender. Remove the chicken, free it from skin and bones; pound the meat in a mortar with breadcrumbs, season with salt and nutmeg, moisten with all the stock, and rub through a fine sieve. Return to the stewpan. Peel and pound the almonds, boil in milk and pass through a tammy. Add this to the soup together with the butter just before serving. Serve the soup with a garnish of small chicken quenelles, also a handful of freshly cooked peas or asparagus points.

Average Cost.—6s. 10d. **Sufficient** for 8 persons. **Seasonable** at any time.

81.—RABBIT SOUP WITH SORREL. (*Fr.*—Potage de Lapin à l'Oseille.)

Ingredients.—3 quarts of water, 1 rabbit, ½ a lb. of shin of beef, 2 ozs. of lean bacon, 1 onion, 1 small carrot, a few leaves of sorrel, 10 peppercorns, 2 cloves, 2 blades of mace, 2 ozs. of butter, 1½ ozs. of flour, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Cut the bacon into dice or cubes, the beef into small pieces, and the rabbit into small joints : from the back cut one or two nice fillets. Melt the butter in a large stewpan, and fry the beef, bacon, and rabbit until brown ; put the small fillets aside, to be used later as a garnish. Add the water, sliced carrot, the onion, into which the cloves should be stuck, peppercorns, mace and salt, bring slowly to the boil, and skim well. Cook slowly for 3 hours, then strain. Put the beef into the stock-pot. The meat of the rabbit and the bacon pound well, and rub through a fine sieve. Re-heat the soup, mix the flour smoothly with a little cold stock, add it to the soup, stir and cook for a few minutes. Put in the purée of meat. Wash the sorrel, cut it into fine shreds, blanch, strain, and put into the soup. Cut the fillets of fried rabbit into dice, and add them, together with the lemon-juice, parsley, and any necessary seasoning, to the soup, and serve.

Time.—About 4 hours. **Average Cost.** 2s. 4d. to 2s. 6d. **Seasonable** from September to March. **Sufficient** for 10 persons.

82.—RABBIT SOUP (WHITE). (*Fr.*—Potage de Lapin.)

Ingredients.—1 rabbit, 3 pints of second stock, 1 pint of water, 4 ozs. of gammon of bacon, 1 onion, a piece of celery, 1 small bunch of savoury herbs, 1 oz. of butter, 1 oz. of flour, ½ a pint of milk, seasoning.

Method.—Skin the rabbit, wipe it with a damp cloth, and cut it up into small pieces. Put it in a stewpan with 3 pints of stock and 1 pint of water, bring it to the boil, skim, and add the bacon, the onion (stuck with a clove), celery and herbs. Cook gently for 1½ hours, or until the meat is quite tender. Remove the best pieces of rabbit (these can be used for croquettes, etc.), and the bunch of herbs. Melt the butter, add the flour, mix well, stir in the milk, and boil. Stir into the pan containing the soup, simmer for 20 minutes, season with salt, pepper and nutmeg, and rub through a sieve. Re-heat, and add, if liked, a cupful of cream. Serve with fried bread croûtons.

Time.—1½ to 2 hours. **Average Cost,** 2s. 3d. **Sufficient** for 8 persons. **Seasonable** from October to January.

83.—RABBIT SOUP (BROWN.)

This is made in a similar manner as explained in the foregoing recipe, the only difference being that the rabbit is fried after it is cut up, and brown stock should be used. The bacon and rabbit should be fried in dripping until they acquire a brown colour, after which the flour used for thickening must be fried also. The stock and water is then added, with the vegetables, etc. Cook gently for 1½ hours, and strain, season to taste, then serve. This soup should be of a dark fawn colour. It is best to omit the cream mentioned in the foregoing recipe.

84.—RICE SOUP. (*Fr.*—Potage au Riz.)

Ingredients.—2 pints of white second stock, 1 pint of milk, the yolks of 2 eggs, salt and pepper, 3 tablespoonfuls of rice.

Method.—Boil the stock, add the rice, previously well-washed, and simmer gently for about ½ hour, or until the rice is thoroughly cooked. Rub through a hair sieve, return to the stewpan, add the milk, and boil. Beat the yolks of the eggs with a little milk or cold stock, let the soup cool slightly, then pour in the eggs and stir until the soup thickens. Season to taste, and serve.

Time.—½ to 1 hour. **Average Cost,** 5d. to 6d. without the stock. **Seasonable** all the year. **Sufficient** for 6 persons.

Rice (Fr.: *Riz*).—This important food-plant, which belongs to the natural order of the Grassel, was long known in the East before it was introduced into Egypt and Greece, and forms the principal article of diet of the Hindus and Chinese. It is now extensively cultivated in the low grounds of the tropical and sub-tropical districts of South-East Asia, Egypt, China, Japan, Java, Central America, and grows luxuriantly in the rich alluvial deposits of the Nile. The stalk of the rice plant varies from one to six feet, and is erect, round, and jointed; its leaves are large, firm, and spear-shaped; the seeds are white and oblong, varying in form according to the different varieties, as the Carolina, Rangoon, Patna, and other kinds. Rice in the husk is called "paddy." It is a light and wholesome food, but is very poor and deficient in proteids, fats, and salts, and therefore contains only a small proportion of nitrogenous or flesh-forming matter, 5 in 100 parts, and should be used in combination with meat, peas, or beans to supply the proteids, fat, and common salt.

85.—SAGO SOUP. (*Fr.*—Potage de Sagou à la Crême.)

Ingredients.—3 pints of second stock, 1 pint of milk, ¼ a pint of cream, 3 ozs. of fine sago, the yolks of 3 eggs, 1 bay-leaf, sugar, salt and pepper.

Method.—Put the stock and bay-leaf into a stewpan, when boiling sprinkle in the sago and cook gently for 20 minutes, or until the sago is transparent. Add the milk, a good pinch of sugar, salt and pepper to taste, and continue to simmer a few minutes longer. Beat the yolks of the eggs and the cream together, add these to the soup, and stir until it thickens, but it must not be allowed to boil or the eggs will curdle. Remove the bay-leaf, and serve.

Time.—40 minutes. **Average Cost,** 10d. to 1s. without the stock. **Seasonable** at any time. **Sufficient** for 8 persons.

Note.—This Soup, the principal ingredients of which are sago and eggs, has always been considered very beneficial to the chest and throat. In various quantities and in different preparations, sago and eggs have been partaken of by many famous singers, including the celebrated "Swedish Nightingale," Jenny Lind, with considerable benefit to the voice in singing.

Sago (Fr. : *Sagou*).—A farinaceous food obtained from the cellular starchy pith of several species of a genus of palms, especially *Sagus Laevis* and *Sagus Rumphii*, the latter yielding the finest kind of sago. Both of these species are natives of the Malay Archipelago. The Malay word *sagu* means "bread," from the circumstance that sago forms the chief farinaceous diet of the Malays. To procure sago the trees, which grow to a height of about thirty feet, with a diameter of about one and a half feet, are felled, with their flowering spike forms. From the stems, which are cut into convenient sections, the pith is extracted, and beaten in receptacles of cold water to separate the starch granules from the woody filaments with which they are associated. After washing and straining, the meal is dried. For exportation the moist sago is dried and rubbed to smaller granular pellets, and according to the size of these is designated "pearl," "medium," or "bullet" sago. An imitation is made from potato starch, but is easily detected by the microscope. A common variety of sago is made in India and Ceylon from various palm-trees. Sago, from its ready solubility, is easy of digestion, and is a valuable light, nutritious, farinaceous food. It is largely used in the preparation of soluble cocoas.

86.—SHIN OF BEEF SOUP. (*Fr.*—Potage de Bœuf.)

Ingredients.—2 lb. of shin of beef, 3 quarts of water, 2 ozs. of butter or dripping, 1 oz. of flour, 1 onion sliced, 1 carrot sliced, ¼ of a turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt.

Method.—Heat the butter in a saucepan, put in the prepared onion, carrot and turnip, and fry them brown. Add the water, the meat cut into small pieces, the bouquet-garni, peppercorns, and a little salt, and simmer gently for 3 or 4 hours. Strain, skim well, re-heat, and stir in the flour previously mixed with a little cold water. Boil gently for 5 or 6 minutes, then serve garnished with a little cooked vegetable, macaroni, or other farinaceous substance.

Time.—From 3½ to 4½ hours. **Average Cost,** 1s. 3d. to 1s. 5d. **Sufficient** for 8 persons. **Seasonable** at any time.

87.—SOUP WITHOUT MEAT. (*Fr.*—Soupe Maigre.)

Ingredients.—2½ quarts of boiling water, 4 ozs. of butter, 2 onions cut into dice, 1 head of celery cut into dice, 2 lettuces shredded, 2 handfuls of spinach, 2 or 3 sprigs of parsley, 2 or 3 teaspoonfuls of vinegar, the yolks of 2 eggs, salt and pepper.

Method.—Heat the butter in a stewpan, add the prepared vegetables, cover closely, and cook very slowly for about ½ an hour. Now add the boiling water and a seasoning of salt and pepper, and simmer gently until all the vegetables are tender. Beat the yolks of eggs slightly, add gradually a few tablespoonfuls of the boiling soup, and when thoroughly blended add the preparation to the contents of the saucepan. Stir and cook gently for a few minutes to cook the eggs, then add salt, pepper, and vinegar to taste, and serve.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 7 or 8 perons. **Seasonable** at any time.

Lettuce (Fr.: *Laitue*).—A herbaceous annual plant of the genus *Lactuca* of the order *Compositæ* which includes the chicory tribe, with small pale yellow flowers. It grows in the temperate regions, and the garden lettuce is cultivated as a salad herb. The lettuce was known to the Greeks and Romans, and has been in use in England since the time of Elizabeth. There are various gardeners' varieties of the lettuce—modifications of the cabbage variety, and that with long oblong leaves. The lettuce should be eaten while young; when in flower it possesses narcotic and poisonous properties. From the characteristc milky juice of the lettuce, *Lactucorium*, or "lettuce opium," used medicinally as an anodyne, is prepared.

88.—SPRING SOUP WITHOUT MEAT. (*Fr.*—Potage Printanière Maigre.)

Ingredients.—3 pints of water, 1 head of lettuce, ¼ of a white-heart cabbage, 1 carrot, 1 turnip, 1 onion, 2 leeks, ½ a head of celery, 1 small cauliflower, 4 ozs. of butter, croûtons (or small slices) of toasted bread, salt and pepper.

Method.—Cut the flower of the cauliflower into small pieces and put them aside, cut the tender part of the stalk into small pieces. Prepare the rest of the vegetables and shred them finely, melt the butter in a large stewpan, put in the shredded vegetables and the stalk of the cauliflower, and cook without browning for 20 minutes. Add to them the water, salt and pepper, and cook gently until tender (about 1 hour); 20 minutes before serving, put in the sprays of cauliflower. Cut 2 or 3 slices of very thin well-browned toast into small dice, and put them into the tureen. Add any necessary seasoning to the soup, and serve.

Time.—About 1½ hours. **Cost,** 10d. to 1s. **Seasonable** in spring. **Sufficient** for 6 persons.

89.—TAPIOCA CREAM SOUP. (*Fr.*—Potage au Tapioca.)

Ingredients.—1 quart of white stock, or half stock and half milk, ¼ of a pint of cream, the yolks of 3 eggs, 1 tablespoonful of fine sago or crushed tapioca, salt and pepper.

Method.—The stock should be well flavoured, otherwise it must be simmered with a little onion, carrot, celery and herbs, and then strained for use. Bring the stock to boiling point, sprinkle in the sago, or whatever is used in its place, and stir and cook until it becomes transparent, then let the soup cool slightly. Mix the yolks of the eggs and the cream together (a ¼ of a pint of milk may be substituted when it is not convenient to use cream), add to the soup and stir till it thickens : it should have the consistency of single cream. When a thicker soup is desired, mix a teaspoonful of flour or cornflour with a little milk, and add it to the soup at the same time as the sago. Season to taste, and serve.

Time.—20 to 30 minutes. **Cost,** about 9d., not including the stock. **Seasonable** at any time. **Sufficient** for 8 persons.

90.—TOMATO SOUP. (*Fr.*—Potage aux Tomates.)

Ingredients.—1 quart of second stock or water, 2 lb. of tomatoes, either fresh or tinned, 2 ozs. of lean ham (this may be omitted when using stock), 1 oz. of butter, 1 tablespoonful of fine sago, 1 onion, 1 carrot, or bouquet-garni (parsley, thyme, bay-leaf), salt, pepper, castor-sugar.

Method.—Slice the tomatoes, onion and carrot ; cut the ham into small dice cubes. Melt the butter, add to it the ham, carrot and onion, fry for 5 minutes, put in the tomatoes and herbs, and cook for 15 minutes longer. Pour in the stock or water, and cook gently until the vegetables are tender, then rub the ingredients through a wire sieve. Return the soup to the stewpan, and when boiling sprinkle in the sago and cook until it becomes transparent. Season to taste, add a good pinch of sugar, and serve. Croûtons, or small slices of fried or toasted bread, should be served separately.

Time.—About 1 hour. **Average Cost,** 9d. to 10d. without the stock. **Seasonable** at any time, but more especially in summer. **Sufficient** for 6 persons.

91.—TOMATO SOUP (without meat). (*Fr.*—Potage de Tomate Maigre.)

Ingredients.—2 lb. of fresh tomatoes, 1 Spanish onion, a small bunch of mixed herbs, 3 pints of water, salt and pepper, 1 oz. of crushed tapioca or semolina, 2 ozs. of butter.

Method.—Peel and slice the onion, cut the tomatoes into small slices. Fry the onion a nice light brown in the butter, add the tomatoes, and fry them a little, then put in the water and the bunch of herbs. Allow all to cook till tender, rub through a hair sieve, return to the stewpan, season to taste with salt and pepper. When boiling, gradually add the tapioca or semolina, and cook for 10 minutes longer. Serve with small croûtons of fried bread.

Time.—One hour. **Average Cost,** 1s. 3d. to 1s. 7d. **Seasonable** at any time. **Sufficient** for 6 persons.

92.—TOMATO AND LENTIL SOUP. (*Fr.*—Potage de Tomates et Lentilles.)

Ingredients.—2 pints of stock or water, 1 pint of milk, ½ a pint of lentils, 2 ozs. of lean bacon or ham, 1½ ozs. of butter, 1 oz. of flour, 1 lb. of tomatoes (fresh or preserved), 1 onion, 1 carrot, ½ a turnip, 1 small leek, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, salt and pepper.

Method.—Wash and soak the lentils for 12 hours, and drain well before using. Slice all the vegetables, and cut the bacon into dice. Melt the butter in a stewpan, put in the ham and all the vegetables, except the tomatoes, and cook slowly for a few minutes, then add the tomatoes and lentils, cover closely, and steam the contents of the stewpan for 15 or 20 minutes. Add the stock or water, bouquet-garni, peppercorns, and cloves, and simmer for 3 hours, or until the lentils are tender. Strain, return to the saucepan, and when boiling add the milk. Mix the flour smoothly with a little stock or milk, and add it to the boiling soup. Stir and simmer for a few minutes to cook the flour, then season to taste, and serve.

Time.—4 to 4¼ hours. **Average Cost,** 11d. or 1s. without the stock. **Seasonable** at any time. **Sufficient** for 5 or 6 persons.

93.—TURKEY SOUP. (*Fr.*—Potage de Dinde.)

Ingredients.—2 quarts of white second stock, the remains of a cold roast turkey, 2 ozs. of cooked macaroni, 1½ ozs. of crème de riz (rice-flour), 1 small onion, 1 bay-leaf, 1 small blade of mace, salt and pepper.

Method.—Divide the remains of the turkey and the bones into small pieces, put them into a stewpan with the onion, bay-leaf, mace, and a little salt and pepper or peppercorns, add the stock, and simmer gently for 3 hours. Strain, return to the saucepan, add the crème de riz, previously blended smoothly with a little cold stock or milk, stir and boil gently for 7 or 8 minutes. Have the macaroni ready boiled and cut into very short lengths, put it into the soup, season to taste, make thoroughly hot, and serve.

Time.—About 3½ hours. **Average Cost,** 4d., in addition to the stock and turkey. **Sufficient** for 5 or 6 persons. **Seasonable** in winter.

THE TURKEY (Fr.: *Dindon*).—This well-known bird is a native of North America, where it abounds in a wild state. It was introduced into England in the sixteenth century. The plumage of the wild male bird is a golden bronze, shot with violet and green, banded with black. The turkey is much esteemed for the excellence of its flesh and eggs. In its domesticated state it is a very delicate bird and difficult to rear.

94.—TURTLE SOUP. (*Fr.*—Potage Tortue.)
(Founded on M. Ude's Recipe.)

Ingredients.—A very small turtle, 6 slices of ham, 2 knuckles of veal, 1 large bunch of sweet herbs, 3 bay-leaves, parsley, green onions, 1 onion, 6 cloves, 3 blades of mace, ¼ lb. of fresh butter, 1 bottle of Madeira, 1 lump of sugar.

For the **Quenelles à la tortue** 1 lb. of veal, 1 lb. of breadcrumbs, milk, 7 eggs, cayenne, salt, spices, chopped parsley, the juice of 2 lemons.

Method.—To make this soup more easily, cut off the head of the turtle the preceding day. In the morning open the turtle by leaning heavily with a knife on the shell of the animal's back, while you cut this off all round. Turn the turtle upright on its end to drain out all the water, etc., then cut the flesh off along the spine with the knife sloping towards the bones, so as to avoid touching the gall, which sometimes may escape the eye. When all the flesh about the members is obtained, wash these clean, and let them drain. Have ready, on the fire, a large vessel full of boiling water, into which put the shells ; when you perceive that they come off easily, take them out of the water, and prick them all, with those of the back, belly, fins, head, etc. Boil the back and the belly until the bones can be taken out, without, however, allowing the softer parts to be sufficiently done, as they will be boiled again in the soup. When these latter come off easily, lay them on earthen dishes singly for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, this liquor being valuable for moistening sauces.

All the flesh of the interior parts, the four legs and head, must be drawn down in the following manner : Lay the slices of ham on the bottom of a very large stewpan, over them the knuckles of veal, according to the size of the turtle ; then the inside flesh of the turtle, and, over the whole, the members. Now moisten with the water in which you are boiling the shell, and draw it down thoroughly. You may now ascertain if it be perfectly done by thrusting a knife into the fleshy part of the meat. If no blood appears, it is time to moisten it again with the liquor in which the bones, etc., have been boiling. Put in a large bunch of all such sweet herbs as are adapted for the cooking of a turtle —sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with 6 cloves. Let the members be thoroughly cooked, probe them to see if they are done, and if so, drain and send them to the larder, as they are to make their appearance only when the soup is absolutely completed. When the flesh is also completely cooked, strain it through a silk sieve, and make a very thin white roux (i.e., a preparation of butter and flour), for turtle soup must not be thickened very much. When the flour is sufficiently done on a slow fire, and has a good colour, moisten it with the liquor, keeping it over the fire until it boils. Ascertain that the sauce is neither too thick nor too thin ; then draw the stewpan to the side of the stove and skim off the white scum, and all the fat and oil that rises to the surface of the sauce. By this time all the softer parts will be sufficiently cold ; they must be cut about 1 or 2 inches square, and thrown into the soup, which must now be left to simmer gently. When done, skim off all the fat and froth. Take all the leaves of the herbs from the stock—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion cut in 4 pieces, with a few blades of mace. Put these in a stewpan, with about $\frac{1}{4}$ of a lb. of fresh butter, and let it simmer on a slow fire till quite melted, then pour in 1 bottle of good Madeira, adding a small piece of sugar, and let it boil gently for 1 hour. When done, rub it through a tammy-cloth, and add it to the soup. Let this boil till no white scum rises ; then with a skimmer remove all the bits of turtle out of the sauce, and put them in a clean stewpan ; when you have taken all out, pour the soup over the pieces of turtle, through a tammy-cloth, and proceed as follows :—

Quenelles à la Tortue.—Make some quenelles à la tortue, which do not require to be very delicate, being substitutes for eggs. Take from the fleshy part of a leg of veal about 1 lb., scrape off all the meat, without any sinews or fat. Soak about the same quantity of crumbs of bread in milk. When the bread is well soaked, squeeze it, and put it into a mortar with the veal, a small quantity of calf's udder, a little butter, the yolks of 4 eggs, boiled hard, a little cayenne pepper, salt and spices, and pound the whole very fine ; then thicken the mixture with 2 whole eggs and the yolk of another. Next try this farce or stuffing, in boiling hot water, to ascertain its consistency ; if it is too thin, add the yolk of an egg. When the farce is perfected, take half of it, and put into it some chopped parsley. Let the whole cool, then form it into the shape and size of the yolk of an egg ; poach them in salt and boiling water, and when very hard drain on a sieve, and put it into the soup. Before serving, squeeze the juice of 2 or 3 lemons upon a little cayenne pepper and pour into the soup. The fins may be served as an entrée with a little turtle sauce ; if not, on the following day you may warm the turtle in the bain marie, and serve the members entire, with a matelote sauce, garnished with mushrooms, cocks' combs, quenelles, etc. When either lemon-juice or cayenne pepper has been introduced no boiling must take place.

Note.—It is necessary to observe that the turtle prepared a day before it is used is generally preferable, the flavour being more uniform. Be particular, when you dress a very large turtle, to preserve the green fat in a separate stewpan (be cautious not to turn it a brown colour—the natural green of the fish is preferred by every epicure and true connoisseur), and also when the turtle is entirely done, to have as many tureens as you mean to serve each time. You cannot put the whole in a large vessel, for various reasons: first, it will be long in cooling; secondly, when you take some out, it will break all the rest into rags. If you warm it in a bain-marie (a vessel immersed in another outer vessel of water), the turtle will always retain the same taste; but if you boil it often it becomes strong, and loses its delicacy of flavour.

The Cost of Turtle Soup.—This is the most expensive soup brought to table. It is sold by the quart—one guinea being the standard price for that quantity. The price of live turtle ranges from 8d. to 2s. per lb., according to supply and demand. When live turtle is dear, many cooks use the tinned turtle, which is killed when caught, and preserved by being put into hermetically-sealed canisters, and so sent over to England. The cost of a tin, containing 2 quarts, or 4 lb., is about £1, and for a small one, containing the green fat, 3s. 6d. From these about 6 quarts of good soup may be made. Sun-dried turtle is also sold, and answers very well. It requires to be soaked as well as stewed for a long time, and put into good stock.

THE GREEN TURTLE (Fr.: *Tortue*) is the best known of the various species of turtles, from the fact that its flesh furnishes the materials for the rich soup so highly prized as a table delicacy. The fat of its upper and lower shields is considered the richest and most delicate part. The green turtle is an inhabitant of the warm seas of the Atlantic and Indian Oceans, and is common at the Antilles and round the coast of Ascension Island. It attains the dimensions of five to seven feet, and often weighs about 700 pounds. The eggs of the green turtle are esteemed a delicacy. Turtles are amphibious and feed upon marine plants. The turtle as an article of luxury is popularly associated with the Lord Mayors' banquets.

95.—VEGETABLE SOUP. (*Fr.*—Potage aux Légumes.)

Ingredients.—2 carrots, 1 turnip, 1 onion, 1 leek, 2 strips of celery, 1 dessertspoonful of finely chopped parsley, 2 ozs. of butter, 1½ ozs. of flour, 1 pint of boiling water, 1 pint of milk, salt and pepper.

Method.—Prepare the vegetables and cut them into strips about the size of a short and rather thick match. Melt the butter in a stewpan, and fry the vegetables very slowly until the butter is absorbed, then add the water, ¾ of the milk, salt and pepper, and simmer gently until the vegetables are tender (5 to 10 minutes). Mix the flour and the rest of the milk smoothly together, pour the mixture into the saucepan, stir and cook for a few minutes, then serve.

Time.—To prepare the vegetables, 20 to 30 minutes. To make the soup, 25 to 30 minutes. **Cost,** about 5d. **Seasonable** at any time. **Sufficient** for 4 persons.

96.—VEGETABLE SOUP (THICK). (*Fr.*—Potage aux Légumes, Liè.)

Ingredients.—1 quart of water, 1 pint of milk, 1 onion, 1 carrot, ½ a turnip, 4 tablespoonfuls of lentils, 2 tablespoonfuls of pearl-barley (rice, sago or tapioca may be used instead), 1 tablespoonful of flour, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper.

Method.—Wash the lentils in two or three waters, then put them and the water into a saucepan and cook gently. Cut the vegetables into dice or cubes. Blanch the barley by putting it into cold water and bringing it to the boil, strain, wash well, and add it to the lentils. When the lentils and barley are cooked, put in all the vegetables, salt and pepper, simmer gently for 20 minutes, then add the milk. Mix the flour smoothly with a little water, pour it into the soup, and stir until it boils. Simmer a few minutes longer, season to taste, and serve.

Time.—1 to 2 hours. **Average Cost,** 4d. to 6d. **Seasonable** at any time, but more particularly so in winter. **Sufficient** for 6 persons.

97.—WHITE OR MILK SOUP. (*Fr.*—Potage au Lait.)

Ingredients.—2½ pints of milk, 3 tablespoonfuls of cooked rice, 1½ ozs. of flour, 1 teaspoonful of finely-chopped onion, 1 saltspoonful of finely-chopped lemon-rind, ¼ of a saltspoonful of ground mace, salt and pepper.

Method.—Mix the flour smoothly with a little cold milk or water, add it to the milk when quite boiling, and stir until it thickens slightly. Put in the onion, lemon-rind, and a seasoning of salt and pepper, simmer gently for 15 minutes, then add the prepared rice, and serve.

Time.—About ½ an hour. **Average Cost,** 6d. **Sufficient** for 5 persons. **Seasonable** at any time.

98.—WINTER SOUP. (*Fr.*—Potage d'Hiver.)

Ingredients.—1 small white cabbage, 1 small onion, 1 leek, 1 oz. of butter or dripping, 1 pint of milk, 1 oz. of sago or rice, salt and pepper, 1 slice of toasted bread, 1 quart of water.

Method.—Wash and trim the cabbage, cut the leaves into very fine shreds, put them into salted boiling water and cook for 10 minutes; take up and drain. Melt the butter in a saucepan, add the onion and leek (previously peeled, cleaned and cut into thin slices), cook a little, then add the cabbage, and stir the whole over the fire for a few minutes longer. Moisten with a quart of water, boil, skim, and simmer gently until all the vegetables are tender; season with pepper and salt, add the milk (boiling), put in the sago or rice, and cook for another 20 minutes. Serve with small sippets of toasted bread.

Time.—About 1 hour. **Average Cost,** 6d. to 8d. **Sufficient** for 6 persons. **Seasonable** in winter.

Purées.

99.—ALMOND SOUP. (*Fr.*—Potage d'Amandes à la Crême.)

Ingredients.—1 quart of milk, or half milk and half white stock, ¼ of a lb. of ground almonds, 2 hard-boiled eggs, 1 oz. of butter, 1 oz. of flour or cornflour, 1 onion, 2 strips of celery, salt and pepper.

Method.—Mince the onion and celery finely, put them into a stewpan with the ground almonds, cover with cold water and simmer gently for ½ an hour, then rub through a fine sieve : rub the yolks of the eggs through at the same time. In the meantime make the milk hot in the saucepan, add to it the purée of almonds, onion, celery, and egg, and boil up. Knead the butter and flour together, put these into the soup and stir until smoothly mixed with it, cut the whites of the eggs into dice, add them with the necessary seasoning to the soup, and serve.

Time.—1 to 1¼ hours. **Average Cost,** 10d. to 1s. **Seasonable** at any time. **Sufficient** for 6 persons.

Almond (Fr. : *Amande*).—This tree is indigenous to the northern parts of Asia and Africa, but it is also cultivated in Europe, especially in the south of France, Spain, and Italy. It grows to about twenty feet in height, and is allied to the peach, natural order *Rosaceae.* Its flowers, of a beautiful pink, appear before the leaves are produced ; these are oval shaped, with serrated edges. The fruit is ovoid in form, and covered with down, encasing the almond in a wrinkled shell. There are two varieties of the almond-tree, one sweet and the other bitter. The chief kinds of sweet almonds are the Jordan or Syrian, which comes from Malaga, the Valencian, and the Italian. Bitter almonds are imported from Mogador, and in addition to a fixed oil, consisting chiefly of olein, which is common to both varieties, bitter almonds contain a substance called emulsin and a bitter crystallizable body named amygdalin ; the latter by its action on the former produces by distillation the essential oil of almonds, the principal constituents of which are prussic acid, benzoic acid, and hydride of benzoyl. The essential oil is used for perfuming soap, for flavouring confectionery, and in cookery ; but great care is necessary in its use owing to the presence, as mentioned above, of the highly poisonous substance prussic acid.

100.—APPLE SOUP. (*Fr.*—Purée de Pommes.)

Ingredients.—2 quarts of second stock, 2 lb. of cooking apples, 3 cloves, ¼ of an inch of root ginger, salt and pepper.

Method.—Peel, quarter, and core the apples, cut them into thick slices, and add them with the cloves and ginger to the boiling stock. Simmer gently until tender, then pass the whole through a fine sieve. Re-heat, season to taste, and serve.

Time.—About 1 hour. **Average Cost,** 6d. to 8d., exclusive of the stock. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

Apple (Fr.: *Pomme*).—The apple is the most widely distributed of all the fruit-trees, and belongs to the temperate regions, where it flourishes best ; it also grows in India, Persia, Arabia, Australia and New Zealand. The original of all the varieties of the cultivated apple is the wild crab-tree (*Pyrus malus*), the fruit of which is small and very sour. The apple-tree is of moderate height, with oval leaves and pinkish white flowers. There are numerous varieties of the cultivated apple, and new ones are continually being added by cultivators. The various kinds are maintained and propagated by grafts, cuttings and budding. The wood of the apple-tree is hard and close-grained, and is used for cabinet work and turnery. The apple is of great antiquity, and was brought from the East by the Romans, who esteemed it highly, and by them was probably introduced into Britain. Large quantities of apples are imported into Great Britain from the Continent, the United States, Canada and Australia. From the fermented juice of the apple cider is produced. Apples dried in ovens are termed " biffins." The apple contains a large percentage of water, and also malic acid, which is used for medicinal purposes.

101.—ARTICHOKE SOUP. (*Fr.*—Purée à la Palestine.)

Ingredients.—2 pints of white second stock or water, 1 pint of milk, 2 lb. of Jerusalem artichokes, 2 onions, 1 strip of celery, 1 oz. of butter, pepper and salt.

Method.—Wash the artichokes, put a tablespoonful of vinegar into a basin of water and keep the artichokes in it as much as possible while paring them, to preserve their whiteness. Cut the onions, celery, and artichokes into slices, make the butter hot in a stewpan, fry the vegetables for 10 or 15 minutes without browning; then pour in the stock and boil until tender. Rub through a fine sieve, return to the saucepan, add the milk and seasoning, bring to the boil, and serve.

Time.—About 1¼ hours. **Cost,** 8d. to 10d. without the stock. **Seasonable** from October to February. **Sufficient** for 6 persons.

Note.—When a thicker soup is desired a dessertspoonful of cornflour or flour should be blended with a little milk or stock, and added to the soup a few minutes before serving.

BREAD (Fr.: *Pain*).—The use of bread is of the greatest antiquity, and is common to the most primitive races. The earliest kind consisted of raw grain softened with water, pressed together, and then baked. Cakes and similar forms of this unfermented bread made with bruised grain are still used in the rural districts of northern Europe, and in other parts of the world. All the cereal grains, as millet, rice, maize, rye, barley and oats are utilized more or less by the inhabitants of the countries where these are cultivated, but wheat is the most suited for the purpose of making the best qualities of bread. Wheaten flour contains in slightly varying proportions, according to the kind of wheat from which it is manufactured, starch, gluten—a grey, viscid, elastic, nitrogenous substance, consisting chiefly of vegetable fibrine—sugar, gum, mineral matter and water. The various kinds of bread are of two classes, unfermented or unleavened, as biscuits, Scotch bannocks, the corn bread of the United States, Australian "dampers"; and fermented or leavened bread of the ordinary household, and fancy varieties. Fermentation is usually produced by means of leaven or yeast, or by baking powders. Aerated bread is made with aerated water, which is strongly impregnated with carbonic acid under pressure. By law, all bread except fancy bread and rolls, must be sold by weight.

102.—BREAD SOUP. (*Fr.*—Soupe au Pain.)

Ingredients.—2 quarts of stock, broth, or pot-liquor, 1 lb. of bread-crusts, salt and pepper.

Method.—Break the bread into small pieces, and place them in a basin. Boil up the stock, pour sufficient over the bread to cover it, let it remain closely covered until the bread is quite soft, then beat out the lumps with a fork. Add the bread thus prepared to the remainder of the stock, boil up, simmer gently for 10 or 15 minutes, then season to taste, and serve.

Time.—About 1 hour. **Average Cost,** 1s. 2d. when made of second stock. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

103.—BROAD BEAN SOUP. (*Fr.*—Purée de Féves.)

Ingredients.—3 pints of second stock or water, 1 pint of beans shelled, 2 ozs. of lean bacon or ham (this may be omitted when using stock), 1 dessertspoonful of chopped onion, 1 teaspoonful of finely-chopped parsley, a dessertspoonful of flour, 1 oz. of butter, salt, pepper, sugar.

Method.—Boil the beans in salted water for 10 or 15 minutes, then drain and remove the skins. Melt the butter in the stewpan, add the bacon in small pieces, the onion, and parsley, and fry for about 5 minutes, then put in the stock, and when boiling add the beans. Simmer gently until the beans are tender (20 to 30 minutes unless very old), then rub through a fine sieve. Return to the stewpan, and when boiling, add the flour, previously blended with a little stock or water, and stir until it is mixed smoothly with the stock. Season to taste, add a good pinch of sugar, and serve. Croûtons, or small slices of fried or toasted bread, should be handed separately.

Time.—From 40 to 60 minutes. **Cost,** about 6d. **Seasonable** from June to August. **Sufficient** for 6 persons.

104.—BRUSSELS SPROUTS SOUP. (*Fr.*—Purée de Choux de Bruxelles.)

Ingredients.—1½ lb. of Brussels sprouts, 3 pints of good stock, 1 gill of cream, a small piece of soda, salt, pepper and grated nutmeg.

Method.—Wash and trim the sprouts, cook them in salted water containing a very small piece of soda (to preserve the colour) till tender. Drain well and rub through a sieve. Put the purée in a stewpan with the stock, boil, and let it simmer for a few minutes, skimming meanwhile. Season to taste, add the cream, keep hot until wanted for table, but on no account let the soup boil after the cream is added.

Time.—½ hour. **Average Cost,** 2s. 0d. **Sufficient** for 6 persons. **Seasonable** from September to February.

105.—CARROT AND LENTIL SOUP. (*Fr.*—Crécy aux Lentilles.)

Ingredients.—3 quarts of stock or water, 1 pint of lentils, 4 carrots sliced, 2 onions sliced, 1 good lettuce shredded, 2 tablespoonfuls of cooked rice, 2 ozs. of butter or fat, salt and pepper.

Method.—Let the lentils soak all night, then wash and drain them well. Heat the butter or fat in a saucepan, put in the vegetables, and let them fry slowly for 15 minutes. Now add the lentils and stock or water, season with salt and pepper, cover closely, and simmer gently from ½ hour to 1 hour, or until the lentils are tender. Pass the whole through a sieve, return to the saucepan, make thoroughly hot, then add the cooked rice, season to taste, and serve.

Time.—From 1½ to 2 hours. **Average Cost,** 8d., when made of water. **Sufficient** for 10 persons. **Seasonable** in winter.

106.—CARROT SOUP. (*Fr.*—Purée à la Crécy.) (Economical.)

Ingredients.—2 pints of second stock or water, 1 pint of milk, 3 large carrots, ½ a turnip, 1 onion, 2 strips of celery, 1 oz. of butter or dripping, 1 tablespoonful of flour, salt and pepper.

Method.—Prepare the vegetables, cut them into small pieces, and fry without browning for about 15 minutes in the hot fat. Add the stock and simmer until the vegetables are tender (not less than 40 minutes, and longer if the vegetables are old), then rub through a fine sieve. Return to the saucepan, add the milk, salt and pepper, and bring to the boil. Mix the flour with a little milk or water, pour it into the soup, stir and cook for 10 minutes, and serve. Croûtons or small pieces of fried or toasted bread should be served separately.

Time.—1 to 1½ hours. **Average Cost,** about 6d. without stock. **Seasonable** at any time. **Sufficient** for 6 persons.

107.—CARROT SOUP WITH RICE. (*Fr.*—Purée Crécy au Riz.)

Ingredients.—2 pints of white second stock, 1 pint of milk, 5 large carrots, 1 onion, 1 strip of celery, 1 leek (the white part only), 1½ ozs. of butter, 1 tablespoonful of cornflour, 2 tablespoonfuls of cream, 2 tablespoonfuls of cooked rice, salt, pepper, sugar, nutmeg.

Method.—Use only the outer red part of the carrots. Cut all the vegetables into small pieces, and cook them for 10 or 15 minutes in hot butter without browning. Add the stock and simmer until the vegetables are tender (about 40 minutes), then rub them through a fine sieve. Return to the stewpan, add the milk, salt, pepper, and a little nutmeg, and bring to the boil. Mix the cornflour with a small quantity of stock or milk, pour it into the soup and stir for a few minutes, then add a good pinch of sugar, the cream, and the rice (which should be nicely cooked, and dry), and serve.

Time.—$1\frac{1}{4}$ to $1\frac{1}{2}$ hours. **Average Cost,** about 9d. or 10d. without the stock. **Seasonable** at any time. **Sufficient** for 6 persons.

108.—CAULIFLOWER SOUP. (*Fr.*—Crême de Chou-fleur.)

Ingredients.—2 small cauliflowers, 1 oz. of ground rice (crême de riz), 1 gill of cream, $1\frac{1}{2}$ pints of white stock, 2 ozs. of crushed tapioca, $\frac{1}{2}$ an oz. of castor sugar, nutmeg, 1 pint of milk, salt and pepper.

Method.—Wash and trim the cauliflowers, cook them in salted water till tender, drain (keep the water), and rub the flower through a fine sieve. Bring the water in which the cauliflower has been cooked to the boil, stir in the crushed tapioca, and simmer for 20 minutes. Mix the crême de riz, or ground rice, with a little cold milk, boil up the remainder of the milk with the stock, stir in the ground rice, and cook, for a few minutes, stirring all the while ; add the cauliflower water, season with salt, pepper, and grated nutmeg to taste, bring it to the boil, put in the cream and stir a little longer, but do not let it boil again. The purée is now ready for serving.

Time.—One hour. **Average Cost,** 2s. **Seasonable** at any time. **Sufficient** for 6 persons.

109.—CELERY CREAM WITH CROÛTONS. (*Fr.*—Crême de Céleri aux Croûtons.)

Ingredients.—3 heads of celery, 4 ozs. of butter, 3 ozs. of flour, 2 quarts of first stock, 1 pint of milk, $\frac{1}{2}$ a pint of cream, salt, pepper and nutmeg, $\frac{1}{2}$ a teaspoonful of castor sugar, croûtons of fried bread.

Method.—Trim the celery, pare off the green parts and wash thoroughly, cut it into small pieces, and blanch in slightly salted water. Drain well, and return to the stewpan with 3 ozs. of butter. Cook for a few minutes over a brisk fire without allowing the ingredients to brown ; moisten with a little stock, add salt, pepper, and nutmeg to taste, cover, and simmer slowly for 30 minutes. Mix the flour with the remainder of the butter in another stewpan, and cook a little without browning. Dilute with the milk, add the stock and partly cooked celery. Let it simmer until the celery is tender, then pass the whole through a fine sieve. Boil again, skim, add the sugar and more seasoning if needed, and lastly the cream. Re-heat the compound, without allowing it to boil and pour into a soup tureen. Serve the bread croûtons separately.

Time.—About $1\frac{1}{2}$ hours. **Average Cost,** 4s. **Seasonable** from September to February. **Sufficient** for 8 to 10 persons.

110.—CELERY SOUP. (*Fr.*—Purée de Céleri.) (Good.)

Ingredients.—2 pints of white stock, 1 pint of milk, 1 large or 2 small heads of celery (the white part only), 2 small onions, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 2 tablespoonfuls of rice, 2 tablespoonfuls of cream, salt and pepper.

Method.—Wash the rice well, slice the celery and onions. Melt the butter in a stewpan, and fry the vegetables in it for 10 minutes without their changing colour. Put in the stock, bouquet-garni, rice, salt and pepper, and simmer gently until tender, then strain. Rub the rice and vegetables through a hair sieve, return the soup and purée to the stewpan, add the milk and bring to the boil. Season to taste, stir in the cream, and serve.

Time.—1 to 1¼ hours. **Average Cost.**—1s. 9d. **Seasonable** from September to February. **Sufficient** for 6 persons.

CELERY (Fr.: *Céleri*) is native to Britain, and in its wild state grows by the side of ditches and brooks, and along the seashore and in saline situations in England and Ireland. In this state it is called smallage, and is to some extent a dangerous narcotic. Celery has long been cultivated as a salad and culinary vegetable. Its thick leaf stalks, which have been brought to the fine flavour which renders this plant so agreeable an adjunct to the table, are blanched by piling soil over the stalks during their growth and thus excluding the light. Celery acts as a diuretic.

111.—CELERY SOUP. (*Fr.*—Purée de Céleri.) (Economical.)

Ingredients.—2 pints of water, 1 pint of milk, 2 ozs. of lean bacon or ham, 1 oz. of butter, 1½ tablespoonfuls of flour, 1 large head of celery, 2 onions, salt and pepper.

Method.—Cut the ham into dice or cubes, slice the onion and celery. Melt the butter in a stewpan, fry the vegetables without browning, put in the bacon, salt, pepper and water, and simmer for 30 to 40 minutes, or until the celery is tender. Strain, rub through a fine sieve, return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk, stir and cook for 5 or 6 minutes, then season to taste, and serve.

Time.—About 1 hour. **Average Cost**, 6d. to 8d. **Seasonable** from September to February. **Sufficient** for 6 persons.

112.—CHANTILLY SOUP. (*Fr.*—Potage Chantilly.)

Ingredients.—2 quarts of second stock, 1 quart of shelled peas, a handful of spinach, 2 or 3 sprigs of parsley, a sprig of mint, 1 small onion sliced, 2 tablespoonfuls of cream, salt and pepper.

Method.—Place a few peas aside to be used as garnish, put the remainder into the boiling stock, add the spinach, parsley, mint and onion, and boil gently until the peas are tender. Rub the whole through a wire sieve, re-heat, season to taste, add the cream and the whole peas, which must have been previousy cooked, make thoroughly hot, and serve.

Time.—From ¾ to 1 hour. **Average Cost,** from 1s. to 1s. 3d., exclusive of the stock. **Sufficient** for 6 or 8 persons. **Seasonable** in summer.

113.—CHESTNUT SOUP. (*Fr.*—Purée de Marrons.)

Ingredients.—2 pints of white stock, 1 pint of milk, 1½ pints of chestnuts, 1 oz. of butter, 1 dessertspoonful of flour, 2 tablespoonfuls of cream, sugar, salt and pepper.

Method.—Cut off the tops of the chestnuts and roast or bake them for 20 minutes, then take off the outer and inner skins. Put the stock, chestnuts, salt and pepper into a stewpan and simmer until tender (about 45 minutes), then rub through a fine sieve. Return to the stewpan, add the milk, and boil up. Knead the butter and flour together, add the mixture to the soup, and stir until it becomes smoothly mingled with it. Season to taste, add the cream and a good pinch of sugar, and serve.

Time.—1½ to 1¾ hours. **Average Cost,** 1s. 10d. **Seasonable** from November to January. **Sufficient** for 6 persons.

THE CHESTNUT (Fr.: *Marron*), which belongs to the order *Cupuliferae*, is allied to the beech. The common sweet, or Spanish chestnut, is supposed to have been introduced into Sardinia from Sardis in Asia Minor, of which it is probably a native, and has long been naturalized in Europe; the Romans are said to have brought it into Britain, where it is now widely distributed. The chestnut attains a great size and age, and its large serrated dark leaves form a pretty object in parks and the open country. As an article of food the chestnut is the least oily and most farinaceous of all the nuts, and for this reason is the most digestible. It was much eaten by the Romans, and is still commonly used as a comestible, both raw and roasted, in France and Italy. The wood of the chestnut-tree, although inferior to the oak, which it much resembles in appearance, when old is used for various purposes. The horse-chestnut, the fruit of which is similar to the edible chestnut, is quite a different tree, and has no connexion with the genus *Castanea*, to which the Spanish chestnut belongs.

114.—COCOANUT SOUP. (*Fr.*—Potage au Noix de Coco.)

Ingredients.—2 quarts of second stock, 4 ozs. of grated cocoanut, preferably fresh, 2 ozs. of rice flour, 2 tablespoonfuls of cream, mace, salt and pepper.

Method.—When desiccated cocoanut is used it should be previously soaked for 2 or 3 hours in a little of the stock. Boil the stock, add a small blade of mace and the cocoanut, and simmer gently for 1 hour. Mix the rice flour smoothly with a little stock, boil the remainder, add the blended rice flour, and stir and boil gently for about 10 minutes. Season to taste, stir in the cream, and serve.

Time.—About 1¼ hours. **Average Cost,** 9d., exclusive of the stock. **Sufficient** for 6 persons. **Seasonable** at any time.

The Cocoa-nut or Coco-nut (Fr.: *Noix de coco*).—This is the fruit of a species of palm, a native of the Indian coasts and the South Sea Islands, from whence it has been introduced and become naturalized in most parts of the tropical regions. It flourishes best in the vicinity of the sea-shore. The tree grows frequently to the height of 50 to 100 feet. The trunk is straight and naked, and is about two feet in diameter, the feather-shaped leaves forming the top or crown, from which the nuts hang in clusters. The fruit itself, covered by a hard shell, is inclosed in a fibrous husk; within the nut is a clear sweet liquid. Few plants possess so many and useful properties as the cocoa-nut. From its wood the natives obtain the building material for their houses and canoes. The leaves are used for thatching roofs, making baskets and articles of clothing. Coir for making ropes, brushes, and mats is obtained from the fibre of the husks. The hard shells are polished and made into drinking cups, lamps, and various domestic and other useful articles; the hard wood of the tree, known as "porcupine wood," is employed for a variety of ornamental purposes. The kernels, dressed in various ways, are used as food, and the expressed oil of the nut is exported for use in the manufacture of candles, soap, and pomades; the oil when fresh is used in cookery. In southern India and other countries the cocoa-nut forms one of the staples of life. From the white sweetish sap toddy is made, and from it by distillation a variety of the spirit arack is obtained. Vinegar and sugar are also products of this juice. The terminal buds of the cocoa-nut tree when boiled resemble cabbage. The milk of the cocoa-nut supplies a refreshing beverage.

115.—CORN SOUP.

Put the corn removed from 3 cobs of corn (or Indian maize) into 1 pint of fast-boiling water, and cook for about 10 minutes. Drain them and cook till tender in 2 pints of stock and ¾ of a pint of milk. Season to taste with salt and pepper, and add a small piece of butter just before serving.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 1s. 9d. per quart. **Sufficient** for 5 persons. **Seasonable** at all times.

116.—CUCUMBER CREAM. (*Fr.*—Crême de Concombre.)

Ingredients.—1 large or 2 small cucumbers, 2 lettuces, 3 ozs. of fresh butter, 1 quart of white stock, the yolks of 3 eggs, 1 gill of cream, 1 tablespoonful of patent cornflour, salt and pepper, a handful of fried bread croûtons.

Method.—Peel the cucumbers and cut them into slices. Trim, wash, drain, and coarsely shred the lettuces; blanch the cucumber and lettuces in salted water containing a very small piece of soda. Strain off the water, and put the vegetables in a stewpan with the butter; stir for a few minutes, then add the stock. Mix a tablespoonful of cornflour with a little cold milk, and stir into the soup. Cook for about 30 minutes, rub it through a fine sieve, then return to the stewpan and reheat. Stir the yolks of the eggs and the cream together, pour this into the soup, and stir over the fire for a few seconds longer. Season to taste with pepper and salt. Put the fried bread croûtons in a soup tureen, pour the soup over them, and send to table.

Time.—About 1 hour. **Average Cost,** 2s. 9d. per quart. **Seasonable,** May to September. **Sufficient** for 5 persons.

117.—CUCUMBER CREAM, INDIAN STYLE. (*Fr.*—Crême de Concombre à l'Indienne.)

Ingredients.—1 cucumber, 2 onions (medium size), 1 calf's brain, 2 quarts of stock, 1 teaspoonful of mulligatawny paste, ½ a gill of cream, 1 oz. of fresh butter, the yolks of 3 eggs, salt, pepper and nutmeg.

Method.—Peel the cucumber, cut it up into short pieces, and cook in salted water till tender; peel the onions, slice them, and cook them in the same manner as the cucumber. Blanch the calf's brain and cook likewise. Drain the onions and the brain, and pound them together in a mortar, add the mulligatawny paste and the butter. Put this in a stewpan with the stock, add the cucumber, and boil for 20 minutes. Rub the whole through a sieve, return to the stewpan, re-heat, add the yolks of eggs and the cream, season to taste with salt, pepper, a tiny pinch of sugar, and a pinch of nutmeg. Stir long enough to bind the eggs, and serve.

Time.—1 hour. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 8 persons. **Seasonable** from May to September.

118.—CUCUMBER SOUP. (*Fr.*—Purée de Concombres.)

Ingredients.—2 pints of white stock, 1 pint of milk, 2 large cucumbers, 2 ozs. of butter, 2 ozs. of flour, the yolks of 2 eggs, 2 tablespoonfuls of cream, salt and pepper.

Method.—Peel the cucumbers, cut into thick slices, quarter them and remove the seeds. Have ready a saucepan of boiling water, put in the cucumber and a little salt, boil for 10 minutes, then drain. Melt 1 oz. of butter in a stewpan, put in the cucumber, cover and let it steam in the butter for about ½ an hour, then rub through a hair sieve. Melt the remaining oz. of butter in the stewpan, add the flour, pour in the stock and milk (hot), and stir until boiling. Add the purée of cucumber, simmer for a few minutes, then let the soup cool slightly. Beat the yolks of the eggs and cream together, pour the mixture into the soup and stir until it thickens, taking care that it does not boil, or the eggs will curdle. Season to taste, and serve with croûtons of fried bread.

Time.—1 to 1¼ hours. **Average Cost,** 2s. 6d. **Seasonable** from May to September. **Sufficient** for 6 persons.

THE CUCUMBER (Fr.: *Concombre*).—This plant or fruit belongs to the order of the *Cucurbitaceae* or gourds. It is of great antiquity, and is a native of Egypt and Asia. As in ancient times, in Egypt and the East the cucumber, with other fruits of its class, constitute a large portion of the food of the people. It was cultivated in England in the fourteenth century, but it is only since the reign of Henry VIII. that the cucumber came generally into use as a table vegetable. It is much used as a salad, and young cucumbers, known as "gherkins," are made into pickles. The cucumber in its raw state is not very digestible.

119.—EGG SOUP. (*Fr.*—Potage aux Œufs.)

Ingredients.—1 quart of good white stock, ¼ of a pint of cream, the yolks of 4 eggs, salt and pepper.

Method.—Beat the yolks of eggs slightly and add the cream. Bring the stock nearly to boiling-point, add the *liaison*, or binding mixture, of eggs and cream, and stir by the side of the fire until the soup thickens, but do not allow it to boil, or the eggs may curdle. Season to taste, and serve with croûtons of fried or toasted bread.

Time.—About 20 minutes. **Average Cost,** 1s. 9d. **Sufficient** for 5 persons. **Seasonable** at any time

120.—GREEN PEA SOUP. (*Fr.*—Purée de Pois Verts.)

Ingredients.—2 pints of white stock, ½ a pint of water, 1 quart of peas (shelled), a handful of spinach (to improve the colour), a little mint, 2 ozs. of butter, 1 dessertspoonful of flour, salt and pepper.

Method.—Melt 1 oz. of butter in a stewpan, put in the peas, spinach, and mint, put on the cover and let them steam in the butter for 15 or 20 minutes. Add the stock and water, and some of the pea-shells if young and soft (they should of course be first washed in cold water), boil quickly until tender, strain and rub the vegetables through a fine sieve. Melt the remainder of the butter in the stewpan, sprinkle in the flour, add the stock and purée, and stir until boiling. Season to taste, and serve with croûtons of fried bread. If preferred, a few cooked green peas, and a little cream may be added to the soup before serving.

Time.—1¼ to 1½ hours. **Average Cost,** 1s. 9d. to 2s. 0d. **Seasonable** from June to September. **Sufficient** for 6 persons.

121.—HARICOT BEAN SOUP. (*Fr.*—Purée de Haricots.)

Ingredients.—2 pints of stock or water, 1 pint of milk, ½ a pint of small haricot beans, 1 oz. of butter, 1 onion, 1 strip of celery or ½ a teaspoonful seeds (tied in muslin), salt and pepper.

Method.—Wash the beans, and soak them in water for 12 hours. Melt the butter in a stewpan, put in the onion and celery sliced, fry for a few minutes without browning, then put in the beans, cover closely, and let them steam for 15 or 20 minutes. Add the stock or water, ½ a teaspoonful of salt, and simmer until tender (2½ to 3 hours). Strain, and rub the vegetables through a wire sieve. Return to the stewpan, add the milk, and boil up. Season to taste, and serve.

Time.—3½ to 4 hours. **Average Cost,** 6d. without the stock. **Seasonable** at any time. Sufficient for 2 or 3 persons.

Note.—Haricot-bean, lentil and pea soup are often substituted for meat by those catering for the poor, and the usual allowance is 1 pint per head.

122.—LENTIL SOUP. (*Fr.*—Purée de Lentilles.) (Good.)

Ingredients.—3 pints of second stock or water, 1 pint of milk, ½ a pint of brown lentils, 1 onion, 1 carrot, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 tablespoonful of flour, salt and pepper, 2 tablespoonfuls of cream.

Method.—Wash the lentils, soak them for 24 hours, and when ready to use, drain well. Melt the butter in a stew-pan, put in the vegetables, sliced herbs, and lentils, cover closely and let them steam in the butter for 15 or 20 minutes. Add the stock, salt and pepper, and cook gently for 2 hours, or until tender, then rub through a fine sieve. Return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk or stock, add it to the soup, stir and simmer for 5 minutes. Season to taste, add the cream, and serve. Croûtons of fried or toasted bread should be handed separately.

Time.—2¾ to 3 hours. **Average Cost,** 8d. to 9d. without the stock. **Seasonable** at any time. **Sufficient** for 6 persons.

The Lentil (Fr. : *Lentille*) belongs to the natural order *Leguminosae* or pulses, and is of the same genus as the tares. The lentil is an annual plant, growing in height to about eighteen inches, with pale blue or whitish flowers. Its short, smooth pods contain two seeds each, and these form in Egypt and Syria, Bengal and other Eastern countries, an important article of food. There are two cultivated varieties of the lentil, the large garden lentil and the field lentil. Its nutritive properties are of a high order, and lentils cooked whole or in the form of meal are readily digested. Lentils form the basis of many of the prepared foods for invalids owing to the fact above mentioned. The constituents of lentils in 100 parts are :—Water, 12.5 ; proteids, 24.8 ; fats, 1.8 ; carbo-hydrates, 58.4 ; salts, 2.5.

123.—LENTIL SOUP. (*Fr.*—Purée de Lentilles.) (Economical.)

Ingredients.—3 quarts of water, 1 pint of lentils, 1 carrot, 1 strip of celery, 1 oz. of dripping or bacon fat, salt and pepper, 1 tablespoonful of flour.

Method.—Wash the lentils the day before the soup is wanted, strain, and spread on a dish. Cover with another dish and let them remain until ready for use. Slice the vegetables and fry them in the hot fat for a few minutes, as this improves the flavour of the soup. Add the water, and, when boiling, put in the lentils and boil gently for 2½ to 3 hours, or until the lentils are tender. If convenient rub them through a wire sieve, if not, crush them by pressing them at the side of the stewpan with a wooden spoon. Mix the flour with a little cold milk or water, add it to the soup, stir and simmer for about 10 minutes, season to taste, and serve.

Ham or bacon bones greatly improve the flavour of lentil soup; it may also be improved by using less water, and adding a corresponding quantity of milk a few minutes before serving.

Time.—3½ to 4 hours. **Average Cost,** 3d. **Seasonable** at any time. **Sufficient** for 6 persons when followed by other substantial dishes.

124.—ONION SOUP. (*Fr.*—Purée aux Oignons.)

Ingredients.—3 pints of white stock, 1 pint of milk, 3 Spanish onions, 3 potatoes, 1 strip of celery, 1 oz. of butter, 1½ ozs. of flour, salt and pepper.

Method.—Peel and slice the vegetables. Make the butter hot in a stewpan, and cook the vegetables in it for 15 minutes, but VERY SLOWLY, and stirring frequently to prevent them taking any colour. Add the stock and simmer gently until tender (about 1 hour), then rub through a fine sieve. Return to the stewpan, put in the milk and bring to the boil. Mix the flour smoothly with a little milk, pour it into the soup, stir and simmer for a few minutes, then season to taste, and serve.

Time.—1½ to 2 hours. **Average Cost,** 7d. without the stock. **Seasonable** in Winter. **Sufficient** for 6 persons.

ONION (Fr.: *Oignon*).—The well-known root of a liliaceous plant of the genus *Allium*, which from the earliest times has been known and cultivated. By the ancient Egyptians it was so highly valued that it was elevated into an object of worship, its concentric rings being regarded as the symbol of eternity. The onion is eaten raw, roasted, boiled, pickled, and as a flavouring for soups and stews. Its strong odour and pungent taste are due to the presence of a superfluous volatile oil. There are many varieties of the onion, the Spanish, Portugal and Strasburg being the most esteemed. The onion possesses highly nutritive properties.

125.—ONION SOUP. (*Fr.*—Purée aux Oignons.) (Another Method.)

Ingredients.—2 pints of water, 1½ pints of milk, 3 Spanish onions, ½ a turnip, 2 strips of celery, 1 oz. of butter, 1 oz. of flour, the yolks of 2 eggs, salt, pepper and bay-leaf, a blade of mace.

Method.—Cut the turnip and celery into small pieces, peel the onions, put them into cold water, bring to the boil, cook for 10 minutes, then drain and chop coarsely. Put 2 pints of boiling water into the stewpan, add the onions, celery, turnip, bay-leaf, mace, salt and pepper, and simmer until tender (about 1 hour). Rub through a fine sieve, return to the saucepan, add the milk, and when boiling stir in the flour and butter, previously kneaded together. Simmer a few minutes to cook the flour, then let the soup cool slightly. Beat the yolks of the eggs with a little milk, pour them into the soup, and stir until they thicken. Season, and serve with fried or toasted croûtons of bread.

Time.—About 1½ hours. **Average Cost**, 8d. or 9d. **Seasonable** in Winter **Sufficient** for 5 or 6 persons.

126.—PARSNIP SOUP. (*Fr.*—Purée dé Panais.)

Ingredients.—2 pints of second stock, 1 pint of milk, 3 or 4 parsnips, 1 onion, 2 strips of celery, 1 oz. of butter, the juice of a lemon, or 1 tablespoonful of vinegar, 1 dessertspoonful of flour, salt and pepper.

Method.—Slice the vegetables, and fry them in the butter, without browning, for about 15 minutes. Add the stock, and simmer until the parsnips are tender (about 40 minutes), then rub through a wire sieve. Return to the stewpan, add the milk, salt and pepper, and bring to the boil. Mix the flour with a little milk or water, pour it into the soup, stir, and cook for 5 or 6 minutes. Add the lemon-juice and serve with croûtons of fried or toasted bread. The lemon-juice is added to correct the sweetness of the parsnips, and is simply a matter of taste.

Time.—1½ to 1¾ hours. **Average Cost**, about 7d. without the stock. **Seasonable** from October to April. **Sufficient** for 6 persons.

Parsnip (Fr.: *Panais*).—This is a biennial plant with bright yellow flowers and a root resembling the carrot, which in saccharine and nutritive matter it nearly equals. Like the carrot, it grows wild in Britain, but only the cultivated parsnip is edible. It is generally distributed over most parts of Europe, and in Roman Catholic countries forms with salt fish a Lenten dish. A beverage is made from parsnips in conjunction with hops, and also a wine of agreeable flavour. The parsnip contains in 100 parts:—Water, 82.5; proteids, 1.3; fats, 0.7; carbo-hydrates, 14.5; salts, 1.0.

127.—PEA SOUP. (*Fr.*—Purée de Pois.)

Ingredients.—2 quarts of stock or water (if water is used, ham or beef bones, either cooked or uncooked will improve the soup), 1 pint of dried split peas, 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, 1 dessertspoonful of dried mint, salt and pepper, 1 oz. of flour.

Method.—Wash the peas and soak them for 12 hours in water. Put them into a stewpan with the bones (if any) and the stock, and bring to the boil. Slice the vegetables and add them to the stock when it boils, and simmer for at least 3 hours. Then rub through a wire sieve, return to the saucepan, add the flour mixed smoothly with a little water, and boil. When the purée is thoroughly incorporated with the soup, season to taste, and serve. The dried mint should be placed in the tureen and the soup poured on to it.

Time.—3½ to 4 hours. **Average Cost**, 4d. when made with water. **Seasonable** at any time. **Sufficient** for 6 persons.

Note.—When making pea soup in large quantities, the process of rubbing the vegetables through the sieve is omitted, and the turnips, carrots, etc., are cut into small pieces and added to the soup about 1 hour before serving.

The Pea (Fr. : *Pois*).—The native country of the pea is unknown, but it is supposed to be indigenous to South-Eastern Europe and Western Asia. It was well known to the Romans, and has been cultivated from remote antiquity. The pea, a leguminous plant of the genus *Pisum*, has many varieties, including the garden pea and the field pea. When soft and juicy in the pods, peas are used for the table under the designation of "green peas." When hardened, peas become farinaceous, and a whitish and a blue variety which splits readily when subjected to the action of mill-stones specially constructed for that purpose is used largely for soups. There are some varieties of peas which have no inner filmy lining in their pods, known as "sugar-peas." The pods of these when young are frequently eaten cooked in a similar manner to kidney-beans. By the Hindus peas parched and ground and mixed with flour form an important article of diet. The pea is rich in nitrogenous matter, containing legumin or vegetable casein, and is therefore useful as a flesh-forming food. The following are the constituents of peas in 100 parts :—Water, 15.6 ; proteids, 22.0 ; fats, 2.0 ; carbo-hydrates, 58.0, salts, 2.4.

128.—POTATO SOUP. (*Fr.*—Purée de Pommes de Terre.)

Ingredients.—1 quart of white second stock, or water, ½ a pint of milk, 1 lb. of potatoes, 1 onion, 1 strip of celery, 1 oz. of butter, 1 tablespoonful of fine sago, or crushed tapioca, salt and pepper.

Method.—Slice the potatoes, onion, and celery. Make the butter hot in a stewpan, add the vegetables, fry and cook until the butter is absorbed, stirring freqently to prevent them browning. Add the stock, and simmer until the vegetables are tender (about 1 hour). Rub through a fine sieve ; return to the saucepan, add the milk and bring to the boil. Sprinkle in the sago, cook until transparent, add seasoning to taste, and serve.

Time.—About 1½ hours. **Average Cost,** 9d. to 1s. **Seasonable** at any time. **Sufficient** for 4 or 5 persons.

The Potato (Fr. : *Pomme de terre*).—Next to the cereals, the potato constitutes one of the most important articles of vegetable food. It belongs to the natural order *Solanaceæ*, which includes the nightshade, henbane, and tobacco, and is a native of the region of the Andes of South America, where it grows wild ; but in the uncultivated state its tubers are watery and tasteless. It was first introduced into Europe in the early part of the sixteenth century by the Spaniards, and in England by the Elizabethan adventurers, Sir John Hawkins, Sir Francis Drake, and Sir Walter Raleigh. It was grown on the estate of the last-named at Youghal, near Cork, and eaten as a food prior to its use in England. The potato is rich in starch, of which it contains about 15 per cent., and combined with wheaten flour makes excellent farinaceous foods. A strong coarse spirit, "British brandy," is obtained from the potato by distillation. The skin of the potato contains "Solanine," a poisonous substance, which is dissipated by boiling or steaming. Not being rich in flesh-forming constituents, the potato is best used as an adjunct to meat or nitrogenous foods. The potato contains in 100 parts :—Water, 74.0 ; proteids, 2.0 ; fats, 0.20 ; carbo-hydrates, 21.8 ; salts, 1.0.

129.—PURÉE OF ASPARAGUS. (*Fr.*—Purée d'Asperges.)

Ingredients.—2 pints of white second stock or water, 1 pint of milk, 50 heads of asparagus, 1 Spanish onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1½ ozs. of butter, 1 dessertspoonful of cornflour or flour, the yolks of 2 eggs, 2 tablespoonfuls of cream, pepper and salt.

Method.—Cut off the heads of the asparagus and put them aside, trim the stalks, cut them and the onion and celery into small pieces. Melt the butter in a stewpan and fry asparagus, celery and onion for 15 minutes, but slowly, so as not to brown them at all. Sprinkle in the cornflour or flour, let it cook for 2 or 3 minutes, then add the stock, milk, bouquet-garni, salt and pepper, and cook slowly for about 40 minutes. Pass through a fine sieve, return the soup to the stewpan, and stir until it boils. Have ready a small saucepan of boiling water, put in a little salt and the asparagus points, and cook for 10 or 15 minutes. Let the soup cool slightly, beat the yolks of the eggs and the cream together, pour them into the soup and stir until it thickens, taking care that the mixture does not boil, or the eggs will curdle. Put the asparagus points in the tureen, and pour in the soup.

Time.—1¼ to 1½ hours. **Average Cost,** 2s. 9d. to 3s. 6d., exclusive of stock. **Seasonable** from March to July, but in full season in May, June and July. **Sufficient** for 6 persons.

ASPARAGUS (Fr. : *Asperge*).—A favourite culinary vegetable belonging to a genus of plants of the order *Liliaceae*. It is indigenous to Britain, and grows extensively in the southern steppes of Russia, in Poland, and in Greece, and was used as a vegetable by the Romans. The asparagus is raised from seed, and the young shoots of the plant only are used for the table. It possesses valuable diuretic properties.

130.—PURÉE OF ASPARAGUS. (*Fr.*—Purée d'Asperges.) (Another Method.)

Ingredients.—2 pints of white second stock or water, 1 pint of milk, 50 heads of asparagus, 1 lb. of spinach, 1 oz. of butter, 1 oz. of flour 2 tablespoonfuls of cream, salt and pepper.

Method.—Cut off the points of the asparagus and put them aside, trim the stalks and cut them into small pieces ; wash and pick the spinach. Put the stock or water into a stewpan, and when it boils add the asparagus and spinach, and cook until tender (about 40 minutes), then rub through a fine sieve. Have ready a small saucepan of boiling water, put in a little salt and the asparagus points, and cook for 10 or 15 minutes. Melt the butter in the stewpan, sprinkle in the flour, add the milk and stir until it boils, then put in the stock and purée of asparagus and spinach, salt and pepper to taste, and simmer gently for 10 minutes. Place the asparagus points into the tureen, add the cream and necessary seasoning to the soup, and serve.

Time.—1 to 1½ hours. **Average Cost,** 2s. 6d. to 3s., exclusive of stock.

Seasonable from March to July. **Sufficient** for 6 persons.

131.—SORREL SOUP. (*Fr.*—Crême d'Oseille.)

Ingredients.—¼ of a lb. of sorrel, picked and washed, 1 small cabbage lettuce, 3 or 4 sprigs of tarragon, a few sprigs of chervil, 1 oz. of butter, 1½ pints of white stock, 1 gill of cream, ½ a pint of Béchamel sauce (see Sauces), yolks of 3 eggs.

Method.—Wash the sorrel and the lettuce, cut both up small, and put in a stewpan with the butter. Cook whilst stirring for about 5 minutes, then add the stock. Let the whole simmer gently for about ½ an hour, and rub through a fine sieve. Return the purée to a clean stewpan with the Béchamel sauce, season to taste with salt, pepper and a grate of nutmeg, re-heat, add the tarragon and chervil cleaned and cut into shreds, and cook for a few minutes longer. Add the cream and the egg-yolks, previously beaten with a whisk, stir over the fire for a few moments to cook the eggs, then serve.

Average Cost.—2s. **Sufficient** for 4 persons. **Seasonable** in spring and summer.

132.—SPINACH SOUP. (*Fr.*—Purée d'Epinards.)

Ingredients.—1 pint of white second stock, 1 pint of milk, 2 lb. of spinach, 1 oz. of butter, 1½ ozs. of flour, pepper and salt.

Method.—Wash the spinach, remove the stalks, and put it into a saucepan with just sufficient water to cover the bottom of the pan to prevent it burning. When tender, drain and rub through a hair sieve. Melt the butter in a stewpan, sprinkle in the flour, cook for 2 or 3 minutes, then add the purée of spinach and the stock, a little at a time. Boil, add the milk, simmer a few minutes, season to taste, and serve.

Time.—About 1 hour. **Average Cost,** 9d. to 1s. without the stock. **Seasonable** from March to December. **Sufficient** for 4 persons.

133.—SPRING SOUP. (*Fr.* Purée Printanière Maigre.)

Ingredients.—1 pint of boiling water, 2 pints of milk, 2 carrots, 2 onions, 2 potatoes, 1 turnip, 2 leeks, 1 good lettuce, 1 bunch of watercress, 2 ozs. of butter, 1 oz. of flour, salt and pepper. (The yolks of 2 eggs and 2 tablespoonfuls of cream improve the soup.)

Method.—Cut a tablespoonful each of carrot and turnip into small dice, or cubes, and the rest into slices; also cut up the leeks, onions, and potatoes, shred the lettuce finely, and cut off some of the stalks of the watercress. Melt the butter in a stewpan, put in all the vegetables, except the dice of carrot and turnip, cover and let them steam in the butter for 15 or 20 minutes, stirring occasionally. Add the boiling water, and cook gently for 1 hour, then rub through a fine sieve. Have the milk boiling in the stewpan, put in the purée, with any liquor remaining with it, and boil. Meanwhile cook the dice of turnip and carrot separately in a little salt and water (allowing 25 minutes for the carrot, and 15 minutes for the turnip), and strain. Mix the flour smoothly with a little milk, add it to the soup, stir and cook for at least 5 minutes. Add the dice of carrot and turnip, cream and eggs if used, then season to taste, and serve.

Time.—1¾ to 2 hours. **Average Cost,** about 1s. without cream and eggs. **Seasonable** in Spring. **Sufficient** for 6 persons.

134.—TRUFFLE SOUP. (*Fr.*—Crême aux Truffes.)

Ingredients.—1 quart of rich, white stock, 1 pint consommé, 1 glass sherry or Marsala, ½ lb. fresh truffles, 3 button onions, 1 carrot, bouquet garni, 1½ oz. butter, 1 oz. flour, salt, pepper, nutmeg, 2 yolks, ½ gill cream.

Method.—Wash and brush the truffles, and cut them into slices; put them in a basin, pour over a glass of sherry or Marsala wine, and cover. Peel and chop the button onions, fry them a golden brown in the butter, stir in the flour, then add the truffles, and moisten with a quart of rich veal stock. Bring it to the boil, whilst stirring, add a small bouquet-garni (parsley, thyme, bay-leaf), and 1 sliced carrot, and cook slowly for 30 minutes. Strain the soup, pound the truffles in a mortar, and rub through a fine sieve. Put the truffle purée in a stewpan with a pint of consommé, boil for 10 minutes; add the strained soup, and when boiling incorporate the egg-yolks mixed with the cream. Season to taste with salt, pepper and a grate of nutmeg. The soup is then ready for serving.

Time.—40 minutes to 1 hour. **Average Cost,** 9s. **Sufficient** for 6 persons. **Seasonable** in winter.

135.—TURNIP SOUP. (*Fr.*—Purée de Navets.)

Ingredients.—2 pints of white second stock or water, 1 pint of milk, 4 large turnips, 2 ozs. of butter, 1 oz. of flour, nutmeg, salt, pepper and sugar.

Method.—Peel the turnips and cut them into thin slices. Melt the butter in a stewpan, add the turnips and let them cook very gently for 15 or 20 minutes, then put in the stock and simmer for 40 minutes or until the turnips are tender. Rub through a hair sieve, return to the saucepan, add the milk and boil up. Mix the flour smoothly with a little stock or milk, pour into the soup, stir and cook for 5 or 6 minutes, then add a good pinch of sugar, nutmeg, salt and pepper to taste, and serve.

Time.—1¼ to 1½ hours. **Average Cost.** 8d. to 9d. without stock. **Seasonable** in Winter. **Sufficient** for 5 or 6 persons.

THE TURNIP (Fr.: *Navet*).—The Greeks and Romans cultivated the turnip for table use and for feeding cattle. Nothing is known of its introduction into England, but two varieties, one annual the other biennial, of the wild turnip are found in Britain. In the reign of Elizabeth boiled turnips was a favourite dish. The turnip is much esteemed as a culinary vegetable; its nutritive properties however, are small, as water constitutes about 91 parts in 100. The leaves and flower shoots of the turnip are often used as greens, and are called turnip tops.

136.—VEGETABLE SOUP, GREEN. (*Fr.*—Purée de Légumes Verts.)

Ingredients.—2½ pints of stock or water, ½ a pint of cream or milk, 1 lb. of spinach, ¾ of a pint of shelled peas, 1 onion (sliced), a little green mint, a bouquet-garni (parsley, thyme, bay-leaf), the yolks of 2 eggs, 2 ozs. of butter, 2 tablespoonfuls of rice-flour or ground-rice, salt and pepper.

Method.—Wash and pick the spinach, put it into a saucepan with a little salt, adding a small piece of soda, if hard water is used; cover with cold water, bring to the boil, strain, and press as dry as possible. Melt the butter, put in the spinach, ½ a pint of the peas, the onion, mint, herbs, and a little salt and pepper, put on the cover, and let the vegetable steam in the butter for at least 15 minutes, stirring frequently. Sprinkle in the rice-flour, mix it well with the vegetables, and then add the stock or water. Simmer for 35 or 40 minutes, rub through a fine hair sieve, and return to the saucepan. Bring to the boil, simmer for a few minutes, then let the soup cool slightly. Have the rest of the peas ready cooked, and add them to the soup. Beat the yolks of eggs with the cream (or milk), add it to the soup, and stir until it thickens, without boiling. Season to taste, and serve.

Time.—1¼ to 1½ hours. **Average Cost,** 1s. 10d. to 2s. with cream, not including the stock. **Seasonable** July to September, with tinned peas at any time. **Sufficient** for 6 persons.

137.—VEGETABLE MARROW SOUP. (*Fr.*—Purée de Courge.)

Ingredients.—2 pints of white second stock or water, 1 pint of milk, 1 large vegetable marrow, 1 onion, 2 ozs. of butter, 2 ozs. of flour, salt and pepper.

Method.—Mince the onion finely, cut the vegetable marrow into small pieces and remove the seeds. Melt 1 oz. of butter in a stewpan, put in the vegetables, put on the lid, and let the ingredients steam in the butter for 15 or 20 minutes. Add the milk and water, and cook gently for about 40 minutes, or until tender, then rub through a hair sieve.

Melt the remaining oz. of butter, stir in the flour smoothly, add the soup, and stir until it boils. Simmer for 5 minutes, season to taste, and serve.

Time.—1¼ to 1½ hours. **Average Cost,** 8d. to 10d. without the stock. **Seasonable** from August to October. **Sufficient** for 6 persons.

VEGETABLE MARROW (Fr.: *Courge*).—This is a species of gourd, belonging to the natural order *Cucurbitaceae*, which includes the gourds, melons, cucumbers, marrows, etc. It is cultivated as a culinary vegetable. The vegetable marrow contains a large percentage of water, it is not therefore very nutritious, but forms a useful adjunct to flesh foods.

Fish Soups.

138.—BOUILLABAISSE. (A kind of Fish Stew.)

Ingredients.—1 red mullet, 1 sole, 1 whiting, 1 small eel, 1 small lobster, 6 mussels, 1 quart of fish stock, ¼ of a pint of salad oil, ½ a gill (⅛ of a pint) of claret, 3 small tomatoes, 2 small onions, 1 oz. of butter, a bouquet-garni (parsley, thyme, bay-leaf), a clove of garlic, 2 cloves, a pinch of spinach, saffron, cayenne, salt and pepper, a croûte of bread, parsley.

Method.—Slice the onions and fry them brown in the oil. Mix the saffron with a little water ; mince the garlic finely ; steam the mussels and remove them from the shells ; skin and fillet the sole, wash and cut the other fish into pieces convenient for serving. Pour away a little of the oil, add the stock, claret, herbs, garlic, cloves, bouquet-garni, saffron, cayenne, salt and pepper, and bring nearly to boiling point ; then put in all the fish and cook slowly for 20 minutes. Meanwhile trim the croûte of bread to the size of the dish, fry golden-brown in hot oil or fat, then fix it firmly in the centre of a deep dish by means of white of egg. Cut the tomatoes ACROSS in halves, squeeze out a little of the juice, and fry them slightly in hot butter. Arrange the pieces of fish on and around the croûte, garnish with the tomatoes and parsley, and serve very hot with some of the liquor, well skimmed and strained, poured round it.

Time.—Altogether, 1 hour. **Average Cost,** 4s. to 5s. **Seasonable** at any time. **Sufficient** for 10 or 12 persons.

Note.—Bouillabaisse can be made of fresh-water fish, but is not so delicious as when made with sea-fish. It is of southern origin, and ought to be a highly seasoned dish. This soup is well-known to all readers of Thackeray by reason of his ballad in which, when visiting Paris as an "old fogey" he recalls his remembrances of younger and more jovial days.

> This Bouillabaisse a noble dish is,
> A sort of soup, a broth, a brew,
> A hotch-potch of all sorts of fishes,
> That Greenwich never could outdo.
> Green herbs, red peppers, mussels, saffron,
> Soles, onions, garlic, roach and dace ;
> All these you eat at Terré's tavern,
> In that one dish of Bouillabaisse.
> Thackeray's *Ballad of Bouillabaisse.*—

139.—BOUILLABAISSE. (Another Method.)

Ingredients.—3 pints of fish stock, 1 Spanish onion, 2 tablespoonfuls of salad oil, 2 tablespoonfuls of cream, the yolks of 2 eggs, 2 ozs. of crême de riz (or rice-flour), 1 glass of white wine (if liked), salt and pepper, fillets of fried fish.

Method.—Slice the onion finely and fry until golden brown in the salad oil. Stir in the crême de riz, add the stock, and stir until it boils; remove the scum as it rises, then cover, simmer gently for ½ an hour, and rub through a tammy-cloth or fine hair sieve. Return to the saucepan, and bring nearly to boiling point. Beat the yolks of eggs, add to them the cream, strain into the soup, and stir by the side of the fire until the soup thickens slightly, but without boiling, or it may curdle. Add the wine, and season to taste. Have ready some SMALL fillets of sole, turbot, cod, or other white fish, fried in a little salad oil; place them in the tureen and pour the soup over them. Serve with fried croûtons, and cut lemon.

Time.—About 1 hour. **Average Cost,** From 1s. 9d. to 2s. per quart. **Seasonable** at any time. **Sufficient** for 5 or 6 persons.

140.—CRAYFISH SOUP. (*Fr.*—Bisque d'Ecrevisses.)

Ingredients.—20 to 30 crayfish, 2 boned anchovies, 4 ozs. of butter 4 ozs. of rice, 1 French dinner roll, 1 small onion, 2 cloves, 2 quarts of fish stock, ¼ of a pint of milk, about ¼ of a pint of cream, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Remove the gut from the centre fin of the tail of each crayfish. Shell the fish, and pound the shells, half the tails, and the anchovies, in the mortar, with the butter. Place the pounded materials in a stewpan, stir until hot, then add the rice, previously washed and drained, the onion and cloves. Fry for about 15 minutes, then pour in the stock, bring to the boil, and simmer until the rice is tender. Meanwhile soak the crumb of the French roll in the milk until soft and add it to the soup. When the rice is sufficiently cooked rub the soup through a tammy-cloth or fine sieve, and return it to the stewpan. Re-heat, season to taste, add the lemon-juice, cream, and the remainder of the crayfish tails. Serve with croûtons of fried or toasted bread.

Time.—About 2 hours. **Average Cost,** 3s. **Seasonable** all the year. **Sufficient** for 7 or 8 persons.

THE CRAYFISH or CRAWFISH (Fr.: *Écrevisse*), or river lobster, is a long-tailed, ten-footed crustacean resembling the lobster, and similar to it in its habits. It was considered a delicacy by the Greeks and Romans, and was eaten by them seasoned with pepper and other condiments. Crayfish are best preserved alive by keeping them in baskets with fresh grass or plants such as the nettle, or in a vessel containing only a slight depth of water. As the crayfish requires a quantity of air, the water should be frequently renewed.

141.—EEL BROTH. (*Fr.*— Bouillon d'Anguille.)

Ingredients.—1 medium-sized onion, 1 oz. dripping or butter, 1 skinned eel, 3 pints stock or water, 1 tablespoonful of crushed tapioca or sago, salt, pepper, chopped parsley.

Method.—Peel and slice the onion, and fry it in hot fat till pale-brown, but not burnt. Cut up a skinned eel, put it into the pan containing the fried onion, add 3 pints of stock or water, boil, skim, and simmer gently for about 1 hour. 20 minutes before serving, strain, replace in the stewpan, sprinkle in the tapioca or sago, and season with salt and pepper. Serve with a little chopped parsley put in at the last moment.

Time.—1 to 1¼ hours. **Average Cost,** if made with stock, 2s. per quart. **Sufficient** for 6 persons. **Seasonable** from September to May.

142.—EEL SOUP. (*Fr.*—Soupe aux Anguilles.)

Ingredients.—2 lb. of eels, 1 onion, 2 ozs. of butter, 3 blades of mace, 1 bunch of sweet herbs, ¼ an oz. of peppercorns, salt to taste, 2 tablespoonfuls of flour, ¼ of a pint of cream, 2 quarts of water.

Method.—Wash the eels, cut them into small pieces, and put them in the stewpan with the butter ; let them simmer for a few minutes, then add the water, the onion cut in thin slices, the herbs, mace, and seasoning. Simmer till the eels are tender, but unbroken. Dish carefully and keep hot. Mix the flour to a batter with a little water, stir it into the soup, and boil. Add the cream, pour over the eels and serve.

Time.—1 hour, or rather more. **Average Cost,** 2s. **Seasonable** from June to March. **Sufficient** for 8 persons.

143.—HADDOCK SOUP. (*Fr.*—Potage de Merluche.)

Ingredients.—1 fresh haddock, 2 ozs. of butter or dripping, 1 oz. of flour, 1 pint of stock or water, 1 pint of milk, 1 onion, seasoning.

Method.—Wipe the fish, remove the fins and eyes, and cut it into pieces. Boil it in stock or water, and add the milk and onion (peeled and stuck with a clove). Melt the butter or dripping, stir in the flour, and cook for a few minutes without browning. To this add by degrees the fish stock and fish, and let the preparation simmer for 30 minutes. Pass the soup through a sieve, return to the stewpan, season to taste with salt, pepper and grated nutmeg. Serve with fried bread croûtons.

Time.—About 1 hour. **Average Cost,** 1s. **Sufficient** for 5 persons. **Seasonable** at all times.

144.—LOBSTER SOUP. (*Fr.*—Bisque de Homard.)

Ingredients.—1 large lobster, 1 quart of stock (preferably fish), ½ a pint of milk, 2 ozs. of butter, 1½ ozs. of flour, 1 carrot, ½ a turnip, 1 or 2 strips of celery, 3 or 4 shallots, or 1 small onion, a bouquet-garni (parsley, thyme, bay-leaf), 1 teaspoonful of anchovy essence, salt and pepper, small quenelles of whiting or other white fish.

Method.—Slice the vegetables and fry them in the butter until pale brown, then stir in the flour, add the stock, and stir until it boils. Remove the shell of the lobster, cut the meat from the claws into dice or cubes, and set it aside until wanted. Add the bouquet-garni, the rest of the lobster, and the pounded shell to the stock, simmer for ½ an hour; then take out the shell and rub the rest through a fine sieve. Return to the saucepan, add the milk, and when near boiling point put in the quenelles, anchovy-essence, and necessary seasoning. Place the dice of lobster in the tureen, and pour in the soup.

Time.—1½ hours.—**Average Cost,** 2s. 9d. to 3s. **Seasonable** from April to October. **Sufficient** for 6 persons.

145.—OYSTER SOUP. (*Fr.*—Potage aux Huitres.)

Ingredients.—1 lb. knuckle of veal, 1 lb. of plaice, 2 ozs. of butter, 1½ ozs. of flour, ½ a pint of milk, ¼ a pint of cream, 18 oysters, 1 onion, 1 bay-leaf, 1 teaspoonful of anchovy essence, salt and pepper.

Method.—To 1 quart of cold water add the veal cut into small pieces, the onion and bay-leaf. Simmer gently for 3 hours, then strain, and when cold remove the fat. Fillet the plaice, remove the black skin, and simmer the fish in 1 quart of cold water for about 1 hour, or until it is reduced to shreds, then rub through a fine sieve. Simmer the beards of the oysters in ½ a pint of the fish stock, add the liquor from the oysters, strain, and put aside. Mix together the veal and fish stock, and bring to boiling point. Melt the butter in a stewpan, stir in the flour, cook for 2 or 3 minutes, then pour in the hot stock and stir until it boils. Now add the milk, oyster liquor, anchovy-essence, and season to taste. If the oysters are large, cut them in halves, and put them into the boiling soup just before serving, but they must not be allowed to cook. Stir in the cream at the last moment.

Time.—2 hours, after veal stock is made. **Average Cost,** 3s. 6d. **Seasonable** from September to April. **Sufficient** for 10 persons.

146.—SKATE SOUP. (*Fr.*—Potage de Raie.)

Ingredients.—1 skate, weighing from 1½ to 2 lb., 1 onion sliced, 1 strip of celery in small pieces, 1 bay-leaf, 2 ozs. of vermicelli, 2 yolks of eggs, ¼ of a pint of cream, salt and pepper, 3 pints of water.

Method.—Clean the skate thoroughly, and let it hang at least a day, and in cold weather even longer. When ready to use, remove the skin, divide the flesh into fillets, which put aside. Put the bones and trimmings into a saucepan, add the water, onion, celery, bay-leaf, white pepper or peppercorns, and a little salt, and simmer gently for 1 hour. Strain, return the stock to the saucepan, bring to the boil, and add the fillets of fish. Continue to cook slowly for 10 minutes, then sprinkle in the vermicelli, and after 5 minutes further cooking, add the yolks of eggs and cream previously well beaten together. Stir and cook gently until the soup thickens slightly, then season to taste, and serve.

Time.—About 1½ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 persons. **Seasonable** in winter.

Miscellaneous.

147.—BAKED SOUP. (*Fr.*—Potage cuit au four.)

Ingredients.—2 quarts of cold water, 1 lb. of lean beef or mutton, ½ a pint of split peas, 1 tablespoonful of rice, 1 onion sliced, 1 carrot, salt and pepper.

Method.—Wash the rice and peas, put them into a stew-jar with the vegetables and the meat, cut into small pieces, season with salt and pepper, and add the water. Cover closely, cook in a rather slow oven for 3 or 4 hours, skim, and turn the whole into a soup tureen, and serve.

Time.—From 3 to 4 hours. **Average Cost,** about 1s. **Sufficient** for 8 persons. **Seasonable** in winter.

148.—BAKED SOUP OR COTTAGE SOUP. (*Fr.*—Potage Paysanne.)

Ingredients.—1 lb. of lean beef, 1 onion sliced, 1 carrot sliced, ¼ of a turnip sliced, 2 tomatoes sliced, 2 or 3 strips of celery shredded, 2 ozs. of rice blanched, salt and pepper, 4 pints of cold water.

Method.—Cut the meat into small pieces, put it into a stewjar with the prepared vegetables, water, and a good seasoning of salt and pepper, cover closely, cook in a slow oven for 4 hours, adding the rice about 1 hour before serving. Turn the whole into a soup tureen, or serve in the pot in which it was cooked.

Time.—4 hours. **Average Cost,** 1s. **Sufficient** for 4 persons. **Seasonable** at any time, especially in winter.

149.—BAKED SOUP OR COTTAGE SOUP. (*Fr.*—Potage Paysanne.) Another Method.

Ingredients.—1 lb. of lean beef, 1 onion, 1 carrot, 1 turnip, ½ a head of celery, 2 tomatoes, 2 ozs. of boiled rice, seasoning.

Method.—Cut the meat into dice-shaped pieces, peel the onion, carrot and turnip, clean the celery, and cut up each into slices or small pieces.

Slice the tomatoes. Put all the ingredients, including the rice, in layers, into an earthenware soup-pot with 4 to 5 pints of water. Season to taste, and cover the pan; when it boils, skim and place the pan with the lid on in the oven. Allow it to cook in the oven for about 2 hours, or longer. Serve the soup in the soup-pot in which it is cooked.

Time.—3 hours. **Average Cost,** 1s. 2d. **Sufficient** for 5–6 persons. **Seasonable** at all times.

150.—BENEVOLENT SOUP.

Cheap soup, suitable for a soup kitchen.

Ingredients.—½ an ox-cheek, 4 celery tops, 2 large carrots, 4 large onions, 2 large turnips, 1 cabbage, salt and pepper, a bunch of herbs, 10 quarts of cold water, 1½ pints dried peas or lentils.

Method.—Bone the ox-cheek, cut up the meat into small pieces, put all into a large boiler, add the cold water; when it comes to the boil skim, then throw in the vegetables, which have been cleaned and cut in quarters, the bunch of herbs, pepper and salt. Let these ingredients simmer gently for 4 hours. Add the cabbage an hour before serving. If peas or lentils are used soak them over night, then cook them with the above ingredients. Season the soup again just before serving.

Time.—6 or 7 hours. **Average Cost**, 2d. per pint. **Seasonable** at any time.

151.—BONE SOUP.

Ingredients.—3 lb. of bones, cooked or uncooked, 2 carrots, 2 onions, 1 turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, 2 tablespoonfuls of fine sago, crushed tapioca, semolina, or Florador, 2 oz. of fat, salt, 5 pints of water.

Method.—Break the bones into small pieces, and fry them in the hot fat until well browned. Put in the water and a dessertspoonful of salt, bring to the boil and skim well. Add the prepared vegetables (cut into thick slices), herbs, peppercorns, and cloves, and cook gently for about 5 hours, skimming occasionally. Strain, return to the saucepan, season to taste, and when the soup boils sprinkle in the sago, or whatever farinaceous substance is used, simmer for 10 minutes longer to cook the sago, then serve.

Time.—About 6 hours. **Cost,** 9d. to 1s. **Seasonable** at any time. **Sufficient** for 7 or 8 persons.

Note.—The stock for this soup could be made the day before the soup is wanted, and the sago sprinkled in when re-heated.

152.—BRILLA SOUP.

Ingredients.—3 quarts of cold water, 2½ lb. of shin of beef, 1 onion, 1 carrot, ¼ of a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 1 tablespoonful of fine sago, salt and pepper.

Method.—Place the meat and water in an earthenware stewing-jar, add a little salt, cook gently on the stove, or in a moderate oven, for 4 hours, then strain off the liquor. When cold, remove the fat from the surface, and boil up the stock. Meanwhile cut the vegetables into small dice, add them to the stock when boiling, put in the bouquet-garni, and simmer gently until the vegetables are tender. 10 minutes before serving sprinkle in the sago, and stir occasionally to prevent it sinking to the bottom of the pan. When ready, season to taste, and serve.

Time.—About ½ an hour, after the stock is made. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

153.—COW-HEEL SOUP.

Ingredients.—1 cow-heel, 3 pints of water, 1 onion, 1 carrot, 1 strip of celery, 1 tablespoonful of sago or crushed tapioca, chopped parsley, lemon juice, salt, pepper, grated nutmeg.

Method.—Clean and scald one cow-heel, divide into 4 parts. and put them in a stewpan with the cold water. Add a good pinch of salt, boil up, skim, and add soup, vegetables (onion, carrot and celery). Let these simmer gently for 3 hours or longer, then strain and season. Remove some of the meat from the bones and cut it into very small pieces ; put these with the broth, let it boil, and stir in a tablespoonful of sago or crushed tapioca. Boil for another 25 minutes, then serve, adding a little chopped parsley and lemon-juice just before sending it to table. This soup, when well made, is considered very delicious as well as nourishing.

Time.—3 to 4 hours. **Average Cost,** 1s. 9d. **Sufficient** for 4 persons. **Seasonable** at any time.

154.—SOUR CHERRY SOUP. (*Fr.*—Soupe aux Cérises.)

Ingredients.—1 lb. of sour cooking cherries (stoned), 3 or 4 Invicbachs (rusks), 3 pints of water, 2 inches of cinnamon, lemon-rind, ¼ of a lb. of loaf sugar, ¼ of a pint of white or red wine, 1 oz. of butter, ½ an oz. of flour, a pinch of salt.

Method.—Put the stoned cherries in a stewpan. Break the cherry stones and remove the kernels, add them to the cherries, put in the water and the broken pieces of rusks, cinnamon and lemon rind. Cook slowly for 20 minutes, then rub all through a sieve. Melt the butter in another stewpan, add flour, and fry a chestnut-brown colour. Moisten with the wine and a little water. Add the cherry pulp, etc., sugar, and a small pinch of salt. Boil again, and serve hot or cold.

Time.—40 minutes. **Average Cost,** 1s. **Sufficient** for 6 persons. **Seasonable** in June and July.

GRAVIES, SAUCES AND FORCEMEATS.

CHAPTER IX.

General observations on Gravies and Sauces, with directions in regard to the foundation or standard Sauces, &c.

Sauces and Gravies.—Until the end of the eighteenth century cookery was a neglected art in England, and sauces were practically unknown. A celebrated Frenchman who lived in that age humorously described us as "a nation with one sauce." History has not recorded the name of that particular sauce; but it could not have been the ancient sauce of the Romans, which tradition has handed down to us under the name of "Garum." This sauce is made from anchovy brine, and is largely used by the Turks in the preparation of their national dish, "Pilau," but the presence of the strong flavour of anchovy, however desirable in itself, would prevent its use in many dishes. Possibly "melted butter" filled the double office of "sweet" and "savoury"; and it would be difficult in the present day to find any individual who passes muster as a plain cook, whose knowledge of sauces is as restricted as that of the nation a hundred years ago. The unit must now be multiplied by something like 650 to arrive at an approximate estimate of the sauces and gravies in use at the present day.

Importance of Sauces.—Brillat-Savarin, speaking of this branch of cookery, says: "One can learn to cook, and one can be taught to roast, but a good sauce-maker is a genius born, not made." Alexis Soyer, referring to this subject, writes: "Sauces are to cookery what grammar is to language"—a most apt comparison, for grammars have been adapted in a hundred different ways to suit the genius of the languages they dominate. And so with sauces; they form an essential part of cookery, yet the innumerable variations of each class have to be skilfully adapted to the dishes with which they are amalgamated or served, in order to give some necessary flavouring or produce some desired effect. Every cook should endeavour to attain proficiency in this branch of cookery, a task by no means so difficult as the number of sauces would lead us to suppose, for, if the few which have for their base either oil, wine or fruit, are excluded, the remainder are simply variations of the two foundation sauces, white and brown.

Use of Sauces and Gravies.—Each sauce must possess a distinct flavour and character of its own, and add either richness, piquancy, or flavour without losing its own identity ; but unless purposely employed to disguise the absence of flavour in some insipid substance, they should never be allowed to overpower the natural flavour of dishes of game, poultry, meat, etc., with which they are served. The excellence of many entrées depends almost entirely on the sauces which enter largely into their composition. Boiled fish would be insipid without an appropriately flavoured sauce. Some dishes of boiled meat, and many simple puddings are almost unpalatable without their customary sauces ; while a good gravy is indispensable with meat, poultry, and game.

Difference between Sauces and Gravies.—**Gravy** is simply the juices of meat, diluted and seasoned but not thickened, except the slightly-thickened brown gravy, which ought really to rank as a thin sauce.

Sauce.—Sauce has been defined as a LIQUID SEASONING, thickened by means of one of the following liaisons (or mixtures of yolk of eggs, cream, etc., used for thickening or binding white soups and sauces) :—

1. Roux—white.
2. ,, fawn.
3. ,, brown.
4. Eggs and cream.
5. Butter and cream.
6. Blended butter and flour.
7. Blood.
8. Arrowroot, cornflour, Fecule.

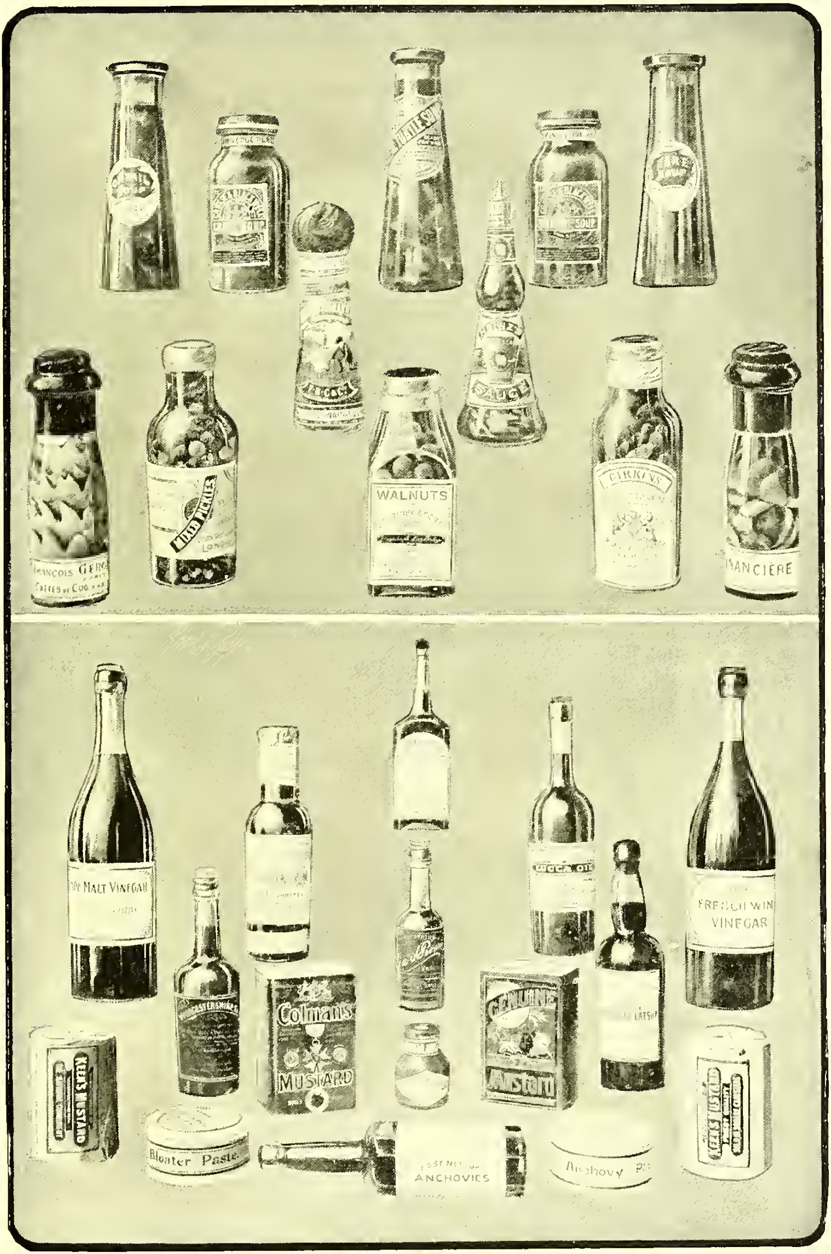
Roux.—The literal translation of this word is "russet," but in a culinary sense it is a mixture of equal quantities of butter and flour cooked over a slow fire, or in a cool oven, until the desired colour is acquired. There are three varieties of roux : white, fawn, and brown ; and this form of thickening is generally employed in making good sauces. It may be made in small quantities as required, or in larger quantities, which, if closely covered, will keep good for months. When roux is made for immediate use it should be allowed to cool slightly before adding the liquid to it. When using perfectly cold roux, the liquid should be added to it more gradually : in both cases the sauce must be constantly stirred until it boils, and then allowed to simmer until it attains the required consistency. A heaped-up tablespoonful of roux will thicken 1 pint of liquid. Directions for the preparation of the respective liaisons (sauce thickenings) will be found in the following pages.

THE BASES OR FOUNDATIONS OF SAUCES.

The following liquids form the bases of most of the sauces :—

1. **White Stock.**—Nearly all the good white savoury sauces have for their foundation white stock and milk, used in varying proportions.

PRESERVED FOODS: PICKLES, STORE SAUCES, ETC.


SAUCE
WALNUTS
MIXED PICKLES
GIRKINS
NANCIERE
MALT VINEGAR
LUCCA OIL
FRENCH WINE VINEGAR
WORCESTERSHIRE
Colmans MUSTARD
GENUINE MUSTARD
KEEN'S MUSTARD
Bloater Paste
ANCHOVIES
Anchovy P

1. Oxtail Soup, Gravy Soup, Turtle Soup, Julienne Soup, Hare Soup, Truffles, Heinz's Sauce, Cocks' Combs, Mixed Pickles, Walnuts, Girkins, Financiére. 2. Malt Vinegar, Madras Chutney, Harvey's Sauce, Lucca Oil, French Wine Vinegar, Worcestershire Sauce, Colman's Mustard, Worcestershire Sauce, Mustard, Mushroom Catsup, Keen's Mustard, Bloater Paste, Essence of Anchovies, Anchovy Paste.

2. **Brown Stock.**—All good brown savoury sauces are made from stock, more or less rich according to the purpose for which they are intended.

3. **Fish Stock.**—Fish sauces usually have for their foundation about equal quantities of fish stock and milk.

4. **Milk.**—Milk forms the basis of nearly all the plain white sauces, both sweet and savoury, also of bread sauce.

5. **Water.**—Strictly speaking, all *melted butter* sauces should be made only with water ; a little of the broth in which fish or meat has been boiled is admissible, and is also an improvement to caper sauce ; but when milk is added to the broth, as is frequently the case, to improve the colour, the foundation becomes white sauce, *not melted butter.*

6. **Oil.**—Mayonnaise sauce, and others of a similar character known as salad sauce, are composed almost entirely of oil as their basis.

7. **Fruit.**—Apple, cranberry, gooseberry, etc.

VARIETIES OF SAUCES.

Sauces may be broadly divided into two classes, white and brown ; each class being further subdivided into sauces made by a long, slow process, and quickly-made sauces.

FOUNDATION OF STANDARD SAUCES.

(**a**) **White.**—**Béchamel** forms the foundation of all the good white sauces ; it is made by the slow process, which extracts the full flavour of the substances employed.

(**b**) **Plain White Sauce.**—Nearly all the white sauces employed in middle-class cookery have for their foundation a plain white sauce made by the quick process. Their flavour depends mainly on the substances added to them, such as parsley, celery, chocolate, vanilla, orange-essence, etc.

(**a**) **Brown.**—**Espagnole.**—This sauce and the Béchamel have been aptly described as " Adam " and " Eve." France adds to them the Veloutée and Allemande, and calls the group the " sauces mères," or " mother sauces." The Espagnole forms the basis of all good brown sauces, and these, like the white sauces, derive their distinctive names from the substances added to the foundation sauce. The rich exquisite characteristic flavour of Espagnole sauce is due partly to the lean bacon or ham which forms an indispensable part of it, and partly to the long, slow frying process to which the flour and other ingredients are subjected.

(**b**) **Plain Brown Sauces.**—These sauces are always less quickly made than the plain white sauces, for no matter how simple they may be, the flour must be fried brown before adding the liquid. A little caramel may be introduced to IMPROVE the colour, but it imparts nothing to the flavour, whereas frying develops the full flavour of both the flour and vegetables used in making brown sauces.

STOCK FOR GRAVY.

Gravy, pure and simple, is usually described as "the juices of the meat"; and it has been said that good gravy is an evidence of bad roasting or baking. But experience teaches us that the best gravy accompanies a joint which has been roasted before an open fire and well basted during the process, as is the custom in the north of England. Notwithstanding the argument that if the juices of the meat are in the gravy the joint must suffer, the north-country meat, when cut, is found to be full of gravy. Long before science had discovered the coagulating properties of albumin, it was the custom to put plenty of dripping into the tin before the fire, and as soon as it was hot the joint was hung on the "jack" and well basted. Without knowing the "why and wherefore," the most ignorant housewife would have explained that this method KEPT THE GRAVY IN. As the meat cooked before the clear bright fire it became crisp and brown; and each time it was basted some of the brown particles on the surface of the joint were carried down into the dripping and settled on the bottom of the tin, to be afterwards converted into gravy. From the above facts, we draw the conclusion that a browned surface and frequent basting produce good gravy. Meat baked in the oven has not quite the same flavour and nourishment as when roasted, but a juicy joint and good gravy are possibilities under the following conditions: the joint must be well basted with melted dripping or other fat before being put into the oven; the oven must be kept fairly hot until the meat is well browned all over; in the later stages of cooking the oven door should not be entirely closed, for meat cannot become crisp and brown in an oven full of steam; the joint must be frequently basted. Gravy in its most simple form is made by adding boiling water to the sediment which remains in the meat tin when the fat has been carefully poured off. It should be seasoned to taste, boiled up, stirring meanwhile to loosen the brown particles which adhere to the sides of the tin, well skimmed, and strained over or round the meat. Any bones that have been removed from the meat may be boiled to form the basis of the gravy, but nothing else must be introduced. Beef gravy must contain only salt and pepper; and mutton gravy the same ingredients, and a few drops of caramel when the gravy is very light in colour. Veal gravy, also, should be made from the bones, and after being mixed with that in the meat tin, should be slightly thickened with flour and butter kneaded together, or flour mixed smoothly with a little water. Gravies served with game, roast rabbits, etc., may be made from beef,

beef or game bones, or from stock. Clear stock must be used for clear gravies, but with this exception, any good second stock will serve. An economical cook will always contrive to provide the basis of gravies, sauces, and soups out of the bones and trimmings of poultry and meat, except, of course, the clear soups and gravies, which must have a good clear stock for their foundation.

STOCK FOR SAUCES.

Béchamel, Veloutée, Allemande, and sauces of a similar character, must have for their foundation white stock made from chicken or veal, or the bones and trimmings of the same. The stock for Espagnole sauce, and those sauces of which it forms the basis, may be made from any kind of meat, trimmings, bones, livers, and gizzards of game and poultry ; it must be rich, of good colour, but not necessarily very clear. The second stock (No. 7,) well reduced, would be suitable for this purpose.

Note.—If the stock is poor it can be enriched by the addition of a small quantity of "Lemco" Meat Extract.

CONSISTENCY OF SAUCES.

The consistency of a sauce varies according to its use. For a coating sauce, that is, a sauce thick enough to mask a chicken, cutlets, etc., over which it is poured, the proportions are 1½ ozs. of flour to 1 pint of liquid, when made by the slow process, during which the sauce becomes considerably reduced, but when made by the quick process nearly 2 ozs. of flour must be allowed to 1 pint of liquid. Sauces to be served separately in a sauceboat or poured round the base of a dish, should be made a little thinner, but it is always better to err on the side of over-thickening, it being much easier to reduce the consistency by adding a little more stock or milk, than to increase the consistency by reducing the quantity. The latter can only be done by boiling the liquid rapidly in an uncovered pan, which is not always convenient at the time of serving dinner. Reducing by rapid boiling is a method which may be usefully employed in dealing with stock too poor to make a suitable foundation for a good soup or sauce. As the stock is reduced by evaporation, its flavour and richness become concentrated, and if frequently skimmed it gains considerably in brightness and colour.

TIME REQUIRED FOR COOKING.

Sauces made by the slow process are allowed to simmer for 2 or 3 hours, or until all the unabsorbed fat comes to the surface. Frequent stirring is necessary, also occasional skimming to remove the fat as it rises. The ordinary, or quickly-made sauces, should not have the liquid added until the flour and butter have been cooked together for 3 or 4 minutes, or, when flour kneaded with butter is used, or flour moistened with milk or stock is used, the liquid to which they are added should be allowed to simmer for at least

5 minutes after coming to the boil, otherwise the sauce has an unpleasant taste of raw flour.

Sometimes sauces made by the long process are over-cooked and become oily. In this case a little cold stock, milk or water, can be added, and the sauce stirred until it boils, when it will again become smooth, but it must then immediately be removed from the fire.

PREPARATIONS OF INGREDIENTS.

To avoid repetition, the vegetables used in the following recipes are spoken of as "prepared," meaning that the carrots have been scraped, the turnips peeled, and the onions peeled.

A bouquet-garni consists of a sprig or two of parsley, a bay-leaf, a sprig of thyme, a sprig of marjoram, a sprig of basil, and a blade of mace, all tied together in a little bouquet. Any of these herbs may be omitted and others substituted, according to taste.

As regards the quantities given in the recipes, they have been kept as uniform as possible ; and in most cases provide sufficient sauce to fill a sauce-tureen, or for pouring round an entrée or pudding.

THICKENINGS FOR SAUCES.

White Roux.—In making white roux, equal quantities of butter and flour are stirred in a stewpan over a slow fire for 10 or 15 minutes, but without allowing the roux to take any colour. If for immediate use, the roux must cool slightly before adding the liquid.

Fawn Roux.—For fawn or blonde roux, take equal quantities of butter and flour, and cook slowly over the fire or in a cool oven until the mixture acquires a pale fawn colour.

Brown Roux.—This third variety is usually called "stock roux," because where roux is being constantly used a large quantity of it is made and kept in stock. The proportion of butter and flour are the same as for white and fawn roux. The nut-brown colour is obtained by a long, slow process of frying or roasting, during which much of the flavour characteristic of well-made brown sauce is developed.

Egg Liaison.—This thickening is composed of yolks of eggs beaten up with a small quantity of cream, milk, or white stock. The sauce to which this liaison (or thickening) is added *must require no further cooking*. One to two tablespoonfuls of hot sauce should be mixed with the eggs and cream, and the whole then strained into the sauce, which should be just below boiling point. To remove the raw taste of the eggs, it is necessary to cook and stir the sauce by the side of the fire for a few minutes, but it must not be allowed to boil, or the eggs may curdle.

Butter and Cream Liaison.—When butter and cream are employed for thickening, they are added in equal proportions to the sauce JUST BEFORE SERVING : re-heating would spoil the flavour of the sauce.

Kneaded Butter Liaison.—This form of liaison is exceedingly useful when no roux is at hand, and a little additional thickening is required. Butter will absorb about its own weight in flour, and the two are kneaded together on a plate until all the flour is absorbed, or, in other words, thoroughly moistened by the butter. This liaison should be added to the sauce in small portions and stirred until it is smoothly mixed with it.

Blood Liaison.—This liaison is used principally to thicken sauces for game and poultry entrées. The blood of poultry or game should be mixed with a little vinegar, to prevent coagulation. It should be strained and added gradually to the sauce a few minutes before serving.

Arrowroot, Cornflour, Fecule Liaison.—Before adding any of these substances to the sauce, they must be smoothly mixed with a little cold stock, milk, or water. The liaison is stirred into the boiling sauce, and simmered for not less than 2 minutes to cook the starch.

RECIPES FOR GRAVIES, SAUCES AND FORCEMEATS.

CHAPTER X.

Auxiliaries for Sauces, Compound Butters, Gravies, etc., White Sauces (hot and cold) and Salad Dressings, Brown, Fish, Fruit, Sweet and Miscellaneous Sauces, Forcemeats, etc.

Auxiliaries for Sauces.

155.—CARAMEL FOR COLOURING SAUCES.

Ingredients.—1 lb. of castor or moist sugar, 3 gills of water.

Method.—Put the sugar and a good tablespoonful of water into an untinned stewpan, and stir over the fire until it becomes dark-brown. Boil it, add the rest of the water to the sugar, stir until it boils, simmer until the caramel acquires the consistency of syrup, and, when cold, bottle for use. It may be used for sweet or savoury sauces.

Time.—About 40 minutes.

156.—CARAMEL FOR COLOURING SAUCES. (Another Method.)

Ingredients.—1 lb. of sugar, 2 tablespoonfuls of salt, ¾ of a pint of boiling water.

Method.—Put the salt and sugar into an iron saucepan or frying pan, and stir and cook until dark-brown, add the water, boil well, and, when cold, bottle for use.

Time.—About 30 minutes.

157—CHILI VINEGAR.

Ingredients.—50 fresh red English chilies, 1 pint of vinegar.

Method.—Pound the chilies or cut them in half, and infuse them in the vinegar for a fortnight, when it will be fit for use. This will be found an agreeable relish to fish, as many people prefer to eat it with the addition of an acid and cayenne pepper.

Compound Butters.

Chiefly used for the enrichment of sauces.

158.—CRAYFISH OR SHRIMP BUTTER. (*Fr.*—Beurre d'Ecrevisses.)

Method.—Pound ½ a pint of picked shrimps or prawns in a mortar till smooth, add 3 ozs. of fresh butter, ½ an oz. of anchovy paste ; mix thoroughly, and rub through a fine sieve. Keep on the ice till wanted. A little liquid carmine or cochineal may be added to improve colour, if found necessary.

159.—DEVILLED BUTTER. (*Fr.*—Beurre à la Diable.)

Method.—Mix 1 oz. of butter with white pepper, cayenne, and curry-paste, about a saltspoonful of each, and blend thoroughly with a few drops of lemon-juice.

160.—LOBSTER BUTTER. (*Fr.*—Beurre de Homard.)

Method.—Procure the eggs (spawn) and coral of a lobster, pound till smooth in a mortar with double its weight of fresh butter, rub through a fine sieve, and keep in a cool place till required.

161.—MONTPELLIER BUTTER. (*Fr.*—Beurre Montpellier.)

Ingredients.—2 ozs. each of parsley, chervil, tarragon, chives and cress ; 2 anchovies, 9 yolks of hard-boiled eggs, 3 ozs. of butter, 1 teaspoonful of capers, 1 gherkin.

Method.—Wash and pick the parsley, cress and herbs, blanch for 3 minutes, strain and cool. Dry well in a cloth, and pound in a mortar. Wipe and bone the anchovies, pound them in a mortar with the egg-yolks, capers, and gherkins until smooth, then add the butter and lastly the green purée. Pass through a wire sieve, and use as required. A little spinach may be added if the herbs should not colour the butter sufficiently.

162.—RAVIGOTE OR GREEN BUTTER. (*Fr.*—Beurre Ravigote.)

Ingredients.—1½ ozs. of chervil, 2 ozs. of spinach, 1½ ozs. of green chives, 1 oz. of tarragon, ½ an oz. of parsley, 3 shallots, 6 ozs. of butter, salt and pepper.

Method.—Put the chervil, spinach, chives, tarragon and parsley into a saucepan with water, blanch and drain well, then pound these ingredients in a mortar. Peel and chop the shallots finely, cook them in a little butter until golden-brown, and mix them with the herbs. When cold, work in the remainder of the butter, pass through a fine sieve, and add a little pepper and salt and spinach-greening, if necessary.

Time.—30 minutes. **Average Cost,** 8d.

Spinach (Fr. *Épinards*) is cultivated for its young leaves, which are prepared for the table by boiling or frying. Two principal varieties of spinach are cultivated, prickly spinach with triangular and arrow-shaped leaves; and smooth spinach, the leaves of which are round and blunt. Flanders spinach is also grown for the market. It is a wholesome vegetable, and one of its constituents being iron, spinach is beneficial to persons who suffer from anæmia.

Gravies.

163.—BEEF GRAVY FOR POULTRY, GAME, Etc.

Ingredients.—1 pint of cold water, ½ a lb. of lean beef, 1 small onion, salt and pepper.

Method.—Cut the beef into small pieces, put it with the onion and the water into a stewpan, or earthenware stewjar, and cook slowly for 3 or 4 hours. Strain, season, and use as required.

Time.—3 to 4 hours. **Average Cost,** 6d. Quantity, about ¾ pint.

164.—BROWN GRAVY. (*Fr.*—Jus brun.)

Ingredients.—1 quart of water, 1 lb. of neck or shin of beef, 1 oz. of butter, 1 oz. of sweet dripping, ½ oz. of flour, 1 medium-sized onion, 1 small slice of lean bacon, or a few trimmings of lean ham or bacon, salt and pepper, 1 clove, if liked.

Method.—Cut the meat and bacon into small pieces, slice the onion. Melt the dripping in a stewpan, put in the meat, bacon, and onion, and fry till brown. Add the water, salt and pepper, and clove, cook slowly for 3 or 4 hours, and strain. Melt the butter in a stewpan, stir in the flour, and cook for 5 minutes. Add the gravy, stir until it boils, skim, simmer for 10 minutes, and use as required.

Time.—3½ to 4½ hours. **Average Cost,** about 10d. Quantity, 1 pint.

Cloves (Fr. *Clou de girofle*).—An agreeable pungent aromatic spice, obtained from the dried flower-buds of the *Caryophyllus aromaticus*, a handsome branching tree with purplish flowers, allied to the myrtle. The name is derived from the Latin, *clavus*, and French, *clou*, "a nail," to which the clove is supposed to bear a resemblance. The clove is a native of the Molucca Islands, but is successfully cultivated in Jamaica, Sumatra, Mauritius, Cayenne, Malacca, Trinidad, and other places. The Amboyna, or royal clove, is said to be the best, and is obtained from the island of that name, colonized by the Dutch. The clove contains about 20 per cent. of volatile oil, which abounds in every part of the plant, occasioning its peculiar pungent flavour; the rest is composed of woody fibre, water, gum, and resin. Cloves are used medicinally, but are chiefly employed for culinary purposes.

165.—BROWN GRAVY FOR ROAST RABBIT.
(Economical.)

Ingredients.—1 pint of water, 1 oz. of beef dripping, 1 oz. of butter, ½ an oz. of flour, the liver of the rabbit, 1 medium-sized onion, ½ a carrot, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Slice the vegetables, cut the liver into small pieces. Melt the dripping in a stewpan, fry the vegetables and liver to a nice brown, then add the water, bouquet-garni, salt and pepper, and cook slowly for 1 hour. Strain and return to the saucepan, knead the flour and butter well together on a plate, add it, in small portions, to the gravy, stir and cook for ten minutes. Season to taste, add a few drops of caramel to improve the colour, and serve.

Time.—1¼ to 1½ hours. **Average Cost,** 2½d. Quantity, about ¾ pint.

166.—GRAVY (Quickly made). (*Fr.*—Jus de Viande.)

Ingredients.—¾ of a pint of water, ½ a lb. of shin of beef, ½ an oz. of butter, ½ an onion, ¼ of a carrot, salt and pepper.

Method.—Cut the meat and vegetables into small pieces and fry them brown in the butter. Add the water, salt and pepper, and simmer for ½ an hour. Strain, season, and serve. The meat and vegetables should afterwards be put into the stock-pot, or with more water added to them may be cooked until all their goodness is extracted.

Time.—From 40 to 45 minutes. **Average Cost,** about 5d. Quantity, about ½ a pint.

167.—GRAVY FOR GAME. (*Fr.*—Jus de Gibier.)

Ingredients.—Bones and trimmings of game, sufficient cold water to cover them, a bay-leaf, 1 clove, 6 peppercorns, a sprig of thyme, a small piece of onion, 1 oz of butter (or less if making a small quantity).

Method.—Cut up the trimmings and break the bones into small pieces. Melt the butter, add the bones and meat, and the rest of the ingredients, cover with water, simmer for 3 hours, then strain, season, and use as required.

Time.—3¼ hours. **Average Cost,** 1½d. without the bones and trimmings.

168.—GRAVY FOR HASHES, Etc.

Ingredients.—Bones and trimmings of the joint to be hashed, sufficient water to cover the bones, 1 small onion, 1 strip of celery, ½ a small carrot, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper. Measure the gravy when made, and to each ½ pint allow ½ oz. of butter, and a dessertspoonful of flour.

Method.—Break the bones into small pieces and slice the vegetables. Put them into a saucepan, add the trimmings of the meat, water, bouquet-garni, salt and pepper, simmer for 2 hours, then strain. Melt the butter in a stewpan, add the flour, and fry brown. Put in the gravy, stir until it boils, season to taste, and use as required. A little ketchup, Harvey, or other sauce may be added if liked.

Time.—About 2½ hours. **Average Cost,** 1½d. per pint, exclusive of bones and trimmings.

169.—GRAVY FOR ROAST FOWL. (Economical.)

Ingredients.—The necks, feet, livers and gizzards of the fowls, sufficient water to cover them, a slice of bacon, or the trimmings of ham or bacon, 1 very small onion, a bouquet garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Wash the gizzards, livers and necks, scald and skin the feet, cut the whole into small pieces. Place them all together in a stewpan, add the bacon, cut small, bouquet-garni, onion and seasoning, cover with water, and cook gently for 2 hours. Strain, and season to taste. When the fowls are roasted, strain off the fat, pour the gravy into the tin, mix well with the gravy from the fowls, boil, and serve.

Time.—From 2½ to 3 hours. **Average Cost,** 1½d.

170.—GRAVY FOR ROAST HARE, Etc.

Ingredients.—1 quart of water, ½ a lb. of skirt of beef, ½ a lb. of milt (ox spleen), 1 oz. of butter, 1 oz. of flour, 1 onion, 2 cloves, salt and pepper.

Method.—Cut the meat and milt into small pieces, put them into a stewpan, or earthenware stewjar, add the water, onion, cloves, salt and pepper, and cook gently for 3 or 4 hours, then strain. Melt the butter in a stewpan, stir in the flour and brown it, add the gravy, stir until it boils, season to taste, and serve.

Time.—4 to 5 hours. **Average Cost,** about 6d. Quantity, about 1 pint.

171.—GRAVY WITHOUT MEAT.

Ingredients.—½ an onion, 1 small carrot, ½ oz of dripping, ½ a pint of water, 1 teaspoonful of Marmite, Odin, or any other kind of vegetable extract.

Method.—Cut up the onion and carrot into slices; fry both in the dripping. When nicely browned add the water, and Marmite or Odin extract. Boil up, season with salt and pepper, and cook for 10 minutes. Skim well and strain.

Time.—25 minutes. **Average Cost**, 4d. Quantity, ½ a pint.

172.—JUGGED GRAVY. (Excellent.)

Ingredients.—3 pints of water, 2 lb. of shin of beef, ¼ lb. of lean ham, 1 small carrot, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 6 peppercorns, 1 clove, salt.

Method.—Cut the ham and beef into small pieces, and slice the vegetables. Put them into a stewing jar in alternate layers, sprinkle each layer with salt, add the peppercorns, mace, bouquet-garni, and water, cover closely, and tie 3 or 4 folds of well-greased paper on the top to keep in the steam. Place the jar in a rather cool oven, and cook gently for 6 hours, then strain, and when cold remove the fat. Re-heat, and serve with any dish that requires good gravy.

Time.—About 6½ hours. **Average Cost,** 1s. 6d. to 1s. 8d. Quantity, about 1 quart.

173.—VENISON GRAVY.

Ingredients.—1 small jar of red-currant jelly, 1 glass of port.

Method.—Heat the above ingredients in a stewpan to near boiling point, and serve separately in a tureen.

Time.—5 minutes. **Average Cost,** 10d. Quantity, less than ½ a pint.

White Sauces (hot and cold) and Salad Dressings.

174.—ALLEMANDE SAUCE. (*Fr.*—Sauce Allemande.)

(For Meat and Fish.)

Ingredients.—¾ of a pint of white stock, 1½ ozs. of butter, 1 oz. of flour, the yolks of 2 eggs, 1 tablespoonful of cream, 1 teaspoonful of lemon-juice, nutmeg, salt and pepper.

Method.—Melt 1 oz. of butter in a saucepan, add the flour, stir and cook for a few minutes without browning, then put in the stock and bring to the boil, stirring meanwhile. Let it simmer gently for ½ an hour, take it off the stove, add the yolks of the eggs and cream previously mixed together, a pinch of nutmeg, and season to taste. Continue to stir and cook slowly without boiling for a few minutes longer, then add the lemon-juice, and the remainder of the butter bit by bit, stirring the ingredients well between each addition. Pass through a fine strainer or tammy cloth, re-heat, and use.

Time.—About 1 hour. **Average Cost,** 1s. 3d. Quantity, 1 pint.

175.—ASPARAGUS SAUCE. (*Fr.*—Sauce Asperges.)

Ingredients.—25 green asparagus, ½ a pint of white sauce (see page 221), ¾ of an oz. of butter, ½ a teaspoonful of lemon-juice, spinach or a little spinach-greening, salt and pepper.

Method.—Cut off the green ends of the asparagus, boil them in salt and water for 10 minutes, and drain well. Melt the butter in a saucepan, fry the asparagus for 8 minutes, add the sauce, and a seasoning of salt and pepper and a little spinach greening if a deep tint is desired. Simmer gently for 15 minutes, then pass through a fine strainer or tammy cloth; re-heat, add the lemon-juice, and use as required.

Time.—From 40 to 45 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. Quantity, ½ a pint.

176.—BEARNAISE SAUCE. (*Fr.*—Sauce Béarnaise.)

Ingredients.—2 shallots, peeled and chopped finely, a few fresh tarragon leaves, 1 gill of French wine vinegar, 3 yolks of eggs, ½ a teaspoonful of Mignonette pepper, a little salt, ½ a gill of Béchamel sauce, 3 ozs. of butter, ½ a teaspoonful of chopped parsley and tarragon leaves.

Method.—Put the vinegar, shallots, and whole tarragon leaves in a stewpan, cover it, and let the liquor reduce to about one-eighth of the original quantity. Remove from the fire, cool a little, add the sauce and re-heat, then stir in the yolks of the eggs, and season with salt and Mignonette pepper. Whisk the whole over the fire, and incorporate the butter by degrees. This sauce must on no account be allowed to boil when once the eggs are added. Pass it through a tammy-cloth. Return to another stewpan, and whisk again over hot water or in a bain-marie. Add the chopped parsley and a few chopped tarragon leaves, and serve as directed.

Time.—35 to 45 minutes. **Average Cost,** 10d. Quantity, ½ a pint.

177.—BÉCHAMEL, or FRENCH WHITE SAUCE. (*Fr.*—Sauce Béchamel.)

Ingredients.—1½ ozs. of flour, 2 ozs. of butter (or of corresponding quantity of white roux), 1¼ pints of milk (or white stock), 1 small onion or shallot, 1 small bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, ½ a bay-leaf, 1 small blade of mace, seasoning.

Method.—Put the milk on to boil with the onion or shallot, the bouquet-garni, peppercorns, mace, and bay-leaf. Melt the butter, stir in the flour, and cook a little without browning, stir in the hot milk, etc., whisk over the fire until it boils, and let it simmer from 15 to 20 minutes. Strain and pass through a sieve or tammy-cloth, return to the stewpan, season lightly with a pinch of nutmeg, ½ a pinch of cayenne, and ½ a teaspoonful of salt. The sauce is then ready for use.

Time.—40 to 50 minutes. **Average Cost,** 7d. with milk. **Sufficient** for 1 boiled fowl.

MACE (Fr. *fleur de muscade*).—The dried aril or fleshy net-like membrane which surrounds the shell of the nutmeg, which when ripe is of a bright scarlet colour. Its general properties are the same as those of the nutmeg, and it possesses an extremely aromatic and fragrant odour, and a hot and acrid taste. Mace is prepared by separating it from the nut when gathered, and curing it by pressure and exposure to the sun. It is largely used as a condiment.

178.—BÉCHAMEL, or FRENCH WHITE SAUCE. (*Fr.*—Sauce Béchamel.) (Another Method.)

Ingredients.—1½ ozs. of flour, 2 ozs. of butter, 1¼ pints of equal parts of milk and white stock, 1 small onion or shallot, 1 bouquet-garn (parsley, thyme, bay-leaf), 10 peppercorns, ½ a bay-leaf, 1 small blade of mace, seasoning.

Method.—Put the milk and stock in the saucepan with the vegetables and seasoning, and let it come to the boil. Melt the butter in another saucepan, add the flour and cook it, without browning, pour in the hot milk, whisk until it boils, and simmer for about 20 minutes. Strain the sauce through a tammy-cloth, or fine strainer, warm up, and use as required.

Time.—40 to 50 minutes. **Average Cost,** 8d. per pint. **Sufficient** for 2 boiled fowls.

179.—BÉCHAMEL SAUCE WITHOUT STOCK. (*Fr.*—Sauce Béchamel maigre.)

Ingredients.—1 oz. of butter, 1 oz. of flour, 1 pint of milk, 1 small onion stuck with a clove, a few parsley leaves tied in a bunch, ½ a bay-leaf, 1 small blade of mace, seasoning.

Mode.—Boil the milk with the vegetable and seasoning for ½ an hour. Melt the butter in another saucepan, stir in the flour, and cook for a few minutes without allowing it to brown, add the milk gradually, stir until it boils, simmer for about 20 minutes. Strain the sauce, use as required, adding seasoning to taste.

Time.—40 to 50 minutes. **Average Cost,** 4d. per pint. **Sufficient** for one boiled fowl, about one pint.

180.—BREAD SAUCE. (*Fr.*—Sauce au Pain.)

Ingredients.—½ a pint of milk, 1 tablespoonful of cream, 2 ozs. of freshly made breadcrumbs, ¼ of an oz. of butter, 1 very small peeled onion, 1 clove, salt and pepper.

Method.—Put the milk and onion, with the clove stuck in it, into a small saucepan and bring to the boil. Add the breadcrumbs, and simmer gently for 20 minutes, then remove the onion, add salt and pepper to taste, stir in the butter and cream, and serve.

Time.—20 to 25 minutes. **Average Cost,** about 3d. Quantity, ½ a pint.

Note.—The cream may be omitted, and, if preferred, a little more butter added. Flavouring is simply a matter of taste (when cloves are not liked, mace or nutmeg may be substituted).

181.—BLONDE SAUCE. (Fr. Sauce Blonde.)

Ingredients.—¼ of a pint of white stock (either meat or fish), ½ a pint of milk, 1 tablespoonful of cream, 2 yolks of eggs, 1 teaspoonful of lemon-juice, 1 oz. of butter, ¾ of an oz. of flour, salt and pepper.

Method.—Melt the butter, add the flour and cook for a few minutes without browning. Add the stock and milk, stir until boiling, then simmer gently for 15 minutes, stirring frequently. Whisk the yolks of the eggs and cream well together, and add them to the sauce when not quite boiling. Season to taste, add the lemon-juice, and whisk the mixture by the side of the fire until the sauce thickens slightly, but do not allow it to boil. Strain and use with fish or meat, according to the stock forming the base.

Time.—From 35 to 40 minutes. **Average Cost,** 6d., in addition to the stock.

182.—CAPER SAUCE. (*Fr.*—Sauce aux Câpres.)

Ingredients.—½ a pint of melted butter (*see* page 228) 1 tablespoonful of capers, either cut in two or coarsely chopped, 1 dessertspoonful of vinegar from the capers, salt and pepper.

Method.—Make the melted butter as directed, add to it the capers, vinegar and seasoning, and use.

Time.—Altogether, about 20 minutes. **Average Cost,** 3d. to 4d. Quantity ½ pint.

Note.—If for serving with boiled mutton, make the melted butter sauce with the liquor in which the meat was boiled, instead of plain water.

CAPERS (Fr.: *Câpres*).—The name given to the unopened flower-buds of a low trailing shrub which grows wild among the crevices of the rocks of Greece and in Northern Africa, and is cultivated in the South of Europe. It was introduced into Britain as early as 1586. After being pickled in vinegar and salt, they are imported from Sicily, Italy, and the south of France, and are used as a table-sauce chiefly with boiled mutton. The flower-buds of the nasturtium are frequently pickled and used as a substitute for the genuine article.

183.—CAPER SAUCE, SUBSTITUTE FOR.

Ingredients.—½ a pint of melted butter (*see* Sauces) 2 tablespoonfuls of cut parsley, 1 tablespoonful of vinegar, salt and pepper.

Method.—Choose dark-coloured parsley, or boil it slowly in order to destroy some of its colour, and then cut it into small pieces, but do not chop it. Have the melted butter ready made, according to directions given, add to it the parsley, vinegar, salt and pepper to taste. Serve as a substitute for caper sauce.

Average Cost.—2d. or 3d.

184.—CELERY SAUCE. (*Fr.*—Sauce Céléri.) (For Boiled Turkey and Fowls.)

Ingredients.—¾ of a pint of white stock, ½ a pint of milk, 2 tablespoonfuls of cream, 1½ ozs. of butter, 1½ ozs. of flour, 2 sticks of celery (white part only), a blade of mace, salt and pepper.

Method.—Wash the celery, cut it into short pieces, cover with cold water, bring to the boil, and strain. Put the stock and mace into a stewpan, add the celery, simmer until tender (45 to 60 minutes), then rub through a fine hair sieve. Melt the butter in the stewpan, stir in the flour, cook for 2 or 3 minutes, then add the milk, and celery purée, and stir until it boils. Add seasoning to taste, stir in the cream and use as required.

Average Cost.—1s. per pint. **Sufficient** for a boiled turkey or two fowls.

185.—CELERY SAUCE. (*Fr.*—Sauce Céléri.) (A more simple Recipe.)

Ingredients.—¾ of a pint of melted butter (*see* page 228) 1 head of celery (the white part only), salt and pepper.

Method.—Wash the celery and chop it coarsely. Put it into a stewpan with barely sufficient water to cover it, and simmer for ½ an hour. Stir occasionally as the water evaporates and the celery becomes rather dry. Add the melted butter, stir until it boils, season to taste, and serve.

Time.—1 hour. **Average Cost,** 5d. **Sufficient** for a boiled turkey.

186.—CHAUD-FROID SAUCE (WHITE). (*Fr.*—Sauce Chaud-Froid Blanche.) (Cold Sauce for masking Chicken, Cutlets, etc.)

Ingredients.—½ a pint of Béchamel sauce, ¼ of a pint of aspic jelly, ¼ of a pint of cream, 5 or 6 sheets of French gelatine, 1 teaspoonful of chilli vinegar or lemon-juice.

Method.—Dissolve the gelatine in the aspic jelly, and mix with the hot sauce. Stir over the fire until it boils, then add the vinegar or lemon-juice, simmer for 3 or 4 minutes, and strain or pass through a tammy-cloth. When cool add the cream, and use as required, when just on the point of setting.

Time.—25 to 35 minutes. **Average Cost,** 1s. to 1s. 2d. for this quantity.

Note.—Brown Chaud-Froid sauce may also be made by substituting equal quantities of good brown sauce and tomato sauce for the Béchamel. Green Chaud-Froid is composed of Béchamel and a few drops of spinach greening, and pink Chaud-Froid is made by adding a few drops of carmine to the Béchamel sauce. The aspic jelly and gelatine are added to give brightness and stiffness to the sauces.

187.—CHESTNUT SAUCE. (*Fr.*—Sauce aux de Marrons.) (For Chicken or Turkey.)

Ingredients.—½ a pint of white stock, ¼ of a pint of cream or milk, ½ a lb. of chestnuts, a thinly cut strip of lemon-rind, cayenne, salt.

Method.—Cut the tops off the chestnuts and roast or bake them for about 20 minutes. Remove the outer and inner skins, put them into a saucepan with the stock and lemon-rind, and let them simmer until tender (about ½ hour). Rub through a fine sieve, return to the saucepan, add seasoning to taste, and re-heat. Stir in the cream, and use as required. If milk is used, mix with it a teaspoonful of cornflour or ordinary flour, stir it into the purée when boiling, and simmer for 5 minutes to cook the flour. Season with salt and a tiny pinch of cayenne.

Time.—1¼ to 2 hours. **Average Cost,** 10d. per pint with cream. **Sufficient** for a boiled turkey.

Note.—Brown chestnut sauce may be made by substituting ½ a pint of brown sauce and a ¼ of a pint of brown stock for the white stock and cream.

188.—CREAM SAUCE. (*Fr.*—Sauce à la Crème.) (For Sweetbreads, Chickens, Soles.)

Ingredients.—3 tablespoonfuls of Béchamel sauce, 2 tablespoonfuls of cream, 1 oz. of butter, 2 yolks of eggs, a few drops of lemon-juice, salt and pepper.

Method.—Put all the ingredients except the lemon juice into a small saucepan, which must be placed either in a bain-marie or in a larger shallow pan, half full of boiling water. Stir the mixture until it acquires the consistency of thick cream, then pass through a tammy-cloth, reheat, add the lemon juice, and use.

Time.—20 to 30 minutes. **Average Cost,** 6d. to 7d.

189.—CUCUMBER SAUCE (Hot). (*Fr.*—Sauce aux Concombres [Chaude].)

Ingredients.—½ a pint of Béchamel sauce (*see* page 220) 1 cucumber, 1 oz. of butter, a little spinach greening, salt and pepper.

Method.—Peel the cucumber, cut into thick slices, and remove the seeds. Melt the butter in a stewpan, put in the cucumber, cover closely, and let it steam in the butter until tender (about 30 minutes), stirring occasionally. When sufficiently cooked, add the sauce, lemon-juice, seasoning, and spinach greening. Cook two or three minutes, pass through a sieve and serve.

Time.—About 1 hour. **Average Cost,** 8d. to 10d. for this quantity.

190.—DUTCH SAUCE. (*Fr.*—Sauce Hollandaise.)

Ingredients.—2 tablespoonfuls of vinegar, 1 shallot, peeled and chopped, 1 bay-leaf, 4 white peppercorns crushed, 1 gill of white sauce, the yolks of 2 eggs, 1 teaspoonful of lemon-juice, 2 ozs. of butter, salt.

Method.—Put the vinegar (French wine vinegar in preference to malt vinegar) with the shallot, bay-leaf and peppercorns in a stewpan, and reduce to ½ its original quantity ; add the white sauce, let it boil, remove the bay-leaf, and stir in the yolks of eggs. When it begins to thicken remove the preparation from the fire and strain into another stewpan. Re-heat (taking great care that the sauce does not curdle), and whisk in the butter by degrees. Add the lemon-juice and enough salt to taste, and serve with boiled fish, artichokes, asparagus, etc.

Time.—About ½ an hour. **Average Cost,** 6d. to 7d.

191.—DUTCH SAUCE. (*Fr.*—Sauce Hollandaise.) (Another Method.)

Ingredients.—The yolks of 3 eggs, 2 ozs. butter, 1 gill Béchamel sauce, ¼ of a gill of stock, the juice of ½ a lemon, salt and pepper.

Method.—Make the sauce hot, remove the saucepan to the side of the stove, and whisk in the yolks of the eggs, stock and lemon-juice. Cook over a slow fire, then add the butter in small pieces off the fire. Season, strain, and it is ready to serve. The sauce must be carefully cooked, and on no account placed on the fire after the butter is added, or it will oil.

Time. 20 minutes. **Average Cost,** 6d. to 8d.

THE LEMON (Fr.: *Citron*).—This well-known fruit of the lemon tree, *Citrus Limonum*, is a native of the tropical parts of Asia, and was probably introduced into south-western Europe by the Arabs. It is allied to the citron and the orange, but is more hardy than the latter. The lemon is imported into this country chiefly from Spain, Portugal, Sicily, and the Azores. From the lemon lime-juice is obtained, which is used in the manufacture of lemonade, and as a beverage ; it is also largely employed in calico printing to discharge colours. The anti-scorbutic properties of lime-juice are of high value, and lime-juice is extensively used in the Navy and the Merchant Service. Its constituents are sugar, vegetable, albuminous and mineral matter, including potash. *Citric acid* and the *oil of lemon* are obtained by pressure and distillation from the fresh peel ; the latter is a volatile oil of a yellow or greenish colour, much used in perfumery, medicinal preparations, and for various domestic purposes. *Lemon-peel* is prepared by drying the rind, and preserving it with sugar.

192.—FRENCH ONION SAUCE. (*Fr.*—Sauce Soubise.)

Ingredients.—2 Spanish onions, 1 gill of white stock, ½ a pint of Béchamel sauce, white pepper, salt, a pinch of white sugar

Method.—Peel the onions, parboil them in salted water, strain and chop very finely. Return to the saucepan, stir over the fire until all moisture is absorbed, then add the stock and cook until tender. Now add the sauce, reduce until the desired consistency is acquired, add the seasoning, and serve.

Time.—About 1 hour. **Average Cost,** 6d. to 7d.

PEPPER (Fr. *Poivre*).—This well-known aromatic spice is a native of the East Indies, and from thence has been introduced into the West Indian Islands, and other tropical parts. The most esteemed varieties are those of Sumatra, Java, and Malacca. The pepper plant belongs to the natural order *Piperaceae,* its most important species being *Piper nigrum,* the black pepper of commerce. It is a climbing shrub, with alternate, heart-shape leathery leaves, and little globular berries, about the size of a currant, at first green, but when ripe of a bright-red colour. The peppercorns are gathered when red and exposed to the sun, when they change to a black hue. *White Pepper* is obtained from the finest of the berries, which are plucked when fully ripe, steeped in lime-water, and subjected to a process of rubbing, which removes the outer coat. It is less acrid than the ordinary black pepper, to which it is considered to be superior, for only the finest berries will bear such special preparation.

193.—GERMAN SAUCE. (*Fr.*—Sauce Allemande.)

Ingredients.—1 pint of good white stock, 1 tablespoonful of cream, 1 oz. of butter, 1 oz. of flour, the yolks of 2 eggs, a teaspoonful of lemon-juice, nutmeg, salt and pepper.

Method.—Melt the butter in a stewpan, add the flour, stir the mixture for a few minutes without allowing it to brown, then put in the stock and stir until it boils. Let it simmer gently for ½ an hour, skim off any butter that may be floating on the top, and season to taste. Beat the yolks of the eggs and cream together, add them to the sauce, and cook gently for a few minutes until the sauce thickens, but it must not boil, or the eggs may curdle. Add the lemon, strain, or pass through a tammy-cloth, and use as required.

Time.—40 to 60 minutes. **Average Cost,** 1s.

THE NUTMEG (Fr.: *Muscade*) is a native of the tropics, and is largely cultivated in the Molucca Islands, especially in the Banda group. The Dutch, when supreme in the East, sought to obtain a monopoly of this spice, by confining the growth of the nutmeg to the Island of Great Banda. It is now cultivated in Java, Sumatra, Penang, Singapore, Southern India, Madagascar, Brazil, and the West Indies. The nutmeg tree, which somewhat resembles the pear-tree in the beauty of its form, foliage, and blossom, grows to the height of about 25 feet, and begins to bear fruit in its ninth year, yielding about 8 lb. The nut is oval in shape, very hard, and of a dark-brown colour. Previous to exportation, the fruit is smoke-dried until the nut rattles in the shell, when it is extracted. There are various species of nutmegs, the chief being *Myristica fragrans,* which yields the chief supply, and is the most aromatic and delicate in its flavour; and *Myristica fatua,* with a longer kernel of a pale colour, but less aromatic. The nutmeg is largely used as a condiment, and in medicine as a stimulant and carminative. In large quantities it acts as a narcotic. From the nutmeg a fixed and a volatile oil are obtained.

194.—GREEN MOUSSELINE SAUCE. (*Fr.*—Sauce Mousseline Verte.)

Ingredients.—½ pint of stiff Mayonnaise sauce, ½ a teaspoonful made English mustard, ½ gill Béchamel sauce, ½ gill of cream, a few leaves of tarragon and chervil 1 teaspoonful of spinach greening, a pinch of cayenne or paprika pepper, a pinch of salt, ½ a lemon.

Method.—Mix the Mayonnaise sauce, mustard, and cream in a basin; chop the tarragon and chervil leaves and put them with the greening into the Béchamel sauce, boil for a few minutes, and pass through a fine tammy-cloth. Let the preparation cool, and incorporate it with the cold sauce. Season to taste with a little salt and pepper, and finish by working in the juice of ½ a lemon. Serve cold.

Time. 1 hour.—**Average Cost,** 10d. to 1s. for this quantity.

Cayenne (Fr.: *Poivre de Cayenne*).—The name given to the powder prepared from several varieties of the capsicum, natives of the East and West Indies, and other hot climates. The pods of the capsicum, which are of a handsome scarlet, yellow, or greenish colour, are extremely pungent to the taste, and in the green state are used as a pickle. When ripe, the pods are ground into Cayenne pepper, the most acrid and stimulating of the spices. The fruit of various species of the capsicum is sold, under the name of *Chilies*, the Mexican name for the capsicum; the capsicums preserved in acetic acid which is called "Chili Vinegar." Capsicum is used in medicine chiefly in the form of a tincture, as a stimulant or digestive, and as a remedy for relaxed throats. Cayenne judiciously used is a valuable condiment for improving the flavour of dishes.

195.—HORSERADISH SAUCE OR CREAM. (Hot.) (*Fr.*—Crême de Raifort [Chaude].)

Ingredients.—1 oz. of flour, 2 ozs. of butter, 1 pint of cream, 3 tablespoonfuls of finely-grated horseradish, 1 teaspoonful of vinegar, 1 pinch of salt, ½ a teaspoonful of sugar.

Method.—Blend the flour with the butter, boil the cream, and add it to the butter and flour; stir over the fire, and boil for 5 minutes, taking great care not to let it curdle. Pass through a tammy-cloth or napkin. Add the horseradish, salt and vinegar, and mix well. Serve hot with boiled fish, or roast meat, etc.

Time.—20 to 30 minutes. **Average Cost,** 1s. 9d. to 2s.

The Horseradish (Fr.: *Raifort.*) is a cruciformplant, common to most of the temperate countries of Europe. It grows abundantly in Britain, to which, however, it is not indigenous, nor has its original habitat been ascertained. It is a well-known condiment, with a pungent taste and odour, and is, also, used as a stomachic and diuretic medicine, and externally as a blister. The root of aconite bears some resemblance to that of the horseradish; care should, therefore, be taken to prevent accidents arising from mistaking the two roots. In the case of aconite, the root externally is of a dark-brown colour, tapering in shape, and bitter when first tasted. The root of the horseradish has a less tapering form, its odour and taste are at first pungent and acrid, and its external colour is a dirty white. A volatile oil is present in the horseradish, but its volatility is so great that even when prepared for the table, it rapidly spoils by exposure to the air. For the same reason the root should not be preserved by drying, but be kept moist by burying it in sand.

196.—HORSERADISH SAUCE (Hot). (*Fr.*—Sauce Raifort [Chaude].) (A more Economical Method.)

Ingredients.—2 tablespoonfuls of grated horseradish, ½ a pint of Béchamel sauce, ½ a teaspoonful of castor sugar, ½ a teaspoonful of vinegar, cayenne, and salt.

Method.—Boil up the sauce, moisten the horseradish with the vinegar, add it to the sauce with the other ingredients. Make the sauce thoroughly hot, but do not boil, after the vinegar is added, or it will curdle.

Time.—About 20 minutes. **Average Cost,** 4d. to 6d.

197.—HORSERADISH SAUCE (Cold). (*Fr.*—Sauce Raifort [Froide].)

Ingredients.—½ gill of wine vinegar, 2 hard-boiled eggs, 1 oz. of grated horseradish, ½ a teaspoonful of salt, 1 teaspoonful of castor sugar, 1 tablespoonful of cream.

Method.—Remove the yolks from the whites of the hard-boiled eggs, put them in a basin, work with a wooden spoon until quite smooth, then add the vinegar gradually, and stir the mixture until it becomes creamy. Add the grated horseradish, sugar, salt, and lastly the cream, stir a little longer, and serve in a sauceboat, or as directed.

Time.—20 to 30 minutes. **Average Cost,** 6d. to 7d.

198.—HORSERADISH SAUCE (Cold). (*Fr.*—Sauce Raifort [Froide].) (Another Method.)

Ingredients.—1½ ozs. of grated horseradish, 1 gill of thick cream, 1 tablespoonful of white wine vinegar, 1 teaspoonful of castor sugar, a little powdered mustard, pepper and salt.

Method.—Put the horseradish in a basin, add the sugar, mustard, salt and pepper : moisten with vinegar, stir in the cream gradually. Serve cold.

Time.—10 to 15 minutes. **Average Cost,** 5d. to 6d.

199.—LOBSTER SAUCE. (*Fr.*—Sauce Homard.)

Ingredients.—½ pint of Béchamel sauce, a small hen lobster, 1 oz. of butter, seasoning.

Method.—Remove the coral from the lobster, wash it and pound it with the butter, and rub all through a hair sieve. Remove the meat from the tail and claws of the lobster, and cut it into small neat pieces. Warm the Béchamel sauce, add the coral-butter, mix well, then add the pieces of lobster, warm thoroughly, season, and serve.

Time.—About ½ an hour. **Average Cost,** 4d. without the lobster.

200.—MAÎTRE D'HÔTEL SAUCE. (*Fr.*—Sauce Maitre d'Hotel.)

Ingredients.—½ a pint of Béchamel sauce, 3 ozs. of butter, the juice of ½ a lemon, 1 teaspoonful of finely-chopped parsley, seasoning.

Method.—Put the Béchamel in a saucepan with a little water, stir until it boils, reduce well, then add the butter a little at a time, and stir well. Strain the sauce into another saucepan, add the parsley, lemon-juice, and seasoning, reheat and serve.

Time.—25 to 35 minutes. **Average Cost,** 6d. to 8d. for this quantity.

The Maitre d'Hotel (Fr.).—The house-steward is synonymous with the maître d'hotel of France, and was called among the ancient Romans procurator, or major domo. In large households in Rome, the slaves, when they had procured the various articles required for the repasts of the day, returned to the spacious kitchen, with their loads of meat, game, fish, vegetables and fruit. Each one placed his basket at the feet of the major domo, who examined its contents, and registered them on his tablets. Provisions which needed no special preparation were then stored in a pantry near to the dining-room, the other comestibles being assigned to the more immediate care of the cook.

201.—MAYONNAISE SAUCE. (*Fr.*—Sauce Mayonnaise.)

Ingredients.—2 yolks of eggs, 1 teaspoonful of French mustard, ½ a teaspoonful of salt, a pinch of pepper, 1 tablespoonful of tarragon vinegar, about 1 pint of best salad oil, 1 tablespoonful of cream.

Method.—Put the yolks into a basin, add the mustard, salt and pepper, stir quickly with a wooden spoon. Add the oil, first drop by drop and afterwards more quickly, and at intervals a few drops of the vinegar By stirring well, the mixture should become the consistency of very thick cream. Lastly, add the cream, stirring all the while. A little cold water may be added if the sauce is found to be too thick.

In hot weather, the basin in which the Mayonnaise is made should be placed in a vessel of crushed ice.

Time.—About 20 minutes. **Average Cost,** 1s. 3d. to 1s. 6d.

202.—MELTED BUTTER. (*Fr.*—Sauce au Beurre.)

Ingredients.—½ a pint of water, 1 oz. of butter, ¾ of an oz. of flour, salt and pepper.

Method.—Melt the butter in a saucepan, stir in the flour and cook for 2 or 3 minutes. The water now to be added must not be quite boiling, but it may be hot, and as the sauce has to be constantly stirred until it boils to incorporate the substances contained in it, considerable time is saved by adding warm or hot water, instead of cold. Bring to the boil, and simmer for a few minutes. Season, and use as required.

Time.—10 to 15 minutes. **Average Cost,** 2d.

203.—MELTED BUTTER. (*Fr.*—Sauce au Beurre.)

(An Old-fashioned Method.)

Ingredients.—½ a pint of hot water, ¾ oz. of fresh butter, 1 dessertspoonful of flour, salt and pepper.

Method.—Mix the flour smoothly with a little cold water in a basin, add the hot water gradually, stirring all the time. Put it into a saucepan, bring to the boil, simmer for 10 minutes, then add the salt and pepper, stir in the butter, and serve.

Time.—About 15 minutes. **Average Cost,** 1½d.

204.—NORMANDY SAUCE. (*Fr.*—Sauce Normande.)

Ingredients.—¾ pint white stock, ½ pint fish stock (No. 5), 2 oz. butter, 1 oz. flour, 2 yolks of eggs, lemon juice.

Method.—Melt 1 oz. of butter in a stewpan, add 1 oz. of flour, stir sufficiently long to cook the flour, moisten with the stock, and allow it to boil for 10 minutes. Skim well, and finish with a liaison or binding of 2 yolks of eggs. Stir in bit by bit 1 oz. of butter and a few drops of lemon-juice. Pass through a fine strainer or tammy-cloth, and use as directed.

Time.—10 minutes. **Probable Cost,** 1s. **Sufficient** for 1 large dish.

205.—ONION SAUCE. (*Fr.*—Sauce aux Oignons.)

Ingredients.—½ a pint of milk, 2 tablespoonfuls of cream, 1 oz. of butter, ¾ oz. of flour, 2 onions (about ½ a lb.), salt and pepper.

Method.—Peel the onions, put them into cold water, bring to the boil, and strain. Return to the saucepan with ½ a teaspoonful of salt and sufficient boiling water to cover them, and boil until tender (about 1 hour). When the onions are sufficiently cooked they must be well drained and chopped coarsely. Melt the butter in a saucepan, stir in the flour and cook for 2 or 3 minutes, then add the milk and stir until it boils. Add the onion to it, season to taste, simmer for a few minutes, then stir in the cream, and serve.

Time.—1½ to 1¾ hours. **Average Cost,** 4d. to 5d.

206.—PARSLEY SAUCE. (*Fr.*—Sauce de Persil.) (For Boiled Fowl, Veal, Calf's Head, etc.)

Ingredients.—½ a pint of the liquor in which the meat has been cooked, ¼ of a pint of milk, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of chopped parsley, salt and pepper.

Method.—Melt the butter in a saucepan, stir in the flour, cook for 2 or 3 minutes, then add the liquor and milk, and stir until it boils. Simmer for a few minutes, season to taste, add the parsley, and use as required. If the parsley is allowed to boil in the sauce it will lose some of its green colour.

Time.—20 to 25 minutes. **Average Cost,** 3d.

PARSLEY (Fr.: *Persil*).—The common parsley is a well-known garden vegetable, and has long been cultivated for seasoning and garnishing dishes, and for flavouring soups. The leaf-stalks of one variety of parsley, the celery-leaved, are blanched and eaten like celery. Parsley was known to the ancient Greeks, reference being made to it in the *Iliad*, and among the Romans it was used as a symbol of mourning, and placed on the tables at funeral feasts. The Carthagenians found it in Sardinia, and introduced the herb to the inhabitiants of Marseilles. There are various quaint superstitions connected with parsley, some of which survive to the present day in England and Scotland.

207.—POULETTE SAUCE. (*Fr.*—Sauce Poulette.)

Ingredients.—½ a pint of Béchamel sauce, 1 raw yolk of egg, 1 tablespoonful of cream, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Mix the yolk of the egg and the cream together. Have the sauce nearly boiling in a saucepan, pour in the egg and cream, and stir for a few minutes, but the preparation must not boil, or the egg may curdle. Add the parsley and lemon-juice, season to taste, and serve.

Time.—About 10 minutes. **Average Cost,** 5d. to 6d.

208.—SALAD DRESSING (French). (*Fr.*—Sauce Remoulade.)

Ingredients.—½ a pint of salad oil, 2 tablespoonfuls of tarragon vinegar, 1 teaspoonful of made mustard, 1 yolk of egg, a few leaves of tarragon parsley and chives, a pinch of castor sugar, salt and pepper.

Method.—Blanch the herbs, drain, and chop finely. Put the yolk of egg into a basin, add the seasoning, work in the oil and vinegar, stirring the ingredients vigorously with a wooden spoon. Then add the herbs, mustard, and sugar.

Time.—20 to 30 minutes. **Average Cost,** 8d. to 9d. for this quantity.

TARRAGON (Fr.: *Estragon*).—The leaves of this aromatic plant, known to botanists as *Artemisia dracunculus*, are much used in France as a flavouring ingredient for salads. From it is made *tarragon vinegar*, which the French employ to mix their mustard. It is also used as a pickle, and as a flavour for fish-sauces. From one species of the genus *Artemisia*, which grows in Switzerland, the bitter aromatic cordial, *absinthe*, is prepared. The common wormwood, *Artemisia absinthum*, was known to the Greeks, who valued it as a medicinal plant.

209.—SALAD DRESSING (made without oil.)

Ingredients.—2 hard-boiled eggs, 4 tablespoonfuls of cream, 1 tablespoonful of vinegar, 1 teaspoonful of mixed mustard, ¼ of a teaspoonful each of pepper, salt, and castor sugar.

Method.—Pound the yolks of the eggs in a mortar, then put them into a basin, and add the mustard, salt, pepper and sugar, add the cream gradually, and stir vigorously until it becomes very thick. Add the vinegar drop by drop just at the last.

Time.—About 20 minutes. **Average Cost,** from 6d. to 7d.

210.—SORREL SAUCE. (*Fr.*—Sauce à l'Oseille.)

Ingredients.—½ a pint of White Sauce (*see* page 233) a good handful of sorrel, salt and pepper.

Method.—Wash and pick the sorrel, put it into a saucepan without any water, and cook until tender. Chop finely, and rub through a hair sieve. Have the sauce boiling in a saucepan, add to it the purée, stir and cook for 3 or 4 minutes, season to taste, and serve.

Time.—50 to 60 minutes. **Average Cost.** 4d.

211.—SOUBISE SAUCE. (*Fr.*—Sauce Soubise.)

Ingredients.—½ a pint of Béchamel Sauce, or other good white sauce, 2 tablespoonfuls of white stock, 2 Spanish onions, sugar, salt and pepper.

Method.—Peel and parboil the onions in salted water, then drain well and chop them finely. Put the prepared onions and stock into a stewpan, cover closely, cook slowly until reduced to a pulp, and add the sauce. Simmer gently until reduced to the right consistency, then add a pinch of sugar, season to taste, and use as required.

Time.—About 1 hour. **Average Cost,** 6d. to 7d.

212.—SUPREME SAUCE. (*Fr.*—Sauce Suprême.)

Ingredients.—1 oz. of butter, 1 oz. of flour, 1½ pints of chicken stock, 1 small onion, 1 clove, ½ a bay-leaf, 1½ ozs. of fresh butter, 1 tablespoonful cream, 1 yolk of egg, the juice of ½ a lemon.

Method.—Melt the butter in a stewpan, add the flour, cook well over fire, but do not let it brown, then add stock, onion, clove, and bay-leaf. Stir until boiling, simmer for 15 minutes, and skim well. Now work in the fresh butter, cream, and yolk of egg, cook for 3 minutes, but do not let the sauce boil. Add the lemon-juice, pass the sauce through a tammy-cloth, warm, and serve.

Time.—About ½ an hour. **Average Cost,** 6d. exclusive of the stock.

213.—TARTARE SAUCE. (*Fr.*—Sauce Tartare.)

Ingredients.—¼ of a pint of Mayonnaise sauce, 1 tablespoonful of chopped gherkin or capers, ½ a teaspoonful of very finely-chopped shallot (this may be omitted).

Method.—Stir the gherkin and onion lightly into the mayonnaise, and use as required.

Time.—25 minutes altogether. **Average Cost,** 5d. to 7d.

214.—TOURNÉE SAUCE. (*Fr.*—Sauce Tournée.)

Ingredients.—1 pint of white stock, 2 ozs. of butter, 1½ ozs. of flour, 6 spring onions, 6 small mushrooms coarsely-chopped, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Melt the butter in a saucepan, add the flour, stir and cook for a few minutes without browning, and put in the stock. Add the white part of the onions, the bouquet-garni, mushrooms, and a little salt and pepper, simmer gently for 20 minutes, then strain and use as required.

Time.—About ½ an hour. **Average Cost,** 10d. to 1s.

215.—VALOIS SAUCE. (*Fr.*—Sauce Valois.)

Ingredients.—1 pint of strong chicken stock, 4 yolks of eggs, 2 ozs. of butter, 2 dessertspoonfuls of white vinegar, 1 teaspoonful of chopped parsley, 2 shallots finely-chopped, salt and pepper.

Method.—Boil the stock gently until reduced to a quarter of the original quantity. Put the vinegar and shallots into another saucepan, simmer gently until considerably reduced, and add the prepared stock. Beat the yolks of the eggs well, stir them into the contents of the saucepan when just below boiling point, whisk until the preparation thickens, and season to taste. Add the butter bit by bit, whisking between each addition, and just before serving stir in the parsley.

Time.—Altogether, about 1½ hours. **Average Cost,** 7d., exclusive of the stock.

216.—VELOUTÉ SAUCE. (*Fr.*—Sauce Velouté.)

Ingredients.—1½ ozs. butter, ½ oz. of sifted flour, 1 pint of good white stock, ½ a bay leaf, 8 peppercorns.

Method.—Melt 1 oz. of butter in a stewpan, stir in the flour, cook a little without browning, moisten with the stock, add the bay-leaf and peppercorns, stir and simmer slowly for ½ an hour, take off the scum, press through a tammy-cloth or napkin, return to the stewpan, and finish with the remainder of the butter, or a little thick cream. Use as required.

Time.—50 to 60 minutes. **Average Cost,** 10d. to 1s.

Note.—The stock from which Velouté sauce should be made is prepared from veal bones, chicken bones, and trimmings, a flavouring of carrot, onion, celery, bouquet-garni, the needful amount of seasoning, and an appropriate quantity of water, i.e. 1 quart of water to 1½ lbs. of meat and vegetables.

217.—VELOUTÉ OR VELVET SAUCE. (*Fr.*—Sauce Velouté.) (Another method.)

Ingredients.—1 oz. of flour, 1½ ozs. of butter, 1 pint of veal stock, ¼ of a gill of mushroom liquor, ½ a gill of cream, 1 bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt, nutmeg, and lemon-juice.

Method.—Melt the butter, stir in the flour, cook over the fire for a few minutes, but do not let the flour brown. Add stock, mushroom liquor, bouquet-garni, and crushed peppercorns. Boil slowly for 20 minutes, skim well. Pass through a tammy-cloth, warm up, and just before serving add cream, seasoning, and lemon-juice.

Time.—About ½ an hour. **Average Cost,** 10d. to 1s.

218.—VINAIGRETTE SAUCE. (*Fr.*—Sauce Vinaigrette.) (For Asparagus, Calf's Head, Brains, etc.)

Ingredients.—4 tablespoonfuls of salad oil, 2 tablespoonfuls of tarragon vinegar, ½ a teaspoonful each of finely-chopped gherkin, shallot and parsley, salt and pepper.

Method.—Mix all well together, and use as required.

Time.—About 5 minutes. **Average Cost,** 4d. or 5d.

219.—WHITE ITALIAN SAUCE.

Ingredients.—¼ of a pint of good white stock, ¾ of a pint of Béchamel sauce, 1 tablespoonful of cream, 1 oz. of butter, 2 tablespoonfuls of finely-chopped fresh button mushrooms, 1 dessertspoonful of finely-chopped parsley, 1 shallot finely chopped, salt and pepper.

Method.—Melt the butter in a stewpan, put in the mushrooms and shallot, and fry without browning for about 10 minutes. Add the stock, cover closely, and simmer until reduced to about ½ the original quantity. Put in the Béchamel sauce and boil up, then add seasoning to taste, the chopped parsley and cream, and use as required.

Time.—40 to 50 minutes. **Average Cost,** 10d. to 1s.

220.—WHITE MUSHROOM SAUCE. (*Fr.*—Sauce aux Champignons [Blanche].)

Ingredients.—1½ gills of Béchamel sauce, 1½ gills of veal stock, 8 or 10 preserved mushrooms, ½ a gill of the liquor, ½ a gill of Chablis, 1 dessertspoonful of lemon-juice, 1 tablespoonful of cream.

Method.—Boil the stock and Béchamel together until reduced to half the original quantity. Add the mushrooms sliced, the liquor, lemon-juice, and wine. Boil again, skim, season, and add the cream.

Time.—20 to 25 minutes. **Average Cost,** 1s. 2d. to 1s. 4d.

221.—WHITE SAUCE FOR VEGETABLES, VEAL, RABBIT, AND POULTRY. (*Fr.*—Sauce Blanche.)

Ingredients.—1 oz. of butter, 1 oz. of flour, ½ a pint of milk, ½ a gill of white stock, ½ a bay-leaf, salt and white pepper.

Method.—Melt the butter in a small saucepan, stir in the flour, and cook for a few minutes without allowing the flour to brown. Dilute with the milk, stir till it boils, then add the stock and bay-leaf, and let simmer for at least 10 minutes. Remove the bay-leaf, season to taste, and strain.

Time.—25 to 35 minutes. **Average Cost,** 4d.

222.—WHITE SAUCE WITHOUT STOCK. (*Fr.*—Sauce Blanche.) (For Vegetables Meat, Poultry, etc.)

Ingredients.—1 pint of milk, 1 tablespoonful of cream (this may be omitted), 2 ozs. of butter, 1½ ozs. of flour, 1 small carrot, 1 small onion, 1 strip of celery, 1 bay-leaf, salt, 10 peppercorns.

Method.—Cut the carrot and celery into rather large pieces, put them with the milk, onion, and bay-leaf into a saucepan, and simmer gently for about ½ an hour. If the milk reduces in simmering, add more to make up the original quantity. Melt the butter in another saucepan, stir in the flour, and cook for 7 or 8 minutes without browning. Let this roux cool slightly, then add to it the milk and vegetables, and whisk briskly until it boils. Simmer for 10 minutes, strain through a tammy-cloth, or rub through a fine hair sieve, re-heat, season to taste add the cream, and use.

Time.—About 50 minutes. **Average Cost,** 6d.

Note.—For white sauces made with stock, see Béchamel, page 221, Velouté, page 232, and Allemande, page 219.

223.—WHITE SAUCE FOR VEGETABLES, MEAT, POULTRY, OR FISH. (Economical.)

Ingredients.—½ a pint of milk, ½ a pint of either water, fish stock, or liquor in which meat or poultry has been boiled, 1½ ozs. butter, 2 ozs. of flour, mace or nutmeg, salt and pepper.

Method.—Melt the butter in a saucepan, stir in the flour and cook for 5 minutes, add the milk and stock, stir until it boils, then simmer gently for 10 minutes. Season to taste, add a pinch of nutmeg, and use as required.

Time.—25 to 30 minutes. **Average Cost,** 3d.

Note.—Onion cooked and chopped and parsley chopped should be added to these sauces before serving. Oysters, mussels, cockles, a few minutes before serving, but the sauce must not boil after these additions.

224.—ASPIC CREAM.

Ingredients.—1½ gills of aspic jelly, 1 gill of double cream, a teaspoonful of lemon-juice, a pinch of white pepper, and a pinch of castor sugar.

Method.—Put the cream into a basin, stir it with a whisk, and gradually add the aspic, which must be liquid, and add the lemon-juice and seasoning, pass through a tammy or fine strainer, and use to mark chickens, etc.

Brown Sauces.

225.—BACON SAUCE. (*Fr.*—Sauce au Lard Fumé.)

Ingredients.—¼ a lb. of ham or bacon cut into dice, 1 small onion finely-chopped, 1 dessertspoonful of flour, 2 tablespoonfuls of vinegar, ½ a pint of water, salt and pepper.

Method.—Fry the bacon slightly, add the onion, sprinkle in the flour, and fry slowly until lightly browned. Season to taste, add the vinegar and water, stir until boiling, then pour over the previously cooked potatoes, and serve as an accompaniment with roast chicken or veal.

Time.—About 20 minutes. **Average Cost,** 6d. to 8d.

226.—BIGARADE SAUCE. (*Fr.*—Sauce Bigarade.) (For Roast Duck or Goose.)

Ingredients.—½ a Seville orange, ½ a pint of brown sauce, ½ a pint of good stock, 1 glass of port wine, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Strain the juice of the orange. Cut the rind into very fine strips, cover with cold water and bring to the boil. Simmer gently from 10 to 15 minutes, then strain and drain well. Mix the brown sauce, stock and orange-juice together, and boil until reduced to half the original quantity. Strain, return to the saucepan, add the prepared orange-rind, lemon-juice and port wine, season to taste, boil and use as required.

Time.—From 35 to 45 minutes. **Average Cost,** 1s.

227.—BORDELAISE SAUCE. (*Fr.*—Sauce Bordelaise.)

Ingredients.—¾ of a pint of Espagnole sauce, 1 glass of claret, 2 finely-chopped shallots, ½ an oz. of glaze, 1 teaspoonful of chopped parsley, tarragon and chervil, a pinch of sugar, seasoning.

Method.—Put the wine and shallots into a saucepan, and reduce to half the quantity. Add the sauce and cook slowly for 20 minutes. Skim, and add the rest of the ingredients, boil up, and serve.

Time.—About 40 minutes. **Average Cost,** 1s. 6d.

228.—BRAIN SAUCE FOR SHEEPS' HEAD.

Ingredients.—2 sheeps' brains, ¾ of a pint of liquor in which the heads were cooked, 1½ ozs. of butter, 1½ ozs. of flour, 1 small onion chopped, 1 teaspoonful of vinegar, salt and pepper.

Method.—Wash and soak the brains in salt and water. Tie them in muslin, and cook them until firm in the pot containing the sheeps' heads. Melt the butter in a stewpan, add the flour, cook it slowly until lightly browned, then put in the onion, and continue to cook slowly until the whole acquires a nut-brown colour. Add the pot-liquor, vinegar, salt and pepper to taste, simmer gently for 10 minutes, then stir in the brains previously coarsely-chopped, and serve poured over the prepared heads, or separately.

Time.—Altogether, 1 hour. **Average Cost,** 2d., in addition to the brains.

229.—BRETONNE SAUCE. (*Fr.*—Sauce Bretonne.)

Ingredients.—¾ of a pint of brown sauce, 1 tablespoonful of haricot purée, 1 onion sliced, ½ an oz. of butter, salt and pepper.

Method.—Melt the butter, fry the onion until well-browned, add the haricot purée and brown sauce, and bring to the boil. Season to taste, simmer for 5 minutes, then pass through a fine strainer or tammy cloth, re-heat, and use as required.

Time.—From 25 to 30 minutes. **Average Cost,** 8d.

230.—BROWN CAPER SAUCE. (*Fr.*—Sauce aux Câpres Brunes.) (For Steak, Kidneys, Fish.)

Ingredients.—½ a pint of Espagnole sauce, or brown sauce, 1 teaspoonful of vinegar, 1 teaspoonful of essence of anchovy, 1 tablespoonful of capers cut in two, 1 small onion very finely-chopped, cayenne, the juice of half a lemon.

Method.—Put the sauce, vinegar, essence of anchovy and onion into a saucepan, boil, simmer for 10 minutes, and strain. Return to the saucepan, and when quite hot add the cayenne, lemon-juice and capers, and serve.

Time.—About 20 minutes. **Average Cost,** 11d.

231.—BROWN MUSHROOM SAUCE. (*Fr.*—Sauce aux Champignons [Brune].)

Ingredients.—8 preserved mushrooms, ½ a gill of the liquor, ½ a gill of sherry, ½ a gill of thin Espagnole sauce.

Method.—Chop the mushrooms finely, put them in a stewpan with the liquor and the sherry, cover the pan, and boil well. Add the Espagnole, boil up again, then season and serve.

Time.—From 20 to 30 minutes **Average Cost,** 8d.

The Mushroom (Fr. *champignon*).—This highly-esteemed fungus is found in all parts of the world, and is remarkable for the rapidity of its growth. The species, and its several varieties, most usually cultivated for table use is *Agaricus campestris*. For culinary purposes the mushroom is of much importance, and from it ketchup is prepared, which forms the basis of numerous sauces. There are some 500 species of British mushrooms, and of these many are more or less poisonous, as the Fly mushroom (*Agaricus muscarius*), which has a warted orange or scarlet cap, and possesses highly narcotic properties, causing delirium and death if eaten. Great care should be taken in gathering mushrooms to ensure that they are of the edible kind.

232.—BROWN ONION SAUCE. (*Fr.*—Sauce Bretonne.)

Ingredients.—2 Spanish onions, ½ a pint of Espagnole sauce, ½ a gill of haricot beans, seasoning, 2 ozs. of butter.

Method.—Soak the haricot beans for 12 hours, then put them on to boil in salt and water, and when tender rub them through a hair sieve. Skin and chop the onions, fry them in the butter, then add the sauce, and boil slowly until the onions are tender. Pass the mixture through a hair sieve, add the haricot purée, warm thoroughly, season, and serve.

Time. From 2 to 2½ hours. **Average Cost,** 10d.

233.—BROWN SAUCE. (*Fr.*—Sauce Brune.)

Ingredients.—1 pint of brown stock, 2 ozs. of butter, 1½ ozs. of flour, 1 small carrot, 1 small onion, 6 fresh button mushrooms (when in season), 1 tomato, salt and pepper.

Method.—Slice the mushrooms, carrot, and onion, and fry them until brown in the butter. Sprinkle in the flour, stir and cook for a few minutes, then add the sliced tomato and stock, and stir until it boils. Simmer for 10 minutes, season to taste, strain or pass through a tammy-cloth, re-heat, and serve. Preserved mushrooms may be used, but they do not impart the same flavour to the sauce. A tablespoonful of GOOD mushroom ketchup is an improvement.

Time.—40 to 45 minutes. **Average Cost,** about 6d., exclusive of the stock.

234.—BROWN SAUCE. (*Fr.*—Sauce Brune.) (Inexpensive.)

Ingredients.—½ a pint of stock or water, 1 oz. of butter or sweet dripping, 1 oz. of flour, 1 small carrot, 1 small onion, salt and pepper.

Method.—Cut the carrot and onion into small pieces. Melt the butter in a saucepan, put in the flour and vegetables, and fry until brown, An occasional stir is necessary to prevent the ingredients burning, but if they are constantly stirred they brown less quickly. Add the water or stock, stir until it boils, simmer for 10 minutes, then season to taste, and use. A few drops of browning (*see* page 214) may be added when the sauce is too light in colour.

Time.—25 to 30 minutes. **Average Cost,** 2d. without the stock.

235.—CALF'S HEAD, SAUCE FOR.

Ingredients.—1 pint of the liquor in which the head was boiled, 2 ozs. of butter, 1½ ozs. of flour, 1 dessertspoonful of finely-chopped parsley, the juice and finely-grated rind of ½ a lemon, 1 onion sliced, salt and pepper.

Method.—Fry the onion in the butter until well-browned, sprinkle in the flour and brown it also, then add the stock. Simmer gently for ½ an hour to reduce, then strain. Return to the saucepan, and add the parsley, lemon-rind, lemon-juice, and seasoning to taste, make thoroughly hot, and serve.

Time.—From 50 to 60 minutes. **Average Cost,** 3½d.

236.—CARROT SAUCE. (*Fr.*—Sauce au Carotte.)

Ingredients.—¾ of a pint of stock, No. 7, 1 large carrot grated, 1 oz. of butter, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Melt the butter in a saucepan, add the carrot, and let it cook gently for 10 minutes. Add the stock, season to taste, and simmer gently for ½ an hour. Return to the saucepan, strain, add the parsley and lemon-juice, bring to the boil, and use as required.

Time.—45 to 55 minutes. **Average Cost,** 7d.

237.—CHRISTOPHER NORTH'S SAUCE. (For Meat or Game.)

Ingredients.—1 glass of port, 2 tablespoonfuls of good brown sauce, 1 dessertspoonful of mushroom ketchup, 1 dessertspoonful of pounded white sugar, 1 tablespoonful of lemon-juice, ½ a teaspoonful of cayenne pepper, ½ a teaspoonful of salt.

Method.—Mix all the ingredients thoroughly together and heat the sauce gradually, by placing the vessel in which it is made in a saucepan of boiling water. Do not allow it to boil, and serve directly it is ready. This sauce, if bottled immediately, will keep for a fortnight, and will be found excellent.

Time.—15 minutes. **Average Cost,** 10d.

238.—CHUTNEY SAUCE. (*Fr.*—Sauce au Mangul.)

Make a sauce the same as for venison (*see* page 251) omitting the red currant jelly, and adding instead 1 heaped-up tablespoonful of mango chutney, chopped rather finely.

239.—CIDER SAUCE. (*Fr.*—Sauce au Cidre.)

Ingredients.—½ a pint of cider, ¾ of a pint of brown sauce, 2 cloves, 1 bay-leaf, salt and pepper.

Method.—Simmer the whole until reduced to the desired consistency, then pass through a fine strainer or tammy cloth, re-heat, and serve as a substitute for champagne sauce for braised ham or duck.

Time.—About ½ an hour. **Average Cost,** 6d. to 9d.

240.—CURRANT SAUCE. (*Fr.*—Sauce au Corinthe.)

Ingredients.—2 ozs. of currants cleaned, 2 ozs. of butter, 1½ ozs. of flour, ¾ of a pint of water, 1 glass of red wine, 1 dessertspoonful of lemon-juice, ½ a teaspoonful of finely-grated lemon-rind, ¼ of a teaspoonful of ground ginger, sugar to taste.

Method.—Melt the butter in a saucepan, add the flour, and cook gently until it acquires a light brown colour. Put in the wine and water, bring to the boil, add the lemon-rind and lemon-juice, ginger, currants, and sugar to taste. Simmer gently for 10 minutes, then serve without straining.

Time.—About ½ an hour. **Average Cost,** 6d. to 8d.

241.—CURRY SAUCE. (*Fr.*—Sauce au Kari.)

Ingredients.—¾ of a pint of good stock, 1½ ozs. of butter, 1 tablespoonful of curry powder, 1 dessertspoonful of flour, 1 tomato sliced, 1 small onion sliced, salt.

Method.—Melt the butter in a saucepan, fry the onion until lightly browned, then add the flour and curry powder. Stir and cook gently for a few minutes, then add the stock, and bring to the boil. Put in the tomato, and seasoning to taste. Simmer gently for 20 minutes, then strain and serve.

Time.—From 35 to 40 minutes. **Average Cost,** 8d. to 10d.

242.—DEMI-GLACE SAUCE (Half Glaze). (*Fr.*—Sauce Demi-Glace.)

Ingredients.—½ a pint of Espagnole sauce, ¼ of a pint of good gravy.

Method.—Strain the gravy and remove all the fat. Put the sauce and gravy into a saucepan, boil until well reduced, skim well, and serve.

Time.—About ½ an hour. **Average Cost,** 4d. to 5d. without the gravy.

243.—DEVILLED SAUCE. (*Fr.*—Sauce à la Diable.) (For Devilled Bones, etc.)

Ingredients.—2 tablespoonfuls of Harvey sauce, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of butter (melted), 1 teaspoonful of mustard, salt, and cayenne.

Method.—Mix all the ingredients together in a deep dish. Score the legs of a cooked chicken, etc., lengthwise, and soak well in the sauce. Grill, or fry in a little hot fat or butter, serve very hot.

Time. About 1 hour. **Average Cost,** 3d. to 4d. for this quantity of sauce.

244.—ESPAGNOLE OR SPANISH SAUCE. (*Fr.*—Sauce Espagnole.)

Ingredients.—1 quart of stock, 1 oz. of raw lean ham or bacon, 2 ozs. of butter, 2 ozs. of flour, 1 carrot, 1 onion, 1 clove, 4 peppercorns, 1 bouquet-garni (parsley, thyme, bay-leaf), ½ a gill of tomato pulp, ½ a gill of sherry, 2 mushrooms.

Method.—Melt the butter in a stewpan, add the ham, cut into small pieces, fry for a few minutes, and then put in the vegetables sliced, the herbs, and spices. Stir these ingredients over a slow fire for about 5 minutes, then add the flour and brown it carefully. Add the stock, tomato-pulp, and sherry, stir the sauce until boiling, draw the saucepan to the side of the fire, let it boil slowly for about 1 hour, then skim off the fat, pass the sauce through a tammy-cloth, season, warm up, and serve.

Time.—About 1½ hours. **Average Cost,** 1s. 4d. Quantity, 1 pint.

245.—FINANCIÈRE SAUCE. (*Fr.*—Sauce Financière.)

Ingredients.—1 pint of brown sauce, 1 glass of sherry, ½ an oz. of meat glaze, Financière garnish of cocks'-combs, truffles and small mushrooms, salt and pepper.

Method.—Make the brown sauce as directed, add the sherry and meat glaze, and simmer gently until considerably reduced. Pass through a fine strainer or tammy cloth, re-heat, add the Financière garnish, season to taste, and use as required.

Time.—About 1 hour. **Average Cost,** 2s. 6d., exclusive of the Financière.

246.—FINANCIÈRE SAUCE. (Another way.)

Ingredients.—¾ of a pint of brown sauce, 1 glass of sherry or Madeira, 1 tablespoonful of tomato purée, 1 tablespoonful of chicken-essence, 2 tablespoonfuls of mushroom liquor, 2 tablespoonfuls of truffle liquor, salt and pepper.

Method.—Make the brown sauce as directed, add the rest of the ingredients, simmer gently until well reduced, and pass through a fine strainer or tammy cloth. Re-heat, season to taste, and use as required.

Time.—About 1 hour. **Average Cost,** 1s. 3d. to 1s. 9d.

247.—FINANCIÈRE SAUCE. (*Fr.*—Sauce Financière.)

Ingredients.—½ a pint of Espagnole sauce, ½ an oz. of glaze, 1 glass of sherry, 1 tablespoonful of mushroom liquor, financière garnish.

Method.—Put all ingredients in a saucepan, let them come to the boil, and cook slowly until well reduced. A garnish of truffles, small mushrooms, and cocks'-combs is added to the sauce before serving.

Time.—About ½ an hour. **Average Cost,** 2s. 3d. to 3s. 6d.

248.—GAME SAUCE. (*Fr.*—Sauce Gibier.)

Ingredients.—1 pint of Espagnole sauce, 1 glass of sherry, 1 small onion, ½ a small carrot, ¼ of a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 1 clove, salt, pepper, the trimmings and carcasses of game; those of grouse or woodcock are preferable.

Method.—Chop the bones and trimmings of game into small pieces, cut the vegetables into thin slices. Put all these ingredients into a saucepan, add the sherry, herbs, flavourings and seasoning, and simmer for 5 minutes. Add the Espagnole sauce, bring to the boil, skin, and cook slowly for 15 minutes, pass through a tammy-cloth, re-heat, add salt and pepper if necessary, and serve.

Time.—From 30 to 35 minutes. **Average Cost,** about 1s. to 1s. 3d., without the game.

249.—GHERKIN OR CORNICHON SAUCE. (*Fr.*—Sauce aux Cornichons.)

Ingredients.—½ a pint of brown sauce, 1 tablespoonful of finely-chopped gherkins, salt and pepper.

Method.—Make the sauce as directed, add the prepared gherkins, season to taste, and use as required.

Time.—About ½ an hour. **Average Cost,** 6d.

250.—HAM SAUCE. (*Fr.*—Sauce au Jambon.) (For Veal, Duck, Game, etc.)

Ingredients.—½ a pint of Espagnole sauce, or brown sauce, 2 tablespoonfuls of finely-shredded or coarsely-chopped ham, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

Mode.—Make the sauce hot in a saucepan, add the ham, and simmer for 5 minutes. Remove from the fire, put in the parsley, lemon-juice, season, and serve.

Time.—10 to 15 minutes. **Average Cost,** 10d. to 1s.

251.—INDIAN SAUCE. (*Fr.*—Sauce à l' Indienne.)

Ingredients.—¾ of a pint of stock, 1½ ozs. of butter, 1 tablespoonful of curry powder, 1 dessertspoonful of flour, 1 teaspoonful of chutney, 1 sour apple sliced, 1 onion sliced, 1 teaspoonful of lemon-juice, salt.

Method.—Melt the butter in a stewpan, fry the onion brown, sprinkle in the flour and curry powder, and cook gently for 10 or 15 minutes. Add the stock, bring to the boil, put in the apple, chutney, and a good pinch of salt, and simmer gently for 20 minutes. Strain, re-heat, add the lemon-juice, and use as required.

Time.—45 to 50 minutes. **Average Cost,** 8d. to 9d.

252.—ITALIAN SAUCE. (*Fr.*—Sauce Italienne.)

Ingredients.—½ a pint of Espagnole sauce, 4 small shallots chopped, 4 fresh mushrooms coarsely chopped, 1 sprig of thyme, 1 bay-leaf, a tablespoonful of sweet oil, 1 glass of chablis, ½ a gill of stock.

Method.—Put the shallots in a small piece of muslin, and squeeze them in cold water to extract some of the flavour, then place them in a stewpan with the oil, cook for a few minutes, but do not brown. Add the wine, mushrooms, herbs and stock, reduce well, and add the Espagnole. Boil for 10 minutes, take out the herbs, skim off the oil, and serve.

Time.—From 25 to 30 minutes. **Average Cost,** 1s. 1d. to 1s. 3d.

253.—ITALIAN SAUCE. (*Fr.*—Sauce Italienne.) (Another Method.)

Ingredients.—½ a pint of Espagnole sauce, 4 small shallots, 8 preserved mushrooms, a sprig of thyme, 1 bay-leaf, 1 tablespoonful of sweet oil, 1 glass of Chablis or Sauterne, ½ a gill of stock.

Method.—Peel the shallots, chop them finely, place them in the corner of a clean cloth, hold tightly wrapped up under cold water, and squeeze well. Put them in a small stewpan with the oil, stir over the fire for a few minutes, to blend but not to colour. Add the wine, the mushrooms (finely chopped), herbs, and the stock, let it reduce well, and add the Espagnole. Boil for 10 minutes, take out the herbs, free the sauce from the oil, and keep hot in the bain-marie until required.

Time.—1 hour. **Average Cost,** for this quantity, 1s. 1d. to 1s. 3d. **Sufficient** for two small dishes.

THE SHALLOT, OR ESCHALOT (Fr. *échalote*) is a species of onion, *Allium Ascalonicum*, with compound bulbs, which separate into "cloves" like garlic. It is the mildest flavoured of all the onions. The shallot is used to flavour soups and made-dishes, and in the raw state makes an excellent pickle. The name is said to be derived from Ascalon, in the vicinity of which it was found growing wild by the Crusaders, who brought it back with them to England.

254.—KIDNEY SAUCE. (*Fr.*—Sauce aux Rognons.)

Ingredients.—¼ of a lb. of ox kidney, ½ a pint of stock or water, ½ an oz. of butter, 1 dessertspoonful of flour, salt and pepper.

Method.—Remove every particle of fat, and cut the kidney into small pieces. Melt the butter, fry the kidney for a few minutes, then sprinkle in the flour. Stir and cook until the flour is slightly browned, then add the stock and season to taste. Bring to the boil, simmer gently for 20 minutes, then strain and serve.

Time.—35 to 45 minutes. **Average Cost,** 3d. without the stock.

255.—MADEIRA SAUCE. (*Fr.*—Sauce Madère.)

Ingredients.—½ a pint of Espagnole sauce, ¼ of a pint of good gravy, 1 oz. of meat glaze, 1 glass of Madeira or sherry, salt and pepper.

Method.—Simmer the sauce, gravy and wine until well reduced. Season to taste, put in the meat glaze, stir until it is dissolved, then strain the sauce, and use as required.

Time.—About ½ hour. **Average Cost,** 1s. 3d. to 1s. 6d. for this quantity. **Sufficient** for ⅔ of a pint of sauce.

256.—MINT SAUCE. (*Fr.*—Sauce à la Menthe.) (To serve with Roast Lamb.)

Ingredients.—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of sugar, ¼ of a pint of vinegar.

Method.—The mint should be young and fresh-gathered. Wash it free from grit, pick the leaves from the stalks, mince them very fine, put them into a tureen, add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made 2 or 3 hours before it is required for the table, as the vinegar then becomes impregnated with the flavour of the mint. Good white wine vinegar is preferable to ordinary malt vinegar. Sugar should be added with discretion until the required degree of sweetness is obtained.

Average Cost.—3d. **Sufficient** to serve with a quarter of lamb.

Mint (Fr. *menthe*), a genus of aromatic perennial herbs of the genus *Mentha*, widely distributed throughout the temperate regions, some of them being common to Britain. The spear mint, *Mentha veridis*, is the species most cultivated in gardens, and used in various ways for culinary purposes, and as a sauce with vinegar and sugar. From the leaves of the Peppermint (*Mentha piperita*) an essential oil is distilled, which is largely used as an aromatic, a carminative, and a stimulant medicine.

257.—MUSHROOM SAUCE. (*Fr.*—Sauce Champignons.)

Ingredients.—¾ of a pint of brown sauce, ½ a pint of button mushrooms, 1 oz. of butter, salt and pepper.

Method.—Peel the mushrooms and remove the stalks. Heat the butter in a stewpan, put in the mushrooms, and toss them over the fire for 10 minutes. Drain off any butter that remains unabsorbed, add the brown sauce, season to taste, make thoroughly hot, and serve.

Time.—About 20 minutes. **Average Cost,** 7d., in addition to the sauce.

258.—MUSHROOM SAUCE. (*Fr.*—Sauce aux Champignons.) (Another way.)

Ingredients.—½ a lb. of mushrooms, ¾ of a pint of boiling stock, 1½ ozs. of butter, 1 oz. of flour, salt and pepper.

Method.—Melt 1 oz. of butter in a stewpan, add the flour, and cook slowly until it acquires a nut-brown colour. Meanwhile, peel and chop the mushrooms coarsely, and fry them for 10 minutes in the remainder of the butter. When ready, add the stock to the blended butter and flour, stir until it boils, and season to taste. Simmer gently for 10 minutes, then add the prepared mushrooms, make thoroughly hot, and use as required.

Time.—About 30 minutes. **Average Cost,** 7d., in addition to the mushrooms.

259.—OLIVE SAUCE FOR POULTRY AND MEAT. (*Fr.*—Sauce aux Olives.)

Ingredients.—½ a pint of Espagnole sauce, ¼ of a pint of good stock, 1½ doz. small olives, 1 teaspoonful of lemon-juice.

Method.—Carefully stone the olives by paring them round in ribbons so that they may be replaced in their original shape. Put them into cold water, bring to the boil, and drain well. Have the sauce and stock ready boiling, put in the olives, simmer gently for ½ an hour, then add the lemon-juice, season, and serve.

Time.—40 to 45 minutes. **Average Cost,** 1s. 9d. to 2s.

THE OLIVE (Fr. *olive*).—The picturesque olive-tree is indigenous to Syria and other warm Asiatic countries, and flourishes in Spain and Italy. It was well-known in Greece, Solon, in the sixth century, B.C., enacting laws for its cultivation. By Greek colonists it was introduced into the countries bordering upon the Mediterranean, and is now also cultivated in Peru and California. The olive was first planted in England in the seventeenth century, but its fruit does not ripen in the open air in northern climates. From early ages the olive-tree has been highly esteemed both for its fruit, and for the valuable oil extracted from it. Many associations sacred and classic are connected with the olive-tree, which by the Romans was held to be sacred to the goddess Minerva. Wreaths of wild olive constituted the prizes awarded to the victors in the classic races at Olympia, and an olive branch was, and is still, regarded as the symbol of peace. The Mount of Olives was the scene of four of the principal events in the life of the Founder of Christianity, and at its foot is the traditional site of the Garden of Gethsemane. In the Old Testament many allusions are made by the prophetical and other writers to the olive. The olive-tree attains to a great age: some specimens on the Mount of Olives are estimated to have been 2,000 years in existence. Olives, commonly pickled in brine, are chiefly used in England for dessert or between courses, to remove the flavour of the viands previously eaten.
There are three principal kinds of olives which are imported, those from Provence, in France from Spain, and from Italy: those from Lucca are esteemed the best. One species of olive, *Olea fragrans*, is largely used by the Chinese to perfume tea. The wood of the olive-tree is a yellowish-brown, and is employed for inlaying and ornamental purposes. The wood of an American species, *Olea Americana*, from its excessive hardness, is called "devil-wood." From the fruit of the olive-tree the valuable *olive-oil* is obtained, the quality of the oil differing according to the soil on which the olive is grown, and the care taken in extracting and preparing it. It is much used as an article of food in the countries where it is produced, and enters into the composition of many dishes. In England it is chiefly used for dressing-salads, and other culinary purposes. Olive-oil, the lightest of all the fixed oils, is used in medicine, and also in the arts and manufactures. "Gallipoli oil" is largely employed in Turkey-red dyeing, and for making special kinds of soap. Sardines are preserved in olive-oil.

260.—ORANGE SAUCE. (*Fr.* — Sauce au Jus d'Orange.)

Ingredients.—1 orange, ½ pint Espagnole sauce, ½ pint stock, or roast meat gravy, lemon juice, red currant jelly, salt, pepper.

Method.—Peel an orange thinly, and cut the peel into strips (julienne fashion), put them in a stewpan with sufficient water to cover, boil for 5 minutes, and drain in a sieve. Put in a stewpan, the Espagnole sauce, stock, and ½ the juice of the orange. Allow all to reduce to half its quantity. Add the orange peel, a teaspoonful of lemon-juice, and a teaspoonful of red currant jelly, season with pepper and salt, boil up again, and serve with roast wild duck, wild boar, or other game.

Time.—25 to 30 minutes. **Average Cost,** 10d., without the stock.

261.—ORANGE SAUCE. (*Fr.*—Sauce à l'Orange.) (For Roast Wild Duck, Wild Fowl, Widgeon, Veal, etc.)

Ingredients.—½ a gill of brown sauce, 1 gill gravy, juice of an orange, salt and pepper, the end of an orange finely shredded.

Mix the brown sauce with the meat gravy; to this add the juice of the orange, and boil. Skim, and season with salt and pepper. Stir in the rind of ½ an orange, boil again, and serve.

Time.—10 minutes. **Average Cost,** 4d.

Note.—If liked, a small shallot finely-chopped, and ½ a glass of port wine or claret can be added, and cooked with the above sauce; this is considered an improvement.

262.—ORANGE SAUCE. (*Fr.*—Sauce Bigarade.)

Ingredients.—1 Seville orange, ½ a pint Espagnole sauce, ½ a pint of good stock, 1 teaspoonful of lemon-juice, 1 glass of port wine, cayenne, salt.

Method.—Remove the rind from half the orange, and cut it in very thin shreds. Boil these in water for 5 minutes. Put the sauce and stock into a stewpan with the juice of ½ the orange, and reduce to half quantity. Strain, add all the other ingredients, boil, skim, add the shreds of orange rind, and serve.

Time.—25 to 30 minutes. **Average Cost,** 1s. 4d.

263.—PARISIAN SAUCE. (*Fr.*—Sauce Parisienne.)

Ingredients.—½ a pint of brown sauce, 1 oz. of butter, ¼ of an oz. of meat glaze, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-chopped parsley, 2 shallots, very finely chopped, salt and pepper.

Method.—Heat the sauce, add the meat glaze, lemon-juice, parsley and shallots, and simmer gently for 15 minutes. Season to taste, whisk in the butter bit by bit, then serve as an accompaniment to steaks or fillets of beef.

Time.—About ½ an hour. **Average Cost,** 8d.

264.—PEPPER SAUCE. (*Fr.*—Sauce Poivrade.)

Ingredients.—¾ of a pint of Espagnole sauce, ½ an oz. of butter, ½ a small carrot, ½ a small onion, 18 peppercorns, 1 bay-leaf, a sprig of thyme, 2 cloves, ½ an oz. of raw ham.

Method.—Mix the onion and carrot, cut the ham into small pieces; fry in the butter for 3 minutes, and add all the other ingredients. Skim, boil for 10 minutes, strain, and serve.

Time.—From 15 to 20 minutes. **Average Cost,** 1s. 2d.

265.—PIQUANTE SAUCE. (*Fr.*—Sauce Piquante.)

Ingredients.—½ a pint of brown sauce, 2 tablespoonfuls of vinegar, 1 tablespoonful of capers cut in two, 1 tablespoonful of gherkin coarsely chopped, 1 small onion finely chopped, salt and pepper.

Method.—Put the onion and vinegar into a small saucepan, let them boil until considerably reduced, then add the brown sauce, capers, gherkin, salt and pepper if necessary, bring to the boil, simmer for 5 minutes, and serve.

Time.—About ½ an hour. **Average Cost,** 7d.

266.—PIQUANT SAUCE FOR BOILED VEAL. (*Fr.*—Sauce Piquante.) (Economical.)

Ingredients.—½ a pint of the liquor in which the meat has been boiled, 1 tablespoonful of vinegar, 1 dessertspoonful of Harvey or other similar sauce, 1 dessertspoonful of mushroom ketchup, 1 small carrot, 1 small onion, 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Cut the onion and carrot into small pieces, melt the butter in a small saucepan, add the flour and vegetables, and fry them until brown. Now put in the vinegar, stir and boil until considerably reduced, then add the stock, Harvey sauce, ketchup, and seasoning if necessary, boil, strain, and use.

Time.—25 to 30 minutes. **Average Cost,** 2½d. to 3d.

267.—PORT WINE SAUCE. (*Fr.*—Sauce au Vin d'Oporto.) (For Venison, etc.)

Ingredients.—¼ of a pint of gravy from roast venison or mutton, a glass of port wine, 1 teaspoonful of red-currant jelly, a few drops of lemon-juice.

Method.—Put all the above into a small saucepan, bring to the boil, and serve.

Time.—7 or 8 minutes. **Average Cost,** 4d. without the gravy.

268.—PORT WINE SAUCE. (*Fr.*—Sauce au Vin d'Oporto.) (Another Method.)

Ingredients.—¼ of a pint of Espagnole sauce, 1 glass of port wine, 1 tablespoonful of lemon-juice, 1 teaspoonful of red currant jelly.

Method.—Mix all the ingredients together in a saucepan, bring to the boil, and serve.

Time.—7 or 8 minutes. **Average Cost,** 8d.

269.—REFORM SAUCE. (*Fr.*—Sauce Réforme.)

Ingredients.—½ a pint of Pepper sauce, No. 264, 1 glass of port wine 1 tablespoonful of red currant jelly, cayenne pepper to taste.

Method.—Make the sauce as directed, then add to it the rest of the ingredients, simmer for 10 minutes, strain, and serve.

Time.—About 1 hour altogether. **Average Cost,** 1s. 6d.

270.—RÉGENCE SAUCE. (*Fr.*—Sauce Régence.)

Ingredients.—2 small shallots, ½ an oz. of butter, 1 gill of fish stock (prepared with the fish bones and some vegetables to flavour), ½ a gill of Marsala wine, 1½ gills of Espagnole sauce, parsley, 1, bay-leaf, 1 sprig of thyme, 1 teaspoonful of horseradish mustard, 1 tablespoonful of meat glaze, 1 dessertspoonful of truffle trimmings, seasoning.

Method.—Peel the shallots and chop finely, fry them a golden-brown in the butter, add the fish stock and the wine, cover, and let these reduce to half the original quantity. Now add a few sprigs of parsley, the bay-leaf, thyme, and the Espagnole sauce, let it simmer gently for 20 minutes, then strain, and pass the sauce through a tammy-cloth. When required for table, stir in the horseradish mustard and the meat glaze—the latter should be incorporated in little bits. Season to taste, stir in the truffles, finely chopped, re-heat slowly, and use as directed.

Time.—30-40 minutes. **Average Cost,** 1s. 6d.

271.—REMOULADE SAUCE. (*Fr.*—Sauce Remoulade.)

See recipe for Salad Dressing, page 230.

272.—ROBERT SAUCE (Brown Onion). (*Fr.*—Sauce Robert.) (For Goose, Pork, Steak, Cutlets.)

Ingredients.—½ a pint of Espagnole sauce, ½ a glass of white wine, ½ an oz. of butter, ½ a small onion, ½ a teaspoonful of castor sugar, 1 saltspoonful of dry mustard.

Method.—Mince the onion and fry it brown in the butter, add the mustard and wine, reduce a little. Add the sauce, cook for 10 minutes, season, and strain.

Time.—25 to 30 minutes. **Average Cost,** about 10d.

273.—ROBERT SAUCE (for Pork Cutlets.) (*Fr.*—Sauce Robert.) (Another Method.)

Ingredients.—¾ of a pint of brown stock, 1 oz. of butter, ¾ of an oz. of flour, 1 dessertspoonful of vinegar, 1 teaspoonful of made mustard, 2 medium-sized onions, salt and pepper.

Method.—Chop the onions coarsely and fry them brown in the butter. Sprinkle in the flour, stir and cook until brown, then add the stock, vinegar, pepper and salt, bring to the boil and simmer gently for ½ an hour. Add the mustard a few minutes before serving. Strain, and use as required.

Time.—40 to 50 minutes. **Average Cost,** about 7d.

274.—SAGE AND ONION SAUCE. (*Fr.*—Sauce aux Sauge). (For Roast Pork.)

Ingredients.—¾ of a pint of brown stock, 2 medium-sized onions, 2 ozs. of freshly-made breadcrumbs, 1½ ozs. of butter or sweet dripping, 1 teaspoonful of finely-chopped sage, salt and pepper.

Method.—Cut the onions into rather small dice. Melt the butter or fat, put in the onions, and fry slowly until brown. Add the stock and boil up, then put the sage, breadcrumbs, salt and pepper, simmer for 10 minutes, and serve.

Time.—About 40 minutes. **Average Cost,** 7d.

SAGE (Fr. *sauge*).—This "sweet herb" is a native of the countries bordering upon the Mediterranean, but has long been cultivated in English gardens. There are several varieties of sage, the green, the red, the small-leaved, and the broad-leaved balsamic. Its leaves and tender tops are used for stuffings and sauces, the red kind being the best for that purpose, and next to it the green variety. An infusion, prepared from the dried leaves and shoots of the sage, called *sage tea*, is used as an astringent and tonic medicine.

275.—SALMIS SAUCE. (*Fr.*—Sauce Salmis.)

Ingredients.—1 teaspoonful red currant jelly, ½ a pint of Espagnole sauce, 1 gill of game stock (made from the carcass of cooked game) 2 shallots chopped finely, 1 bay-leaf, 1 sprig of thyme, a few mushroom trimmings, 1 glass of port, 1 tablespoonful of sweet oil.

Method.—Put the oil in a stewpan, and fry the shallots a golden colour, add the bay-leaf, thyme, mushroom trimmings and port wine, cover the stewpan and cook for 5 minutes. Add the stock and sauce, stir well, simmer for 10 minutes, and remove the scum. Pass the sauce through a tammy-cloth, season, add red currant jelly, warm up, and serve.

Time.—From 35 to 40 minutes. **Average Cost,** 1s. 2d.

276.—SHALLOT SAUCE. (*Fr.*—Sauce Echalote.)

Ingredients.—⅓ of a pint of good brown gravy, No. 6, ½ an oz. of butter, 1 teaspoonful of lemon-juice, ½ a teaspoonful of chopped parsley, 6 shallots finely-chopped.

Method.—Melt the butter, fry the shallots until lightly browned, and add the HOT gravy and the rest of the ingredients. Simmer gently for 10 minutes, and serve.

Time.—About 20 minutes. **Average Cost,** 2½d., in addition to the stock.

277.—SHARP SAUCE. (*Fr.*—Sauce Piquante.)

Ingredients.—4 shallots chopped finely, 3 gherkins chopped, 1 tablespoonful of chopped capers, 1 gill of vinegar, 1 bay-leaf, 1 sprig of thyme, ¾ of a pint of Espagnole sauce.

Method.—Put the shallots in a stewpan with the vinegar, bay-leaf, and thyme, cover, and reduce to half quantity. Strain into another stewpan, add the gherkins, capers, and sauce, boil for a few minutes.

Time.—From 20 to 25 minutes. **Average Cost,** 1s. 2d.

278.—SORREL SAUCE. (*Fr.*—Sauce l'Oseille.) (For Boiled or Braised Fowls.)

Ingredients.—½ a pint of good gravy, No. 6, a small handful of sorrel.

Method.—Wash and pick the sorrel, cover it with cold water, bring to the boil, cook for a few minutes, and drain well. Have the gravy ready in a saucepan. Chop the sorrel finely, add it to the gravy, and serve.

Time.—15 to 20 minutes. **Average Cost,** 3d.

Sorrel (Fr. *surelle*).—The Romans cultivated the sorrel, which is a native of Italy and France, and ate its acrid leaves, stewed with mustard, and seasoned with oil and vinegar. In French cookery, sorrel is largely used, both as a salad and for culinary purposes. Although the leaves are both wholesome and pleasant to the taste, sorrel finds little favour with English cooks. There are two species of this plant, but in England they are scarcely grown as a vegetable. In most parts of Britain sorrel grows wild in the grass meadows. Tartaric acid, tannic acid, and binoxalate of potash are constituents of sorrel, and impart to it its characteristic acid taste.

279.—SPANISH SAUCE. (*Fr.*—Sauce Espangole.)

See Espagnole Sauce.

280.—TEXAS SAUCE. (*Fr.*—Sauce a la Texas.)

Ingredients.—¾ of a pint of curry sauce, No. 241, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-chopped parsley, a good pinch of saffron, 1 oz. of butter.

Method.—Make the curry sauce as directed, and just before serving add the lemon-juice, parsley, saffron, and lastly the butter, which should be whisked in gradually in small pieces, to prevent it oiling.

Time.—45 to 50 minutes. **Average Cost,** 2d., in addition to the curry sauce.

281.—TOMATO SAUCE. (*Fr.*—Sauce Tomate.)

Ingredients.—1 lb. of tomatoes, 2 shallots, 1 bay-leaf, 1 sprig of thyme 10 peppercorns, 1 oz. of butter, 2 ozs. of lean ham, 1 tablespoonful of vinegar.

Method.—Melt the butter in a stewpan, add the ham cut small, and the shallots chopped. Cook over the fire, but do not brown. Now add the seasoning, herbs, peppercorns, and tomatoes sliced, stir altogether, and boil for about 20 minutes, or until well reduced. Pass the sauce through a tammy-cloth, warm up, season, and serve.

Time.—From 30 to 35 minutes. **Average Cost,** 7d. to 8d.

The Tomato, or Love Apple (Fr. *Tomate*), is a native of South America, but was introduced into Europe in the sixteenth century. It is successfully cultivated in warm or temperate climates, and thrives especially in southern Europe; it is extensively grown in England. The fruit is eaten raw, or cooked in various ways, and is also used as an ingredient in salads, and as a sauce. In its green state it is made into pickle. Reference is made to the tomato as the "Love apple," by the late Charles Dickens, in the celebrated trial of Bardell *v.* Pickwick, in his *Pickwick Papers*.

282.—TOMATO SAUCE. (*Fr.*—Sauce Tomate.) (Another Method.)

Ingredients.—2 lb. of tomatoes, ¼ of a pint of good stock, 1 small onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, ½ an oz. of flour, sugar, salt and pepper.

Method.—Halve the tomatoes, squeeze out the juice, strain and put it aside. Put the prepared tomatoes into a stewpan, add the stock, onion, bouquet-garni, and a little salt and pepper, simmer very gently for 1 hour, then pass through a fine sieve. Melt the butter, stir in the flour, cook for 2 or 3 minutes, then add the tomato-pulp and as much of the strained tomato-juice as may be necessary to obtain the desired consistency. Add a pinch of sugar, season to taste make thoroughly hot, and serve.

Time.—About 1¼ hours. **Average Cost,** 8d. to 10d., in addition to the stock.

283.—TRUFFLE SAUCE. (*Fr.*—Sauce aux Truffes.)

Ingredients.—3 large truffles, 1 gill of brown sauce, 1 gill of tomato sauce, 1 teaspoonful of anchovy essence, ½ an oz. of fresh butter, about 1 glass of sherry.

Method.—Chop the truffles finely, put them in a small stewpan, cover with sherry, add 1 gill of brown sauce and 1 gill of tomato sauce, boil for a few minutes, finish with a teaspoonful of anchovy essence and the fresh butter.

Time.—From 15 to 20 minutes. **Average Cost,** 1s. to 1s. 2d.

284.—TURTLE SAUCE. (*Fr.*—Sauce Tortue.)

Ingredients.—1½ pints of Espagnole sauce, No. 244, made from turtle stock, 1 glass of sherry, 1 teaspoonful of anchovy essence, 1 dessertspoonful of lemon-juice, ½ a teaspoonful of chopped lemon rind, 2 shallots finely chopped. Cayenne pepper to taste.

Method.—Put all the ingredients into a saucepan, and simmer until considerably reduced, then strain, and serve.

Time.—About ½ an hour. **Average Cost,** 6d. to 8d., without the turtle stock broth.

285.—VENISON SAUCE. (*Fr.*—Sauce Chevreuil.)

Ingredients.—1 small onion, 1 oz. of lean ham, 1 oz. of butter, ½ a gill of vinegar, 12 crushed peppercorns, 1 bay-leaf, ½ a small minced carrot, a little thyme and chopped parsley, ½ a pint of Espagnole sauce, 1 glass of port wine, 1 dessertspoonful of red currant jelly.

Method.—Mince the onion and the ham, fry them in butter, then add the vinegar, peppercorns, bay-leaf, carrot, and herbs. Cover the saucepan and simmer for 10 minutes. Then add the sauce, wine, and jelly. Cook for 10 minutes, skim and strain. Re-heat, season, and serve.

Time.—From 30 to 35 minutes. **Average Cost,** 1s. 3d.

286.—VENISON SAUCE. (*Fr.*—Sauce Chevreuil.)
(Another Method.)

Ingredients.—½ pint brown sauce No. 164, 1 dessertspoonful of red currant jelly, ½ a glass of port wine, the juice of ½ a lemon, salt, pepper, 1 dessertspoonful of meat glaze or Lemco.

Method.—Put all the ingredients except the glaze into a pan and simmer till the jelly is dissolved. Add the glaze, boil again, skim, strain and serve.

Time.—20 minutes. **Average Cost,** 10d.

287.—WALNUT SAUCE.

Ingredients.—¾ of a pint of stock, 1½ ozs. of butter, 1½ ozs. of flour, 2 small onions sliced, 4 firm pickled walnuts, 1 tablespoonful of walnut vinegar, salt and pepper.

Method.—Melt the butter in a stewpan, fry the onion until lightly browned, then sprinkle in the flour. Fry slowly until the flour acquires a nut-brown colour, then add the stock, and simmer gently for 20 minutes. Strain and return to the stewpan, season to taste, add the vinegar and the walnuts, previously cut into dice. Serve with braised mutton or any dish requiring a sharp sauce.

Time.—About 40 minutes. **Average Cost,** 6d. or 7d.

Fish Sauces.

288.—ANCHOVY SAUCE. (*Fr.*—Sauce d'Anchois.)

Ingredients.—½ a pint of Béchamel sauce, No. 178, 1 teaspoonful of anchovy essence.

Method.—Make the sauce hot in a small stewpan, add the anchovy essence, and use as required.

Time.—From 5 to 10 minutes. **Average Cost,** about 5d.

289.—ANCHOVY SAUCE. (*Fr.*—Sauce d'Anchois.)
(Inexpensive.)

Ingredients.—½ a pint of melted butter, No. 202, 1 teaspoonful of anchovy essence.

Method.—Make the melted butter, add to it the anchovy essence, and use as required.

Time.—To make the melted butter, 15 minutes. **Average Cost,** 1½d per ½ pint.

290.—ANCHOVY SAUCE. (*Fr.*—Sauce d'Anchois.) (Another Method.)

Ingredients.—$\frac{1}{4}$ of a pint of milk, $\frac{1}{4}$ of a pint of fish stock or water, 1 oz. of butter, $\frac{3}{4}$ of an oz. of flour, 1 teaspoonful of anchovy essence.

Method.—Melt the butter in a stewpan, stir inthe flour, and cook for 5 or 6 minutes. Add the milk and stock, stir until it boils, simmer for 2 or 3 minutes, then add the anchovy essence, and use as required.

Time.—15 to 20 minutes. **Average Cost,** 2d.

291.—AURORA SAUCE. (*Fr.*—Sauce à l'Aurore.) (For Soles, Trout, etc.)

Ingredients.—$\frac{1}{2}$ a pint of Béchamel sauce, No. 178, 1 tablespoonful of cream, 1 dessertspoonful of tarragon vinegar, or lemon-juice, 1 oz. of butter, the spawn of a lobster, salt, cayenne.

Method.—Pound the lobster spawn and butter well together, and rub through a fine hair sieve. Make the Béchamel hot in a saucepan, put in the spawn, cream, vinegar and seasoning, and stir at the side of the fire until quite hot, but without boiling.

Time.—30 to 35 minutes. **Average Cost.** 5d. to 6d., without the lobster spawn.

292.—CARDINAL SAUCE. (*Fr.*—Sauce Cardinal.)

Ingredients.—$\frac{1}{2}$ a pint of white sauce, No. 222, 2 tablespoonfuls of cream, 1 dessertspoonful of lemon-juice, $\frac{1}{2}$ an oz. of lobster coral finely-chopped, nutmeg, salt and pepper.

Method.—Make the white sauce as directed, add the lobster coral and nutmeg, salt and pepper to taste. Simmer gently for 15 minutes, then pass through a fine strainer or tammy cloth. Re-heat, add the cream and lemon-juice, and use as required.

Time.—About $\frac{1}{2}$ an hour. **Average Cost,** 5d. to 6d., exclusive of the coral.

293.—COCKLE SAUCE. (*Fr.*—Sauce aux Moules.)

Ingredients.—$\frac{1}{4}$ of a pint of cooked cockles, 1 pint of melted butter, No. 228, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Prepare and cook the cockles in the usual way, and remove them from the shells. Have the melted butter ready boiling, add the cockles and lemon-juice, season to taste, and serve as an accompaniment to cod or other fish.

Time.—From 20 to 30 minutes. **Average Cost,** 5d.

294.—CODFISH, SAUCE.

Ingredients.—$\frac{1}{4}$ of a pint of brown sauce, No. 234, $\frac{1}{4}$ of a pint of tomato sauce, No. 281, 1 glass of Marsala, 2 tablespoonfuls of stock, 1 oz. of ham shredded, $\frac{3}{4}$ of an oz. of butter, 1 onion chopped, 4 button mushrooms chopped, 1 clove, 1 bay-leaf, salt and pepper.

Method.—Melt the butter, fry the onion until lightly browned, then add the Marsala, stock, ham, mushrooms, clove and bay-leaf. Cover closely, cook gently until reduced to one-half, then add the brown and tomato sauces. Continue to cook slowly for 10 minutes longer, then pass the whole through a fine sieve or tammy cloth. Re-heat, season to taste, and use as required.

Time.—From 40 to 50 minutes. **Average Cost,** 1s.

295.—CRAB SAUCE. (*Fr.*—Sauce de Crabe.)

Ingredients.—½ a pint of white sauce, No. 222, 1 medium-sized crab, 1 teaspoonful of anchovy essence, a few drops of lemon-juice, cayenne.

Method.—The fish stock required for the white sauce may be obtained by simmering the crab shell (previously made clean and broken into small pieces) in milk and water. Cut the crab in small pieces, add it with the anchovy essence, lemon-juice, and cayenne to the hot sauce, draw the saucepan aside for a few minutes, then serve.

Time.—Altogether about 40 minutes. **Average Cost,** 9d. to 1s.

296.—EEL SAUCE. (*Fr.*—Sauce Anguille.)

Ingredients.—¾ of a pint of stock, 1 lb. of eels, 2 ozs. of lean ham, 1 onion sliced, a few thin slices of carrot, 1 bay-leaf, 6 peppercorns, salt and pepper.

Method.—Wash the eel and cut it into short lengths. Cut the ham into small pieces. Place both eel and ham in a stewpan, add the stock, onion, carrot, bay-leaf, and peppercorns, and season to taste. Simmer gently for about ½ an hour, then strain, and use as required.

Time.—From 35 to 40 minutes. **Average Cost,** 1s. 3d.

297.—EGG SAUCE. (*Fr.*—Sauce aux Oeufs.) (For Boiled Fish and Boiled Fowl.)

Ingredients.—¾ of a pint of melted butter, No. 202, 1 teaspoonful of lemon-juice, salt and pepper, 2 hard-boiled eggs.

Method.—Boil the eggs until quite hard (15 minutes), and put them into cold water for ½ an hour. Remove the shells, cut the whites in small dice, and rub the yolks through a wire sieve. Have the melted butter boiling, stir in the whites of egg, add salt, pepper, and lemon-juice, and use as required. The sauce is usually poured over the fish, and the sieved yolks of egg sprinkled on the top as a garnish. When the sauce is served separately, the yolks should be added to it with the whites.

Time.—1 hour **Average Cost,** 5d. **Sufficient** for 3 or 4 lb. of fish.

298.—EGG SAUCE. (*Fr.*—Sauce aux Oeufs.) (Another Method.)

Ingredients.—½ a pint of milk, 1 oz. of butter, ¾ of an oz. of flour, 1 raw egg, 1 hard-boiled egg, salt and pepper.

Method.—Melt the butter in a stewpan, stir in the flour, and cook for 3 or 4 minutes, then add the milk and stir until it boils. Cut the hard boiled egg into dice (or rub the yolk through a wire sieve if needed to decorate the fish), add it, together with any necessary seasoning, to the sauce. Beat the yolk of the raw egg slightly, add to it gradually 2 or 3 tablespoonfuls of the sauce, and when thoroughly mixed stir into the remainder of the sauce and cook very gently for 2 or 3 minutes. It must not boil, or it will curdle.

Time.—25 to 30 minutes. **Average Cost,** 4d.

299.—FENNEL SAUCE. (*Fr.*—Sauce Fenouil.)

Ingredients.—½ a pint of melted butter, No. 202, 2 tablespoonfuls of chopped fennel.

Method.—Make the melted butter as directed. Wash the fennel well, pick it from the stalks, put it into boiling water, and boil until tender. Drain well, chop finely, and add it to the boiling sauce. Use as required.

Time.—Altogether 35 to 40 minutes. **Average Cost,** 3d. to 4d. for this quantity.

FENNEL (Fr. *fenouil*).—This fragrant and elegant plant is found growing wild, chiefly on chalky soils. It is very generally cultivated in gardens. The leaves are finely divided and the flowers, which are small, are of a yellow colour. It grows to the height of about 3 feet; a larger variety, *Giant Fennel*, sometimes attains the height of 15 feet. Fennel leaves are served with fish either whole or as a sauce. The seeds are used in medicine as a carminative, and *oil of fennel* is obtained from Italian fennel, which is cultivated in the south of Europe.

300.—GENEVA SAUCE. (*Fr.*—Sauce Genévoise.)

Ingredients.—¾ of a pint of fish stock, 1 glass of sherry or Madeira wine, 2 ozs. of butter, 1½ ozs. of flour, 1 onion sliced, 2 mushrooms sliced, ½ a teaspoonful of lemon-juice, ½ a teaspoonful of anchovy-essence, salt and pepper.

Method.—Melt the butter in a stewpan, fry the onion until slightly browned, add the mushrooms, stir in the flour, and cook the preparation until it acquires a nut-brown colour. Now add the stock, wine, lemon-juice, anchovy-essence, salt and pepper to taste. Simmer gently for about 20 minutes, pass through a fine strainer or tammy cloth, re-heat, and use as required.

Time.—From 40 to 50 minutes. **Average Cost,** 9d.

301.—GÉNOISE SAUCE. (*Fr.*—Sauce Génoise.) (For Fish.)

Ingredients.—½ a pint of Espagnole sauce, 1 pint of fish stock, 1 gill of claret, ½ a small onion, 1 clove of garlic, 2 cloves, 2 shallots, 1 bay-leaf, a few sprigs of parsley, 1 sprig of thyme, 2 ozs. of anchovy butter, pepper, salt, one pinch of castor sugar.

Method.—Put some fish bones in a stewpan, together with the fish stock or water, the claret, sliced onion, herbs, etc., cover, and reduce well. Add the Espagnole sauce, boil up, and strain through a fine sieve or tammy-cloth. Return the sauce to a stewpan, season with a little pepper and a pinch of sugar, and whisk in the anchovy butter. Keep hot, but do not let the sauce boil again. Serve separately with boiled fish, or pour over braised fish.

Time.—About 40 minutes. **Average Cost,** 1s. 4d.

302.—GÉNOISE SAUCE. (*Fr.*—Sauce Génoise.) (Another Method.)

Ingredients.—1 sliced onion, 1 shallot, ½ a clove of garlic, 1 oz. of butter, bouquet-garni (parsley, thyme, bay-leaf), 1 teaspoonful anchovy essence, 1 glass of red burgundy, 1 pint of Espagnole sauce, a pinch of mignonette pepper.

Method.—Melt the butter in a stewpan, fry the onion, shallot, garlic, and bouquet, add the wine and simmer until the onion is cooked. Then add the sauce, simmer for 10 minutes, and pass through a fine strainer. Re-heat, add the anchovy essence and the pepper.

Time.—From 30 to 35 minutes. **Average Cost,** 1s. 6d. to 1s. 9d.

303.—GRATIN SAUCE. (*Fr.*—Sauce Gratin.)

Ingredients.—½ a pint of Espagnole sauce, 1 glass of sherry, ½ an oz. of glaze, 1 tablespoonful of finely-chopped parsley, 5 or 6 button mushrooms (fresh if possible), 2 shallots or 1 very small onion finely-chopped, 1 teaspoonful of anchovy essence.

Method.—Cut the mushrooms into small pieces, put them into a saucepan with the sherry, glaze, parsley, and shallots, and simmer until considerably reduced. Add the sauce and anchovy essence, cook for 5 minutes, and serve.

Time.—From 25 to 30 minutes. **Average Cost,** 1s. 4d. to 1s. 6d.

304.—HOLLANDAISE SAUCE. (*Fr.*—Sauce Hollandaise.) (For Fish and certain Vegetables.)

Ingredients.—1 gill of white sauce, ¼ of a gill of good white stock, 1 dessertspoonful of lemon-juice, 2 yolks of eggs, 1 oz. of butter, salt and pepper.

Method.—Make the white sauce hot, add the stock and yolks of eggs well mixed together, and whisk by the side of the fire until the sauce thickens, but it must not be allowed to boil. Add the lemon-juice, and the butter bit by bit, season to taste, and pass through a fine strainer or tammy-cloth. Re-heat, and use as required.

Time.—15 minutes. **Average Cost,** 7d.

305.—MATELOTE SAUCE. (*Fr.*—Sauce Matelote.)

Ingredients.—½ a pint of Espagnole sauce, No. 244, ⅛ of a pint of fish stock, No. 5, ½ a glass of Burgundy, ¾ of an oz. of butter, 1 tablespoonful of mushroom liquor, a few drops of lemon-juice, ½ a small carrot, 1 small onion, salt and pepper.

Method.—Cut the carrot and onion into very small pieces. Melt the butter in a saucepan, put in the vegetables and fry until brown. Add the mushroom liquor, fish stock and wine, simmer until reduced one-half, then add the Espagnole. Stir until it boils, then strain or tammy. Re-heat, add the lemon-juice, salt and pepper, and use as required.

Time.—From 30 to 35 minutes. **Average Cost,** About 1s.3d.

Note.—A simple form of this sauce was originally made by the French sailor (matelot) as a relish to the fish he caught and ate. In some cases, cider and perry were substituted for the wine. The Norman matelots were very celebrated.

306.—MOUSSELINE SAUCE FOR FISH. (*Fr.*—Sauce Mousseline pour Poissons.)

Ingredients.—A good handful of spinach or watercress, 1 tablespoonful of cream, 1 dessertspoonful of tarragon vinegar, the yolks of 2 eggs, salt and pepper.

Method.—Pick and wash the spinach, pound it well in a mortar, and rub through a fine sieve. Put this purée, cream, vinegar, salt, pepper and yolks of eggs into a saucepan, whisk briskly over the fire until it becomes a light froth, then serve.

Time.—From 25 to 35 minutes. **Average Cost,** about 5d.

307.—MOUSSELINE SAUCE (Cold). (*Fr.*—Sauce Mousseline Froide.) (For Fish.)

Ingredients.—A good handful of spinach, ⅛ of a pint of cream, ⅛ of a pint of mayonnaise sauce, No. 201.

Method.—Prepare the purée of spinach as in the preceding recipe. Whip the cream stiffly, and add to it LIGHTLY the mayonnaise sauce and the purée. Serve with salmon or other fish.

Time.—About ½ an hour. **Average Cost,** 5d.

308.—MUSTARD SAUCE. (*Fr.*—Sauce Moutarde.)

Ingredients.—½ a pint of water, 2 tablespoonfuls of cream, 2 ozs. of butter, 1½ ozs. of flour, 1 tablespoonful of lemon-juice, 1 teaspoonful of French mustard, 1 teaspoonful of English mustard.

Method.—Melt the butter in a small stewpan, stir in the flour, and cook for a few minutes, then add the water, and stir until it boils. The mustard must be very thick, otherwise more than 2 teaspoonfuls will be required. Strain the lemon-juice on to the mustard, mix well together, then pour it into the sauce, and stir until it boils. Add the cream, and use as required.

Time.—About 20 minutes. **Average Cost**, about 5d.

309.—MUSTARD SAUCE. (*Fr.*—Sauce Moutarde.) (For Fresh Herrings.)

Ingredients.—1 teaspoonful of mustard, 1 dessertspoonful of flour, 1 oz. of butter, 1 gill of boiling water, 1 teaspoonful of vinegar.

Method.—Mix the flour and mustard, knead them well with the butter, stir in the boiling water, turn into a stewpan, and boil for 5 minutes. Add the vinegar, and serve.

Time, 10 minutes. **Average Cost**, 2d.

310.—OYSTER SAUCE. (*Fr.*—Sauce aux Huîtres.)

Ingredients.—12 sauce oysters, 1 oz. of butter, a teaspoonful of lemon-juice, the yolk of 1 egg, ¾ of a pint of Béchamel sauce.

Method.—Open the oysters, remove the beards, and put them with their liquor and the butter in a small saucepan. Cover with a lid, and cook for 4 minutes (they must not be allowed to boil), then drain well, and halve or quarter them. Reduce the liquor to half its original quantity, then strain, and return to the saucepan. Add the Béchamel sauce, when hot, bind with the yolk of egg, then put in the oysters and lemon-juice. Stir until the oysters are quite hot, season with a pinch of salt and pepper if necessary, and serve in a hot sauce boat.

Time.—From 20 to 30 minutes. **Average Cost**, 1s. 2d., in addition to the Béchamel sauce.

311.—PARSLEY SAUCE FOR FISH. (*Fr.*—Sauce de Persil.)

Ingredients.—½ a pint of fish stock, No. 5, or water, 1 oz. of butter, ¾ of a oz. of flour, 1 tablespoonful of finely-chopped parsley, salt and pepper.

Method.—Melt the butter in a saucepan, stir in the flour, cook for 2 or 3 minutes, then add the stock and stir until it boils. Simmer for a few minutes, then season to taste, add the parsley, and serve. If the parsley is allowed to boil in the sauce it will lose some of its green colour.

Time.—20 to 25 minutes. **Average Cost**, 1½d. per ½ pint.

312.—ROE SAUCE. (*Fr.*—Sauce Laitence.)

Ingredients.—½ a lb. of cod's roe (or any other kind preferred), 1 teaspoonful of made mustard, 1 teaspoonful of anchovy sauce, 1 dessertspoonful of vinegar, ½ a pint of melted butter, salt and pepper.

Method.—Cook the roe in a little water; when cool, remove any skin there may be, and bruise the roe with the back of a wooden spoon. Add the mustard, anchovy essence and vinegar, stir the whole into the prepared melted butter, and season to taste. Simmer gently for 15 minutes, then strain and serve.

Time.—About ½ an hour. **Average Cost,** 4d. to 5d.

313.—SARDINE SAUCE. (*Fr.*—Sauce aux Sardines.)

Ingredients.—1 pint of good stock, 1 oz. of butter, 1 oz. of flour, 6 large sardines, the thin rind of 1 lemon, 1 shallot, 1 bay-leaf, nutmeg, salt and pepper.

Method.—Remove and preserve the bones, chop the sardines rather coarsely. Melt the butter, add the flour, stir and cook gently for a few minutes, then add the stock. Bring to the boil, add the fish bones, lemon-rind, shallot, bay-leaf, a good pinch of nutmeg, and a seasoning of salt and pepper. Simmer gently for 15 minutes, then strain over the chopped sardines, and serve as an accompaniment to fish.

Time.—About ½ an hour. **Average Cost,** 1s.

314.—SHRIMP SAUCE. (*Fr.*—Sauce aux Crevettes.)

Ingredients.—½ a pint of white sauce, ¼ of a pint of picked shrimps, 1 teaspoonful of anchovy essence, a few drops of lemon-juice, cayenne.

Method.—The fish stock required for the white sauce may be obtained by simmering the shrimp shells in milk and water. Add the shrimps, anchovy essence, lemon-juice and cayenne to the hot sauce. Cover the saucepan, and let it stand for a few minutes where the contents cannot boil, then serve.

Time.—Altogether about 40 minutes. **Average Cost** 8d.

315.—WHITE WINE SAUCE. (*Fr.*—Sauce au Vin Blanc.) (For Fish, etc.)

Ingredients.—¼ pint fish stock, ½ pint of white stock, ½ gill of white wine (chablis), ¾ of an oz. of flour, 2 ozs. of butter, the yolks of 2 eggs, ½ a lemon, salt and white pepper.

Method.—If the sauce is required for dressed fish the fish should be cooked in a mirepoix, or foundation preparation, of sliced onion, parsley, and savoury herbs, as is usual, with the appropriate quantity of moisture—the liquor is strained and used in the sauce. Melt 1 oz.

of butter, stir in the flour and cook a little, then dilute with stock, fish liquor and wine, and cook for 15 minutes. Add, continuously stirring, the remainder of the butter bit by bit, also the yolks of eggs, one at a time. Season with a little salt and a pinch of mignonette or white pepper, and add a few drops of lemon-juice, strain through a tammy-cloth or napkin, and use as sauce for dressed fish, etc.

Mostly served with soles, salmon, trout, and whiting.

Time.—About ½ an hour. **Average Cost,** 1s.

Fruit Sauces and Sweet Sauces.

316.—APPLE SAUCE. (*Fr.*—Sauce aux Pommes.)

Ingredients.—1 lb. of apples, 1½ ozs. of sugar (or to taste), 1 oz. of butter, a little water if NECESSARY.

Method.—Peel, core and slice the apples, put them into a saucepan with the sugar, butter, and a very little water, and cook them until tender. Add more sugar if necessary, before serving.

Time.—30 to 40 minutes. **Average Cost,** 4d. to 5d.

317.—APRICOT SAUCE. (*Fr.*—Sauce à l'Abricot.)

Ingredients.—3 ozs. of apricot marmalade or jam, 1 pint of water, ½ glass of sherry, 1 oz. of sugar, 1 teaspoonful of arrowroot.

Method.—Put the water, sugar, and jam into a saucepan, and boil up. Mix the sherry and arrowroot together, pour the mixture into the saucepan, stir until it thickens, and serve.

Time.—15 to 20 minutes. **Average Cost,** 4d. to 5d. for this quantity.

318.—ARROWROOT SAUCE. (*Fr.*—Sauce Maranta.)

Ingredients.—½ a pint of boiling water, 1 tablespoonful of lemon-juice, 1 heaping dessertspoonful of arrowroot, 1 good tablespoonful of castor sugar, or to taste, nutmeg or cinnamon to flavour.

Method.—Blend the arrowroot smoothly with a little cold water, pour over it the boiling water, stirring meanwhile. Turn into a saucepan, add lemon-juice, sugar, and a good pinch of nutmeg or cinnamon, and simmer for 3 or 4 minutes. This sauce may be served with a variety of puddings, and the flavour varied by the addition of wine, fruit syrup, etc.

Time.—About 8 minutes. **Average Cost,** 2d.

ARROWROOT (Fr. Mondamius) is obtained from the rootstocks of several species of plants of the genus *Maranta*, principally from *Maranta arundinacea.* Brazilian arrowroot, or tapioca meal, and Chinese arrowroot from other rhizomes; Oswego arrowroot from Indian corn; English arrowroot from the potato; and Portland arrowroot, or sago, from the roots of *Arum maculatum.* That obtained from the West Indies is esteemed the best. Arrowroot is prepared by well washing the roots when dug up, and beating them into a pulp, which afterwards. by means of water, is separated from the fibrous part. After being passed through a sieve and again washed, the mass is allowed to settle, the sediment is dried in the sun, and it then becomes arrowroot. Potato starch is sometimes employed as an adulterant, but may be detected by the fact that genuine arrowroot when formed into a jelly will retain its firm consistency, while the adulterated article will become thin and resemble milk in the course of twelve hours.

319.—ARROWROOT SAUCE, CLEAR.

Ingredients.—½ a pint of cider (equal quantities of wine and water, or any kind of fruit-juice may be substituted), 1 level dessertspoonful of arrowroot, sugar to taste, cinnamon, lemon-rind, or other flavouring ingredient.

Method.—Simmer the flavouring ingredient in the cider for 10 minutes. Mix the arrowroot smoothly with a little cold water, strain the cider into it, stirring meanwhile, and replace in the saucepan. Add sugar to taste, simmer gently for 4 or 5 minutes, then serve.

Time.—About 15 minutes. **Average Cost,** 5d. to 6d., when cider is used.

320.—BRANDY SAUCE. (*Fr.*—Sauce au Cognac.)

Ingredients.—½ a pint of water, ½ a wineglass of brandy, 4 ozs. of loaf sugar, ½ an oz. of cornflour, nutmeg if liked.

Method.—Mix the cornflour smoothly with a little of the water, and put the rest into a copper saucepan with the sugar. Boil and reduce to a thin syrup, skimming occasionally, add the cornflour to the syrup, stir until it boils, then add the brandy, and serve.

Time.—About ½ an hour. **Average Cost,** from 3½d. to 4d.

321.—BRANDY SAUCE. (*Fr.*—Sauce au Cognac.)

Ingredients.—¼ of a pint of milk, 1 teaspoonful of arrowroot or cornflour, 1 teaspoonful of castor sugar, the yolk of 1 egg, a wineglassful of brandy.

Method.—Mix the arrowroot and milk smoothly together, pour into a small saucepan, and stir until it boils, add the sugar, and draw aside to cool slightly. Mix the brandy and egg together, pour the mixture into the sauce, stir until it thickens, and serve.

Time.—About 15 minutes. **Average Cost,** 5d. to 6d. for this quantity.

322.—CARAMEL SAUCE. (*Fr.*—Sauce au Caramel.)

Ingredients.—½ a pint of syrup, 1 oz. of loaf sugar, 1 dessertspoonful of arrowroot, vanilla-essence, cream.

Method.—Brown the sugar in a copper saucepan, add the syrup, and boil gently for 10 minutes. Blend the arrowroot smoothly with a little cold cream, stir it into the sauce, simmer for 3 or 4 minutes longer, then add vanilla-essence to taste. Strain, and use as required.

Time.—25 minutes. **Average Cost,** 4d.

323.—CHANTILLY APPLE SAUCE. (*Fr.*—Sauce Chantilly.)

Ingredients.—1 lb. of cooking apples, 1½ ozs. of castor sugar, 1 oz. of butter, ¼ of a pint of cream.

Method.—Peel, core and slice the apples, and place them in a stewpan with 2 or 3 tablespoonfuls of cold water. Add the butter and sugar, cook gently until quite tender, then pass the preparation through a fine sieve. Whip the cream stiffly, stir it into the apple purée, and use as required.

Time.—From 45 to 60 minutes. **Average Cost,** 8d.

324.—CHAUDEAU SAUCE. (*Fr.*—Sauce Chaudeau.)

Ingredients.—4 yolks of eggs, 1 wineglassful of sherry, 1 wineglassful of water, 1 tablespoonful of castor sugar.

Method.—Put all the ingredients into a saucepan, and whisk them by the side of the fire until thick and frothy. This sauce may be served with plum pudding.

Time.—About 15 minutes. **Average Cost,** 7d.

325.—CHERRY SAUCE. (*Fr.*—Sauce aux Cerises.)

Proceed the same as for venison sauce No. 286, adding 2 ozs. of glacé cherries cut in halves or quarters.

326.—CHOCOLATE SAUCE. (*Fr.*—Sauce au Chocolat.)

Ingredients.—¾ of a pint of water, 1 tablespoonful of brandy, 1 teaspoonful of vanilla essence, 1 oz. of crême de riz or rice flour, 2 ozs. of castor sugar, 4 ozs. of grated chocolate.

Method.—Put the sugar, chocolate, and water into a saucepan, and stir until it boils. Mix the crême de riz smoothly with a little cold water, pour it into the saucepan and simmer for 5 minutes. Pass through a tammy-cloth or fine strainer, add the brandy and vanilla, and serve.

Time.—From 10 to 15 minutes. **Average Cost,** from 8d. to 9d. for this quantity.

327.—CHOCOLATE SAUCE. (*Fr.*—Sauce au Chocolat.) (Economical.)

Ingredients.—½ a pint of milk, 3 ozs. of grated chocolate, 1 oz. of sugar (or to taste), 1 teaspoonful of cornflour, 1 teaspoonful vanilla essence.

Method.—Dissolve the chocolate and sugar in the hot milk, and simmer for a few minutes. Mix the cornflour smoothly with a little milk or water, pour it into the saucepan, stir and cook for 3 minutes, add the vanilla essence, and serve.

Time.—About 15 minutes. **Average Cost,** 5d. to 9d.

328.—CITRON SAUCE. (*Fr.*—Sauce aux Citron.)

Ingredients.—½ a pint of boiling milk, 2 ozs. of castor sugar, ½ an oz. of cornflour, 2 yolks of eggs, the finely-chopped rind of ½ a lemon.

Method.—Blend the yolks of the eggs and the cornflour together, add the sugar and lemon-rind, and stir in the boiling milk. Whisk the preparation over the fire until it becomes creamy, then use as required.

Time.—From 10 to 15 minutes. **Average Cost,** 4d.

329.—COFFEE SAUCE. (*Fr.*—Sauce au Café.)

Ingredients.—2 ozs. of raw coffee berries, 1 dessertspoonful of arrowroot or cornflour, 1 glass of brandy, sugar to taste, ½ a pint of boiling water.

Method.—Roast the coffee berries in a pan over a quick fire until well-browned, then pound them in a mortar. Pour the boiling water over the prepared coffee, let it stand for a few minutes, then strain it into a saucepan. Blend the cornflour smoothly with the brandy, stir it into the coffee, sweeten to taste, simmer gently for 5 minutes, then serve.

Time.—About ½ an hour. **Average Cost,** 6d.

330.—CORNFLOUR SAUCE.

Ingredients.—½ a pint of milk, 1 dessertspoonful (level) of castor sugar, 1 dessertspoonful (level) of cornflour, the rind of one lemon.

Method.—Remove the outer skin of the lemon in extremely thin shavings with a sharp knife, put them into the milk, and simmer for 5 minutes. Mix the cornflour smoothly with a little cold milk or water ; strain the milk and add it to the cornflour, stirring all the time. Return to the saucepan, add the sugar, boil for 1 minute, and serve.

Time.—About 15 minutes. **Average Cost,** 2½d.

331.—CRANBERRY SAUCE. (*Fr.*—Sauce aux Airelles Rouge.) (For Roast Turkey, Fowl, etc.)

Ingredients.—¼ of a pint of cold water, 1 pint of cranberries, 2 ozs. of castor sugar, 1 tablespoonful of red currant jelly, ½ a glass of port wine.

Method.—Wash the cranberries in cold water. Put them into a saucepan with the water, and simmer gently for ½ an hour, then add the sugar, wine, and red currant jelly. Boil again, and strain. Serve either hot or cold in a sauceboat or glass dish.

Time.—35 to 40 minutes. **Average Cost,** 7d. to 9d. for this quantity.

332.—CUSTARD SAUCE. (*Fr.*—Crème cuite.) (For Puddings or Tarts.)

Ingredients.—1 pint of milk, 2 eggs, 3 ozs. of castor sugar, 1 tablespoonful of brandy, bay-leaf if liked.

Method.—Boil the milk and bay-leaf, add the sugar, and cool slightly. Beat the eggs well, pour the milk on to them, and strain into a jug. Have ready a saucepan of boiling water, in which to place the jug, keep stirring until the mixture thickens, but do not allow it to boil, or it will curdle. Stir in the brandy, and serve.

Time.—25 to 30 minutes. **Average Cost,** 6d. to 7d.

333.—FROTHY SAUCE. (*Fr.*—Crème fouettée.)

Ingredients.—1 wineglassful of sherry, 1 tablespoonful of castor sugar, 1 egg, ¼ of a pint of boiling milk.

Method.—Dissolve the sugar in the boiling milk, and let it cool slightly. Beat the egg and sherry well together, add the hot milk and mix well. Stand the basin in a stewpan of boiling water, whisk briskly until the preparation thickens and becomes very frothy, and serve at once.

Time.—From 15 to 20 minutes. **Average Cost,** 5d. to 6d.

334.—GERMAN CUSTARD SAUCE. (*Fr.*—Crème cuite à l'Allemande.)

Ingredients.—The yolks of 2 eggs, 1 glass of sherry, 2 or 3 lumps of sugar, the rind of ½ a lemon.

Method.—Rub the sugar on the lemon rind, then crush, and dissolve in the wine. Put all the ingredients into a small saucepan, and whisk BRISKLY over a slow fire until it forms a thick froth, but take care that it does not curdle. Serve at once.

Time.—From 10 to 15 minutes. **Average Cost,** 5d. to 6d.

335.—GINGER SAUCE. (*Fr.*—Sauce au Gingembre.)

Ingredients.—1 teaspoonful of ground ginger, 4 tablespoonfuls of castor sugar, 2 or 3 strips of lemon-rind, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of brandy or wine, ½ a pint of water.

Method.—Put the ginger, sugar, lemon-rind and water into a stewpan, and simmer the ingredients gently for 15 minutes. Strain, return to the stewpan, add the brandy and lemon-juice, re-heat, and serve.

Time.—About 20 minutes. **Average Cost,** 5d. to 6d.

336.—GOOSEBERRY SAUCE. (*Fr.*—Sauce aux Groseilles.)

Ingredients.—1 pint of green gooseberries, ¼ of a pint of milk, 2 ozs. of butter, 1 oz. of flour, 2 ozs. of sugar, nutmeg.

Method.—Barely cover the bottom of a saucepan with water, put in the gooseberries and cook slowly until tender, then rub through a fine sieve. Melt the butter in a saucepan, stir in the flour and cook well, add the milk and stir until it boils. Add the gooseberry purée and the sugar, make hot, and serve.

Time.—About 1 hour. **Average Cost,** 4½d. to 5d. for this quantity.

The GOOSEBERRY (Fr. *groseille*), the common name for the well-known and wholesome fruit of *ribes grossularia,* a prickly shrub, indigenous to Britain, many parts of Europe and North America. The fruit varies in flavour, and is red, yellow, green, or whitish, and hairy or smooth on its surface. It is used largely for preserves, and for pies, puddings, etc. Malic and citric acid are found in the gooseberry, and from the berries a champagne is manufactured.

337.—GOOSEBERRY SAUCE. (*Fr.*—Sauce aux Groseilles.) (Another Method.)

Ingredients.—¼ of a pint of water, 2 tablespoonfuls of green gooseberry jam, 1 tablespoonful of lemon-juice, a little apple-green or spinach-green colouring.

Method.—Put the water, jam and lemon juice into a saucepan, and bring to the boil. Strain or pass through a tammy-cloth, re-heat, add a little colouring if desirable, and serve.

Time.—About 15 minutes. **Average Cost,** about 3d. for this quantity.

338.—JAM SAUCE. (*Fr.*—Sauce au Confiture.)

Ingredients.—1 good tablespoonful of apricot, raspberry or other jam, ¼ of a pint of water, ½ a teaspoonful of lemon-juice, sugar to taste, carmine or cochineal, if necessary.

Method.—Put the water and jam into a small saucepan, add sugar to taste, and make thoroughly hot. Put in the lemon-juice, and a few drops of colouring, if necessary strain, and serve with sweet puddings, etc.

Time.—10 minutes. **Average Cost,** 2d. to 3d.

339.—LEMON BRANDY. (*Fr.*—Cognac au Citron.) (For Flavouring Custards.)

Ingredients.—½ a pint of cooking brandy, ⅛ of a pint of water, 1 oz. of loaf sugar, 1 lemon.

Method.—Remove from the lemon the thinnest possible rind, as the least particle of the white pith would spoil the flavour. Put the brandy into a bottle, add the lemon-rind, and let it infuse for 24 hours, then strain and return to the bottle. Boil the sugar and water together, skim well, and when perfectly cold, add it to the brandy. A dessertspoonful of this will be found an excellent flavouring for boiled custards.

Time.—Altogether 26 or 27 hours. **Average Cost,** 1s. 3d. to 1s. 6d.

340.—LEMON SAUCE. (*Fr.*—Sauce Citron.) (For sweet Puddings.)

Ingredients.—½ a pint of water, 1 glass of sherry, the juice and rind of 1 lemon, the yolks of 2 eggs, 1 oz. of butter, 1 oz. of flour, 3 or 4 lumps of sugar.

Method.—Rub the sugar on to the lemon until all the outer rind is removed. Squeeze and strain the juice. Melt the butter, stir in the flour, and cook well without browning. Add the water, stir until it boils, then put in the sugar and lemon juice. Mix the yolks of eggs and sherry together, let the sauce cool slightly, then pour them in, stir until the sauce thickens, and serve.

Time.—From 25 to 30 minutes. **Average Cost,** 5d. to 6d. for this quantity.

341.—LEMON SAUCE. (*Fr.*—Sauce Citron.) (Economical.)

Ingredients.—½ a pint of boiling water, 1 lemon, 1 oz. of loaf sugar, 1 dessertspoonful of arrowroot.

Method.—Rub the sugar on the lemon until the outer rind is removed. Have the water boiling in a saucepan, add the sugar. Mix the arrowroot smoothly with a little cold water, pour it into the saucepan, and stir until it boils. Add the lemon-juice, and more sugar if necessary, and serve.

Time.—From 20 to 25 minutes. **Average Cost,** 2d. for this quantity.

342.—MARMALADE SAUCE. (*Fr.*—Sauce Marmelade.)

Ingredients.—½ a pint of water, 1 glass of sherry, 2 tablespoonfuls of marmalade, 1 dessertspoonful of sugar (or to taste), 1 teaspoonful of lemon-juice.

Method.—Put the water and marmalade into a saucepan, and stir until it boils. Add the sugar, lemon-juice and sherry, stir until the sugar is dissolved, and serve.

Time.—About 10 minutes. **Average Cost,** 5d. with the sherry.

343.—MARMALADE SAUCE. (*Fr.*—Sauce Marmelade.) (Economical.)

Ingredients.—½ a pint of water, 1 tablespoonful of marmalade, 1 tablespoonful of sugar, 1 large teaspoonful of cornflour, 1 teaspoonful of lemon-juice.

Method.—Boil the water. Mix the cornflour smoothly with a little cold water, add it to the boiling water, stirring all the time. Put in the sugar and marmalade, simmer for 5 minutes, add the lemon-juice, and serve.

Time—About 15 minutes. **Average Cost,** 2d.

344.—ORANGE SAUCE. (*Fr.*—Sauce à l'Orange.)

Ingredients.—¾ of a pint of milk, 1 glass of curaçoa, 2 yolks of eggs, 2 ozs. of castor sugar, 1 small orange.

Method.—Boil the milk, add the sugar, the grated orange rind, and a tablespoonful of orange-juice, simmer for 5 minutes, then cool slightly. Beat the eggs with a little milk, pour them into the saucepan, stir until they begin to thicken, then add the curaçoa, and serve.

Time.—About ½ an hour. **Average Cost,** 7d. to 8d. for this quantity.

345.—ORANGE SYRUP. (*Fr.*—Sirop d'Orange.)

Ingredients.—½ a pint of orange juice, the rind of 2 oranges, ¾ of a lb. of castor sugar.

Method.—Remove the rind in VERY thin strips ; they should be almost transparent. Put the sugar, orange-juice, and rind into a saucepan, and simmer very gently for about ½ an hour. Remove the scum as it rises. Strain, and when cold, bottle for use. A little of this will be found an excellent flavouring for sweet sauces and custard.

Time.—From 40 to 50 minutes. **Average Cost,** 6d. to 8d.

346.—PLUM PUDDING SAUCE.

Ingredients.—1 glass of brandy, 1 glass of Madeira, 2 ozs. of butter, castor sugar.

Method.—Put the butter and 1 tablespoonful of castor sugar into a basin, and let it stand on or near the stove until the butter is melted. Stir in the brandy and Madeira, add more sugar if necessary, and when hot enough to use, either pour it over the pudding or serve separately in a tureen.

Time.—About ½ an hour. **Average Cost,** 10d.

347.—RASPBERRY SAUCE. (*Fr.* Sauce Framboise.)

Ingredients.—¼ of a pint of water, 2 tablespoonfuls of raspberry jam, 1 glass of sherry, sugar to taste, a few drops of carmine or cochineal.

Method.—Put the water, jam, and 3 or 4 lumps of sugar into a saucepan, and simmer for 10 minutes, then add the sherry, and strain. Add sugar to taste, and a few drops of colouring if required, and serve.

Time.—About 15 minutes. **Average Cost,** from 5d. to 6d.

348.—RASPBERRY SAUCE. (*Fr.*—Sauce Framboise.) (Economical.)

Ingredients.—4 tablespoonfuls of water, 1 tablespoonful of jam, 1 tablespoonful of sugar, 1 teaspoonful of lemon-juice.

Method.—Boil the sugar and water together for 10 minutes, then add the jam and lemon-juice, and simmer a few minutes longer. A few drops of cochineal will brighten the colour, but are not essential.

Time.—About 20 minutes. **Average Cost,** 2d. to 2½d. for this quantity.

349.—RED-CURRANT SAUCE. (For puddings or for Venison, Hare, etc.)

Ingredients.—A small jar of red-currant jelly, 1 glass of port wine.

Method.—Put the wine and jelly into a small saucepan, let them slowly come to the boil, and serve when the jelly is dissolved.

Time.—5 minutes. **Average Cost,** 10d.

350.—SAGO SAUCE. (*Fr.*—Sauce Sagou.)

Ingredients.—1 tablespoonful of large sago, ⅓ of a pint of boiling water, 1 glass of sherry, 1 dessertspoonful of lemon-juice, sugar to taste, a few thin strips of lemon-rind.

Method.—Add the sago and lemon-rind to the boiling water, and simmer gently until the sago is quite clear. Remove the lemon-rind, add the sherry and lemon-juice, sweeten to taste, make quite hot, and serve.

Time.—About 20 minutes. **Average Cost,** 4d. to 5d.

351.—SAUCE FOR PLUM PUDDING. (Soyers.)

Ingredients.—¼ of a pint of milk, 2 glasses of brandy, 1 tablespoonful of castor sugar, the yolks of 2 eggs, a very little grated lemon-rind.

Method.—Mix all the ingredients in a saucepan, set the pan on the fire, and whisk until the contents thicken and become frothy. Serve at once.

Time.—10 to 15 minutes. **Average Cost**, 1s.

352.—SAUCE FOR SWEET PUDDINGS.

Ingredients.—¼ of a lb. of butter, ¼ of a lb. of pounded sugar, a wineglassful of brandy or rum.

Method.—Beat the butter to a cream, add the pounded sugar and brandy or rum; stir until the whole is thoroughly mixed, and serve. This sauce may either be poured round the pudding or served in a tureen, according to taste.

Time.—10 minutes. **Average Cost.**—8d.

353.—SAUCE FOR XMAS PUDDING.

Ingredients.—1 wineglass of rum, 4 yolks of eggs, 3 whites of eggs, 2 ozs. of castor sugar, ½ gill of water.

Method.—Put all the ingredients into a stewpan with half a gill of water, stand it in a larger pan of boiling water, and whisk briskly until the whole becomes thick and frothy. Serve at once.

Time.—About 15 minutes. **Average Cost**, 9d. or 10d. for this quantity.

354.—SAUCE FOR XMAS PUDDING. (Another Method.)

Ingredients.—4 ozs. of butter, 2 ozs. of sugar, 10 bitter almonds, 1 wineglassful of brandy.

Method.—Blanch and finely chop the almonds, then pound them well in a mortar. Beat the butter and sugar to a cream, add the almonds and brandy, continue to beat until the preparation has the appearance of clotted cream, then use as required.

Time.—From 20 to 30 minutes. **Average Cost**, 1s.

355.—SAUCE FOR XMAS PUDDING. (Another Method.)

Ingredients.—¼ of a pint of brandy or sherry, ¼ of a pint of boiling water, 1 tablespoonful of castor sugar, 1 level teaspoonful of arrowroot.

Method.—Blend the arrowroot smoothly with 2 tablespoonfuls of cold water, and pour over it the boiling water, stirring meanwhile.

Put it into a stewpan with the brandy or wine and sugar, boil gently for 2 minutes, then serve.

Time.—Altogether, 10 minutes. **Average Cost,** 10d. to 1s.

356.—SOYER'S SAUCE FOR PLUM PUDDING.

Ingredients.—¼ of a pint of brandy, ¼ of a pint of milk, the yolks of 3 eggs, 1 dessertspoonful of castor sugar, a good pinch of very finely-grated lemon-rind.

Method.—Beat the yolks of eggs and milk well together, add the sugar and lemon-rind, and turn the whole into a small saucepan. Whisk until the mixture thickens, then add the brandy, continue to whisk until thoroughly hot, and serve separately or poured over the pudding.

Time.—About 10 minutes. **Average Cost,** 1s. 4d.

357.—SWEET MELTED BUTTER.

Ingredients.—½ a pint of milk or water, 1 oz. of butter, ½ an oz. of flour, ½ an oz. of sugar, a pinch of salt.

Method.—Melt the butter in a saucepan, stir in the flour, and cook well without browning. Add the milk or water and stir until it boils. Simmer for 2 or 3 minutes, then add the sugar, a good pinch of salt, and serve.

Time.—15 to 20 minutes. **Average Cost,** 2½d., if made with milk.

358.—VANILLA SAUCE. (*Fr.* Sauce à la Vanille.)

Ingredients.—1 pint of milk, 1 egg, 1 oz. of sugar, ½ an oz. of cornflour, a few drops of vanilla essence.

Method.—Mix the cornflour smoothly with a little of the milk. Have ready a saucepan of boiling water, put the remainder of the milk into a jug, and stand the jug in the boiling water until the milk is quite hot. Add the sugar to the milk, also add the moistened cornflour and stir until it thickens. Beat the egg in a basin, and add 2 or 3 tablespoonfuls of the sauce to it gradually. Pour into the jug and stir for a few minutes to cook the egg, then add the Vanilla essence, and serve.

Time.—40 to 60 minutes. **Average Cost,** about 3½d.

359.—WINE SAUCE. (*Fr.* Sauce au Vin.)

Ingredients.—¼ of a pint of water, 1 glass of sherry, 1 tablespoonful of any kind of jam, 1 tablespoonful of castor sugar, lemon-juice to taste.

Method.—Put the sugar and water into a saucepan, and simmer for 10 minutes, then add the rest of the ingredients, bring to the boil, strain, and serve.

Time.—About 15 minutes. **Average Cost,** 4d. to 5d.

360.—WINE SAUCE. (*Fr.*—Sauce au Vin.) (Economical.)

Ingredients.—½ a pint of water, 1 large glass of sherry, 1 tablespoonful (level) of sugar, 1 teaspoonful of arrowroot.

Method.—Mix the arrowroot with a little of the water and boil the remainder, pour it on to the arrowroot, stirring all the time. Return to the saucepan, add the wine and sugar, boil up, and serve. The colour may be improved by the addition of a few drops of carmine or cochineal.

Time.—About 10 minutes. **Average Cost,** 3d. to 4d. for this quantity.

361.—WHITE SAUCE FOR PUDDINGS.

Ingredients.—¾ of a pint of milk, 1 dessertspoonful of cornflour, sugar to taste, 2 or 3 thin strips of lemon-rind, salt.

Method.—Blend the cornflour smoothly with a little cold milk, and put the remainder into a saucepan. Add the lemon-rind and a pinch of salt, simmer gently for 10 or 15 minutes, then strain over the blended cornflour, stirring meanwhile. Return to the saucepan, sweeten to taste, simmer gently for 5 minutes, and use as required. Any other flavouring may be substituted for the lemon-rind.

Time.—About 20 minutes. **Average Cost,** 2d. to 2½d.

362.—ZWETSCHEN SAUCE. (Prune Sauce.)

Ingredients.—½ a lb. of French prunes, 1 glass of port or sherry, 1 tablespoonful of lemon-juice, the finely grated rind of ½ a lemon, ½ a teaspoonful of powdered cinnamon, sugar to taste.

Method.—Simmer the prunes until tender, in just enough water to cover them. When cool, crack, and preserve the kernels. Replace the fruit and kernels in the stewpan, add sugar to taste, cinnamon, lemon-rind and lemon-juice, cook gently for 10 minutes, and pass through a fine hair sieve. Re-heat, add the wine, and a little water if too thick, and use as required.

Time.—About 1 hour. **Average Cost,** 8d.

CINNAMON (Fr. *cinnamome*).—The cinnamon tree, *Laurus cinnanomum*, is a valuable and beautiful member of the *Lauraceae*, or laurel family. Its trunk is short and straight, with wide spreading branches, and a smooth, ash-like bark. It attains a height of 20 to 30 feet. The leaves are oval-shaped, 3 to 5 inches long; the flowers are in panicles, with six small petals of a pale-yellow colour. The fruit, which resembles an acorn, is soft and insipid, and of a deep-blue. It incloses a nut, the kernel of which germinates after falling. The leaves, fruit and root of the cinnamon all yield a volatile oil, oil of cinnamon. The bark of the tree—the thinner bark is the most esteemed—furnishes the well-known cinnamon used by cooks and confectioners. From the fragrant fatty substance of the fruit candles were formerly made exclusively for the King of Ceylon. Cinnamon is employed in medicine as a carminative and stomachic remedy.

Miscellaneous Sauces.

363.—BENTON SAUCE.

Ingredients.—4 tablespoonfuls of vinegar, 1 tablespoonful of scraped horseradish, 1 teaspoonful of made mustard, 1 teaspoonful of castor sugar.

Method.—Mix all the ingredients well together, and serve as an accompaniment to either hot or cold roast beef.

Time.—From 10 to 15 minutes. **Average Cost,** 2d.

364.—BLACK BUTTER SAUCE.

Ingredients.—1½ ozs. of butter, 1 teaspoonful of chopped parsley, ½ a teaspoonful of vinegar.

Method.—Cook the butter in a frying or sauté-pan until it acquires a nut-brown colour, then add the parsley and vinegar, cook for 1 minute longer, and serve.

Time.—5 minutes. **Average Cost,** 2d.

365.—BOAR'S HEAD SAUCE.

Ingredients.—½ a pint of dissolved red-currant jelly, ¼ of a pint of port wine, 4 oranges, 3 lumps of sugar, 1 finely-chopped shallot, 1 mustardspoonful of mixed mustard, pepper.

Method.—Shred the rind of 2 oranges into very fine strips, and rub the lumps of sugar over the rinds of the remaining two. Put the rind and sugar into the liquid jelly, add the wine, shallot, mustard, and a liberal seasoning of pepper, and use as required, or the sauce may be put into well-corked bottles and stored for use.

Time.—30 minutes. **Average Cost,** 1s. 10d.

366.—CAMBRIDGE SAUCE.

Ingredients.—2 tablespoonfuls of olive oil, 1 tablespoonful of tarragon vinegar, 4 hard-boiled yolks of eggs, 4 fillets of anchovies, 1 tablespoonful of capers, 1 dessertspoonful of French mustard, 1 teaspoonful of English mustard, 1 teaspoonful of finely-chopped parsley, a sprig of tarragon, a sprig of chervil, a pinch of cayenne.

Method.—Pound all the ingredients except the parsley well together, then pass through a hair sieve. If too stiff, add a little oil and vinegar gradually until the consistency resembles that of mayonnaise sauce.

Stir in the parsley, and keep on ice until required. This is an excellent sauce to serve with cold meat.

Time.—About ½ an hour. **Average Cost,** 8d. to 9d.

367.—CARRACK SAUCE.

Ingredients.—1 quart of vinegar, 8 dessertspoonfuls of walnut pickle, 5 dessertspoonfuls of Indian soy, 5 dessertspoonfuls of mushroom ketchup, 3 dessertspoonfuls of mango pickle sliced, 2 cloves of garlic finely-chopped.

Method.—Put all the ingredients into a large bottle, let it stand for a month, shaking it 2 or 3 times daily. At the end of this time the sauce will be ready for use, but it will keep good for a length of time in well-corked bottles.

Time.—1 month. **Average Cost,** 1s. 6d.

368.—CAYENNE VINEGAR.

Ingredients.—1 pint of vinegar, ½ an oz. of cayenne pepper.

Method.—Mix the vinegar and cayenne together in a bottle, let it stand for 1 month, shaking the preparation daily. When ready, strain into well-corked bottles, and store for use.

Time.—1 month. **Average Cost,** about 6d.

369.—CHEESE SAUCE.

Ingredients.—¾ of a pint of milk, ¾ of an oz. of butter, ¾ of an oz. of flour, 1 tablespoonful of finely-grated cheese, salt and pepper.

Method.—Melt the butter in a stewpan, add the flour, stir and cook the mixture for 5 minutes without browning, and add the milk. Season to taste, simmer gently for 10 minutes, then stir in the cheese, and use as required.

Time.—20 minutes. **Average Cost,** 5d. or 6d.

370.—DEMI-GLACE SAUCE.

Ingredients.—½ a pint of Espagnole sauce (see page 240), ¼ of a pint of good gravy, salt and pepper.

Method.—Make the Espagnole sauce as directed, boil until well reduced, then add the gravy, simmer for about 10 minutes, season to taste, and serve.

Time.—15 minutes. **Average Cost,** 8d.

371.—EPICUREAN SAUCE.

Ingredients.—1 gill of mayonnaise sauce, No. 201, ½ a gill of aspic jelly, (see jellies), ½ a gill of cream, 1 tablespoonful of tarragon vinegar, 1 teaspoonful of anchovy-essence, 1 dessertspoonful of chopped gherkins, 1 dessertspoonful of chopped chutney, ½ a cucumber, salt, pepper, sugar.

Method.—Peel the cucumber thinly, cut it into small pieces, and cook till tender in salted water. Drain off the water, and rub the cucumber through a fine sieve. Carefully mix the mayonnaise with the cream, anchovy-essence, gherkins, and chutney. Mix the cucumber purée with the vinegar and the aspic, which should be dissolved but almost cold. Blend both mixtures together. Season with salt, pepper, and a little castor sugar, and serve with fish, cold meat, or vegetables such as asparagus, green artichokes, etc. This also makes a nice dressing for fish salads.

Time.—40 minutes. **Cost,** about 1s.

372.—FISH SAUCE. (*Fr.*—Sauce Poisson.)

Ingredients.—1 quart of malt vinegar, 2 tablespoonfuls of walnut ketchup, 2 tablespoonfuls of soy, 1 oz. of cayenne, 1 clove of garlic, 2 shallots sliced.

Method.—Put all the ingredients into a large bottle, and shake them daily for a fortnight. When ready, strain into small bottles, cork securely, and store for use.

Time.—14 days. **Average Cost,** 10d. to 1s.

373.—HARVEY SAUCE.

Ingredients.—1 quart of malt vinegar, ¼ of a pint of Indian soy, ¼ of a pint of mushroom or walnut vinegar, 6 anchovies finely-chopped, 1 clove of garlic bruised, ¼ of an oz. of cayenne.

Method.—Put all the ingredients into an earthenware jar, cover closely, let the mixture remain for 1 month, stirring it 2 or 3 times daily. When ready, strain into small bottles, cork securely, and store or use.

Time.—1 month. **Average Cost,** 1s. 6d.

374.—HERB SAUCE.

Ingredients.—1 stick of horseradish finely scraped, 2 shallots shredded, 2 or 3 sprigs each of marjoram, thyme, basil, and tarragon, 4 cloves, 1 teaspoonful of caramel browning, No. 155, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of vinegar, 1 pint of water.

Method.—Simmer all these ingredients together for ½ an hour, and when quite cold strain into small bottles. Cork and seal securely, and store for use. This sauce will be found useful for flavouring gravies and stews.

Time.—40 minutes. **Average Cost,** 8d.

MARJORAM (Fr. *Marjolaine*). There are several species of marjoram, which grows wild on chalky soils of Britain, and is one of the commonest of ornamental wild plants. The species used for culinary purposes is the Sweet Marjoram, a native of Southern Europe. It is cultivated in gardens, and when it blossoms it is cut and the leaves, which have an agreeable aromatic flavour, are dried. Marjoram is a favourite ingredient in stuffings, soups, sauces, etc.

375.—HESSIAN SAUCE.

Ingredients.—⅓ of a pint of sour cream (about), 1 tablespoonful of grated horseradish, 1 tablespoonful of fine breadcrumbs, milk, sugar, salt.

Method.—Soak the breadcrumbs in just as much milk as they will absorb, add the grated horseradish, and a pinch of salt and sugar. Add cream gradually until the desired consistency is obtained, and serve as an accompaniment to roast beef or beef steak.

Time.—About 20 minutes. **Average Cost,** 8d.

376.—JELLY SAUCE.

Ingredients.—1 small pot of red-currant jelly, 1 glass of port wine.

Method.—Dissolve the red-currant jelly, add the wine, make it thoroughly hot, and serve as an accompaniment to venison.

Time.—½ an hour. **Average Cost,** 1s.

377.—LEAMINGTON SAUCE.

Ingredients.—3 pints of vinegar, 1 pint of walnut-juice, ½ a pint of Indian soy, ¼ of a pint of port wine, 1 oz. of shallots, ¼ of an oz. of garlic, ½ an oz. of cayenne.

Method.—Procure young green walnuts, pound them to a pulp, sprinkle liberally with salt, and let them remain for 3 days, stirring at frequent intervals. Strain the juice obtained, measure and add the rest of the ingredients in the proportions stated above, the garlic and shallots being previously pounded or finely-chopped. Turn the whole into a large jar, cover closely for 3 weeks, then strain into small bottles, cork and seal securely, and store for use.

Time.—About 1 month. **Average Cost,** 2s. 10d. to 3s.

378.—LEGHORN SAUCE.

Ingredients.—3 hard-boiled yolks of eggs, salad-oil, vinegar, tarragon vinegar, 2 anchovies pounded and sieved, ½ a teaspoonful of finely-chopped parsley, nutmeg, pepper.

Method.—Crush the yolks with a wooden spoon in a basin, add salad-oil, drop by drop at first, until the preparation has the consistency of very thick cream. Stir in a pinch of nutmeg, a little pepper, anchovies, parsley, and vinegar to taste. Set on ice until wanted.

Time.—30 minutes. **Average Cost,** 1s. 4d.

379.—LEMON SAUCE. (For Fowls, etc.)

Ingredients.—½ a pint of chicken stock, ¼ of a pint of milk, 2 tablespoonfuls of cream, the thinly-peeled rind and juice of 1 lemon, 1½ ozs. of butter, 1 oz. of flour, salt and pepper.

Method.—Simmer the lemon-rind and the milk and stock together for 10 minutes. Melt the butter in a small saucepan, add the flour, and stir and cook for 5 or 6 minutes, without browning. Pour in the stock and milk, stir until boiling, simmer gently for 20 minutes, season to taste, add the cream and lemon-juice, and serve.

Time.—About ½ an hour. **Average Cost,** 8d. to 10d.

380.—LIVER AND LEMON SAUCE.

Ingredients.—½ a pint of melted butter, No. 202, 1 lemon, the liver of a fowl, salt and pepper.

Method.—Boil the liver until firm, and chop it finely. Grate off the lemon-rind, and mix it with the liver. Remove every particle of white pith, and cut the lemon into dice, putting all the pips aside. Make the melted butter sauce as directed in No. 202, add the prepared liver, lemon-rind and dice, season to taste, and use as required.

Time.—About ½ an hour. **Average Cost,** 2½d.

381.—LIVER AND PARSLEY SAUCE.

Ingredients.—½ a pint of melted butter, No. 202, 1 tablespoonful of finely-chopped parsley, the liver of a fowl, salt and pepper.

Method.—Boil the liver until firm, and chop it finely, make the melted butter as directed, add the parsley and prepared liver, season to taste, and serve.

Time.—About 20 minutes. **Average Cost,** 2½d.

382.—NUT BROWN BUTTER. (*Fr.*—Beurre Noir.)

Ingredients.—4 ozs. of butter, 1 tablespoonful of finely-chopped parsley, 2 tablespoonfuls of vinegar, salt and pepper.

Method.—Cook the butter in a frying pan until it turns brown, then add the parsley, vinegar, and salt and pepper to taste. Let the whole simmer for 1 or 2 minutes, when it is ready to serve.

Time.—¼ of an hour. **Average Cost,** 5d.

383.—QUIN'S SAUCE.

Ingredients.—1 pint of mushroom ketchup, ½ a pint of walnut pickle,

½ a pint of port wine, ¼ of a pint of soy, 12 anchovies chopped, 12 shallots chopped, ½ a teaspoonful of cayenne.

Method.—Put all the ingredients into a saucepan, simmer gently for 15 minutes, and strain. When quite cold, bottle, cork and seal securely, and store for use.

Time.—25 minutes. **Average Cost,** 2s. 8d.

384.—READING SAUCE.

Ingredients.—2½ pints of walnut pickle, 1½ ozs. of shallots, coarsely-chopped, 1 quart of water, ¾ of a pint of Indian soy, 1 anchovy coarsely-chopped, ½ an oz. of ginger bruised, ½ an oz. of white peppercorns, 1 oz. of mustard seed, ½ an oz. of cayenne, ¼ of an oz. of dried bay-leaves.

Method.—Put the walnut pickle and shallots into a large jar, and cook in a gentle oven until reduced to 2 pints. In another jar place the cayenne, mustard seed, peppercorns, ginger and anchovy, add the soy and water, and cook in a gentle oven for 1 hour after simmering point is reached. Mix the contents of the 2 jars together, and when quite cold add the bay-leaves. Leave closely covered for 1 week, then strain into small bottles, cork and seal securely, and store for use.

Time.—2 hours and 1 week. **Average Cost,** 2s. 8d. to 3s.

385.—SAUCE FOR STEAKS, CHOPS, ETC.

Ingredients.—1 pint of mushroom ketchup or walnut pickle, ½ an oz. of pickled shallots, ½ an oz. of grated horseradish, ½ an oz. of allspice, 1 oz. of black pepper, 1 oz. of salt.

Method.—Pound the shallots and horseradish until smooth in a mortar, add the rest of the ingredients, and let the whole stand closely covered for 14 days. Strain into small bottles, cork and seal securely, and store for use.

Time.—2 weeks. **Average Cost,** 1s. 6d.

Allspice (Fr. *piment*).—The popular name for pimento, or Jamaica pepper, the dried berries of *Eugenia pimenta*, a lofty handsome tree, with dark shiny green leaves and fragrant white flowers. It belongs to the *Myrtaceae*, or myrtle family, and receives its name of " Allspice " from its possessing the combined flavours of cinnamon, cloves and nutmeg. The berries are gathered in the green state and dried in the sun, which causes them to turn black. Allspice is used in medicine as an aromatic, and in various ways is employed in cookery.

386.—STORE SAUCE.

Ingredients.—1 pint of mushroom ketchup, ½ a pint of walnut ketchup, ½ a pint of port wine, 12 anchovies, 6 shallots, 2 tablespoonfuls of cayenne.

Method.—Pound the anchovies and shallots, or chop them finely; add them to the rest of the ingredients, and boil gently for 1 hour.

When cold, put the preparation into well-corked bottles, and store for use.

Time.—1½ hour. **Average Cost,** 3s.

387.—SUBSTITUTE FOR CAPER SAUCE.

Ingredients.—1 good tablespoonful of coarsely-chopped gherkins ¾ of a pint of white stock, ¼ of a pint of milk, 1½ ozs. of butter, 1½ ozs of flour, vinegar, salt and pepper.

Method.—Melt the butter in a stewpan, add the flour, stir and cook the mixture for 6 or 7 minutes, then add the stock and milk. Simmer gently for 10 minutes, season with salt and pepper, add vinegar to taste, and the prepared gherkins. Serve with boiled mutton, or other dishes to which caper sauce forms an accompaniment.

Time.—About 20 minutes. **Average Cost,** 6d., exclusive of the stock.

388.—SWEDISH SAUCE.

Ingredients.—2 raw yolks of eggs, 2 hard-boiled yolks of eggs, 1 teaspoonful of finely-chopped mixed herbs, salad oil, tarragon vinegar, prepared mustard, salt and pepper.

Method.—Pass the hard-boiled yolks of eggs through a fine sieve. Stir the raw yolks with a wooden spoon in a small basin until thick and creamy, mix in the yolks, and add the salad oil, drop by drop, until the desired consistency is obtained, stirring briskly meanwhile. Add ½ a teaspoonful of made mustard, the herbs, vinegar, and salt and pepper to taste, and mix well. Stand on ice until required.

Time.—About ½ an hour. **Average Cost,** 6d. or 7d.

Note.—This sauce is sometimes used for coating or masking purposes; in which case, ½ a gill or so of aspic should be incorporated.

389.—TAMARIND SAUCE.

Ingredients.—Ripe tamarinds, sugar to taste.

Method.—Place the fruit in layers in a stone jar, sprinkling each layer slightly or liberally with sugar, according to taste. Cook in a cool oven until quite tender, then pass through a fine hair sieve, and when quite cold turn into small bottles, cork and seal securely, and store for use.

Time.—About 4 hours.

390.—TOMATO SAUCE. (*Fr.*—Sauce Tomate.)

Ingredients.—½ a pint of vinegar, 2 lb. of tomatoes, 1 Spanish onion sliced, ½ a lb. of brown sugar, 3 ozs. of allspice, 1 oz. of black peppercorns, 2 ozs. of salt, ¼ of an oz. of cloves, ¼ of a teaspoonful of cayenne.

Method.—Put all the ingredients into a stewjar or saucepan, cover closely, and cook very gently for 2 hours. Pass through a fine hair sieve, let the purée remain until quite cold, then turn into small bottles, cork and seal securely, and store for use.

Time.—About 2¼ hours. **Average Cost,** 1s. 3d.

391.—TOMATO ASPIC.

Ingredients.—½ a pint of tomato pulp, ½ an oz. of gelatine (previously soaked in water), ½ a gill of aspic, and 1 tablespoonful of meat glaze.

Method.—Put the above named ingredients in a saucepan over the fire, stir until it boils, season to taste with salt and a pinch of cayenne pepper, strain the aspic through a cloth or fine sieve, and use as directed.

Time.—20 minutes. **Average Cost,** about 1s. 3d.

392.—WORCESTER SAUCE.

Ingredients.—1 pint of Bordeaux vinegar, 3 tablespoonfuls of walnut ketchup, 3 tablespoonfuls of essence of anchovy, 2 tablespoonfuls of Indian Soy, 1 teaspoonful of cayenne, 2 cloves of garlic finely-chopped.

Method.—Put all the ingredients into a large bottle, cover closely, and shake well every day for a fortnight. At the end of this time it will be ready for use, but it may be stored for a length of time in well-corked bottles.

Time.—2 weeks. **Average Cost,** 1s. 4d.

Forcemeats.

Forcemeat, or Farcemeat, as it was originally called, derives its name from the French verb *farcie*, to stuff. In modern phraseology the term farce or forcemeat is applied equally to the simple and quickly made veal stuffing, the finely-pounded quenelle mixture (which is in no sense a stuffing), and the various farces used to cover sections of pigeons, cutlets, etc.

The consistency of forcemeat varies according to the purpose for which they are required. Those intended for stuffing may be moistened with milk instead of egg, and made much more moist than quenelles, which must retain their shape and be firm enough to support their own weight during the process of cooking.

The quantity of liquid necessary to thoroughly moisten, and the number of eggs required to stiffen the various substances, cannot be stated exactly ; but it is better to have a rough guide than none, and when making quenelle mixtures, which must have a certain consistency, and yet retain the lightness which is one of their chief points of excellence, it is advisable to test the mixture by poaching a small quantity of it in boiling water. When too soft, another yolk of egg should be added, if eggs have been already used, or a few crumbs may be added to mixtures of which they already form a part.

The excellence of many simple forcemeats depends largely on flavourings and seasoning. In making them, it is a common error to use too little salt and pepper, and too few flavourings ; it is much better to use a small quantity of several kinds than to allow one flavour to predominate. A comparatively large quantity of nutmeg may be used in veal forcemeat without its presence being detected ; it is believed that its strength is in some manner used in developing the flavour of the substances with which it is mixed.

The liquid in which quenelles are poached must always be quite boiling, in order that the surface may immediately harden, and so help them to retain their shape.

393.—CHESTNUT FARCE FOR ROAST TURKEY.

Ingredients.—2 lb. of chestnuts, ½ a pint of stock or water, 1 oz. of butter, a good pinch of sugar, salt and pepper.

Method.—Cut off the tops of the chestnuts, and bake or roast them for 20 minutes. Remove both the outer and inner skins, put the chestnuts into a stewpan, add the stock (no more than will barely cover them), and simmer until they become tender and dry. Rub through a fine sieve, add the butter, salt and pepper, and use as required.

Time.—About 1 hour. **Average Cost,** from 7d. to 8d. without the stock.

394.—FARCE OF WHITING OR OTHER FISH.

Ingredients.—½ a lb. of uncooked fish (two whitings), ¼ of a pint of milk or fish stock, No. 5, 2 ozs. of flour, 1 oz. of butter, 2 eggs, pepper and salt.

Method.—Melt the butter, stir in the flour, add the milk or stock, and cook until the panada forms a compact mass round the bowl of the spoon. Pound the fish and the panada well together, add the eggs one by one, season well, and pass the ingredients through a wire sieve.

A lighter mixture may be obtained when required by pounding 3 yolks with the fish and mixing the 3 whites (stiffly whipped) after passing the mixture through the sieve.

Time.—About 35 minutes. **Average Cost,** about 1s. for this quantity.

395.—FORCEMEAT FOR BAKED FISH. (*Fr.*—Farce de Huîtres et d'Anchois.)

Ingredients.—3 ozs. of breadcrumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 anchovies (these may be dispensed with), 2 ozs. of suet, salt and pepper, pounded mace to taste, 6 tablespoonfuls of cream or milk, the yolks of 2 eggs.

Method.—Beard and mince the oysters, prepare and mix the other ingredients, and blend the whole thoroughly together. Moisten with the cream and eggs, put all into a stewpan, and stir the mixture over the fire till it thickens. Stuff the inside of the fish with the preparation, and sew up the opening.

Time.—4 or 5 minutes to thicken. **Average Cost,** 10d. **Sufficient** for a moderate-sized pike.

396.—FORCEMEAT FOR SAVOURY PIES.

Ingredients.—½ a lb. of veal finely-chopped, ¼ of a lb. of bacon finely-chopped, 2 tablespoonfuls of breadcrumbs, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of finely-grated lemon-rind, 1 egg, nutmeg, salt and pepper.

Method.—Mix the veal, bacon, breadcrumbs, parsley, herbs and lemon-rind well together, and season to taste. Add the egg, which should thoroughly moisten the dry ingredients; if too small to do this, use a little milk or water in addition. Mix well, and use as required.

Average Cost.—10d. to 1s. **Sufficient** for 1 large pie.

397.—HAM FORCEMEAT FOR VEAL, TURKEY, FOWL, HARE.

Ingredients.—2 ozs. of ham or lean bacon, 4 ozs. of suet, 4 ozs. of bread crumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, the grated rind of ½ a lemon, a good pinch of nutmeg, a good pinch of mace, 2 eggs, or 1 egg and a little milk, salt and pepper.

Method.—Chop the ham and suet finely. Mix all the dry ingredients well together, add the eggs, season to taste, mix well, and use as required. When the mixture is intended for balls, the consistency should be tested by poaching a small quantity in boiling water.

Time.—20 to 30 minutes. **Average Cost,** about 6d. for this quantity.

398.—LIVER FARCE (*Fr.*—Farce de Foie de Veau.) FOR QUAILS, AND OTHER BIRDS.

Ingredients.—½ a lb. of calf's liver, 2 ozs. of lean veal, 3 ozs. of bacon, ½ a very small onion, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, the yolk of 1 egg, salt and pepper.

Method.—Cut the liver, veal, and bacon into very small pieces, melt the butter in a sauté-pan, put in the meat, onion, finely-chopped, bouquet-garni, and a good seasoning of salt and pepper, and fry 10 or 15 minutes. Pound in a mortar, rub through a wire sieve, add the yolk of egg, mix well, season to taste, and use as required.

Time.—About 40 minutes. **Average Cost,** 10d. to 1s.

399.—LOBSTER FARCE FOR QUENELLES.

Ingredients.—6 ozs. of lobster, ¼ of a pint of fish stock or milk, 2 ozs. of flour, 1 oz. of butter, 2 eggs, 2 tablespoonfuls of cream, salt, cayenne.

Method.—Melt the butter in a saucepan, stir in the flour, add the stock or milk, and cook until it leaves the sides of the saucepan clear and forms a compact mass round the bowl of the spoon, then put it aside to cool. Chop the lobster finely, and pound it and the panada (flour mixture) well together in the mortar ; add each egg separately, season to taste, pound thoroughly, and rub the mixture through a wire sieve. Stir in the cream, and the farce is ready for use. This mixture, being very light, is best steamed in small quenelle or dariol moulds.

Average Cost, 2s. to 2s. 6d. for this quantity.

400.—OYSTER FORCEMEAT FOR ROAST OR BOILED TURKEY.

Ingredients.—18 sauce oysters, ½ a pint of breadcrumbs, 2 ozs. of finely-chopped suet, ½ a teaspoonful of mixed herbs, a good pinch of nutmeg, salt and pepper, 1 egg, and a little milk if necessary (or oyster liquor).

Method.—Beard the oysters, put any liquor from them into a saucepan, add the beards, and simmer for about 10 minutes. Cut the oysters into small pieces, mix with them the breadcrumbs, suet, herbs, nutmeg, and seasoning. Add the egg and sufficient milk or oyster liquor to thoroughly moisten the whole, and mix well. Press the farce lightly into the breast of the turkey.

Time.—From 30 to 40 minutes. **Average Cost,** about 1s. 9d. for this quantity. Sufficient for one turkey.

401.—PORK STUFFING.

Ingredients.—1 lb. of onions, 4 tablespoonfuls of breadcrumbs, 2 ozs. butter, 1 dessertspoonful of finely-chopped sage or a teaspoonful of powdered sage, salt and pepper.

Method.—Cut the onions into slices, cover them with cold water, bring to the boil, cook for 5 minutes, then strain and drain well. Melt the butter in a stewpan, and fry the onions for about 15 minutes without browning. Add the breadcrumbs, sage and seasoning, mix well, and use as required.

Average Cost.—4d. **Sufficient** for a leg or loin of pork.

Note.—For other methods see "Sage and Onion Stuffing."

402.—QUENELLES, TO SHAPE.

To make quenelles a good shape it is necessary to use a knife and two dessertspoons, or smaller spoons when intended for soup. Dip one of the spoons in hot water to prevent the mixture sticking to it, fill it with the farce, press it from the sides, and raise it in the centre with the knife (previously dipped in hot water), making it a nice oval shape. Take the other spoon, dip it into hot water, pass the knife carefully round the edge of the quenelle, transfer it to the second spoon and shape as before. As the quenelles are shaped they should be placed in the sauté pan, or stewpan, in which they are to be cooked. When ready, sufficient boiling stock or water to half cover them should be added, and the top of the quenelles must be covered with a sheet of greased paper to preserve the colour, and keep moist that part of the quenelles not under water.

403.—QUENELLES FOR SOUP.

Ingredients.—½ a lb. of fillet of veal, ⅛ of a pint of stock, ½ an oz. of butter, 1 oz. of flour, 1 egg, salt and pepper.

Method.—Melt the butter in a small saucepan, add first the flour and then the stock, stir and cook until the mixture forms a compact mass round the bowl of the spoon, then put it aside to cool. Pass the veal 2 or 3 times through the mincing machine, or chop it finely. Pound the panada (or flour mixture) and the meat well together until smooth. Add the eggs separately, season to taste, and give the whole a good pounding. Pass the mixture through a fine sieve, shape it into small quenelles by means of 2 egg spoons, and poach in a little hot stock until firm. Add them to the soup, and serve.

Time.—About 45 minutes. **Average Cost,** 8d. to 9d.

404.—SAGE AND ONION STUFFING. (For Roast Goose, Duck, Pork.)

Ingredients.—2 lb. of onions, ½ a pint of freshly-made bread crumbs, 1 tablespoonful of finely-chopped sage or a teaspoonful of powdered sage, 2 ozs. of butter, salt and pepper.

Method.—Cut the onions into dice, put them into cold water, bring to the boil, cook for 5 minutes, then strain and drain well. Melt the butter in a stewpan, and fry the onions for about 15 minutes without browning them. Add the breadcrumbs, sage, and seasoning, mix well, and use as required.

Time.—About ½ an hour. **Average Cost,** 7d. to 8d. **Sufficient** for 1 goose, or 2 ducks.

405.—SAGE AND ONION STUFFING. (For roast Goose, Duck, and Pork.)

Ingredients.—4 large onions, 10 sage leaves, ¼ of a lb. of breadcrumbs, 1½ ozs. of butter, salt and pepper to taste, 1 egg.

Method.—Peel the onions, put them into boiling water, let them simmer for 5 minutes or rather longer, and, just before they are taken out, put in the sage leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning, and butter, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage leaves should be very finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw, but the stuffing then is not nearly so mild, and, to many tastes, its strong flavour would be very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing ; and where economy is studied, the egg and butter may be dispensed with.

Time.—Rather more than 5 minutes, to simmer the onions. **Average Cost,** for this quantity, 4d. **Sufficient** for 1 goose, or a pair of ducks.

406.—SAUSAGE FARCE. (For Stuffing Turkey.)

Ingredients.—2 lb. of lean pork, 4 level tablespoonfuls of freshly-made breadcrumbs, ½ a teaspoonful of mixed herbs, ½ a teaspoonful of sage, 1 teaspoonful of salt, ½ a teaspoonful of pepper, the liver of the turkey finely chopped. Stock.

Method.—Cut the pork into small pieces, and pass it two or three times through the mincing machine. Add to it the breadcrumbs, herbs, liver, seasoning, and mix well together. Moisten with a very little stock, and use.

Time.—From 20 to 30 minutes. **Average Cost,** 1s. 6d. to 1s. 7d. Sufficient for one turkey.

407.—SAVOURY OYSTER STUFFING.

Ingredients.—12 large oysters, 1 gill of stock, 4 ozs. of soft white breadcrumbs, a little grated lemon rind, 1 dessertspoonful chopped parsley, 1 pinch of mace, 1½ oz. of butter, salt and pepper to taste.

Method.—Beard the oysters, save the liquor and put it with the beards and the stock and bring to the boil. Allow to simmer till the flavour is extracted from the beards, then strain. Mix together the breadcrumbs, grated lemon, chopped parsley, salt, pepper, butter, mace and the oysters chopped, bind the mixture with the egg and as much of the oyster stock as will bring to the proper consistency. Use for stuffing fish or poultry.

Time.—30 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 1 goose.

408.—SOYER'S RECIPE FOR GOOSE STUFFING.

Method.—Take 4 apples, peeled and cored, 4 onions, 4 leaves of sage, 4 leaves of lemon thyme not broken, and boil them in a stewpan with sufficient water to cover them ; when done, pulp them through a sieve, removing the sage and thyme ; then add sufficient pulp of mealy potatoes to cause it to be sufficiently dry, without sticking to the hand ; add pepper and salt, and stuff the bird.

LEMON THYME (Fr. *thym*), *Thymus citridorus*. is a variety of the familiar aromatic herb. It is a trailing evergreen of smaller growth than the garden thyme, and is remarkable for its smell, which resembles that of the rind of a lemon : hence its distinctive name. Lemon thyme is cultivated in gardens for its fragrant odour, and is used for seasoning, and for some particular dishes, in which it is desired the fragrance of the lemon should slightly predominate.

409.—SUET FORCEMEAT.

Ingredients.—2 tablespoonfuls of finely-chopped suet, 4 tablespoonfuls of breadcrumbs, 1 good dessertspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of grated lemon-rind, 1 egg and a little milk, nutmeg, salt and pepper.

Method.—Mix all the dry ingredients well together, add the egg and sufficient milk to slightly moisten the whole, season to taste, and use.

Time.—20 to 30 minutes. **Average Cost,** 3d. to 4d.

410.—TRUFFLE FORCEMEAT.

Ingredients.—½ lb. of truffles (preferably fresh ones), ½ a lb. of veal, ½ a lb. of pork or bacon (fat and lean in equal parts), 1 finely-chopped shallot, 1 glass of sherry, salt and pepper.

Method.—Pass the veal and pork or bacon 2 or 3 times through a mincing machine, or chop the meat very finely, pound in a mortar until quite smooth, then pass through a wire sieve. Chop the shallot and truffles finely, add them to the meat preparation, season to taste, and moisten with the sherry and a little stock, or liquor from the truffles when using bottled ones. Use as required.

Average Cost.—6 to 8 shillings. **Sufficient** for 1 small turkey.

411.—VEAL FARCE FOR QUENELLES, ETC.

Ingredients.—1 lb. of fillet of veal, ¼ of a pint of stock, 1 oz. of butter, 2 ozs. of flour, 2 eggs, salt and pepper.

Method.—Melt the butter in a saucepan, add the flour and the stock, stir and cook until the mixture forms a compact mass round the bowl of the spoon, then put it aside to cool. Pass the veal two or three times through the mincing machine, or chop it finely. Pound the panada (the flour mixture) and the meat well together until smooth. Add the eggs separately, season to taste, and give the whole a good pounding. Pass the mixture through a fine sieve, and use as required.

Time.—About 45 minutes. **Average Cost,** 1s. 5d. without the stock.

412.—VEAL FARCE. (For Quenelles, etc.)

Ingredients.—½ a lb. of lean veal, ½ a lb. of veal suet (finely chopped), 3 ozs. of soaked bread, 2 eggs, a little grated nutmeg, salt and pepper.

Method.—Pass the meat 2 or 3 times through a mincing machine or chop it finely, then pound the suet and veal together in a mortar. Add the eggs one at a time, and the bread in small portions. Also add about ¼ of a pint of cold water, but before using the whole, poach a little of the mixture in boiling water to test the consistency; if too soft, add a little more bread; if too stiff, a little more water, shape into quenelles, as directed on page 283.

Time.—About 45 minutes. **Average Cost,** 1s.

413.—VEAL FORCEMEAT. (*Fr.*—Farce de Veau.)

Ingredients.—½ a lb. of lean veal, ¼ of a lb. of finely-chopped beef suet, 2 ozs. of fat bacon cut into fine strips, 2 tablespoonfuls of freshly-made breadcrumbs, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped onion, 2 eggs, salt and pepper, a pinch of ground mace, a pinch of nutmeg.

Method.—Pass the veal twice through the mincing machine, then pound it and the suet and bacon well in the mortar. Pass through a wire sieve, add the rest of the ingredients, season to taste, and use.

Time.—About 45 minutes. **Average Cost,** 1s. 3d for this quantity.

414.—VEAL FORCEMEAT. (*Fr.*—Farce de Veau.) (Economical.)

Ingredients.—4 tablespoonfuls of freshly-made breadcrumbs, 2 tablespoonfuls of finely-chopped suet, 1 tablespoonful of finely-chopped parsley, 1 teaspoonful of powdered thyme, ¼ of a teaspoonful of grated lemon-rind, 1 egg and a little milk, a good pinch of nutmeg, salt and pepper.

Method.—Mix all the dry ingredients well together, add the egg and sufficient milk to thoroughly moisten the whole, season to taste, and use.

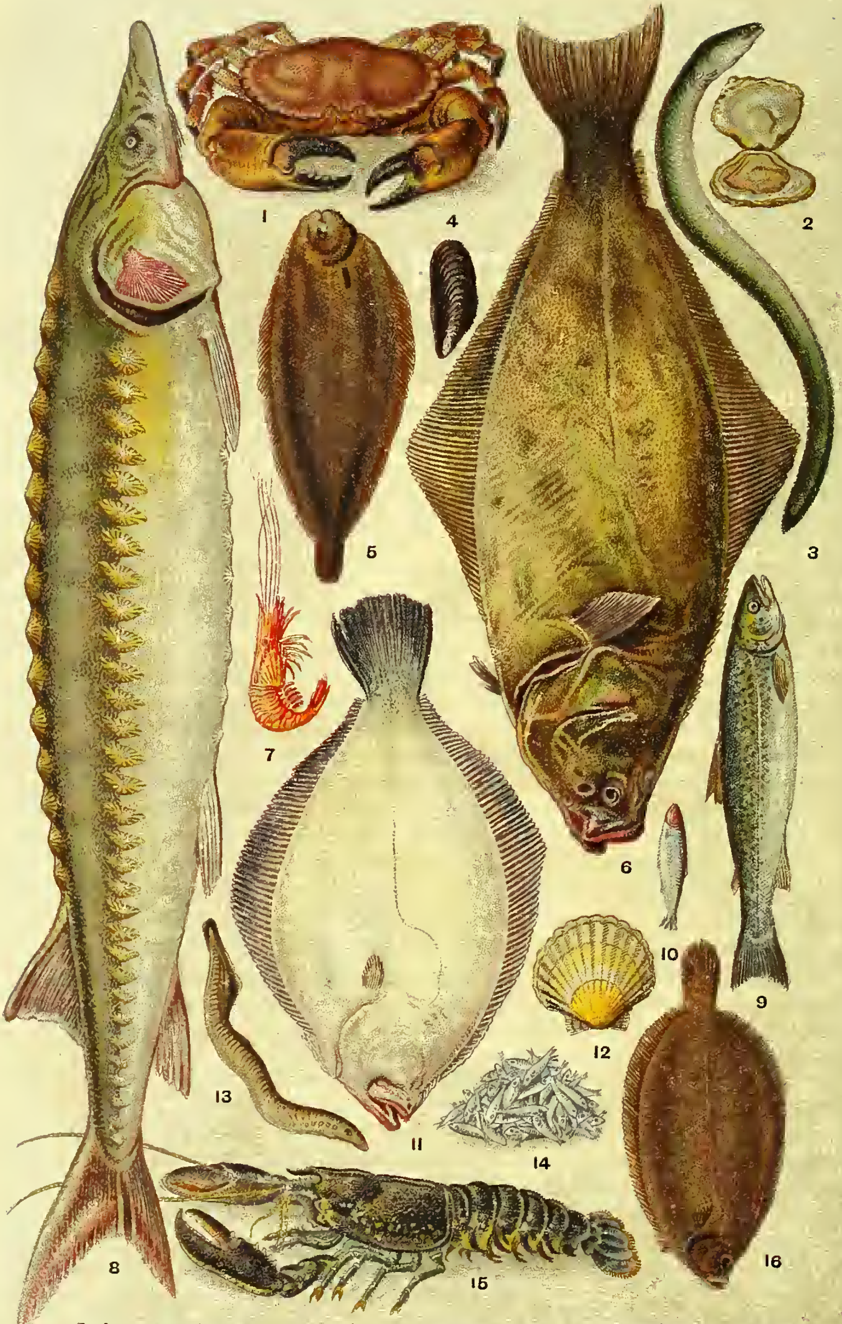
Time.—20 to 30 minutes. **Average Cost,** from 3d. to 4d. for this quantity.

415.—WHITING FORCEMEAT. (*Fr.* — Farce de Merlan.)

Ingredients.—1 whiting, 2 oz. panada or soaked bread, 1 oz. butter, Béchamel sauce (No. 177), 1 egg, cream.

Method.—Remove the meat from the whiting, pound it in a mortar, with 2 ozs. of panada and 1 oz. of butter, and rub all through a fine sieve. Put this preparation into a basin, and work in gradually 1 tablespoonful of well-reduced cold Béchamel sauce, 1 whole egg, and 1 tablespoonful of cream. Season with pepper, salt, and a little grated nutmeg. Test the farce or forcemeat before using, and if not sufficiently firm add another yolk of egg or a little panada. Use as directed.

FISH.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1.—Crab. 2.—Oyster. 3.—Eel. 4.—Mussel. 5.—Lemon Sole. 6.—Halibut.
7.—Prawn. 8.—Sturgeon. 9.—Trout. 10.—Sprat. 11.—Brill. 12.—Escallop.
13.—Lamprey. 14.—Whitebait. 15.—Lobster. 16.—Dover Sole.

FISH

CHAPTER XI.

The Natural History—As an Article of Diet—To Choose—The Average Prices—General Directions for Preparing—General Instructions for Cooking.

In Natural History Fish form the lowest of the five classes into which the Vertebrata, or animals having a backbone, are divided. They may be broadly described as vertebrate animals living in water, and breathing the air contained in it by means of gills, which supply the place of lungs. Fish are furnished with a heart, which, except in the mud-fish consists of a single auricle and ventricle, and fins, which take the place of the limbs of animals higher in the scale of being. The blood-corpuscles are mostly red, and the blood is termed "cold," from the circumstance that its temperature is very little, if any, higher than that of the surrounding water.

The adaptability of the fish to the element in which it lives is seen in the body. In most cases the external shape offers the least possible friction in swimming, thus securing rapid locomotion. The body is, in general, slender, gradually diminishing towards each of its extremities, while it is also rounded on the sides, roughly resembling the lower part of a ship's hull, and enabling the fish, like the vessel, to penetrate and divide the resisting fluid with comparative ease. Owing to the great flexibility of the body in the water, the fish can with ease migrate thousands of miles in a season.

The Principal Organs employed by Fish to accelerate motion are their air-bladder, fins, and tail. The air-bladder, or "sound," is automatically in origin the same as a lung, but it does not perform the function of that organ. Its use is to enable the fish to rise or sink in the water. The air-bladder is a sac or bag filled with gas, chiefly oxygen in the case of sea-fish, and nitrogen in fresh-water species. When a fish wishes to sink, it compresses the muscles of the abdomen and ejects the gas from the air-bladder, thus increasing the weight of the body. When it desires to ascend the abdominal muscles are relaxed. This causes the air-bladder to fill, and the fish then rises to the surface.

The **Fins** correspond to the limbs of other vertebrates. The "anterior," or first pair, are called the "pectoral" fins, and are analogous to the arms of man and the fore-limbs of other animals. The hind-fins in fishes, known as "ventral" fins, are often wanting, and when present are less developed than the pectoral fins, and less fixed in their position. The "median" or "vertical" fins, situated on the back, are characteristic of fish, and extend more or less from the head to the tail. The fins of some fish are soft and flexible ; in others rigid spines, or a combination of the two. By a wonderful mechanical contrivance the rigid spines can be raised or lowered at pleasure. In swimming, the fins enable fish to maintain their upright position, the centre of gravity being in their backs. The expansion and contraction of the fins enable a fish to ascend or descend in the water.

The **Tail** is placed vertically, and strikes the water from side to side. It possesses great muscular power, and is the chief organ of progression in a fish. Its action is similar to that of the rudder of a ship, turning the body to the right or to the left. When moved with a quick vibratory motion it acts like a screw-propeller, the fish darting forward with a speed proportionate to the force exerted. Two very distinct types of tail are found. In the one, common to most fish, the tail is composed of two nearly equal lobes, and is termed "homocercal." In the other type, represented by the sharks and by many extinct forms, the upper lobe is much longer than the lower, the tail in this case being called "heterocercal."

The Bodies of Fish are mostly covered with horny scales ; but in some, as the eel and carp, scales are altogether wanting, or exist in so minute a form as to be almost invisible. The scales preserve the fish from injury by the pressure or friction of the water, or the sudden contact with pebbles, rocks or seaweed. Where the scales are very minute or absent, the bodies, as in sand-fish, are covered with a mucous secretion, which answers the same purpose as scales. When thin, horny, flexible, circular or elliptical in shape, like those of the salmon or herring, the scales are called "cycloid." When in detached plates, sometimes furnished with projecting spines, as in the case of the shark, they are called "placoid." Thin, horny, flexible scales and comb-like projections on the hinder margin, like those of the perch, are termed "ctenoid." Bony scales overlaid with hard polished enamel, a type represented by the sturgeon, and by many fossil fish, are known as "ganoid."

The Respiration of Fish is aquatic, and is effected by the comb-like organs, branchiæ, or gills, situated on each side of the neck. The gills are composed of delicate filaments, in which the blood is exposed to the aerating influences of the external water. The water, after being taken into the mouth by a process resembling swallowing, passes over the gills, where it gives up its oxygen, and is ejected from the gill-chambers by an aperture, the "gill-slit," placed at sides of the mouth behind the "gill-cover," an organ consisting of a chain of flat bones and a membrane. The oxygen, after passing through the gills, is driven through all parts of the body, and the venous and impure blood is forced by the action of the heart to the gills, where it is subjected to the action of the water. Oxygen is essential to the life of a fish, and suffocation results unless that gas is present in water. The **teeth** of fish are in the jaws, sometimes on the palate or tongue, and in some cases they are placed in the throat. They are usually sharp-pointed and fixed ; in the carp they are obtuse, and in the pike they are easily moved. When lost or injured, the teeth of fish are replaced ; they are not set in sockets, but are attached by a ligament to the bones of the mouth. In the herring the tongue is set with teeth, by means of which it more easily retains its food.

These two great Divisions formed the basis of the classification of the eminent naturalist, Cuvier, and may serve roughly to differentiate the various classes of fish which are now more scientifically grouped according to their particular characteristics into six divisions, or four orders, if the classification of Agassiz, based on the structure of their scales, be followed. The true internal skeleton differs very widely among fish ; in the case of one fish, the lancelet, a true skeleton scarcely exists, the backbone being replaced by a soft cellular rod. In some, for example, the lampreys, sturgeons and rays, it is cartilaginous ; in others it is partly cartilaginous and partly bony ; and in a great many, like the herring, perch, etc., it is entirely composed of bone. The backbone extends through the whole length of the body, and consists of vertebrae, strong and thick towards the head, but weaker towards the tail. Each species has a determinate number of vertebrae, which are increased in size in proportion to the body. The ribs are attached to the processes of the vertebrae, and enclose the breast and abdomen. Some fish, the rays, for instance, have no ribs; whilst others, like the sturgeon and eel, have them very short. Between the pointed processes of the vertebrae are situated the bones which support the dorsal (back) and the anal (below the tail) fins, which are connected with the processes by a ligament. At the breast are the sternum, or breast-bone, clavicles, or collar-bones, and the scapullae, or shouder-blades, on which the pectoral or breast fins are placed. The bones which support the ventral or belly fins are called the ossa pelvis. Besides these principal bones, there are often smaller ones, placed between the muscles, which assist their motion.

The Organs of Sense.—The organs of sight, hearing, smelling, taste and touch are possessed in a higher or lower degree by fish. Those of taste and touch are the least developed. The filaments at the mouths of the cod, sturgeon and whiting are supposed to be organs of **touch,** and it is also thought that the "lateral line," running along the sides of most fish, is connected with the termination of certain nerves, and enables a fish coming into contact with any substance to feel its presence. The sense of **taste** is not very delicate, the tongue and palate being for the most part cartilaginous, and frequently set with teeth. Fish have no external organ of **hearing**, and the internal apparatus is partly free in the cavity of the skull, differing in this respect from that of birds and quadrupeds, while its structure is simpler than that of animals which live entirely in the air. In some genera, as in the rays, the external orifice or ear is very small, and is placed in the upper surface of the head, while in others there is no visible external orifice. The **sight** of fish is keen; the eye is large and flattened externally, and is furnished behind with a muscle which adjusts the focus to the requirements of the fish by lengthening or flattening the eye. It is in most cases covered with the same transparent skin which extends over the rest of the head, protecting the organ from the action of the water. The crystalline humour is almost globular. The organ of **smelling** is large, and consists of a double cavity lined by a mucous membrane folded into numerous plaits, into which water is admitted usually by two distinct apertures or nostrils. The nasal sacs are closed behind, and, except in the cases of the bog-fish and the mud-fish, do not, like the higher vertebrates, communicate with the throat. The sense of smell is the chief agent by which fish discover their food.

The Food of Fish.—This is almost universally found in the water. Fish are mostly carnivorous, though they seize upon almost anything that comes in their way; they even devour their own offspring, and manifest a particular predilection for living creatures. Innumerable shoals of one species pursue those of another, with a ferocity which draws them from the pole to the equator, through all the varying temperatures and depths of their boundless domain. Many species must have become extinct, were not the means of escape, the production, and the numbers greater than the dangers to which they are exposed. The smaller species are not only more numerous, but more productive than the larger, whilst their instinct leads them in search of food and safety near the shores, where, from the shallowness of the waters, many of their foes are unable to follow them.

The Fecundity of Fish is remarkable, and is especially noticeable in the sturgeon, salmon, cod, mackerel, flounder and herring, whose powers of reproduction are almost incredible. In general fish are oviparous, or egg-producing, the young being afterwards hatched; some few, like the eel and the blenny, are viviparous, and produce their young alive. The viviparous species are not so prolific. The eggs in the roe of the shark are comparatively few, and each ovum before exclusion is provided with a horny sheath furnished with cirri, or filaments, by which it moors itself to a fixed object. Reproduction is effected by the milt of the male and the roe of the female fish. The majority of fish deposit their spawn in the sand or gravel; those inhabiting the depths of the ocean attach their eggs to sea-weeds.

The Longevity of Fish is said to exceed that of most animals, athough the age to which they attain is a matter of some dispute ; there are, however, well authenticated instances of the great longevity of the carp. Fish are either solitary or gregarious, and some of them migrate to great distances, and into certain rivers, to deposit their spawn. Of sea-fish, the cod, herring, mackerel, and many others, assemble in immense shoals, and migrate through different tracts of the ocean.

The supply of Fish in the Ocean may be considered to be practically inexhaustible, notwithstanding the excessive dredging, which has diminished the supply around the coasts of England and some other European countries. In various parts of the world fish constitutes the chief or only animal food of the people ; but it is consumed more or less in most countries, and many prejudices have existed regarding its use. Fish was but little eaten by the Jews, and the Mosaic code interdicted the eating of fish destitute of scales and fins, although other kinds were not prohibited ; and from the New Testament we know that several of the Apostles followed the calling of fishermen. Among the ancient Egyptians fish was an article of diet, but was not eaten by the priests.

Fish has been held in estimation as an article of diet in nearly every civilized country. Although Menelaus complains that the Homeric heroes had been compelled to live on fish, in later ages fish became one of the principal articles of food among the Greeks. Aristophanes and Athenaeus allude to it, and satirize their countrymen for their extreme fondness for turbot and mullet; and the latter author has left on record some valuable precepts on the ingenuity of the Greeks in seasoning fish with salt, oil and aromatics. The Roman epicures were especially fond of red mullet, which they esteemed the most delicate ; the eel-pout and the liver of the lotas were also favourite dishes. It is stated that Apicius offered a prize to any one who could invent a new brine (marinade) compounded of the liver of red mullets ; and that Lucullus, the famous epicure, constructed a canal in the neighbourhood of Naples for the ready transportation of fish to his garden. Hortensius, the actor, is said to have wept over a turbot which he had fed with his own hands ; and the daughter of Drusus ornamented one that she possessed with rings of gold. The French King, Louis XII, was an ardent lover of fish, and engaged six fishmongers to supply his table. Francis I had twenty-two fishmongers, while the requirements of Henry the Great necessitated the employment of twenty-four. In the time of Louis XIV cooks had become so skilful in their art, that trout, pike or carp were converted by them into the shape and flavour of the most delicious game. Large reservoirs and canals were erected in many parts, for the breeding of carp and other fish. Marie Antoinette kept her carp like the turbot of the Roman dame mentioned above, and also adorned her finny pet with a golden ring. In England, in the reign of Edward II, fish became a dainty, especially the sturgeon, which was made a "royal" fish, and was not permitted to appear on any table but that of the King. In the fourteenth century a decree of King John informs us that the people ate both seals and porpoises. The monks and noble landowners established in the Middle Ages extensive systems of ponds and canals for breeding fresh-water fish, so much in demand on fast days. Vestiges of these preserves are still to be seen in many parts of the country.

American terrapin soup is made from the flesh of various species of the fresh-water tortoises, many of which are natives of North America. They are distinguished by a horny beak or jaws with sharp cutting edges and limbs, having each of the five toes united by a web. They live on vegetables, reptiles, fish and other aquatic animals. The salt-water terrapin is abundant in the salt marshes of Charleston. The most esteemed species for culinary purposes is the chicken tortoise, so-called from the delicacy of its flesh.

FISH AS AN ARTICLE OF DIET.

Fish as Food.—As an article of nourishment, fish is less satisfying and less stimulating than butcher's meat. Hence it is valuable in the sick room, when stronger kinds of animal food are unsuitable for invalids. It is, however, a matter of common experience that in fishing-towns, where little or no other animal food is taken, the health and vigour of the inhabitants are excellent.

The amount of nourishment contained in fish varies with the species. Some of the red-fleshed fish are almost as nutritious as butcher's meat. Chief amongst these is salmon, once a principal article of food in this country. Every one has heard of the Scotch apprentices, in whose indentures it was customary to insert a clause to the effect that salmon should not be given them more than twice a week. In point of fact, the richness and peculiar flavour of this fish make it ill adapted for daily food.

The white-fleshed fish, such as whiting, sole, haddock, hake, cod and skate are less nourishing, but more digestible, and it is said that they do not so soon pall upon the appetite of those who live on fish. The whiting is best suited for invalids ; and next, perhaps, come the sole, haddock and plaice. Cod, hake and skate are remarkably firm-fleshed and fibrous, and even when in good condition, are somewhat difficult of digestion. The flesh of all these fish contains little fat ; but in the liver, especially that of the cod-fish, oil accumulates in larger quantity. Fish oil is said to be more easy of digestion than any other kind of fat, and cod-liver oil is therefore commonly given to invalids.

In other fish, with flesh more or less white, there is much fat in the tissues. Herrings, pilchards, sprats, eels, lampreys, mackerel are rich, and likely to disagree with delicate persons. However, they are nourishing, and supplying, as they do, both fat and flavour at a small cost, are very largely consumed by the poor. Herring is said to contain more nourishment and is cheaper than any other kind of fish food.

Crimping is employed to increase the firmness of the flesh by contraction of the muscles, in the case of cod, skate, salmon, and some other species. The popular notion that fish must be crimped while it is alive is erroneous, but it must be done immediately after death, before RIGOR MORTIS has set in. It is said that crimped fish keeps fresh, longer than fish in its natural state.

TO CHOOSE FISH.

The first necessity for fish is that it should be fresh. Stiffness and rigidity of the flesh are a sure guide, for RIGOR MORTIS passes off in the course of time, and the flesh then becomes flabby.

The smell is not a sure guide if the fish has been kept in ice, for it may smell fresh, and yet change directly it is taken from the ice.

The redness of the gills is a good indication, and the brightness of the eyes, which should not be sunken in the head.

A proof of freshness and goodness in most fish is their being covered with scales ; if the scales are deficient, the fish may be stale or they may have been damaged, and then they will not keep.

In flat-fish the skin should be smooth and moist, and closely adherent to the flesh. It is a bad sign if the skin is blistered.

Salmon, cod and the large fish generally should have a bronze tint when freshly cut. Turbot and brill should have yellowish flesh.

Very large fish are not to be preferred, as they are probably old and tough. A flat fish should be thick in proportion to its size ; all fish should have large girth rather than great length. In buying a slice of fish, it is better to choose a thick slice from a small fish than a thin slice from a large one.

The red-fleshed and oily fish cannot be eaten too soon after they are out of the water. If kept they should be cleaned and wiped very dry, and laid on ice, or on stones in a current of air, when ice cannot be obtained. The larger fish can be hung up by the gills. They can be parboiled, and so kept for a day or two.

Turbot, brill, dory, and some other cartilaginous white-fleshed fish may be kept for a day or two with advantage. A turbot must always be hung up by the tail until it is ready to be cooked. White fish can be rubbed over with salt, and so kept for a day or two ; but fish loses nourishment and quality in the process, which should only be resorted to when absolutely necessary. Fish that is not quite fresh can be improved by thorough washing in vinegar and water, or permanganate of potash and water. It is afterwards better fried than boiled, but no dressing will entirely conceal its quality.

Fish in Season.—Fish should be not only fresh, but of good quality and in season. Dr. Pavy says : "The quality of fish as an article of food is influenced by the act of spawning, and presents considerable variations at different periods. It is just previous to spawning that the animal is in its highest state of perfection. Its condition altogether is then at its best point. The animal is fatter than at any other period, and of a richer flavour for eating. During the process of spawning its store of fatty matter is drawn upon, and it becomes poor, thin, watery and flabby. It is now said to be 'out of season,' and requires time to arrive in condition again. In fish like the cod, where the fatty matter accumulates, specially in the liver, this organ presents a most striking difference in volume and condition before and after spawning ; whilst in such fish as the salmon, herring, etc., where the fat is dispersed amongst the flesh, it is the body which affords the chief evidence of change. As salmon enters the rivers from the sea for the purpose of depositing its spawn, it is plump and well provided with fat. On its return, the contrast in its condition is very great. It is now so exhausted and thin as to be looked upon as unfit for food." When fish is out of season the flesh is bluish in colour, and lacks firmness in texture. It does not become flaky and opaque in boiling, and there is none of the coagulated albumen, or curdy matter, between the flakes. The boiling has something to do with this appearance as well as the season.

Fish out of season can often be bought at a low price, but it is never cheap. Some few fish are sold all the year round; but for many there is a close time, during which they may not be killed or sold under penalty. Any one who sells fresh salmon between September 3 and February 1 is bound to prove that it was caught out of the United Kingdom; and, failing that, is liable to a fine of £2. A good deal of Norwegian salmon is brought to London. Even salted and dried salmon must have been cured out of the country or before the close season began. Trout is out of season for four months from October. In Scotland there is no close time for trout, which is protected in England and Wales between October 2 and February 1. Other fresh-water fish are protected from March 15 to June 15, by a law passed in 1878, but they form so small a part of the national food supply that few persons notice their absence from the stalls of the fishmonger. Eels are by far the commonest of fresh-water fish. Large quantities are caught in the Lincolnshire water-courses and Norfolk Broads, and 800 tons are said to be imported annually into the United Kingdom from Holland, but much of these last are used for bait.

The quality of fish depends very much on the nature of their food. As a rule, fish caught in the open sea are preferable to those living off headlands or in an inland sea, with slow current and shallow water. Cod is not only better in the coldest weather, but it is never so good as when it is caught in the extreme northern latitudes. A cheap fish, good of its kind, is always very much to be preferred to an expensive fish of inferior quality.

Fresh-water fish vary according to the nature of the water in which they have lived. When taken from a muddy stream, or in any stagnant water, they are often scarcely eatable; while those of the same species from deep, clear streams with a gravelly bottom have an excellent flavour. This is especially true of eels. All such fish are greatly improved by being kept in fresh water, and carefully fed for a few days before they come to table.

Preserved Fish.—Various methods are resorted to for preserving fish. It is dried, smoked, salted, put up in oil; or a combination of these methods is used, the object being to remove moisture or to exclude air. Of tinned fish we have spoken in another chapter. The fish that are most easily preserved are those rich in oil and of firm fibre. All fish lose nourishing power by being salted, and salt cod is said to be the least nourishing of foods commonly eaten.

Shell-fish are as a rule difficult of digestion, owing to the toughness and hardness of the flesh. The crustacea commonly eaten are the lobster, crab, crayfish, shrimp, and prawn. Of these, shrimps are the least esteemed, and are sold at a low price. Prawns are sought after for garnishing, and, generally speaking, are the dearest of all fish. The crayfish is less common in this country than in France, where it is employed to make the celebrated Bisque soup, and also largely for garnish.

Of the bivalve shell-fish, oysters have the best reputation, both for flavour and digestibility, and are for that reason given to invalids. Cooking, especially at a great heat, hardens them, and so renders them less digestible. The old saying is that oysters are in season when there is an " r " in the month, i.e., from September to April, but so many foreign oysters are now in the market that they are sold all the year round. Mussels have been known to produce poisonous effects, but the cause is not clearly known; possibly it is due to the nature of their food. Scallops are a comparatively cheap and not unpalatable food. Whelks, periwinkles, cockles and limpets are eaten in enormous numbers by the poorer classes, but are seldom cooked except by boiling.

Reptiles as food.—The green turtle is the only reptile that we appreciate as a food, though many reptiles are eaten in different parts of the world. Turtles sometimes weigh six or seven hundred lb., and are imported into, and kept, in this country alive. Sun-dried turtle, sold in pieces, is much cheaper than, and is a good substitute for, fresh turtle. Tinned turtle is also sold, and extract of turtle is recommended for invalids. These preparations can be bought in small quantities, and are within the reach of many who could not procure fresh turtle soup.

The edible frog (rana esculenta) is esteemed in many parts of Europe, but has never been appreciated by English people. Only the hind legs are eaten.

GENERAL DIRECTIONS FOR PREPARING FISH.

In Preparing Fish of any kind, the first point to be attended to is to see that it is perfectly clean. It is a common error to wash it too much, as by doing so the flavour is diminished. The best way to clean fish is to wipe it thoroughly with a clean damp cloth. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. In consequence of the amount of oil certain fish contain, their liver and roes take longer to cook than the flesh, and should be put into the saucepan before the fish if not cooked separately. Fish, except salmon, should be put into warm water, and cooked very gently, or the outside will break before the inner part is done. Hot water should not be poured ON to the fish, as it is liable to break the skin; if it should be necessary to add a little water whilst the fish is cooking, it ought to be poured in gently at the side of the vessel. The fish-plate may be drawn up, to see if the fish be ready, which may be known by its easily separating from the bone. When done, it should be immediately taken out of the water, or it will become woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving, and a cloth laid over the fish to prevent its losing its colour. The exact temperature of the water, at the time of placing the fish in the kettle, depends on the kind of fish to be cooked. If it is too hot the skin breaks, and if it is cold much of the flavour is lost Fish can scarcely cook too slowly; steaming is often better than boiling.

Fish to be fried or broiled must be dried on a soft cloth, after it is well cleaned and washed. Prior to frying, dip it lightly in flour, brush it over with egg, and cover it with some fine crumbs of bread. The fish after it is fried must be thoroughly drained and freed from fat. A sheet of white paper must be placed to receive it, in order that the superfluous greece is absorbed. It must also be of a beautiful colour, and all the crumbs appear distinct. Butter in frying gives a bad colour to fish ; lard and clarified dripping are most frequently used, but oil is considered the best. The fish should be put into the fat or oil when as hot as enough to immediately harden the surface. There should be sufficient fat to well cover it.

When fish is broiled, it must be seasoned, floured, and laid on a very clean gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over or before a very clear fire, that it may not taste smoky ; and not too near, that it may not be scorched. Fish may also be baked, stewed, and made into soups. In choosing fish, it is well to remember that it is possible it may be fresh and yet not good. In this work rules are given for the choice of each particular fish, and the months when it is in season. Nothing can be of greater consequence to a cook than to have the fish good, as, if this important course in a dinner does not give satisfaction, it is rarely that the repast goes off well.

Keeping Fish.—When fish is cheap and plentiful, and a larger quantity is purchased than is immediately wanted, the overplus of such as will bear it should be potted, or pickled or salted, and hung up; or it may be fried, that it may serve for stewing the next day. Fresh-water fish having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and then dried and dressed. Cod-fish, whiting and haddock are none the worse for being a little salted and kept a day; and unless the weather be very hot, they will be good for two days.

Garnishing Fish requires great nicety. Plenty of parsley, horseradish, lobster coral and lemon should be used. If fried parsley be used it must be washed and picked, and thrown into fresh water. When the lard or dripping is hot enough, squeeze the parsley dry in a cloth, and throw it into the saucepan. It will bubble a good deal, and, therefore, it is better to lift the pan from the fire. In a few seconds the parsley will be green and crisp, and must be taken up with a slice, if there is no frying-basket. Well dressed, and with very good sauce, fish is, by the generality of people, more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving; but to each recipe is appended the proper mode of serving and garnishing.

AVERAGE PRICES OF FISH.

Many fail to realize the great loss by bone and uneatable matter there is in most fish, and how much they pay for actual food obtained.

As a general rule it should be borne in mind that, allowing for bone, waste and loss of weight by different modes of cooking, only about ½ the original weight of the fish is left.

By consulting the following table it will be seen that such fish as soles and smelts are very expensive, but some of the highest priced fish or parts of fish are not always the dearest. Thus, for example, a pound of flounders can be bought for 5d., but, by reason of the large amount of bone they contain, they cost more than a pound of eels at 10d., while the so-called cheaper parts of salmon, yielding so much less actual eatable matter, are in reality not so economical as the best.

Nothing is more difficult than to give the average prices of fish and no other article of food varies so in price, inasmuch as a few hours of bad weather at sea will, in the space of one day, cause such a difference in its supply, that the same fish—a turbot, for instance—which may be bought to-day for six or seven shillings, will to-morrow be, in the London markets, worth, perhaps, almost as many pounds. The housewife when about to buy fish will be well advised not to set out with the fixed intention of buying a certain kind of fish, but to be guided in her selection by the state of the market. Often she will find that some particular fish is scarce, and that in consequence it is priced far beyond its worth, and quite out of comparison with the prices of other kinds of fish which are plentiful in the market. The average costs, therefore, which will be found appended to each recipe, must be understood as about the average price for the different kinds of fish under normal conditions, and when the various sorts are of an average size and quality. The seasons for fish also slightly vary with the year, it sometimes happening, for instance, that salmon is at its cheapest and best a little earlier or later than usual. Oysters, however, always come in and go out at the same time, for from April and May to the end of July oysters are said to be sick, but by the end of August they become healthy, having recovered from the effects of spawning. When they are not in season the males have a black and the females a milky substance in the gill. The average prices of fresh water fish are not given. They are rarely quoted in the open market, and are entirely influenced by local conditions.

NAME OF FISH.	HOW USUALLY COOKED.	AVERAGE PRICE.
Cod	Fried or Boiled . .	4d. to 5d. per lb.
Cod (head and sh'ld'rs.)	Boiled	4d. per lb.
,, (steaks) . . .	Fried or Boiled . .	6d. to 8d. per lb.
Conger Eel	Stewed	4d. per lb.
Crab	Usually sold cooked .	3d. to 3s. each.
Eels	Fried or stewed . .	10d. to 1s. per lb.
Flounders	Fried	6d. per lb.
Gurnet	Boiled	4d. per lb.
Haddock	Boiled or baked . .	4d. per lb.
Hake	Fried	4d. per lb.
Halibut	Boiled	8d. per lb.
Herring	Baked	8d. to 1s. per doz.
John Dory	Filleted	6d. per lb.
Ling	Boiled	4d. per lb.
Lobster	Usually sold cooked .	6d. to 3s. 6d. each.
Mackerel	Boiled or broiled . .	3d. to 6d. each.
Mullet (red) . . .	Fried	1s. to 1s. 6d. per lb.
,, (grey) . . .	Fried	10d. per lb.
Mussels	———	2d. per quart.
Oysters	———	6d. to 2s. 6d. per doz.
Plaice	Boiled or fried . .	6d. per lb.
Prawns	———	1s. 3d. per pint and from 1s. per doz.
Salmon (head) . . .	Boiled	1s. 4d. to 2s. per lb.
,, (middle) . .	Fried	1s. 3d. to 2s. per lb.
,, (tail) . . .	Boiled	1s. 10d. to 2s. 6d. per lb.
Shad	Boiled	8d. per lb.
Skate	Boiled or fried . .	6d. per lb.
Smelts	Fried	1s. 6d. per box.
Soles	Boiled or fried . .	1s. to 2s. 6d. per lb.
Trout	Boiled	1s. to 2s. per lb.
Turbot	Boiled	8d. to 1s. per lb.
Whiting	Fried	4d. per lb.

GENERAL INSTRUCTIONS FOR COOKING FISH.

Fresh Water Fish.—Of the various ways in which fresh-water fish may be cooked, boiling is the least suitable. Many varieties lack flavour, others have peculiarities which render them disagreeable to some persons, and should therefore be disguised by a liberal use of seasonings, flavourings and sharp sauces.

Fish to Boil.—In boiling fish it is advisable to use a fish-kettle, provided with a strainer, so that the fish can be gently lifted without breaking. Failing this, the fish should be tied in muslin, and placed on a plate at the bottom of a saucepan. Salmon and salmon trout should be put into boiling salted water, to preserve their colour; but other kinds of fish should be placed in warm water, for boiling water has a tendency to break the skin, and cold water extracts much of the flavour. Fish should always be gently simmered after boiling point is reached, otherwise it is liable to break. It should also be cooked in the smallest possible quantity of water, which, when practicable, should afterwards form the basis of a fish soup or fish sauce. Lemon-juice or vinegar should be added to the water in which white fish is cooked, as it tends to increase its whiteness. The time required for cooking depends more on the thickness than the weight of the fish, but as soon as the bone separates readily, the fish should be taken from the water and kept covered, on the strainer, placed across the fish-kettle, until required. Fish, when boiled, should always be served on a strainer covered with a folded napkin. It is usually garnished with slices of lemon and tufts of green parsley, a little additional colour being sometimes introduced by means of lobster coral, prawns or crayfish.

Fish to Broil.—This method of cooking is an extremely simple one when proper appliances are at hand, but when the only means available are those usually found in middle-class kitchens, some little difficulty may be experienced. A clean gridiron and a clear fire are indispensable factors, and the former may be easily secured by heating the gridiron, and afterwards rubbing it repeatedly with soft paper until perfectly clean. No matter how clear and bright the fire may appear, more or less smoke will arise from it, but this may be checked to some extent by throwing on a good handful of salt. Fish intended for grilling should be thoroughly dried, then brushed over with oil or oiled butter, and seasoned with salt and pepper. Meat also needs to be slightly coated with oil or butter, otherwise the surface may become dry. The gridiron must be heated and rubbed over on both sides with suet or fat, to prevent whatever is being cooked sticking to it. For the same reason it is necessary to move the meat or fish occasionally, using meat-tongs or a knife for the purpose, thus avoiding making holes through which the juices could escape. Delicate fish is frequently enclosed in oiled paper, and should then be served in the paper in which it was cooked.

Fish, to Cure.—Empty, wash and scale the fish, and, if large, cut it down the back. Rub it inside and out with common salt, and let it hang in a cool place for 24 hours. Mix together 1 oz. of bay-salt, ½ an oz. of saltpetre, ½ an oz. of brown sugar, and rub the fish well with the preparation. Place it on a large dish, cover it lightly, but completely, with salt, and allow it to remain undisturbed for 48 hours. Turn the fish over, cover it with fresh salt, and let it remain for 24 hours longer. Drain and well dry the fish, stretch it on sticks, and keep it in a dry, cool place. When kept for a great length of time, it will be necessary to well soak the fish before cooking.

Fish, to Fillet.—The skin must be removed from both sides of a sole before filleting, but the dark skin on the under side of a sole is nearly always removed by the fishmonger. Plaice is frequently filleted without removing the skin, although it is better to strip the dark skin off the back. Whiting and haddocks are usually skinned, while mackerel are very seldom skinned before being filleted. When the fish has been washed, dried and skinned, it should be placed flat on a board or table, and with the point of a knife cut from head to tail down the backbone. Next, insert the knife in the slit made, and carefully separate the fish from the bone, keeping the knife pressed lightly against the bone meanwhile. Remove the fillets, trim them neatly, and cut them into pieces convenient for serving.

Fish, to Fry.—Fish to be fried should be well dried after washing, and it is usually cut into pieces convenient for serving. Although very good results can be obtained by such simple means as a frying-pan and a very small quantity of fat—providing the fat be hot and the fish dry and slightly floured—a deep pan containing sufficient fat to completely cover the fish is desirable. Before frying, the fish should either be dipped into well-seasoned batter or coated with egg and breadcrumbs, and in the latter case it should first be rolled in a little flour seasoned with salt and pepper, the object being to make it as dry as possible, in order that the breadcrumbs may adhere more firmly. The fat should be very hot at all times, but its temperature must be slightly lower when frying fillets of fish than when frying such things as croquettes, rissoles, etc., which are generally composed of cooked materials. When the surface of a small piece of bread immediately hardens and slightly changes its colour on being immersed in the fat, the temperature is right for raw materials or anything that is thickly coated with batter, but when frying anything of which the exterior alone has to be cooked, it is better to have the fat sufficiently hot to at once brown whatever is immersed in it. Small things are nearly always fried in a wire basket, but fillets of fish are dropped into the fat, and when cooked, taken out on a fish slice. Anything fried should afterwards be well drained, either on a cloth or kitchen paper. Fish is usually garnished with lemon and parsley, croquettes and other dishes of the same class with parsley alone, while fruit fritters should be liberally sprinkled with sugar before serving.

Oil may be strongly recommended for frying, but clarified fat, is more generally employed in ordinary households, and for all frying purposes is preferable to lard, which is apt to impart an unpleasant fatty flavour. All fat after being used for frying should be allowed to cool slightly, and afterwards strained into an earthenware vessel. Or, after repeated use, it may be partially purified by straining it into a basin of boiling water, when fragments of fish, breadcrumbs, etc., will sink to the bottom, and may be scraped off as soon as the fat hardens.

Fish, to Salt.—The following method of salting fish is particularly suited to herrings, mackerel, and other small varieties. Choose fish that is perfectly fresh, empty, scale and clean, but do not wash them. Make a brine sufficiently strong to float an egg, put in the fish, which should be completely covered, and let them remain in the brine for 18 hours. When ready drain well, place them in layers in an earthenware vessel, covering each layer thickly with salt. Cover closely to completely exclude the air, and store in a cool, dry place. The fish must be well soaked before cooking.

RECIPES FOR COOKING FISH.

CHAPTER XII.

416.—ANCHOVIES, FRIED. (*Fr.*—Anchois Frits.)

Ingredients.—12 anchovies. For the batter : 3 ozs. of flour, ¼ of a pint of tepid water, 1 tablespoonful of salad-oil, or clarified butter, the white of 1 egg, frying-fat.

Method.—Wipe the anchovies with a dry cloth. Sieve the flour, and mix it into a smooth batter with the water and salad oil. Whip the white of egg stiffly, and stir it lightly into the batter. Have ready a deep pan of hot frying-fat; dip the anchovies carefully into the batter, drop them into the hot fat, and fry until they acquire a golden-brown colour. This dish is more suitable for a breakfast dish, HORS D'OEUVRE, or savoury, than a dish to be served in the fish course of a dinner.

Time.—½ an hour. **Average Cost,** for this quantity, 10**d.** **Sufficient** for 2 or 3 if treated as a fish course, but enough for 6 or 7 if served as HORS D'OEUVRE, or savoury. **Seasonable** all the year.

THE ANCHOVY (Fr. *anchois*) is a small fish belonging to the *Clupeidae* or herring family. It frequents the Mediterranean, the waters of the French and Dutch coasts, and the English Channel. It was known to the Greeks and Romans, and esteemed by them as a delicacy. The anchovy fishery is carried on during the months of May, June and July, the spawning season. Various sauces and condiments are made from this fish.

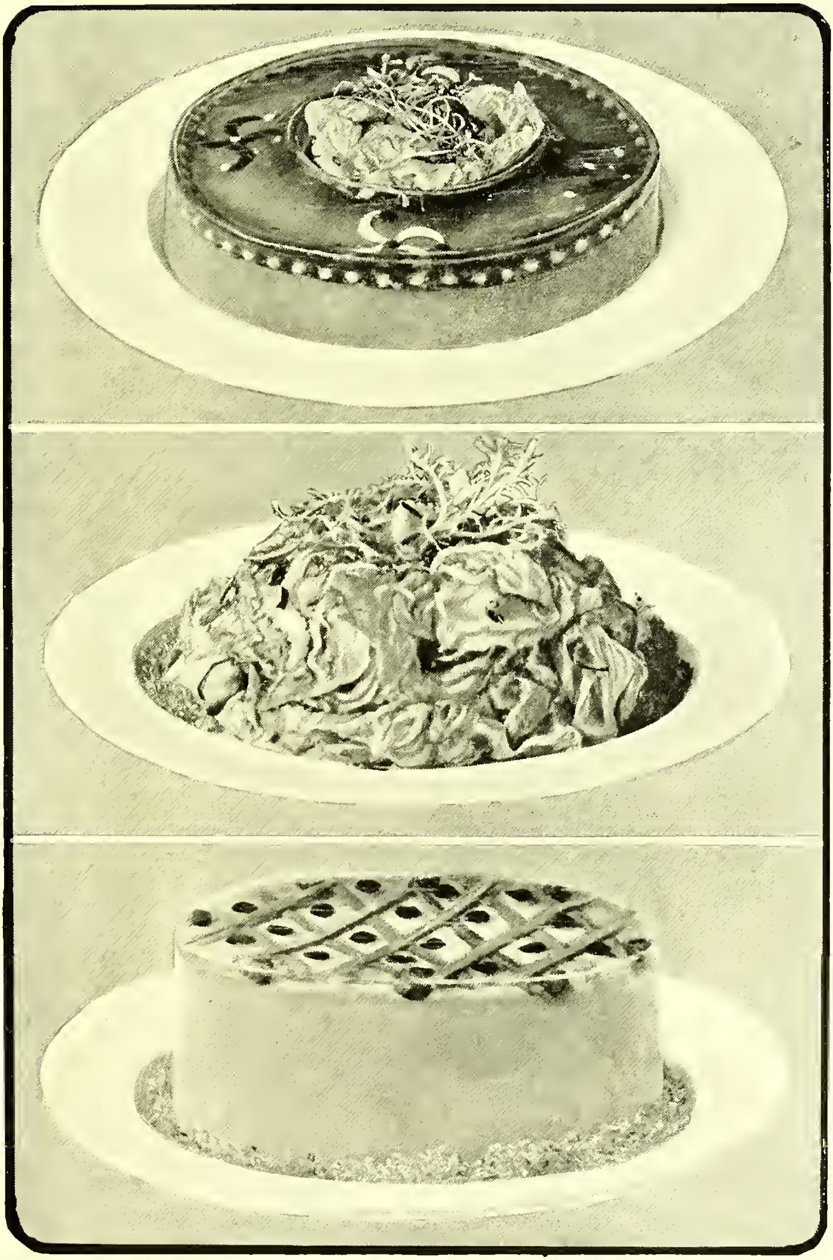
417.—BARBEL. (*Fr.*—Barbeau.)

Ingredients.—1 or 2 barbel, according to size, 2 anchovies, 2 onions (sliced), 2 tablespoonfuls of vinegar, 1 tablespoonful of salt, the juice of a lemon, a bouquet-garni (parsley, thyme, bay-leaf), mace and nutmeg to taste.

Method.—Soak the fish in slightly salted water for 2 or 3 hours. Put into a fish-kettle with warm water and the salt, and boil gently until done. Take 1 pint of the water, and add to it the other ingredients enumerated above. Simmer gently for about 15 minutes, then strain, and return to the saucepan. Put in the fish, and let it heat gradually in the sauce, but it must not boil again.

Time.—Altogether, 1 hour. **Sufficient** for 4 persons. **Seasonable** from September to February.

FISH ENTRÉES.



1. Cold Border of Salmon. 2. Mayonnaise Fish. 3. Timbale of Turbot.

THE BARBEL (Fr. *barbeau*).—This fish takes its name from the four filaments or barbules which fringe its mouth, and serve as the organ of touch. In form and habits it much resembles the pike. The body, which is rounded and elongated on its upper part, is olive-coloured and bluish on the sides; the tail is of a purple tint. By means of its upper jaw, which is much longer than the lower, the barbel is enabled to burrow in the mud for worms and other food. It is common to most rivers, and is abundant in the upper reaches of the Thames. The texture of its flesh is coarser than that of the carp. Barbel and other fish inhabiting muddy waters should always be soaked in water, slightly salted, for some time before cooking. If kept alive in clear water and fed with a little bran or oatmeal the flavour is greatly improved.

418.—BLOATERS, BROILED.

Ingredients.—Bloaters.

Method.—Break off the head, split the back, remove the roe, and take out the backbone. Place the fish, inside down, on a gridiron, cook until they are nicely browned, then turn them over, and cook the back. Or, if preferred, place 2 bloaters, the insides together, on a gridiron, and broil over a clear fire. The roes should be cooked and served with the bloaters.

Time.—7 minutes. **Average Cost,** 1½d. each. Seasonable from September to February.

419.—BREAM, BROILED. (*Fr.*—Brême Grillé.)

Ingredients.—Bream, anchovy or other fish sauce.

Method.—Empty, wash and thoroughly dry the fish, but do not scale it. Broil over a clear fire until thoroughly cooked and nicely browned, then serve with anchovy, or other fish sauce.

Time.—To broil, about ½ an hour. **Average Cost,** 8d. to 1s. per lb. Allow 6 to 8 oz. per head. **Seasonable** all the year.

THE CHAR (Fr. *umble*).—This is a fresh-water fish of the same genus as the salmon, and is much esteemed. It is plentiful in the deeper lakes of England, Wales and Ireland. It also occurs in European lakes, the Lake of Geneva being especially celebrated for its char, called the *ombre chevalier*. The char, which somewhat resembles the trout, but is longer and more slender, has a dark olive-coloured back, with sides of a lighter hue, and is coloured with crimson and white spots, the colours varying with the season. When spawning in the autumn or winter, it ascends the rivers.

420.—BREAM, BAKED. (*Fr.*—Brême cuit au four.)

Ingredients.—Bream, fish forcemeat, No. 415, fat for basting, anchovy or other fish sauce.

Method.—Empty, wash and dry the fish, but do not scale it. Make the forcemeat as directed, stuff the inside of the fish, and sew up the opening neatly. Bake in a moderate oven from 40 to 50 minutes, basting occasionally with sweet dripping. Serve with anchovy or other fish sauce. If preferred, the forcemeat may be omitted, and the fish wrapped in buttered paper and baked slowly for about ½ an hour.

Time.—From 40 to 50 minutes. **Average Cost,** from 8d. to 1s. per lb. Allow 6 to 8 ozs. per head. **Seasonable** all the year.

421.—BRILL À LA CONTE. (*Fr*—Barbue à la Conte.)

Ingredients.—A brill weighing about 2½ lb., 1½ pints of stock, 1 glass of Burgundy, a teaspoonful of finely chopped parsley, salt and pepper.

Method.—Clean and skin the fish, and cut some slits down the back. Add the wine, salt and pepper to the stock; when warm put in the fish, and simmer gently until done. Take up the fish and keep it hot; boil the stock rapidly until reduced to half its original quantity, then add the parsley, and pour over the fish.

Time.—15 minutes. **Average Cost.**—2s. 6d. **Sufficient** for 6 persons. **Seasonable** from August to April.

To Choose Brill.—The flesh of this fish, like that of turbot, should be of a yellowish tint, and should be chosen on account of its thickness. If the flesh has a bluish tint, it is not good.

422.—BRILL. (*Fr.*—Barbue.)

Ingredients.—1 brill, salt and vinegar to taste.

Method.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice to preserve its whiteness. Barely cover the fish with warm water, add salt and vinegar, and simmer gently until done (about 10 or 15 minutes for a small fish). Garnish with cut lemon and parsley, and serve with one of the following sauces : lobster sauce, shrimp sauce, Hollandaise sauce, or melted butter.

Time.—From 10 to 20 minutes, according to size. **Average Cost,** from 8d. to 10d. per lb. **Seasonable** at any time, but best from August to April.

The Brill (Fr. *barbue*) is a species of "flat-fish," belonging to the same genus as the turbot, which it resembles, but distinguished from it by the perfect smoothness of its skin and its less breadth. It is sandy-coloured or reddish-brown on its upper side, with yellowish or reddish spots. The brill averages about 7 lb. in weight, and is esteemed as a table-fish.

423.—CARP, BAKED. (*Fr.*—Carpe Farcie.)

Ingredients.—1 carp. For the forcemeat : 8 sauce oysters, 3 anchovies boned, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 shallot finely-chopped, yolk of 1 egg, cayenne, salt. For coating the fish : 1 egg and breadcrumbs. For the sauce : $\frac{3}{4}$ of a pint of good stock, 1 oz. of butter, 1 tablespoonful of flour, half a tablespoonful of Worcester sauce, a tablespoonful of lemon-juice, a teaspoonful of made mustard. Butter for basting.

Method.—Clean and scale the fish; remove the beards of the oysters, and simmer them for 15 minutes in a little fish stock or water. Cut the oysters into small pieces, but do not cook them; also cut the anchovies into very small pieces. Mix breadcrumbs, oysters, anchovies, parsley, shallot and seasoning, add the yolk of egg, the liquor of the oysters, and the stock in which the oyster-beards were simmered. Put the forcemeat inside the fish, and sew up the opening; brush over with egg, and cover with breadcrumbs. Place in a baking-dish and cook gently for about 1 hour, basting frequently with hot butter. Melt the butter, stir in the flour, add the stock, and stir until the sauce boils. Simmer for 2 to 3 minutes, then add the mustard, lemon-juice, Worcester sauce, and the gravy (strained) from the tin in which the fish was cooked. Garnish the fish with cut lemon and parsley, and serve the sauce in a tureen.

Time.—From 1¼ to 1½ hours. **Average Cost,** 2s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** from November to March.

Note.—The fish may also be stuffed with ordinary veal forcemeat.

The Carp (Fr. *carpe*).—This species of fresh water fish, which forms the special type of the family *Cyprinidae* to which the barbels, tenches and breams belong, occurs throughout Europe, and frequents fresh and quiet waters and slow-running rivers. It feeds chiefly on worms and aquatic plants. During the winter it buries in the mud. The mouth of the carp is small, the jaws toothless, the body smooth and of an olive-green and yellowish colour, and arched and compressed, the scales large; the gills are formed of three flat rays, and there is but one dorsal fin. The carp is one of the earliest known fish in England. It was much preserved in ponds by the monks, for table use. The carp is very prolific and attains to a great age—to 100 years and even longer. The flavour of the carp is influenced by the character of its habitat. The well-known gold fish (*Cyprinus auratus*), supposed to be a native of China, is allied to the common carp.

424.—CARP, BAKED. (Another Method.)

Ingredients.—1 carp, 3 tablespoonfuls of salad-oil, or clarified butter, 1 tablespoonful of Worcester sauce, 1 tablespoonful of lemon-juice, 1 tablespoonful of finely-chopped parsley, 1 dessertspoonful of finely-chopped onion, salt, cayenne. For the sauce: ¾ of a pint of milk, 1½ ozs. of flour, 1½ ozs. of butter, 2 tablespoonfuls of coarsely-chopped gherkins, salt and pepper.

Method.—Wash, scale, and clean the fish, and place it in an earthenware baking-dish. Mix together the salad-oil, Worcester sauce, lemon-juice, parsley, onion, season well with salt and cayenne, pour this mixture over the fish, and let it remain in it for at least 2 hours, basting at frequent intervals. Cover with a greased paper; bake gently for about 1 hour, and baste well. When it is nearly done, melt the butter in a stewpan, stir in the flour, add the milk, bring to the boil, and simmer for 5 or 6 minutes. Place the fish on a hot dish, strain the gravy in the tin into the sauce, add the gherkins, season to taste, and pour over the fish.

Time.—To bake, 1 hour. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** from November to March.

425.—CARP, FRIED. (*Fr.*—Carpe Frite.)

Ingredients.—1 carp of medium size, butter or fat for frying, vinegar salt and pepper, flour.

Method.—Soak the fish 1 hour in salt and water, then split it open, lay it flat, and REMOVE THE GALL-STONE FROM THE HEAD. Dry well, sprinkle with salt and cayenne, dredge with flour, and fry in hot butter or fat until nicely browned. Garnish with cut lemon and the roe fried, and serve with anchovy sauce, No. 288.

Time.—To cook, from 20 to 30 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** from November to March.

426.—CARP, FRIED. (*Fr.*—Carpe Frite.) (Another Method.)

Ingredients.—1 carp, 2 ozs. of butter, 1 tablespoonful of finely-chopped onion, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 good pinch of ground mace, salt and pepper, 2 lemons, flour, frying-fat.

Method.—Wash and clean the fish, and cut it into fillets of convenient size for serving. Melt the butter in a stewpan, add the onion, parsley, herbs, mace, the juice of ½ lemon, and a good seasoning of salt and pepper. Have the fillets of fish as dry as possible, put them into the stewpan 2 or 3 at a time, and fry them very gently for 10 or 15 minutes. Drain well, and when cool dredge with flour mixed with a little salt and pepper, and fry in hot fat or butter until nicely browned. Garnish with slices of lemon, and serve with cut lemon.

Time.—About 1 hour. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from November to March.

427.—CARP, Stewed. (*Fr.*—Carpe en Râgout.)

Ingredients.—1 large carp, 1 pint of stock, 1 glass of claret, 1 tablespoonful of flour, 12 small button mushrooms, 2 ozs. butter, 2 or 3 small onions, a bouquet-garni (parsley, thyme, bay-leaf), a good pinch of grated nutmeg, salt and pepper.

Method.—Wash the fish in vinegar and water, and cut it into thick slices. Slice the onions, fry them until brown in about 2 ozs. of hot butter, then put in the stock, wine, mushrooms, herbs, nutmeg and seasoning, and, when warm, add the fish, and simmer gently for 30 or 40 minutes. Take out the fish and keep it hot. Have ready the flour and the remainder of the butter kneaded to a smooth paste, add it to the contents of the stewpan, and simmer and stir until the sauce is cooked smoothly. Place the fish on a hot dish, strain the sauce over, and garnish with the mushrooms (heated in sauce), fried roe, and sippets of toast.

Time.—About 1 hour. **Average Cost,** 2s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

Note.—This fish can be boiled plain, and served with parsley and butter sauce. Chub, char, dace and roach may be cooked in the same manner as the above.

THE CHUB (Fr. *chabot*) resembles the carp, but is somewhat longer. It is found in most English rivers; the body is oblong and nearly round, bluish-black on the upper parts, and silvery white beneath, the head and gill-covers are yellow. The flesh is somewhat coarse, and is not much esteemed as a table-fish; the head and throat are the best parts. There are allied American species of the same name. The scales of the chub were formerly used in in-laying work.

428.—COD. (*Fr.*—Cabillaud.)

Cod may be boiled whole; but a large head and shoulders are quite sufficient for a dish, and contain all that is usually served, because, when the thick part is done, the tail is insipid and overdone. The latter, however, cut in slices, makes a very good dish for frying, or it may be salted and served with egg sauce and parsnips. Cod, when boiled quite fresh, is watery; salted a little, it is rendered firmer. The liver is considered a delicacy, and a piece should, if possible, be bought and cooked with the fish.

429.—COD, CURRIED. (*Fr.*—Cabillaud au Kari.)

Ingredients.—2 lb. of cod, 1 pint of white stock (fish or meat), 2 ozs. of butter, 1 tablespoonful of flour, 1 dessertspoonful of curry-powder, 1 medium-sized onion, salt and pepper, cayenne, a tablespoonful of lemon-juice.

Method.—Wash and dry the cod, and cut it into pieces about 1½ inches square. Melt the butter in a stewpan, fry the cod slightly, then take out and set aside. Add the sliced onion, flour, and curry-powder to the butter in the stewpan, and fry 15 minutes, stirring constantly to prevent the onion becoming too brown, then pour in the stock, stir until it boils, and afterwards simmer gently for 20 minutes. Strain and return to the saucepan, add lemon-juice and seasoning to taste, bring nearly to boiling point, then put in the fish, cover closely, and draw aside for about ½ an hour, or until the fish becomes thoroughly impregnated with the flavour of the sauce. An occasional stir must be given to prevent the fish sticking to the bottom of the stewpan. The remains of cold fish may be used, in which case the preliminary frying may be omitted.

Time.—1½ hours. **Average Cost**, from 1s. 9d. to 2s. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

Cod, to Choose.—The cod should be chosen for the table when it is plump and round near the tail, the hollow behind the head deep, and the sides undulated as if they were ribbed. The glutinous parts about the head lose their delicate flavour after the fish has been 24 hours out of the water. The great point by which the cod should be judged is the firmness of its flesh; if this rise immediately after pressure the fish is good; if not, it is stale. Another sign of its goodness is the bronze appearance of the fish, when it is cut, resembling the silver-side of a round of beef. If this is visible, the flesh will be firm when cooked. Stiffness in a cod, or in any other fish, is a sure sign of freshness, though not always of quality.

430.—COD, HASHED. (*Fr.*—Rechauffé de Cabillaud.)

Ingredients.—2 lb. of cooked cod, 2 ozs. of butter, 1½ ozs. flour, 1 pint milk, ¼ pint picked shrimps, pepper and salt, mashed potatoes, chopped parsley.

Method.—Blend the butter and flour in a stewpan, and fry for a few minutes without allowing them to colour. Add the milk, and stir until boiling. Put in the cod, flaked into small pieces, and the shrimps. Cook these together until thoroughly hot, and season carefully. Make a deep border of mashed potatoes on a hot dish. Pour the hash in the centre, and sprinkle a little chopped parsley over the top.

Time.—½ an hour. **Average Cost** 1s. 10d. to 2s. **Sufficient** for 4 or 5 persons. **Seasonable** from November to March.

431.—COD'S HEAD AND SHOULDERS. (*Fr.*—Hûre de Cabillaud.)

Ingredients.—Cod's head and shoulders, salt, lemon.

Method.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside the fish 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient hot water to cover it. Be very particular not to pour the water on the fish as it is liable to break, and keep it only just simmering. If the water should boil away, add a little, pouring it in at the side of the kettle, and not on the fish. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Garnish with cut lemon, and serve with either oyster or caper sauce.

Time.—20 to 35 minutes, according to size. **Average Cost,** from 4d. to 9d. per lb. **Allow** 3 lb. for 6 persons. **Seasonable** from November to March.

The Cod (Fr. *cabillaud*) is a member of the family *Gadidae*, to which the haddocks, whitings and ling belong, characterized by long gills, seven rayed ventral fins attached beneath the throat, large median fins, and a *cirrhus*, or small beard, at the tip of the lower jaw. The body is oblong, smooth, and covered with small soft scales. The fins are enclosed in skin, and their rays are unarmed; the ventral fins are slender and terminate in a point; the median fins are large. The cod has three dorsal and two anal fins. It is a gregarious fish, and abounds in the colder waters of the seas of Europe and Newfoundland. The cod is caught by hand lines and hooks, baited with cuttle fish and shell-fish of various kinds, chiefly on the great banks of Newfoundland. The sounds of the codfish (Fr. *nau de morue*), or the swim-bladders, by means of which the fish ascend or descend in the water, are taken out of the fish, washed, and salted for exportation. The tongues are also cured, while from the liver considerable quantities of oil are obtained. This, the well-known cod liver oil, under its designation of "white," "pale," and "brown," is largely used in cases of consumption, its easily assimilated and nutritive qualities rendering it valuable in wasting diseases. Its chief constituents are olein, palmitin, stearin, acetic, butyric, and other acids.

432.—COD'S LIVER MINCED AND BAKED. (*Fr.*—Foie de Cabillaud au Gratin.)

Ingredients.—A cod's liver, 12 sauce oysters, ¼ of a pint of white sauce, butter, breadcrumbs, salt and pepper.

Method.—Parboil the liver and cut it into small pieces. Blanch the oysters in their own liquor, which afterwards strain and add to the white sauce. Halve or quarter the oysters, mix them with the prepared liver, and season to taste. Place the mixture in buttered scallop shells, add a little sauce, cover lightly with breadcrumbs, and on the top place 2 or 3 small pieces of butter. Bake in a moderately hot oven for 10 or 15 minutes, then serve.

Time—To bake, about 10 minutes. **Average Cost** 1s. 6d. to 1s. 9d. **Sufficient** for 5 or 6 scallops. **Seasonable** from November to March.

433.—COD'S LIVER, QUENELLES OF. (*Fr.*—Quenelles de Foie de Cabillaud.)

Ingredients.—½ a lb. of cod's liver, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, the yolks of 2 or 3 eggs salt and pepper.

Method.—Wash and dry the liver, chop it finely, and mix with it the breadcrumbs and parsley. Add sufficient yolk of egg to bind the whole together, taking care not to make the mixture too moist. Season to taste, shape into quenelles (see "Quenelles of Veal"), poach until firm, and serve with a suitable sauce.

Time.—To poach, from 10 to 15 minutes. **Sufficient** for 4 or 5 persons. **Seasonable** from November till March.

434.—COD PIE. (*Fr.*—Pâté de Cabillaud.)

Ingredients.—1½ lb. of cold cod, 1 doz. oysters (tinned may be used) ½ a pint of melted butter sauce, ½ a lb. of short paste, or mashed potatoes, salt and pepper, nutmeg.

Method.—Take off the beards of the oysters, simmer them for a few minutes in a little water, then strain and mix with the oyster liquor (from fresh oysters). Cut the oysters into 2 or 4 pieces, according to size; divide the fish into large flakes, put half of it into the dish, lay the oysters on the top, season with salt and pepper, grate on a little nutmeg, add the melted butter sauce, and cover with the rest of the fish. Make the short crust paste according to directions given for short crust paste. Or, when a potato covering is preferred, season the potato with salt and pepper, and warm and stir in a saucepan, with a small piece of butter, and 2 or 3 tablespoonfuls of milk. Bake about ½ an hour in a moderate oven.

Time. From 1 to 1¼ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

435.—COD, PROVENÇALE STYLE. (*Fr.*—Cabillaud à la Provençale.)

Ingredients.—About 2 lb. of cod-fish (middle cut), ½ a pint of Velouté sauce, 1 gill white wine, 2 small shallots (chopped fine), 1 gill white stock, 2 ozs. butter, yolks of 2 eggs, 1 teaspoonful of anchovy-paste, 2 teaspoonfuls of capers, 1 teaspoonful of chopped parsley, a small bunch of parsley and herbs (bouquet-garni).

Method.—Wash and wipe the fish well, place it in a stewpan, season with pepper and salt, and add Velouté sauce, white wine, stock, chopped shallots, and bouquet-garni. Set it to simmer slowly until the fish is done, basting occasionally. Put the fish on a dish, and keep warm. Reduce the sauce until the desired consistency is obtained. Remove the herbs, add the yolks of eggs, work in the butter, and pass the ingredients through a tammy cloth or strainer. Return to a smaller stewpan, add the anchovy-paste, chopped parsley and capers, stir a few minutes over the fire, and pour over the fish.

Average Cost.—2s. 6d. to 3s. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

436.—COD RÉCHAUFFÉ. (*Fr.*—Cabillaud.)

Ingredients.—1 lb. of cooked cod, ½ a pint of white sauce, No. 222, 1 teaspoonful of mushroom sauce, ½ a teaspoonful of anchovy-essence, ½ a teaspoonful of mixed mustard, butter, breadcrumbs, salt and pepper.

Method.—Free the fish from skin and bones, and separate it into large flakes. Make the sauce as directed, add the mushroom sauce, anchovy-essence, mustard, and salt and pepper to taste, put in the fish, mix well together, then turn the whole into a well-buttered fireproof baking-dish. Cover the surface lightly with breadcrumbs, add a few pieces of butter, bake in the oven until well browned, then serve in the dish.

Time.—To bake, about 15 minutes. **Average Cost,** 8d. to 10d., exclusive of the fish. **Sufficient** for 3 or 4 persons. **Seasonable** from November to March.

437.—COD'S ROE. (*Fr.*—Laitance de Cabillaud.)

Ingredients.—Cod's roe, melted butter (No. 202), or white sauce No. 222, cream, brown breadcrumbs, salt, vinegar.

Method.—Wash and wipe the cod's roe, and boil for 10 minutes in water with a little salt and vinegar. Cut into dice, and put into some melted butter made with cream or white sauce. Butter a scallop tin, put in the roe, cover with brown breadcrumbs, and brown in the oven, or serve it on hot buttered toast. It is often used as garnish to other fish.

Time.—½ an hour. **Average Cost,** 1s. **Seasonable** in the Winter. **Sufficient** for 3 or 4 persons.

438.—COD'S ROE. (*Fr.*—Laitance de Cabillaud.)

Ingredients.—1 lb. of cod's roe, 1 egg, breadcrumbs, frying-fat.

Method.—Boil the roe for 15 minutes, then drain and cut it into slices. When cold, brush over with egg, roll in breadcrumbs, and fry, until nicely browned, in hot fat.

Time.—From 35 to 40 minutes. **Average Cost,** 8d. to 10d. **Sufficient** for 3 or 4 persons. **Seasonable** from November to March.

439.—COD SOUNDS. (*Fr.*—Nau de Morue.)

Method.—These, salted, as they are generally bought, should be soaked in milk and water for several hours, and then boiled in milk and water until tender, when they should be drained and served with egg sauce. When suitably dressed, they may be served as an entrée or breakfast dish.

Average Cost.—6d. **Seasonable** from November to March.

440.—COD SOUNDS WITH FRENCH SAUCE. (*Fr.*—Nau de Morue, Sauce Française.)

Ingredients.—2 lb. of cod sounds. For the batter : ¾ of a pint of milk, 3 tablespoonfuls of flour, 1 egg, ½ a teaspoonful of salt. For the marinade (or brine) : 2 tablespoonfuls each of salad-oil and vinegar, 1 teaspoonful of finely-chopped shallot or onion, 1 teaspoonful of finely-chopped parsley, a good sprinkling of pepper, frying-fat.

Method.—Soak and boil the sounds as directed in the preceding recipe, and cut them into pieces about 2 inches square. Mix the oil, vinegar, parsley, onion and pepper, pour over the sounds, and let them remain in the marinade for 1 hour, turning the pieces of sound at the end of ½ an hour in order that both sides may absorb the flavour of the marinade. Make a batter of the milk, flour, egg and salt, dip each piece of sound into it, take out on the point of a skewer, drop into hot fat, and fry until nicely browned.

Time.—1½ to 2 hours. **Average Cost,** about 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** from November to March.

441.—COD SOUNDS À LA MAÎTRE D'HÒTEL. (*Fr.*—Nau de Morue à la Maitre d'Hôtel.)

Ingredients.—2 lbs. of cod sounds, 4 ozs. of butter, 1 tablespoonful of lemon-juice, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, pepper.

Method.—Soak and boil the sounds, and cut them into small pieces. Melt the butter, fry the onion for 2 or 3 minutes without browning, then put in the lemon-juice, parsley, a good sprinkling of pepper, and the fish. Make hot, and serve.

Time.—About 1 hour, after soaking. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** from November to March.

442.—COD SOUNDS WITH PIQUANTE SAUCE. (*Fr.*—Nau de Morue, Sauce Piquante.)

Ingredients.—2 lb. of cod sounds, ¾ of a pint of piquante sauce. No. 265.

Method.—Soak and boil the sounds, and cut them into small pieces. Make the sauce as directed, put in the pieces of sound, make hot, and serve.

Time.—About 1 hour, after soaking. **Average Cost,** from 1s. 3d. to 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** from November to March.

443.—COD STEAKS. (*Fr.*—Tranche de Cabillaud.)

Ingredients.—¾-inch slices cut from a medium or small cod, flour, salt and pepper, frying-fat, parsley.

Method.—Make a rather thin batter of flour and water, and season it well with salt and pepper. Melt sufficient clarified fat or dripping in a frying-pan to form a layer about ½ an inch in depth. Wash and dry the fish, dip each piece separately in the batter, place these at once in the hot fat, and fry them until of a light-brown, turning once during the process. Drain well, and serve garnished with crisply-fried parsley. If preferred, the fish may be coated with egg and breadcrumbs, and fried in deep fat. Anchovy, tomato, or any other fish sauce would form a suitable accompaniment.

Time.—To fry, from 10 to 15 minutes. **Average Cost,** from 4d. to 8d. per lb. **Seasonable** from November to March.

444.—COD WITH CREAM. (*Fr.*—Cabillaud à la Crême.)

Ingredients.—2 lb. of cod, 3 ozs. of butter, 1 oz. of flour, ½ a pint of white stock (or milk), 2 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Wash, and dry the fish thoroughly. Melt 2 ozs. of the butter in a stewpan, put in the cod, and fry quickly on both sides without browning. Add the stock, cover closely, and simmer gently for about 20 minutes, then place on a hot dish. Melt the remaining oz. of butter, stir in the flour, add the stock in which the fish was cooked, and enough milk to make up the original quantity (½ a pint), boil up, and simmer for about 10 minutes to cook the flour. Add the cream and lemon-juice, season to taste, and strain over the fish.

Time.—About 40 minutes. **Average Cost,** 1s. 6d. to 2s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

445.—COD WITH CREAM. (*Fr.*—Cabillaud à la Crême.)

Ingredients.—2 lb. of cod, 1½ ozs. of butter, 1½ ozs. of flour, ¾ of a pint of white stock or milk, 3 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, salt and pepper.

Method.—Wash the cod and boil it in a very small quantity of water, which afterwards may be used for the sauce. Melt the butter, fry the onion a few minutes without browning, add the flour, cook for ten minutes, then pour in the stock and stir until it boils. Simmer for a few minutes, then add the lemon-juice, parsley, seasoning, cream, and when well mixed put in the fish. Draw the saucepan to the side of the stove for about 10 minutes, then dish, and serve.

Time.—About 30 minutes. **Average Cost,** 1s. 6d. to 2s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

446.—COD WITH PARSLEY BUTTER. (*Fr.*—Cabillaud à la Maître d'Hôtel.)

Ingredients.—2 lb. of cod (cold remains will serve), 4 ozs. of butter 1 teaspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, the juice of ½ a lemon, pepper.

Method.—Boil the cod, and afterwards separate into large flakes. Melt the butter in a stewpan, add the onion, and fry for 2 or 3 minutes without browning; then put in the parsley, lemon-juice, a good pinch of pepper, and the fish. Shake gently over the fire until quite hot, then serve.

Time.—30 to 40 minutes. **Average Cost,** 1s. 6d. to 2s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

447.—COD WITH ITALIAN SAUCE. (*Fr.*—Cabillaud à l'Italienne.)

Ingredients.—2 slices of crimped cod, ¾ of a pint of Italian sauce (No. 252).

Method.—Boil the cod, take out the middle bone, remove the skin, and place on a hot dish. Make the sauce according to directions given, strain over the fish, and serve.

Time.—From 1 to 1¼ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from November to March.

448.—CRAB SALAD. (*Fr.*—Salade de Crabe.)

Ingredients.—1 medium-sized crab, 1 hard-boiled egg, 3 tablespoonfuls of salad-oil, 1 tablespoonful of vinegar, 1 good lettuce, 1 bunch of watercress, a few slices of pickled beetroot, a tomato, pepper and salt.

Method.—Pick the meat from the shell and shred it finely. Wash and dry the lettuce, and either break or cut it into small pieces; wash and pick the cress, and break it into small pieces; cut the tomato into thin slices. Mix the oil, vinegar, salt and pepper, put in the salad, stir lightly until thoroughly mixed, then add the crab, mix well, and garnish with the slices of beetroot and tomato, rings of white of egg, and the yolk, previously rubbed through a wire sieve.

Average Cost.—1s. 6d. to 2s. **Sufficient** for 4 or 5 persons. **Seasonable** from April to October.

449.—CRAB, SCALLOPED. (*Fr.*—Crabe en Coquille.)

Ingredients.—1 or 2 crabs, cream, vinegar, breadcrumbs, salt and pepper, mustard.

Method.—Remove the meat from the claws and body, taking care to leave the unwholesome part near the head. Add about ½ its bulk in fine breadcrumbs, season to taste with salt, pepper and mustard, and stir in a few drops of vinegar. Add cream until the right consistency is obtained, then turn into buttered scallop shells, and sprinkle the surface lightly with breadcrumbs. Place small pieces of butter on the top, and bake in a moderate oven until nicely browned.

Time.—To bake, about 20 minutes. **Average Cost,** 2s. to 3s. **Sufficient,** 2 crabs for 8 or 9 scallops. **Seasonable** from April to October.

The Crab (Fr. *crabe*).—The popular name for many genera of the *Crustacea*, constituting the sub-order *Brachyura*, "short-tailed," which includes the true crabs, order *Decapoda*, "ten-limbed," and distinguished from the lobster by the shortness of the tail, which is folded under the broadened-out body, the latter being covered with a strong carapace or shell. The gills are placed in the sides of the body, and are popularly known as "dead men's fingers." The liver is composed of a soft rich yellow substance, called the "fat." The mouth has several pairs of powerful jaws, and the stomach is furnished with hard projections by means of which the crab grinds its food, consisting chiefly of vegetable matter and molluscae. The front pair of legs form nipping claws, which are renewed when injured or lost. The eyes are compound and movable. The majority of crabs live in the sea, but there are some fresh-water species, and others which live on land, but go to the sea to spawn. After hatching, the young of the crab passes through two stages. In the first, it is free-swimming and possesses a tail; in the second stage, it is also tailed, but after moulting it loses its tail and becomes the perfect crab. A remarkable feature in the life-history of the crab is the changing of its shell, to permit its growth, and the reproduction, as noticed above, of injured claws. Annually, usually during the winter, the crab retires to a cavity in the rocks or beneath a great stone, and conceals itself until the new shell, which at first is very soft, becomes hardened. The Hermit Crab derives its name from its habit of taking possession of the deserted shell of some mollusc, the hermit crab having no shell of its own. The crab is much esteemed, and forms an important fishery on the British coasts.

450.—CRAB, TO DRESS. (*Fr.*—Crabe or Écrevisse de Mer.)

Ingredients.—1 medium sized crab, 1 hard-boiled egg, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of salad-oil, salt and pepper, cayenne.

Method.—Empty the shells, mix the meat with the vinegar and oil, and season well. Clean the large shell, put in the mixture and garnish with slices of lemon, parsley, and egg, the yolk rubbed through a wire sieve and the white coarsely-chopped.

Average Cost.—10d. to 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from April to October.

To Choose Crabs.—Crabs of medium size are the best, and, like lobsters, should be judged by their weight.

451.—CRAB, DRESSED. (Another Method.)

Ingredients.—1 medium-sized crab, 3 tablespoonfuls of salad-oil, 2 tablespoonfuls of vinegar, breadcrumbs, pepper and salt. For garnishing: lobster coral, butter, hard-boiled egg, or parsley.

Method.—Pick the meat from the shell, flake it into small shreds, and add to it the same proportion of finely-grated breadcrumbs. Season to taste with pepper and salt, then mix well with the oil, and lastly the vinegar. Carefully wash and dry the shell and put in the mixture, garnishing with lobster coral, butter, or hard-boiled egg and parsley.

Average Cost.—1s. 6d. to 2s. **Sufficient** for 4 persons. **Seasonable** from April to October.

452.—CRAB, DEVILLED. (*Fr.*—Crabe à la Diable.)

Ingredients.—1 medium-sized crab, ¼ of a pint of thick white sauce, 1 dessertspoonful of anchovy-essence, 1 dessertspoonful of chutney, 1 teaspoonful of vinegar (preferably chilli), 1 teaspoonful of made mustard, 1 dessertspoonful of finely-chopped parsley, cayenne, salt and pepper, brown breadcrumbs.

Method.—Pick the meat from the shells, and put one claw aside. Mix together the white sauce, anchovy-essence, chutney, vinegar, and mustard, season well with salt, pepper and cayenne, then add the crab, except the one claw. Clean the shell, put in the mixture, cover lightly with browned breadcrumbs, and bake in a moderately hot oven for about 15 minutes. In the meantime separate the meat of the remaining claw into fine flakes, and warm between two plates either in the oven or over a saucepan of boiling water. Remove the crab from the oven, and garnish with the flaked claw and the chopped parsley.

Time.—1 hour. **Average Cost,** from 1s. to 2s. **Sufficient** for 3 or 4 persons. **Seasonable** from April to October.

453.—CRAB, HOT. (*Fr.*—Crabe au Gratin.)

Ingredients.—1 medium-sized crab, 2 ozs. of butter, 2 ozs. of breadcrumbs, 3 tablespoonfuls of white sauce, 1 tablespoonful of vinegar, nutmeg, salt and pepper, browned breadcrumbs.

Method.—Pick the meat from the shell, season well with salt and pepper, add a little nutmeg, the butter slightly warmed, the white sauce, vinegar, and breadcrumbs, and mix these well together. Have ready the shell, washed and dry, put in the mixture, cover with a thin layer of browned breadcrumbs, add 3 or 4 small pieces of butter, and bake for 10 or 15 minutes in a brisk oven.

Time.—1 hour. **Average Cost,** 1s. to 1s. 9d. **Sufficient** for 3 or 4 persons. **Seasonable** from April to October.

454.—CRAB OR LOBSTER, POTTED.

Ingredients.—2 crabs or lobsters, ¼ of a pint of cream, 2 ozs. of butter, 3 yolks of eggs, salt and pepper, cayenne, clarified butter.

Method.—Pick the meat from the shells, chop it finely, and then put it into a stewpan with the butter and seasoning, and cook slowly for 20 minutes. Add the cream and yolks of eggs, stir, cook by the side of the fire until the mixture has the consistency of thick paste, then rub through a fine sieve, press into pots, and when cold cover with clarified butter.

Time.—From 40 to 60 minutes. **Average Cost,** 2s. to 3s. **Seasonable** at any time.

455.—CRAB, POTTED. (Another Method.)

Ingredients.—2 crabs, salt, cayenne, mace, clarified butter (from 4 to 5 ozs.).

Method.—Pick the meat from the shells, pound it in a mortar with the seasoning, rub through a fine sieve, press it into small pots, cover with melted butter, and bake in a moderately hot oven for ½ an hour. When cold, cover each pot with clarified butter.

Time.—From 40 to 60 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 2 or 3 pots. **Seasonable** at any time.

456.—CRAYFISH, POTTED. (*Fr.*—Écrevisses en Terrine.)

Ingredients.—4 doz. live crayfish, ½ a lb. of butter, ground mace, salt and pepper.

Method.—Put the crayfish into boiling water to which has been added a good seasoning of salt and a little vinegar, cook from 15 to 20 minutes, then drain and dry. Pick the meat from the shells, and pound it in a mortar to a fine paste, adding gradually the butter, and mace, salt and pepper to taste. Press into small pots, cover with clarified butter, and when cold, use.

Average Cost.—1s. to 1s. 3d. per dozen. **Seasonable** all the year.

THE DACE (Fr. *vandoise*) called also the DART, is found usually in the dull, clear, slowly-running streams of England and Europe. It is allied to the chub, barbel and roach, and resembles the last, but is longer and thinner in the body, and its scales are smaller. In colour it is dullish blue on the upper, and white on the under, parts; the gill-covers and sides of the head are silvery white. The dace is gregarious and swims in shoals. The flesh is rather coarse in quality.

457.—DORY, JOHN. (*Fr.*—Dorée or St. Pierre.)

Method.—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly, cut off the fins but not the head, which is considered a delicacy, lay it in a fish-kettle, cover with warm water, and add salt to taste. Bring it gradually to near boiling point, and simmer gently for 15 minutes, or rather longer, should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter, should be sent to table with it.

Time.—After the water boils, ¼ to ½ an hour, according to size. **Average Cost,** 1s. to 3s. **Sufficient** for 6 or 7 persons. **Seasonable** all the year, but best from September to January.

Note.—Small John Dorys are excellent baked.

458.—DORY, JOHN. (*Fr.*— Dorée à la Génoise.)

Ingredients.—1 dory, 1 gill of picked shrimps, 2 smelts, 1 teaspoonful of anchovy-essence, 1 egg, about 2 ozs. of panada, 1 oz. of butter, pepper and salt, 1 tablespoonful of Chablis or Sauterne, Génoise sauce (No. 301).

Method.—Wash the fish, wipe it and remove the fillets (the bones, etc., may be used for the Génoise sauce). Pare the fillets neatly, and cut them into oblong pieces. Remove the bones and heads from the smelts, pound them together with the shrimps in a mortar until they are quite smooth, then add the panada and anchovy-essence, and moisten with the egg. Mix thoroughly, season to taste, and rub the whole through a sieve. Spread each piece of fillet with this farce, fold over, and place them on a well buttered sauté-pan. Season, lightly moisten with the wine and a few drops of lemon-juice, cover with a buttered paper, and cook in the oven for about 15 minutes, or longer, according to the thickness of the fillets. Take up carefully, and dish up on a hot dish. Pour some previously prepared Génoise sauce into the pan in which the fish was cooked, boil up, and strain over the fillets. Serve hot.

Time.—To cook, about 15 minutes. **Average Cost,** 2s. to 3s. **Sufficient** for 5 persons. **Seasonable** all the year, but best from September to January.

THE DORY (Fr. *dorée*), called also JOHN DORY, is a yellowish golden-coloured fish, belonging to the mackerel family, distinguished, as a genus, by its divided dorsal fin, the spinous part of which is less developed than the soft portion. The head is curiously shaped, and the body compressed. Its name is supposed to be a corruption of the French, *jaune dorée* ("golden-yellow."). The dory is highly esteemed as a table-fish, and its flesh when dressed is of a beautiful clear white. A popular superstition ascribes the peculiar black mark on each side of the fish to St. Peter's finger and thumb, the dory being, so runs the legend, the fish from which the apostle took the tribute money. The dory is found in the Mediterranean and other seas of Europe.

459.—EELS BOILED. (*Fr.*—Anguilles Bouillies.)

Ingredients.—4 small eels, a small bunch of parsley, ¾ of a pint of parsley sauce (No. 311), a little salt.

Method.—Clean and skin the eels, put them into a stewpan with the parsley, a little salt, and warm water to barely cover them. Simmer gently for ½ an hour, or until they are tender, then serve with the sauce poured over them.

Time.—About ½ an hour. **Average Cost,** 8d. to 1s. per lb. **Sufficient** for 4 or 5 persons. **Seasonable** from June to March.

THE EEL (Fr. *anguille*).—This name is applied generally to fish with elongated bodies, but is scientifically restricted to certain genera of the *Apodta*, fish without ventral fins, belonging to the sub-order *Malacopteri*, or "soft-finned." The eel has a smooth head and a serpentine body, covered with minute detached scales which are frequently concealed by the skin, the absence of scales being compensated for by a mucous secretion, which renders the eel proverbially slippery. The lower jaw projects beyond the upper, the teeth are sharp, and a swim-bladder is present. Some species of eel are marine, others fresh-water, while some, as the *Anguilla*, live in both elements. The conger-eel is exclusively marine, and is the largest of the eels. The eel lives in the mud, among weeds, roots or stumps of trees, or holes in the banks, or the bottoms of rivers, where they often grow to an enormous size, weighing as much as 15 lb. or 16 lb. It seldom emerges from its hiding-place except in the night; and in winter, on account of its great susceptibility to cold, it buries itself in the mud. The eel is noted for its voracity and tenacity of life, and also for its remarkable fecundity, the young of the eels which spawn in the estuaries of rivers passing up the streams in vast numbers; such a passage is called the " eel-fare." The eel frequently migrates from one habitat to another, crossing over the intervening marshy land. Various methods are employed for capturing the eel, river eels being usually caught in wicker baskets with funnel-shaped mouths, into which they enter, but cannot get out. Eels are also taken by means of a kind of trident, called an eel-spear, and by hooks and lines. Large quantities of eels are caught in Holland, from whence they are brought alive to the London market by boats fitted with wells. As an article of food, they are largely eaten in England, but seldom in Scotland; the flesh is somewhat fatty and insipid. The eel-like fish, *Gymnotus electricus* of South America, has the property of communicating an electric shock when touched.

Holland is very famous for its eels, and sends large quantities to London; but those caught in the Thames are more silvery in appearance, and are considered by epicures to be of a better flavour.

460.—EEL, CONGER. (*Fr.*—Congre. Anguille de Mer.)

This is much esteemed by many persons. It forms the basis of the well-known soup of the Channel Islands, and is made into pies in the West of England. Like a tough steak, it always needs long stewing or cooking, as the flesh is remarkably firm and hard. It can be cooked like a fresh-water eel.

The Conger Eel (Fr. *anguille de mer*), a genus of marine eels, having a long dorsal fin beginning near the nape of the neck, a long eel-like body destitute of scales, and the upper jaw extending over the lower, both furnished with sharp rows of teeth. The conger eel is a muscular and voracious fish. The most familiar species is the *Conger vulgaris*, abundant on the English coasts, especially off Cornwall, which sometimes attains to a length of 10 feet, and over 100 lb. in weight. Its colour, which varies with its habitat, is a pale brown above and greyish-white underneath. The flesh of the conger eel is coarse, but its gelatinous qualities are medicinally valuable.

461.—EEL, CONGER, BAKED. (*Fr.*—Congre rôti.)

Ingredients.—2 lb. of conger eel, suet-force: *see* Sauces, No. 407, butter or fat, flour.

Method.—Wash and dry the fish thoroughly, stuff it with the prepared forcemeat, and bind it with tape. Melt the butter or fat in a baking-dish or tin, put in the fish, and baste it well. Bake gently for 1 hour, meanwhile basting occasionally with fat, and dredging the surface with flour. Serve with the gravy poured round, or, if preferred, with tomato, brown caper, or a suitable fish sauce.

Time.—To bake, 1 hour. **Average Cost,** 4d. to 6d. per lb. Sufficient for 4 or 5 persons. Seasonable September and November.

462.—EEL, CONGER, BOILED. (*Fr.* — Congre Bouilli.)

Ingredients.—Conger eel, vinegar, salt.

Method.—Put the fish into a fish-kettle containing just enough hot salted water to barely cover it, and add a little vinegar. Let it boil, then simmer gently for about ½ an hour, or until the fish separates easily from the bone. Drain well, serve garnished with lemon and parsley, and send parsley and butter sauce, or any fish sauce preferred, to table in a tureen.

Time.—To boil, about ½ an hour. **Average Cost**, 4d. to 6d. per lb.

463.—EEL, CONGER, FRIED. (*Fr.*—Congre frit.)

Ingredients.—Conger eel, egg, breadcrumbs, frying-fat, flour, salt and pepper.

Method.—Wash and dry the fish thoroughly, and cut it into slices about ¾ of an inch in thickness. Roll lightly in flour seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, and serve with tomato anchovy, or any suitable fish sauce.

Time.—To fry, about 20 minutes. **Average Cost,** from 4d. to 6d. per lb.

464.—EEL, CONGER, PIE. (*Fr.*—Pâté de Congre.)

Ingredients.—1 small conger eel, rough puff paste, or puff, 1 tablespoonful of vinegar, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of powdered mixed herbs, 1 teaspoonful of finely-chopped onion, salt and pepper.

Method.—Wash and dry the fish thoroughly, remove all skin and bones, and cut it into neat pieces. Place these in layers in a pie-dish, sprinkling each layer with salt, pepper, onion, herbs and parsley, add water to three-quarters fill the dish, and mix with it the vinegar. Cover the fish with paste, bake in a moderate oven for about 1 hour, and serve either hot or cold.

Time.—To bake, about 1 hour. **Average Cost,** Fish, from 4d. to 6d. per lb. **Sufficient** for 6 or 8 persons.

465.—EEL, CONGER, STEWED. (*Fr.*—Ragoût de Congre.)

Ingredients.—3 slices off a medium-sized conger, 1 onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1 oz. of butter, 1 oz. of flour, ¼ of a pint of milk, ½ a pint of water, salt and pepper.

Method.—Heat the water, put in the fish, onion, herbs, mace, cloves, and a little salt and pepper, and simmer gently for 20 minutes. Meanwhile melt the butter in a stewpan, add the flour, and stir and cook slowly for 10 minutes without browning. Strain the liquor from the fish on to the prepared butter and flour, stir until boiling, then add the milk. Season to taste, boil up, pour over the fish, and serve.

Time.—About ½ an hour. **Average Cost,** fish from 4d. to 6d. per lb. **Sufficient** for 3 persons.

466.—EEL, COLLARED. (*Fr.*—Anguille en Galantine.)

Ingredients.—1 large eel, 3 or 4 ozs. of veal forcemeat (No. 412), a good pinch each of ground cloves, mace, allspice, mixed herbs, sage, salt and pepper, fish stock, and vinegar.

Method.—Cut off the head and tail of the eel, and remove the skin and backbone. Mix all the ingredients enumerated above with the forcemeat, spread the eel flat on the table, and cover its inner side with the mixture. Roll up the eel, beginning with the broad end, and bind it in shape with a strong tape. Have ready some fish stock, made by simmering the backbone, head, and tail of the eel while the forcemeat was being prepared. See that it is well seasoned with salt, add a tablespoonful of vinegar, put in the eel, and simmer gently for about 40 minutes, then press the eel between two dishes or boards until cold. Meanwhile add allspice and a little more vinegar to the liquor in which the eel was cooked, simmer gently for ½ an hour, then strain. When the eel is cold, put it into the liquor and let it remain until required for use. The eel should be glazed before serving.

Time.—About 1¼ hours, to prepare and cook. **Average Cost,** from 9d. to 1s. per lb. **Sufficient** for 3 or 4 persons. **Seasonable** all the year round, but best from June to March.

467.—EELS FRIED. (*Fr.*—Anguilles Frites.)

Ingredients.—1 or 2 medium-sized eels, 1 tablespoonful of flour, ½ a teaspoonful of salt, ⅛ of a teaspoonful of pepper, 1 egg, breadcrumbs, parsley, salt and pepper, frying-fat.

Method.—Wash, skin, and dry the eels thoroughly, and divide them into pieces from 2½ to 3 inches long. Mix the flour, salt and pepper together, and roll the pieces of eel separately in the mixture. Coat carefully with egg and breadcrumbs, fry in hot fat until crisp and lightly-browned, then drain well, and serve garnished with crisply-fried parsley.

Time.—About 20 minutes. **Average Cost,** eels, 8d. to 1s. per lb. Allow 2 lb. for 4 or 5 persons. **Seasonable** from June to March.

468.—EEL PIE. (*Fr.*—Pâté aux Anguilles.)

Ingredients.—1½ lb. of eels, ½ a pint of meat stock, 1 tablespoonful of mushroom ketchup, 1 dessertspoonful of lemon-juice, pepper and salt, rough puff paste, or puff.

Method.—Clean and skin the eels, and cut them into pieces about 2 inches long. Put the heads, tails, and fins into a stewpan with the stock, simmer for ½ an hour, then strain, and skim well. Place the eels in a pie-dish, with a good seasoning of salt and pepper between the layers. Add the lemon-juice and ketchup to the stock, pour about half of it into the pie-dish, cover with paste, and bake in a fairly-hot oven for 1 hour. Warm the remainder of the stock, and pour it into the pie through a funnel as soon as it is taken from the oven.

Time. 1 hour to bake. **Average Cost,** 2s. 6d. **Sufficient** for 5 persons. **Seasonable** all the year, but best from June to March.

469.—EEL PIE. (*Fr.*—Pâté aux Anguilles.) (Another Method.)

Ingredients.—1 lb. of eels, a little chopped parsley, 1 shallot, grated nutmeg, pepper and salt to taste, the juice of ½ a lemon, a small quantity of forcemeat, ¼ of a pint of Béchamel (*see* Sauces), puff paste.

Method.—Skin and wash the eels, cut them into pieces, 2 inches long, bone them ; line the bottom of the pie-dish with forcemeat. Put in the eels, sprinkle them with the parsley, shallot, nutmeg, seasoning and lemon-juice, cover them with puff-paste, ornament the top with fancifully cut strips of paste, brush over with egg yolk and bake in a fairly hot oven for about 1 hour. Make the Béchamel sauce hot, and pour it into the pie before serving.

Time.—From 1¼ to 1½ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** all the year, but best from June to March.

470.—EELS WITH MATELOTE SAUCE. (*Fr.*—Anguilles à la Matelote.)

Ingredients.—2 lb. of eels, ¾ of a pint of good stock, ¼ of a pint of claret 12 preserved mushrooms, 2½ ozs. of butter, 1½ ozs. of flour, salt and pepper.

Method.—Wash and dry the eels, cut them into three-inch lengths, and roll them in flour seasoned with a little salt and pepper. Melt 1 oz. of butter in a stewpan, fry the eels until lightly browned, then drain off any butter that remains. Put in the stock and wine, bring to the boil, and simmer gently for ½ an hour. Meanwhile melt the remaining butter in another stewpan, stir in the flour, cook it gently until it acquires a nut-brown colour, then put it aside. Drain the pieces of eel from the stock, and keep them hot, strain the stock, add to the browned flour, and stir until boiling. Have ready the mushrooms cooked, heat them up in a little stock, and add them to the sauce, season to taste, and boil gently for 3 or 4 minutes. Pour the sauce over the fish, and serve.

Time.—About 45 minutes. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 4 or 5 persons.

471.—EELS WITH TARTAR SAUCE. (*Fr.*—Anguilles à la Tartare.)

Ingredients.—2 lb. of eels, ½ a pint of good stock, a glass of sherry, 1 egg, breadcrumbs, frying-fat, 1½ ozs. of butter. Tartar sauce (No. 213).

Method.—Wash, skin, dry, and cut the eels into pieces 2½ inches long. Melt the butter in a stewpan, put in the eels and fry until brown, then add the stock (which must be highly seasoned) and sherry, and simmer gently for about 15 minutes. Drain well, and when cool brush over with egg, roll in breadcrumbs, and fry until nicely browned in hot fat. Garnish with fried parsley, and serve with a tureen of tartar sauce.

Time.—From 1 to 1¼ hours. **Average Cost,** 2s. to 2s. 6d., exclusive of the sauce. **Sufficient** for 4 or 5 persons. **Seasonable** all the year, but best from June to March.

472.—EEL, FRIED, RÉMOULADE SAUCE. (*Fr.*—Fritote d'Anguille à la Rémoulade.)

Ingredients.—1 good-sized eel, yolks of 3 eggs, 1 tablespoonful oiled butter, breadcrumbs, a few sprigs of parsley, ½ a teaspoonful of sweet herbs, pepper and salt, fat for frying, ½ a lemon, Rémoulade sauce (No. 271)

Method.—Wash, skin and clean the eel, cut off the tail and head, split it open, and take out the bone. Cut into neat pieces about 1½ inches long, dry well on a cloth, and dip these in a little flour previously mixed with sufficient salt and pepper to season. Beat the yolks of 3 eggs, add the oiled butter, sweet herbs, and finely-chopped parsley. Coat the pieces well in this, then roll in breadcrumbs. Fry them in hot fat to a golden colour, drain well, dish up on a hot dish covered with a folded napkin. Garnish with slices of lemon and fried parsley and serve with a boat of Rémoulade sauce.

Fried eels are more palatable if served with an acid sauce. Lemon-juice squeezed over the fish just before serving will greatly improve the flavour.

Time.—To fry, 7 or 8 minutes. **Average Cost,** 1s. 9d. to 2s. 3d., exclusive of the sauce. **Sufficient** for 3 or 4 persons. **Seasonable** all the year, but best from June to March.

473.—EELS STEWED. (*Fr.*—Anguilles à l'Anglaise.)

Ingredients.—2 lb. of eels, 2 ozs. of butter, 1 medium-sized onion, 1 dessertspoonful of chopped parsley, salt and pepper.

Method.—Skin and clean the eels, cut them into pieces about 2 inches long, and place them in a jar. Add the butter, the onion cut into slices, parsley, salt and pepper, cover closely, and place the jar in a saucepan of cold water, which must be brought slowly to the boil. Cook until the eels are tender ; this will take about 1½ hours from the time the water boils. When done, place on a hot dish, and strain the gravy over.

Time.—From 2 to 2½ hours. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** from June to March, but obtainable all the year.

474.—EELS STEWED. (*Fr.*—Anguilles à la Crême.)

Ingredients.—2 lb. of eels, 1 pint of good stock, 2 tablespoonfuls of cream, 1 glass of port wine, 1 teaspoonful of lemon-juice, a strip of lemon-rind, 2 oz. of butter, 1 oz. of flour, 1 onion, 2 cloves, salt, cayenne.

Method.—Wash and skin the eels, cut them into pieces about 3 inches long, put them into a stewpan, add the stock, wine, onion, cloves, lemon-rind, and seasoning. Simmer gently for ½ an hour, or until tender, then lift them carefully on to a hot dish. Have ready the butter and flour kneaded together, add it to the stock in small portions, stir until smoothly mixed with the stock, and boil for 10 minutes, then put in the cream and lemon-juice. Season to taste, and strain over the fish.

Time.—¾ of an hour. **Average Cost,** from 2s. 6d. to 3s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from June to March, but obtainable all the year.

475.—EELS STEWED. (*Fr.*—Anguilles au Vin-Rouge.)

Ingredients.—2 lb. of eels, 1 pint of brown sauce, ¼ of a pint of port wine, 1 dessertspoonful of lemon-juice, 1 teaspoonful of anchovy, essence, 1½ ozs. of butter, cayenne, salt.

Method.—Wash, skin and dry the eels, and cut them into pieces about 3 inches long. Melt the butter in a stewpan, put in the eels, and fry until nicely browned. Then add the sauce, wine, anchovy-essence and seasoning, and simmer very gently for about 20 minutes. Lift the eels carefully on to a hot dish, add the lemon-juice to the sauce, season to taste, strain over the fish, and serve.

Time.—From 30 to 40 minutes. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 5 or 6 persons. **Seasonable,** obtainable all the year, but best from June to March.

476.—FISH CAKES.

Ingredients.—The remains of any cold fish ; to each lb. allow ½ a lb. of mashed potatoes, 1 oz. of butter, 2 eggs, breadcrumbs, milk, salt and pepper.

Method.—Heat the butter in a saucepan, add the fish (coarsely-chopped), potatoes, the yolk of 1 egg, salt, pepper, and sufficient milk to moisten thoroughly. Stir the ingredients over the fire for a few minutes, then turn on to a plate. When cold, shape into round flat cakes, brush them over with egg, cover with breadcrumbs, and fry in hot fat. The fish may be made into one large cake instead of several small ones, in which case, grease a flat tin, and shape the mixture as much like a fish as possible. Brush it over with egg, cover with slightly browned breadcrumbs, and bake for about 20 minutes in a fairly hot oven.

This dish may be varied by the addition of forcemeat, made of 2 tablespoonfuls of finely-chopped suet, 2 tablespoonfuls breadcrumbs, 1 teaspoonful of finely-chopped parsley, salt, pepper, grated lemon-rind, or other flavouring, and moistened with egg or milk. Or the forcemeat may be made of 1 tablespoonful of picked and coarsely-chopped shrimps, breadcrumbs, a teaspoonful of anchovy-essence, 1 tablespoonful of melted butter, salt, pepper, cayenne, and a little milk. When using forcemeat, spread one half of the fish-cake mixture on the tin in the form of a sole, spread the forcemeat in the centre, leaving bare a narrow margin at the sides, cover with the remainder of the mixture, brush over with egg, sprinkle with browned breadcrumbs, and bake in a moderate oven for 35 or 40 minutes.

Time.—About $\frac{3}{4}$ hour. **Average Cost,** 1s. 6d. for 12 small cakes. **Sufficient.**—1 lb. fish, etc., for 6 or 7 persons. **Seasonable** at any time.

477.—FISH CAKES FROM TINNED SALMON.

Ingredients.—1 tin of salmon, 1 lb. of mashed potato, milk, 1 egg, breadcrumbs, salt and pepper, frying-fat, parsley.

Method.—When using cold potato stir it over the fire with a little milk until quite hot and smooth. Chop the fish coarsely, add it to the potato, season to taste, and stir over the fire until thoroughly mixed, adding a little milk if too dry. Let the mixture cool on a plate, then shape into small rpund cakes, coat carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, and serve garnished with crisply-fried parsley.

Time.—Altogether, 1½ hours. **Average Cost,** 9d. to 1s.

478.—FISH CHOWDER.

Ingredients.—1 lb. of cod, haddock or whiting, 3 or 4 potatoes peeled and sliced, $\frac{1}{4}$ of a lb. of pickled pork cut into dice, 1 small onion finely-chopped, 3 water biscuits, ½ a pint of milk, 1 pint of water, ½ a teaspoonful of powdered mixed herbs, salt, pepper.

Method.—Wash and dry the fish, and cut it into small pieces. Place the fish, potatoes and pork in a stewpan in alternate layers, sprinkling each layer with onion, herbs, salt and pepper. Add the water, cover closely, and cook gently for 40 minutes. Meanwhile soak the biscuits in the milk, beat out all the lumps with a fork, and stir the preparation into the stew about 10 minutes before serving. Add seasoning to taste, and serve hot.

Time.—To cook the chowder, about 40 minutes. **Average Cost,** about 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

479.—FISH, CROQUETTES OF. (*Fr.*—Croquettes de Poisson.)

Ingredients.—Cooked fish; to ½ a lb. of which allow $\frac{1}{4}$ of a lb. of mashed potatoes, ½ an oz. of butter, 1 yolk of egg, 1 whole egg, breadcrumbs, milk, salt and pepper, frying-fat.

Method.—Remove all skin and bone from the fish, then chop it coarsely. Heat the butter in a stewpan, add the fish, potatoes, yolk of egg, salt and pepper to taste, and sufficient milk to moisten it thoroughly. Stir the preparation over the fire until well mixed, then turn it on to a plate. When cold, form it into cork-shaped pieces, brush over with egg, coat with breadcrumbs, and fry in hot fat. Drain well, and serve garnished with crisply-fried parsley.

Time.—To fry, about 5 minutes. **Average Cost**, 3d. to 4d., in addition to ½ lb. of fish.

480.—FISH, FRICASSÉE OF. (*Fr.*—Fricassée de Poisson.)

Ingredients.—1 lb. of white fish, ½ a pint of milk, ¼ of a pint of water, 1 oz. of butter, 1 oz. of flour, 1 bay-leaf, 1 blade of mace, 1 pinch of nutmeg, salt and pepper, lemon-juice to taste.

Method.—Divide the fish into pieces about 1½ inches square. Put the milk, water, salt and pepper, bay-leaf, mace and nutmeg into a stewpan, and when warm add the fish. Bring to the boil and simmer for 10 minutes, then take out the bay-leaf and the mace. Have ready the butter and flour kneaded together, add it in small portions to the contents of the stewpan, and stir gently. When the flour is mixed smoothly with the liquor, add lemon-juice and seasoning to taste, and serve.

Time.—About 30 minutes. **Average Cost**, 10d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

481.—FISH AND MACARONI. (*Fr.*—Poisson aux Macaroni.)

Ingredients.—2 lb. of fish (cooked), ½ a lb. of macaroni, 3 ozs. of grated cheese, 1 oz. of butter, pepper and salt.

Method.—Remove all skin and bone from the fish, and separate it into large flakes. Break the macaroni into pieces about 1 inch in length, put it into boiling salted water, and boil rapidly until tender. Have ready a well-greased pie-dish, put in a layer of fish, season well with salt and pepper, cover with macaroni, and add a good sprinkling of cheese and seasoning. Repeat until the dish is full. Put the butter in small pieces on the top, and bake for about 20 minutes in a quick oven.

Time.—About 1 hour. **Average Cost**, 1s. 6d. to 2s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

482.—FISH AND MACARONI. (*Fr.*—Poisson aux Macaroni.) (Another Method.)

Ingredients.—1 lb. of cooked fish, ¼ of a lb. of macaroni, 1½ ozs. of grated cheese, ½ an oz. of butter, pepper and salt, ¼ of a pint of white sauce (*see* sauces, No. 222).

Method.—Remove all skin and bones, and separate the fish into small flakes. Put the macaroni into salted boiling water, and boil rapidly for about 20 minutes, or until tender, then cut it into small pieces. Heat the white sauce, add 1 oz. of cheese, the fish and macaroni, season to taste, and mix well together. Turn the preparation into a buttered pie-dish, sprinkle the remaining cheese on the top, and add the butter in small pieces. Brown in a hot oven, and serve in the dish.

Time.—To bake, about 10 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

483.—FISH AND OYSTER PIE. (*Fr.*—Pâté de Poisson aux Huîtres.)

Ingredients.—1 lb. of any cold fish, such as cod or haddock, 1 dozen oysters, pepper and salt to taste, breadcrumbs or puff-paste, sufficient for the quantity of fish, ½ a teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley, melted butter or white sauce.

Method.—Clear the fish from the bones, put a layer of it in a pie-dish, add a few oysters, with nutmeg and chopped parsley. Repeat this till the dish is quite full. A covering may be formed either of breadcrumbs, which should be browned, or puff-paste, which should be cut into long strips, and laid in cross-bars over the fish, with a line of paste first laid round the edge. Pour in some sauce No. 202, melted butter, or a little thin white sauce, and the oyster-liquor, then bake.

Time.—If made of cooked fish, ¼ of an hour; if made of fresh fish and puff-paste, ¾ of an hour. **Average Cost,** 2s. **Sufficient** for 6 persons. **Seasonable** at any time.

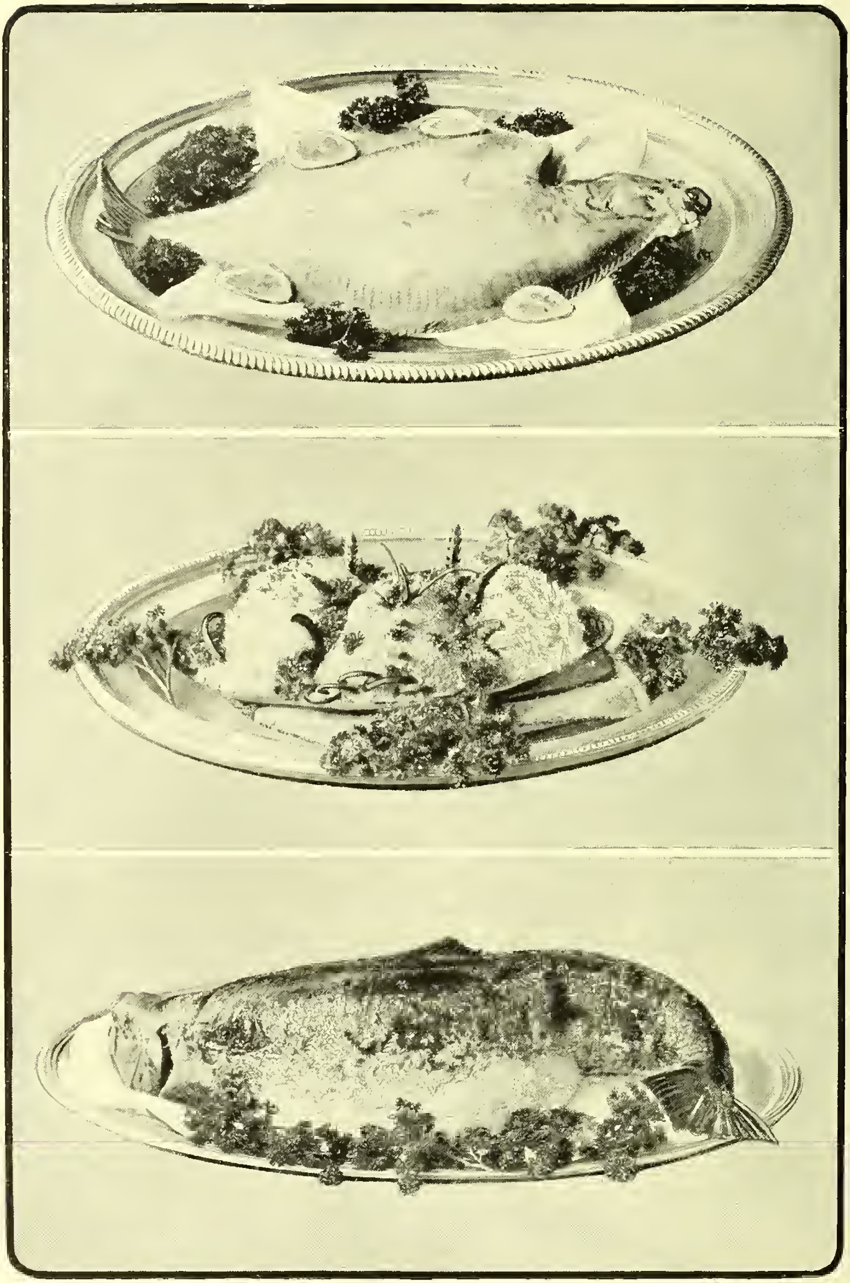
484.—FISH PIE. (*Fr.*—Pâté de Poisson.)

Ingredients.—1 lb. each of cold fish and mashed potatoes, 2 eggs, 1 tablespoonful of breadcrumbs, and 4 ozs. of finely-chopped suet, enough milk to reduce the mixture to the consistency of very thick batter, salt and pepper.

Method.—Chop the fish coarsely, mix it with the potatoes and suet, add a liberal seasoning of salt and pepper, the eggs and milk, and beat well. Turn into a greased pie-dish, and cook in a moderate oven for 1¼ to 1½ hours. Serve in the dish in which it is baked.

Time.—About 2 hours. **Average Cost,** 1s. to 1s. 6d., exclusive of the fish. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

FISH.



1. Boiled Turbot. 2. Dressed Crab. 3. Boiled Salmon (Curled).

485.—FISH PIE. (Another Method.)

Ingredients.—1 lb. of any cold fish, 2 ozs. of oiled butter, some mashed potatoes, 2 teaspoonfuls of anchovy-sauce, cayenne to taste.

Method.—Flake the fish, and season with the anchovy-sauce and cayenne. Put it in a well-buttered pie-dish, lay a little oiled butter over the top, fill up with the potatoes, and bake for 15 minutes.

Time.—20 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 persons. **Seasonable** at any time.

486.—FISH PUDDING. (*Fr.*—Pouding de Poisson.)

Ingredients.—1 lb. of any kind of white fish, 4 ozs. of finely-chopped suet, 2 ozs. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ of a pint of milk, or stock made from fish bones, 2 eggs, a few drops of anchovy-essence, salt and pepper.

Method.—Free the fish from skin and bones, and pound it well with the suet (when making it without the aid of a mortar, chop the fish finely, and rub it through a fine sieve) ; add the breadcrumbs, parsley, salt, pepper, anchovy-essence, and mix well ; beat the eggs slightly, add the milk or fish stock, and stir into the mixture. Have ready a well-greased plain mould or basin, put in the mixture, cover with a greased paper, and steam gently for nearly 1½ hours. Serve with anchovy, egg, or melted butter sauce.

Time.—Altogether 2 hours. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

487.—FISH SALAD. (*Fr.*—Salade de Poisson.)

Ingredients.—1 lb of cooked fish, celery, lettuce, Mayonnaise sauce, hard-boiled egg, salt, pepper.

Method.—Skin, bone, and shred some cold fish (almost any kind of white fish or salmon will do), put this in a large mixing bowl, add to it one-fourth its quantity of lettuce, washed and shredded, also one-fourth of white cleaned celery (if in season). Cut the celery into shreds or strips, mix all carefully, adding salt and pepper to taste. Arrange neatly in a salad bowl, and pour over some Mayonnaise dressing. Garnish tastefully with hard-boiled egg, cut into slices. When celery is not obtainable, use shredded chicory, endive or sliced tomatoes.

Time.—20 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

488.—FISH STEW. (*Fr.*—Ragoût de Poisson.)

Ingredients.—3 or 4 small flounders, plaice, or other white fish, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ⅛ of a teaspoonful of finely-grated lemon-rind, 2 eggs, ½ an oz. of butter, 1 small onion chopped, 1 tablespoonful of lemon-juice, mace, ginger, cayenne, pepper and salt.

Method.—Clean, wash and dry the fish, and cut it into neat fillets. Remove the skin and bones from some of the smaller pieces, and coarsely chop the fish, which should fill 2 tablespoons. To this add the breadcrumbs, parsley, lemon-rind; season with salt and pepper, bind with a little beaten egg, and shape into small balls. Melt the butter, fry the onion slightly, add a pinch each of ginger, mace and cayenne, and a little salt and pepper. Put in the filleted fish, barely cover it with hot water, bring to the boil, then lay the forcemeat balls on the top of the fish. Cover with a greased paper, to keep in the steam, simmer gently for 15 to 20 minutes, then transfer to a hot dish. Strain the liquor over the remainder of the beaten eggs, replace in the stewpan, season to taste, and add the lemon-juice. Stir by the side of the fire until the sauce begins to thicken, taking care that it does not boil, or it may curdle, then pour over the fish, and serve.

Time.—Altogether, about 1 hour. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 3 persons. **Seasonable** at any time.

489.—FLOUNDERS. (*Fr.*—Carrelets en Souchet.)

Ingredients.—3 or 4 flounders, ½ a carrot, ½ a turnip, 1 slice of parsnip, 6 peppercorns, 1 small onion, 1 small bunch of herbs, parsley, salt.

Method.—Cut the carrot, turnip and parsnip into very fine strips and cook them till tender in slightly-salted water or fish stock. Trim the fish, and place it in a deep sauté-pan, with the onion cut up in slices, the bunch of herbs and peppercorns, add a little salt, and pour on sufficient water to well cover the fish. Allow it to come to the boil, and cook gently for about 10 minutes. Take up the fish and place it on a deep entrée dish, sprinkle over the shredded cooked vegetables and some finely-chopped parsley, add a little of the fish liquor, and serve.

Time.— To cook 10 minutes. **Average Cost,** 1s. 6d. to 2s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** all the year, most plentiful from August to November.

490.—FLOUNDERS, BOILED. (*Fr.*—Carrelets bouillis.)

Ingredients.—1 medium-sized flounder, salt, vinegar.

Method.—Wash the fish, put it into a fish-kettle with just sufficient water to cover it, add salt and vinegar to taste, bring gently to the boiling point, and simmer for 5 or 10 minutes, according to the thickness of the fish. Serve with a suitable sauce.

Time.—After the water boils, 5 to 10 minutes. **Average Cost,** from 6d. to 1s. 6d. **Sufficient,** 6 ozs. to 8 ozs. per head, with bone. **Seasonable** all the year; most plentiful from August to November.

FLOUNDER (Fr. *carrelet* [*m*], *limande* [*f*]).—A flat-fish found in abundance on the British coasts, and near the mouths of large rivers. It also thrives in ponds. The flounder is brown on one side of its body and white on the other; its eyes are situated on the right side. The *dab* is closely allied to the flounder. The flounder is one of the commonest of fishes, and large quantities are sent to the London market. The flesh of the flounder is easily digested.

491.—FLOUNDERS, BROILED. (*Fr.* — Carrelets Grillés.)

Flounders, when sufficiently large, are very nice broiled on a gridiron over or in front of the fire, with a little butter rubbed over. Small plaice cooked in the same manner are excellent.

492.—FLOUNDERS, FRIED. (*Fr.*—Carrelets Frits.)

Ingredients.—Flounders, egg and breadcrumbs, boiling fat, fried parsley.

Method.—Cleanse the fish, and, 2 hours before they are required, rub them inside and out with salt, to render them firm. Wash and wipe them very dry, dip them into egg, and sprinkle over with breadcrumbs, fry them in boiling fat, dish on a folded napkin or fish paper, and garnish with fried parsley.

Time.—To fry, from 10 to 15 minutes, according to size. **Average Cost,** 3d. to 1s. each, according to size and season. Allow from 6 ozs. to 8 ozs. per head for breakfast ; rather less when served in the fish course of a dinner. **Seasonable** all the year ; most plentiful from August to November.

493.—FROGS, STEWED. (*Fr.*—Ragoût de Grenouilles.)

Ingredients.—6 or 8 frogs, salad-oil, ¼ of a pint of white wine, 2 tablespoonfuls of truffle liquor, 8 fresh button mushrooms, ¼ of a pint of brown sauce, salt and pepper.

Method.—The hind-quarters of the frogs alone are used, and they should be carefully separated from the rest of the body. Cover the bottom of a sauté-pan with a thin layer of salad-oil, and when thoroughly hot place in it the frogs' legs. Fry quickly for 2 or 3 minutes, turning the legs once during the process, but most carefully so as to avoid tearing the skin and flesh. Drain, place in a casserole, add the truffle liquor, mushrooms previously well-washed to free them from grit, and season to taste. Stew very gently for about 30 minutes, then transfer carefully to a hot dish, and strain the wine into a small stewpan. Boil quickly until well reduced, then add the brown sauce. Season to taste, make thoroughly hot, pour over the cooked frog, and serve.

494.—GARFISH, STEWED. (*Fr.*—Brochet à l'Anglaise.)

Ingredients.—2 medium-sized garfish, 1 onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1½ ozs. of butter, 1½ ozs. of flour, 1 pint of stock or water, salt and pepper.

Method.—Remove the skin, which would otherwise impart a disagreeable oily taste to the dish, and cut the fish into pieces 1½ inches long. Bring the stock or water to simmering point, put in the fish, onion, herbs, mace, cloves, and a little salt and pepper, and simmer gently for 20 minutes. Meanwhile melt the butter in a stewpan, add the flour, and stir and cook slowly for 10 minutes without browning. Strain the liquor from the fish on to the prepared butter and flour, stir until boiling, then season to taste, strain over the fish, and serve.

Time.—About ½ an hour. **Average Cost,** uncertain. **Sufficient** for 4 persons.

Note.—Garfish may also be boiled, broiled or baked, according to the recipes given for cooking eels and conger eels.

495.—GRAYLING, BAKED. (*Fr.*—Ombre rôti.)

Ingredients.—2 medium-sized grayling, ⅓ of a pint of melted butter, No. 202, butter for basting.

Method.—Empty, wash and scale the fish. Dry it well, place it in a baking-dish in which a little butter has been previously melted, and baste well. Season with salt and pepper, cover with a greased paper, and bake gently from 25 to 35 minutes, basting occasionally. Make the melted butter as directed, taking care that it is very thick, and a few minutes before serving strain and add the liquor from the fish. Place the fish on a hot dish, strain the sauce over, then serve.

Time.—From 25 to 35 minutes. **Average Cost,** uncertain. **Sufficient** for 4 persons. **Seasonable** in July and August.

496.—GRAYLING, BROILED. (*Fr.*—Ombre à la Diable.)

Ingredients.—4 small grayling, lemon-juice, salad-oil, salt and pepper.

Method.—Empty, scale, wash and thoroughly dry the fish. Brush it over with salad-oil, sprinkle with salt and pepper, and broil over a clear fire until sufficiently cooked and nicely browned. Serve garnished with quarters of lemon.

Time.—About 10 minutes. **Average Cost,** uncertain. **Sufficient** for 4 persons. **Seasonable** in July and August.

497.—GRAYLING, FRIED. (*Fr.*—Ombre frit.)

Ingredients.—4 small grayling, parsley sauce, No. 311, egg, breadcrumbs, frying-fat, flour, salt and pepper.

Method.—Empty, scale, wash and dry the fish, remove the gills and fins, but leave the heads. Roll in flour seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry in hot fat until nicely browned. Serve with parsley and butter sauce, or any other sauce preferred.

Time.—To fry, 8 or 9 minutes. **Average Cost,** uncertain. **Sufficient** for 4 persons. **Seasonable** in July and August.

The Roach (Fr. *gardon*).—This well-known fish is a member of the carp family, and is found throughout Europe and the western parts of Asia. It usually swims in shoals, and inhabits deep, still rivers. In colour it is greyish-green tinted with blue, with a silvery-white belly, and bright red fins. It is in season from March to September.

498.—GUDGEONS. (*Fr.*—Goujons Panés et Frits.)

Ingredients.—Gudgeons, egg, breadcrumbs, frying-fat.

Method.—Clean the fish and remove the gills, but do not scrape off the scales. Dry well, dip them in egg and breadcrumbs, and fry them in hot fat until nicely browned.

Time.—From 4 to 6 minutes to fry. **Average Cost,** 6d. per lb. Allow 2 or 3 per head. **Seasonable** from June to November.

The Gudgeon (Fr. *goujon*), a member of the carp family, is found in gently flowing streams and ponds. Its back is olive-brown with black spots, the abdomen white. The fins of the gudgeon are short and without spines; its tail is forked, its scales are large, and there is a small barbule or filament on either side of the mouth. The flesh of the gudgeon is firm and delicate, and very digestible. This fish was esteemed by both the Greeks and the Romans. It is abundant in France and Germany.

499.—GURNET, OR GURNARD. (*Fr.*—Gournal.)

Ingredients.—1 medium-sized gurnet, salt.

Method.—Clean and wash the fish, and cut off the fins and gills. Have ready just enough warm water to cover it, add salt to taste, put in the fish, bring slowly to near boiling point, and cook gently for 25 or 30 minutes. Serve with anchovy or parsley sauce.

Time.—To boil, from 25 to 30 minutes. **Average Cost,** from 1s. to 2s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** from October to March, but in perfection in October.

500.—GURNET, BAKED. (*Fr.*—Gournal au Four.)

Ingredients.—1 medium-sized gurnet, veal forcemeat (No. 413), 2 or 3 slices of bacon, butter, or fat for basting.

Method.—Empty and wash the fish, and cut off the fins and gills. Prepare the forcemeat as directed, put it inside the fish, and sew up the opening. Fasten the tail in the mouth of the fish, place it in a pie-dish or baking dish, baste well with hot fat or butter, cover with the slices of bacon, and bake in a moderate oven from 35 to 45 minutes. It may be served with either parsley or anchovy sauce.

Time.—Altogether, about 1 hour. **Average Cost,** from 1s. to 2s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** from October to March.

The Gurnet or Gurnard (Fr. *gournal*).—This sea-water fish is remarkable for its curiously angular shaped head, which is covered with bony plates, and armed with spines. The colour of the fins which varies in different species, is blue or red. The jaws are furnished with numerous small teeth. The grey and the red gurnet are the species most common to our British coasts. The flying gurnet is a denizen of the Indian seas, and is also found in the Mediterranean. The gurnet is an excellent table-fish.

501.—HADDOCK, BAKED. (*Fr.*—Eglefin au Four.)

Ingredients.—1 large fresh haddock, veal forcemeat (No. 412), 1 egg, brown breadcrumbs, fat for basting.

Method.—Wash, clean, and scale the fish. Make the forcemeat as directed, put it inside the haddock, and sew up the opening. Truss in the shape of the letter S. by means of a string securely fastened to the head of the fish, the trussing needle being passed through the body of the fish while held in the required shape, and the string afterwards secured to the tail. Brush over with egg, cover lightly with brown breadcrumbs, and bake in a moderate oven from 30 to 40 minutes, basting occasionally with hot fat. Serve with anchovy or melted butter sauce.

Time.—To prepare and cook, from 1 to 1¼ hours. **Average Cost,** from 1s. 2d. to 1s. 6d. **Sufficient** for 4 persons. **Seasonable** from August to February.

502.—HADDOCK, BOILED. (*Fr.*—Eglefin bouilli.)

Ingredients.—1 large fresh haddock, salt.

Method.—Clean and wash the fish, cover it with warm water, add salt to taste, bring to the boil, and cook gently from 20 to 30 minutes. Serve with anchovy, parsley, or melted butter sauce.

Time.—From 20 to 30 minutes. **Average Cost,** large haddocks, 8d. to 1s. **Sufficient** for 3 or 4 persons. **Seasonable** from August to February.

503.—HADDOCK, DRIED, AND TOMATOES. (*Fr.*—Merluche fumé aux Tomates.)

Ingredients.—1 small dried haddock, 1 oz. of butter, 2 or 3 small tomatoes, 1 teaspoonful of finely-chopped onion, ½ a teaspoonful of finely-chopped parsley, salt and pepper, boiled rice.

Method.—Lay the haddock in a tin with a little water, and bake it for 10 minutes, then take away the skin and bones, and separate the fish into large flakes. Melt the butter in a stewpan, fry the onion slightly, add the tomatoes sliced, and cook until soft. Now put in the fish and parsley, season to taste, and stir gently by the side of the fire until the fish is thoroughly hot. Arrange the boiled rice in a circle on a hot dish, and serve the fish in the centre of it.

Time.—25 to 30 minutes. **Average Cost,** 6d. **Sufficient** for 3 persons. **Seasonable** at any time.

504.—HADDOCKS, DRIED. (*Fr.*—Merluche fumé.)

Dried haddocks are best cooked either in the oven or on the top of the stove in a tin surrounded by a little water to create steam, which prevents the surface of the fish becoming hardened. Medium-sized ones should be cooked whole, and before sending to table an incision should be made from head to tail, and the backbone removed. The fish should be plentifully spread with butter, sprinkled with pepper, and served as hot as possible.

505.—HADDOCK, FRIED. (*Fr.*—Eglefin frit.)

Wash and dry a fresh haddock, cut down the back, separate the flesh from the bone, and cut into nice fillets. Brush over with egg, cover lightly with breadcrumbs, and fry until golden-brown in hot fat. Garnish with fried parsley.

THE HADDOCK (Fr. *eglefin*).—This well-known fish belongs to the same family (*Gadidae*) as the cod, which it much resembles in its general conformation. The lower jaw is furnished with a barbule, and the dark lateral line of the back is very conspicuous. A similar superstitution ascribes the dark spot on either side of the body, behind tbe pectoral fins, to the impression of the thumb and finger of St. Peter, as in the case of the marks on the John Dory. The haddock abounds on the north-east coast of Britain, and some parts of the coasts of Ireland. It is a popular article of food, and is eaten fresh, or dried and cured. The *Finnan haddock* is the common haddock cured and dried, and takes its name from the fishing village of Findhorn, near Aberdeen, which has obtained a high reputation for its method of curing haddocks.

506.—HAKE, BAKED.

Ingredients.—4 slices off a medium-sized hake, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, butter, salt and pepper, flour.

Method.—Wash and dry the fish, and place the slices side by side in a baking-dish. Dredge well with flour, season liberally with salt and pepper, spread over on the parsley and butter, and add about 1 oz. of butter in small pieces. Bake gently for ½ an hour, basting occasionally, then place the fish on a hot dish, strain the liquor over it, and serve.

Time.—About ½ an hour. **Average Cost,** 4d. per lb. **Sufficient** for 3 or 4 persons. **Seasonable,** April to August.

Note.—Any of the methods given for cooking cod and halibut may be applied to hake, but baking will be found the most palatable and satisfactory.

507.—HALIBUT, BAKED. (*Fr.*—Halibute rôtie.)

Ingredients.—2 lb. of halibut, cut in one thick slice, 1 oz. of butter or dripping, flour, salt and pepper.

Method.—Wash and dry the fish thoroughly, sprinkle it liberally with salt and pepper, and dredge well with flour. Place it in an earthenware baking-dish or pie-dish, add the butter in small pieces, and bake gently for about 1 hour. Serve on a hot dish with the liquid from the fish strained and poured round.

Time.—About 1 hour. **Average Cost,** 6d. to 1s. 6d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

THE HALIBUT (Fr. *flétan*), *Hippoglossus vulgaris*, also called the *holibut*, is the largest of the flat fish, and sometimes weighs over 400 lb. It is more elongated in shape than the turbot, to which it is inferior in quality, its flesh being dry and of less flavour, although it is much esteemed as a table-fish. Halibut is caught on both sides of the Atlantic on the coasts in northern latitudes, and is abundant off the Orkney Islands. The inhabitants of Greenland preserve it for use in the winter by cutting the fish into long strips and drying these in the air. The halibut is brownish in colour, with darker markings, and is white on the under surface. An oil is obtained from this fish, chiefly from the bones.

508.—HALIBUT, BAKED. (*Fr.*—Halibute au lard.)

Ingredients.—1 slice of halibut, about 2 inches thick, ham or bacon, butter, flour, salt and pepper.

Method.—Wipe the fish carefully, place it in a baking-dish in which a little butter has been melted, and season with salt and pepper. Dredge it liberally with flour, bake it in a moderate oven for 30 minutes, basting frequently, and occasionally dredging with flour, then cover the entire surface with rashers of bacon or ham. Continue to cook slowly for ½ an hour longer, then serve on a hot dish with the liquor strained over, and the ham or bacon arranged neatly round the base.

Time.—About 1 hour. **Average Cost,** 6d. to 1s. 6d. per lb. **Sufficient** for 3 or 4 persons. **Seasonable** all the year.

509.—HALIBUT, BOILED. (*Fr.*—Halibute bouilli.)

Ingredients.—3 or 4 lb. of halibut, ½ a pint of anchovy, No. 288, or shrimp sauce, or No. 314, 1 lemon, parsley, salt.

Method.—Add salt to hot water in the proportion of 1 oz. to 1 quart, put in the fish, bring slowly to boiling point, and simmer very gently from 25 to 30 minutes, or until the fish will part easily from the bone. Drain well, arrange on a hot serviette, garnished with slices of lemon and parsley, and serve the sauce separately.

Time.—To boil, from 25 to 30 minutes. **Average Cost,** 6d. to 1s. per lb. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

510.—HALIBUT, COQUILLES OR SCALLOPS OF. (*Fr.*—Coquilles de Halibute.)

Ingredients.—Cooked halibut, white sauce, No. 222, grated Parmesan cheese, salt and pepper, browned breadcrumbs, butter.

Method.—Flavour the sauce to taste with Parmesan cheese. Divide the fish into large flakes, put these into buttered scallop shells, cover with sauce, and sprinkle thickly with browned breadcrumbs. To each add 1 or 2 small pieces of butter, cook from 15 to 20 minutes in a moderate oven, and serve.

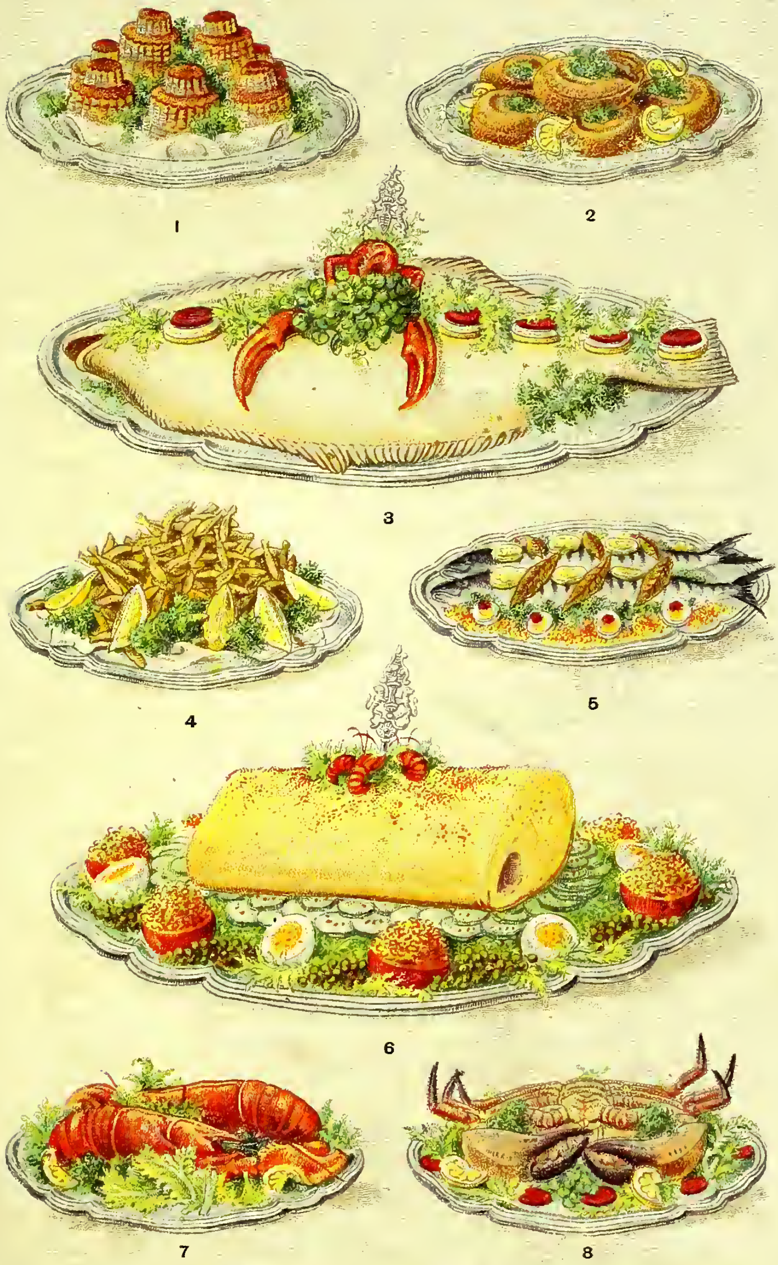
Time.—To prepare and cook, from 30 to 40 minutes. **Average Cost,** 1s. 3d. for 6 coquilles. Allow 1 for each person. **Seasonable** at any time.

511.—HALIBUT, FRIED. (*Fr.*—Halibute frite.)

Ingredients.—2 lb. of halibut, anchovy or shrimp sauce, No. 288 or 314, 1 egg, breadcrumbs, frying-fat, 1 tablespoonful of flour, ½ a teaspoonful of salt, ⅛ of a teaspoonful of pepper, parsley.

Method.—Divide the fish into small thin slices. Mix the flour, salt and pepper together, coat the pieces of fish lightly with the mixture, and afterwards brush them over with egg, and toss them in bread-

FISH.



1.—Oyster Patties. 2.—Whiting. 3.—Turbot. 4.—Whitebait. 5.—Mackerel.
6.—Mayonnaise Salmon. 7.—Lobster. 8.—Crab.

crumbs. Fry them in a deep pan of fat until crisp and lightly browned, or, if more convenient, in a smaller amount of hot fat in a frying-pan. Serve garnished with crisply-fried parsley. Send the sauce to table in a tureen.

Time.—To fry, 6 or 7 minutes. **Average Cost,** 6d. to 1s. 6d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

512.—HALIBUT, GRILLED. (*Fr.*—Halibute grillé.)

Ingredients.—Halibut, oiled butter, salt and pepper.

Method.—Divide the fish into slices not more than $\frac{3}{4}$ of an inch in thickness, brush them over with oiled butter, and sprinkle them with salt and pepper. Place the slices on a clean oiled gridiron, and cook over a clear fire for 10 or 12 minutes, turning them 2 or 3 times during the process. Serve with lemon, or any fish sauce that may be preferred.

Time.—From 10 to 12 minutes. **Average Cost,** 6d. to 1s. 2d. per lb. Allow 6 or 7 oz. per head. **Seasonable** at any time.

513.—HALIBUT PIE. (*Fr.*—Pâté de Halibute.)

Ingredients.—3 lb. of halibut, $\frac{1}{3}$ of a pint of white sauce (*see* sauces), No. 222, or 223, 1 teaspoonful of anchovy-essence, puff-paste, or rough puff paste, salt and pepper.

Method.—Make the sauce as directed, and add the anchovy-essence. Wash and skin the fish, remove all the bones, and divide it into 2-inch square pieces. Place these in a piedish with a good sprinkling of salt and pepper, and a little white sauce between each layer. Cover with paste, bake in a fairly hot oven for about 1 hour, then serve hot.

Time.—To bake, about 1 hour. **Average Cost,** 6d. to 1s. 2d. per lb. **Sufficient** for 8 persons. **Seasonable** at any time.

514.—HALIBUT PIE. (*Fr.*—Pâté de Halibute.) (Another Method.)

Ingredients.—3 lb. of halibut, 2 ozs. of butter, $\frac{1}{2}$ a pint of melted butter, No. 202, 1 teaspoonful of anchovy-essence, salt and pepper, rough puff-paste.

Method.—Remove all the skin and bone, and divide the fish into small thick slices. Place these in a piedish in layers, sprinkling each layer with salt and pepper, and intersperse small pieces of butter. Make the melted butter as directed, add the anchovy-essence, and season to taste. Pour the sauce over the fish, cover it with paste, and bake for about 1 hour in a moderately-hot oven.

Time.—To bake, about 1 hour. **Average Cost,** 6d. to 1s. 2d. per lb. **Sufficient** for 6 to 8 persons. **Seasonable** all the year.

515.—HALIBUT, STEWED.

Ingredients.—3 or 4 lb. of halibut, beer, 1 oz. of butter, 1 oz. of flour 1 small onion stuck with 2 cloves, 1 bay-leaf, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—This cooking process is particularly adapted for the head and shoulders. Wash and dry the fish thoroughly, put it into a stewpan, and barely cover it with beer. Add the onion, bay-leaf, and a little salt and pepper, and bring gently to boiling point. Knead the butter and flour smoothly together, add the mixture in small pieces to the contents of the stewpan when boiling, and simmer gently until the fish separates readily from the bone. Transfer the fish carefully to a hot dish, add the lemon-juice to the liquor, season to taste, strain and pour a little round the fish, and serve the rest separately.

Time.—To stew, about ½ an hour. **Average Cost,** 9d. to 1s. 2d. per lb. **Sufficient** for 7 or 8 persons. **Seasonable** all the year.

Note.—Halibut may also be cooked according to the numerous methods given for dressing cod.

516.—HERRINGS, BAKED, FRESH. (*Fr.*—Harengs Frais.)

Ingredients.—12 herrings, 2 bay-leaves, 12 allspice, 6 cloves, a good pinch of ground mace, salt and pepper, vinegar.

Method.—Wash the herrings in 3 or 4 waters, cut off the heads, and remove the gut. Place them in a pie-dish, heads and tails alternately, sprinkle each layer with salt and pepper, and and the flavouring ingredients. Cover the fish with vinegar, or, when vinegar is not much liked, with equal quantities of vinegar and water, and bake for 1½ hours in a very slow oven. Serve cold.

Time.—About 2 hours. **Average Cost,** 6d. to 1s. per dozen. **Sufficient** for 9 persons. **Seasonable,** May to November.

517.—HERRINGS, BAKED, FRESH.

Ingredients.—12 fresh herrings, salt and pepper, vinegar, 1 or 2 Spanish onions.

Method.—Wash the herrings in 3 or 4 waters, cut off the heads, split them open, and remove the gut and backbone. Season well with salt and pepper, and roll them up tightly, beginning with the neck of the fish. Pack the herrings closely in a pie-dish, cover them with thin slices of onion, half fill the dish with equal quantities of vinegar and water, and bake in a very slow oven for 2 hours. When done, remove the onion, but let the fish remain in the dish in which they were cooked until ready to serve.

518.—HERRINGS, FRESH, STUFFED AND BAKED.

Ingredients.—6 herrings, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 teaspoonful of chopped parsley, ¼ of a teaspoonful of grated lemon-rind, salt and pepper, milk.

Method.—Wash and split the herrings and remove the backbone. Mix the above ingredients to make a forcemeat ; season each herring with salt and pepper, spread on a thin layer of the forcemeat and roll up tightly, beginning with the neck. Pack closely in a greased pie-dish, cover with greased paper, and bake from 1 to 1¼ hours in a moderate oven. Serve hot.

Time.—1½ to 1¾ hours. **Average Cost,** 5d. to 6d. **Sufficient** for 5 persons. **Seasonable,** May to November.

The Herring (Fr. *hareng*) is widely distributed in the North Atlantic. During the greater part of the year this fish inhabits deep water, but in the summer and autumn it frequents in vast shoals the warmer waters of the coasts of Scotland and the eastern coasts of England for the purpose of spawning. The herring is one of the most prolific of fish, and notwithstanding the devastation caused to the shoals by the dog-fish, hake and gulls, and by the vast quantities of herring captured, the fecundity of this fish is such that no sensible decrease of its number is apparent. The herring fishery, especially that of the Scotch coasts and the eastern coasts of England, constitutes a most important industry. The flavour of the flesh of the herring varies in quality according to different localities ; those caught in the neighbourhood of Loch Fyne, on the west coast of Scotland, having the highest reputation for delicacy of flavour.

519.—HERRINGS, RED, OR YARMOUTH BLOATERS.

Method.—The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. Place them on a buttered gridiron, broil over or before a clear fire for 5 minutes turning frequently. The hard roe makes a nice relish if pounded in a mortar, with a little anchovy, and spread on toast. If very dry, soak the bloaters in warm water 1 hour before dressing.

Time.—5 minutes. **Average Cost,** 1½d. each. **Seasonable,** May to November.

520.—HERRINGS, POTTED.

Ingredients.—1 dozen large herrings, 1 pint of white vinegar, pepper and salt, 2 bay-leaves, clarified butter.

Method.—Remove the heads and tails from the herrings, wash, clean, and dry them, and sprinkle them inside and out with salt and pepper. Put the herrings in an earthenware dish, lay the roes beside them, and cover them with good white vinegar. Bake for 2 hours in a moderate oven, then take out the bones, strain off the vinegar, pound the flesh in a mortar, rub through a fine sieve, press into small pots, and pour clarified butter on the top.

Time.—2 hours. **Average Cost,** 6d. to 9d. per dozen. **Sufficient** for 4 pots. **Seasonable** from May to November.

521.—KEDGEREE.

Ingredients.—Any cold fish (dried haddock is generally preferred); to 1 lb. of fish allow ¼ of a lb. of rice, 2 hard-boiled eggs, 2 ozs. of butter, salt and pepper, cayenne.

Method.—Boil and dry the rice, divide the fish into small flakes, cut the whites of the eggs into slices, and rub the yolks through a wire sieve. Melt the butter in a stewpan, add to it the fish, rice, whites of eggs, salt, pepper and cayenne, and stir the ingredients over the fire until hot. Turn the mixture on to a hot dish, press it into a pyramidical form with a fork, decorate with the yolk of egg, and serve as hot as possible.

Time.—From 40 to 50 minutes. **Average Cost,** 10d. to 1s. 2d. Allow 1 lb. fish for 5 or 6 persons. **Seasonable** at any time.

522.—LAMPREY, BAKED. (*Fr.*—Lamproie au Four.)

Ingredients.—1 medium-sized lamprey, suet farce, No. 407, 1 egg, breadcrumbs, fat for basting, anchovy sauce or any other fish sauce preferred, 1 lemon.

Method.—Rub the fish well with salt, wash it in warm water, and remove the cartilage and strings which run down the back. Fill the body with the prepared farce, sew it up securely, and fasten round 2 or 3 thicknesses of buttered or greased paper. Cover the fish with hot water, boil gently for 20 minutes, then drain and dry well. Put it into a baking-dish, in which a little butter or fat has been previously melted, and baste well. Bake gently for about ½ an hour, basting frequently, then strip off the skin, brush the fish over with beaten egg, and coat it lightly with breadcrumbs. Bake the fish for about 20 minutes longer, or until nicely-browned, then serve it garnished with sliced lemon, and send the sauce to table in a tureen.

Time.—About 1¼ hours. **Average Cost,** uncertain. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

THE LAMPREY (Fr. *lamproie*) is an eel-like, scaleless fish, with gills in the form of a series of pouches on the side of the neck. Its mouth is circular, resembling a sucker, lined with a number of horny processes or teeth; it has no pectoral or ventral fins, but a median dorsal fin is continued backward to form a tail-fin. By its sucker-like mouth the lamprey attaches itself to its prey, from which it sucks the blood, respiration being carried on by the gills at the side of its neck. The lamprey was esteemed by the Romans, and during the Middle Ages it was regarded as a delicacy. Henry I. of England is said to have died from the effects of too free an indulgence in his favourite dish.

523.—LAMPREY, STEWED. (*Fr.*—Ragoût de Lamproie.)

Ingredients.—1 medium-sized lamprey, ¾ of a pint of stock or water, 1 glass of port or sherry, 1 oz. of butter, 1 oz. of flour, 1 lemon sliced, 1 teaspoonful of lemon-juice, 2 small onions sliced, 2 or 3 mushrooms or 6 button mushrooms, 1 bay-leaf, salt and pepper.

Method.—Wash thoroughly in salted warm water, remove the head, tail and fins, and cut the fish across into 2-inch lengths. Bring the stock or water to boiling point, put in the fish with the bay-leaf and necessary seasoning, and simmer gently for ¾ hour. Meanwhile melt the butter in another stewpan, fry the onion slightly, then add the flour, and fry slowly until well-browned. When the fish has stewed 1 hour, pour the liquor from it over the prepared butter and flour, stir until boiling, then put in the mushrooms, wine and lemon-juice. Place the fish in the prepared sauce, simmer gently for ½ an hour longer, serve with the sauce strained over, and garnish with slices of lemon.

Time.—To stew, about 1½ hours. **Average Cost,** uncertain. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

524.—LING, BAKED. (*Fr.*—Lingue Rôtie.)

Ingredients.—2 lb. of ling, 3 ozs. of butter, 1 oz. of flour, ¾ of a pint of milk, salt and pepper, ground mace.

Method.—Wash and dry the fish, and cut it into slices ¾ of an inch thick. Put these into a baking-dish, add 2 ozs. of butter, a good pinch of mace, a liberal seasoning of salt and pepper, cover with a dish or greased paper, and cook gently for 1 hour, basting occasionally. When the fish is rather more than half cooked, melt the remaining oz. of butter in a saucepan, add the flour, cook for 2 or 3 minutes, put in the milk, and stir until it boils. Pour the sauce over the fish and continue to cook gently until done.

Time.—About 1 hour. **Average Cost,** 5d. to 8d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable** from September to April.

The Ling (Fr. *lingue*).—This fish is captured in vast quantities off the Orkney, Shetland and Western Islands. It is also found off Flamborough Head and near the Scilly Islands. It is of the same species as the hake, and, like that fish, is both cheap and nourishing. It is highly esteemed in Yorkshire; and no doubt ling of medium size, when freshly caught, compare favourably with all the cheaper kinds of fish. Large ling are coarse; but they are usually salted, dried, and exported to the southern parts of Europe, where the live fish are not met with. In form the ling is not unlike the cod, but it is more slender, and grows to the length of 6 or 7 feet. When boiled it is insipid, but when fried or baked is both palatable and wholesome.

525.—LING, FRIED. (*Fr.*—Lingue Frite.)

Ingredients.—2 lb. of ling, 1 egg, breadcrumbs, frying-fat, salt and pepper, flour.

Method.—Wash and dry the fish, and cut it into slices, sprinkle them with salt and pepper, dredge well with flour, brush over with egg, and cover with breadcrumbs (when well coated with flour the fish browns nicely without the addition of egg and breadcrumbs). Fry in hot fat, drain well, and serve with a suitable fish sauce.

Time.—About 20 minutes. **Average Cost,** 5d. to 8d. per lb. **Sufficient** for 4 or 5 persons.

526.—LOBSTER IN ASPIC. (*Fr.*—Homard en Aspic.)

Ingredients.—1 large or 2 small lobsters, 1 pint of aspic jelly, 3 hard-boiled eggs, a large lettuce, a few tarragon leaves, capers, olives stoned, and truffles; oil and vinegar, pepper and salt, Mayonnaise sauce (*see* Sauces).

Method.—Put into a quart border mould enough melted aspic jelly to thinly cover it, and when it begins to set, arrange in it the flesh of the body and claws of the lobster (which should be cut into neat pieces) with a few tarragon leaves and capers, filling up the mould with the jelly. Well wash, dry, and shred the lettuce, and mix with it the remainder of the lobster, the oil and vinegar, with pepper and salt. When the mould is firmly set, turn it out and pile the salad in the centre, and around it as a border, masking it smoothly with a thick Mayonnaise sauce. Lastly, garnish the whole with the eggs cut up, the coral and the little claws of the lobster, the capers and truffles, etc.

Time.—About 2 hours. **Average Cost,** 3s. 6d., exclusive of sauce. **Sufficient** for 6 persons. **Seasonable** at any time.

The Lobster (Fr. *homard*) is found on most of the rocky coasts of Great Britain, many European shores, and on the coasts of North America. It is especially partial to clear water, and inhabits the crevices of the rocks at the bottom of the shore. The lobster belongs to the order *Decapoda*, to the section *Macroura*, or "long tailed," and is one of the "stalk-eyed" crustaceans. The body of the lobster is composed of twenty segments or joints, of which six belong to the head, eight to the thorax or chest, and six to the abdomen. Its tail is composed of several flat shell-like plates which, when spread out in the form of a fan, is used as an organ for swimming. The first pair of ambulatory limbs form the characteristic powerful claws, the pincers of which are furnished with knobs, and the lower part is serrated. By means of the former it is enabled to hold firmly the stalks of sub-marine plants, and with the latter it minces its food with great dexterity. The lobster is very prolific, and when in spawn the female is said to be "in berry," the developing eggs being attached to the tail. Unlike the crab, the young lobster does not undergo any metamorphosis in passing from the egg to the adult state. Like others of its tribe, the lobster casts its shell each year. It is usually caught by pots specially constructed, made of osiers, shaped somewhat like a wire mouse-trap, and baited with garbage. When the lobster enters the trap it cannot get out again. The traps are fastened to a cord and sunk in the sea, the place being marked by a buoy. In colour the lobster is of a deep bluish-black, mottled with markings of a lighter hue; on being boiled it changes to its familiar scarlet colour. Large quantities of lobsters are caught on the coasts of North America, and are exported in large quantities to this country. By the Fishery Act of 1877, no lobsters under 8 inches in length may be captured, and by some local bye-laws of the Sea Fisheries' Committee a close season is fixed.

527.—LOBSTER, BAKED. (*Fr.*—Homard au Gratin.)

Ingredients.—1 lobster, 1½ ozs. of butter, 2 or 3 tablespoonfuls of white sauce, 1 egg, the juice of ½ a lemon, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallots, brown breadcrumbs, nutmeg, salt and pepper.

Method.—Cut the lobster in two lengthwise, remove the meat from the shells, and mince it coarsely. Melt the butter in a stewpan, fry the shallots for 2 or 3 minutes without browning, then add the lobster, white sauce, parsley, lemon-juice, a pinch of nutmeg, as well as salt and pepper to taste; then stir over the fire until thoroughly hot. Beat the egg slightly, add it to the mixture, and cook until it begins to bind. Have ready the two halves of the large shell, put in the mixture, cover lightly with brown breadcrumbs, put 3 or 4 very small pieces of butter on the top, and bake for 10 or 15 minutes in a moderate oven. Garnish with fried parsley.

Time.—$\frac{1}{2}$ an hour. **Average Cost,** 2s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

528.—LOBSTERS, TO BOIL. (*Fr.*—Homards.)

Ingredients.—$\frac{1}{4}$ of a lb. of salt to each gallon of water.

Method.—Buy the lobsters alive, and choose those that are heavy and full of motion, which is an indication of their freshness. When the shell is encrusted, it is a sign they are old : medium-sized lobsters are the best. Have ready a stewpan of boiling water, salted in the proportion mentioned above, put in the lobsters and keep them boiling quickly from 20 to 45 minutes, according to their size, and do not forget to skim well. If boiled too long, the meat becomes thready, and if not done enough, the spawn is not red. Rub the shells over with a little butter or sweet oil, which must be wiped off again.

Time.—Small lobster, 20 minutes to $\frac{1}{2}$ an hour ; large ditto, $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. **Average Cost,** medium size, 1s. to 3s. 6d. **Seasonable** all the year, but best from June to September.

To Choose Lobsters.—This shell-fish, if it has been cooked alive, as it ought to have been, will have a stiffness in the tail, which, if gently raised, will return with a spring. Care, however, must be taken in thus proving it, for if the tail is pulled straight out, it will not return. In order to be good, lobsters should be weighty for their bulk ; if light, they will be watery : those of the medium size are always the best. They should be broad across the tail. The coral is red. The spawn is sometimes sold uncooked at 3d. per ounce, and is then dark green, but it becomes red on cooking. It should be rubbed through a sieve with a little butter. It is used to colour sauces for cutlets, etc. Small-sized lobsters are cheapest, and answer very well for sauce.

529.—LOBSTER, COQUILLES OF. (*Fr.*—Coquilles de Homard.)

Ingredients.—1 lobster, mushrooms, butter, white sauce (No. 222), salt, pepper, nutmeg, short crust paste, parsley.

Method.—Line some small shell-shaped moulds with light paste crust. After pricking the paste with a fork fill the lined moulds with uncooked rice or dried peas, and bake them in a moderate oven a golden-brown. When done, take out the rice or peas, and place the pastry shells on a sieve. Cut the meat of the lobster (preserved lobster of a reliable brand will do) into small dice, put it in a stewpan with some chopped mushrooms and butter, allowing 8 mushrooms and $\frac{1}{2}$ an oz. of butter to every $\frac{1}{2}$ lb. of lobster. Stir over the fire until thoroughly hot, then moisten with white sauce. Season with pepper, salt, a little grated nutmeg, and a pinch of cayenne. Keep the mixture hot in a bain-marie so that it is ready for use when required. Warm the baked shells in the oven, fill them with the mixture, strew over a little panurette (a preparation of grated rusks, used instead of lobster coral for decoration), or some fried breadcrumbs ; the former, however, makes the shells more effective. Dish up on small plates, and garnish with a sprig or two of parsley. A little anchovy-essence added to the mixture will improve the flavour considerably.

Time.—About 30 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 8 persons. **Seasonable** from April to October.

530.—LOBSTER CREAM (Hot). (*Fr.*—Crême de Homard, Chaude.)

Ingredients.—1 lobster, 1 oz. of butter, 2 ozs. of flour, ¼ of a pint of milk, ¼ of a pint of cream, the yolks of 2 eggs, salt and pepper, cayenne.

Method.—Melt the butter in a small stewpan, add the flour, pour in the milk, and stir over the fire until the panada (or culinary paste) leaves the sides of the stewpan clear, and forms a compact mass round the bowl of the spoon, then put aside to cool. Cut one claw of the lobster into small dice, and set aside until wanted ; pound the rest of the lobster in a mortar with the panada, yolks of eggs, and seasoning. Rub the mixture through a wire sieve into a basin, add the dice of lobster, and the cream (stiffly-whipped), and mix all well, but lightly, together. Turn into a well-buttered mould, cover with a buttered paper, and steam very gently for 1 hour. The saucepan must have a close-fitting lid to keep in the steam. The water should reach about half-way up the mould. Serve with a suitable sauce.

Time.—About 1¾ hours, altogether. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

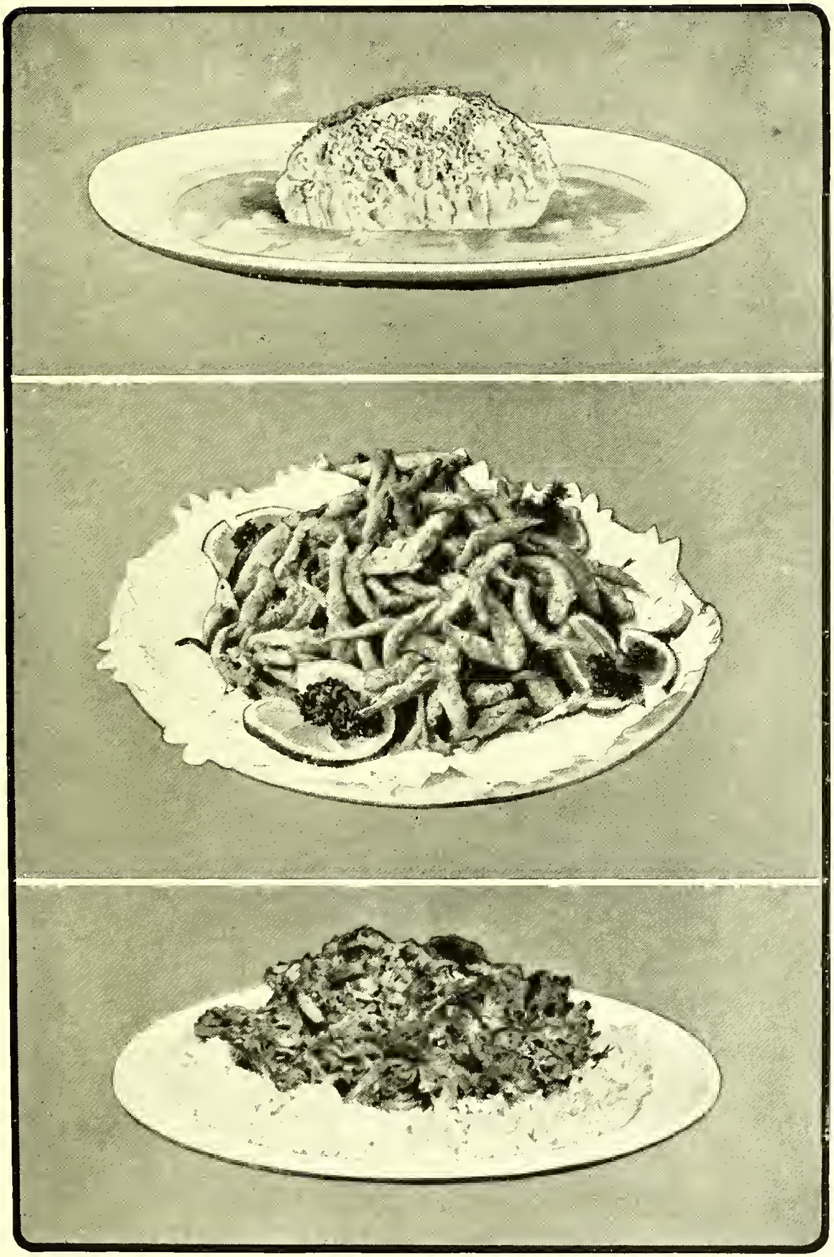
531.—LOBSTER CREAM (Cold). (*Fr.*—Mousse de Homard, à la Suprême.)

Ingredients.—1 small lobster, 2 whitings, 1 gill of cream, 2 ozs. of butter, 2 ozs. of flour, 1 gill of fish stock made from bones of the whitings, 4 eggs, salt, paprika pepper, cayenne.

Method.—Skin the whitings, remove the bones, and use the latter for the fish stock required. Split the lobster, take the meat from the shell, cut it into small pieces, pound it with the whitings together in a mortar, then pass through a wire sieve. Make a panada with 1 oz. of butter, 2 ozs. of flour, and the gill of fish stock, and work it thoroughly. Return the whiting purée to the mortar with the panada, mix well, and work in the yolks of 4 and the whites of 2 eggs. When well pounded pass all through a hair sieve, season with salt, paprika pepper, and a little cayenne. Whisk the 2 whites of eggs to a stiff froth, also whip the cream, and add to the mixture. Have ready a plain charlotte or soufflé mould, well buttered, three parts fill it with the above preparation, cover with buttered paper, place it in a stewpan containing some boiling water, and steam very gently for about ¾ of an hour. Serve very hot with Suprême sauce poured over the cream. A little more cream may be added to the mixture than the above given quantity if a richer dish is desired.

Time.—To steam about ¾ hour. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

FISH.



1. Boiled Cod with French Sauce. 2. Whitebait. 3. Savoury Haddock in Rice Border.

532.—LOBSTER CURRY. (*Fr.*—Homard au Kari.)

Ingredients.—1 lobster (or tinned lobster of a reliable brand), ¾ of a pint of fish stock and milk mixed, or all milk may be used, 1 tablespoonful of grated cocoanut, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, 1 teaspoonful of curry-paste, 2 ozs. of butter, 1 large onion, 1 apple (green gooseberries or rhubarb may be substituted), salt, lemon-juice.

Method.—Melt the butter in a stewpan, put in the onion (coarsely chopped), the flour and curry-powder, and fry these gently for 10 minutes. Add the stock, milk, curry-paste, cocoanut, sliced apple, and salt, stir the mixture until it boils, then cover closely, and simmer gently for 1 hour, stirring occasionally. Remove the flesh from the lobster, and cut it into inch-square pieces. When the sauce is ready, rub it through a fine sieve or strainer, return it to the saucepan, add seasoning to taste, and re-heat. Just before it reaches boiling point, put in the pieces of lobster, cover closely, and draw the stewpan to the side of the stove for 15 or 20 minutes, to allow the lobster to become hot and impregnated with the flavour of the sauce, add lemon-juice to taste, and serve with boiled rice.

Time.—About 2 hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** from April to October.

Note.—Crayfish, prawns and other fish may be curried according to the directions given above ; in all cases the fish must be cooked before being added to the sauce.

533.—LOBSTER CUTLETS. (*Fr.*—Côtelettes de Homard.)

Ingredients.—1 hen lobster, 1½ ozs. of butter, 1 oz. of flour, ¼ of a pint of milk or water, 1 tablespoonful of cream, 1 egg, breadcrumbs, salt, cayenne, parsley, frying fat.

Method.—Remove the flesh from the lobster, and chop it into small pieces. Pound the spawn (if any) with ½ an oz. of butter, and pass it through a hair sieve. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the milk, and boil well. Then add to it the lobster, cream, spawn, cayenne, and salt, mix well together, and turn on to a plate to cool. When the mixture is firm enough to mould, make it up into cutlets, cover them with egg and breadcrumb, and fry until nicely browned in hot fat. Dish in a circle, putting a piece of lobster feeler in each cutlet to represent a bone, and garnish with fried parsley.

Time.—About 2 or 2½ hours. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 9 or 10 small cutlets. **Seasonable** from April to October.

534.—LOBSTER CROQUETTES. (*Fr.*—Croquettes de Homard.)

For formula *see* Chicken Croquettes, or use recipe given in tinned food section.

535.—LOBSTER DEVILLED. (*Fr.*—Homard à la Diable.)

Ingredients.—1 good lobster, 3 tablespoonfuls of white breadcrumbs, a few browned breadcrumbs, 1½ ozs. of butter, 2 tablespoonfuls of white sauce or cream, cayenne.

Method.—Cut the lobster in two lengthwise, remove the meat carefully, as the large shell must be kept whole, and chop the meat finely. Melt the butter, pour it on to the lobster, add the breadcrumbs, and white sauce, season rather highly with cayenne, and mix well. Press the mixture lightly into the lobster shell, cover with browned breadcrumbs, put 3 or 4 pieces of butter on the top, and bake for about 20 minutes in a moderate oven. Serve hot or cold.

Time.—From 35 to 45 minutes. **Average Cost,** 2s. to 3s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

536.—LOBSTERS, TO DRESS.

Wash the lobster well before boiling, tie the claws securely, and throw the lobster, head first, into a saucepan of salted boiling water : this method instantly destroys life. Then boil the lobster gently from 20 to 40 minutes, according to its size, but avoid overcooking, which causes the flesh to become hard. When cool enough to handle, rub over with a little salad-oil to brighten the colour. When quite cold, break off the claws and tail, and divide the latter lengthwise by the line running from head to tail. Place the body upright in the centre of a dish, with one-half of the tail on either side, and at the ends arrange the claws, which should previously be cracked with a hammer without injuring the flesh. The dish should be garnished tastefully with parsley.

Time.—From 20 to 40 minutes. **Average Cost,** 1s. 3d. to 3s. 6d. each, according to size.

537.—LOBSTER, BAKED, FRENCH STYLE. (*Fr.*—Homard au Gratin.)

Ingredients.—1 lobster, 4 tablespoonfuls of white stock, 2 tablespoonfuls of cream, pounded mace and cayenne to taste, bread-crumbs, puff paste.

Method.—Pick the meat from the shell, and cut it up into small square pieces, put the stock, cream and seasoning into a stewpan, add the lobster, and let it simmer gently for 6 minutes. Serve it in the shell, which must be nicely cleaned, and have a border of puff-paste. Cover it with breadcrumbs, place small pieces of butter over, and brown before the fire, or with a salamander. If tinned lobster is used, a shallow pie-dish replaces the shell.

Time.—¼ of an hour. **Average Cost,** 2s. 6d. **Sufficient** for 4 persons. **Seasonable** at any time.

538.—LOBSTER MAYONNAISE. (*Fr.*—Mayonnaise de Homard.)

Ingredients.—1 large lobster, 4 filleted Gorgona anchovies, 1 hard-boiled egg, 6 stoned olives, 4 gherkins, a few slices of pickled beetroot, a tablespoonful of capers, 1 large or 2 small lettuces, Mayonnaise sauce.

Method.—Cut the lobster in two lengthwise, break the claws carefully, remove the meat intact, if possible, and cut the remainder of the lobster into small pieces. Wash and dry the lettuce, tear it into small pieces, put it into a bowl with the small pieces of lobster, and add gradually sufficient Mayonnaise to moisten the whole. Arrange this in the centre of a round dish in the form of a dome, mask it with very stiff Mayonnaise sauce, and surround it with pieces of hard-boiled egg. Garnish tastefully with strips of anchovy, strips or slices of gherkin, fancifully-cut pieces of beetroot, olives, and capers. Keep on ice until required, and serve as cool as possible

Time.—Half an hour. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 6 to 8 persons. **Seasonable** from April to October.

539.—LOBSTER PATTIES. (*Fr.*—Petits Pâtés de Homard.)

Ingredients.—1 lb. of puff-paste, 1 small lobster, 1½ ozs. of butter, ½ of an oz. of flour, the yolks of 3 eggs, ¼ of a pint of fish stock or milk (about), ½ a gill of cream, ½ a teaspoonful of lemon-juice, a few drops of anchovy-essence, cayenne, salt, parsley.

Method.—When giving the paste its last turn, roll it out to a thickness of ½ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 8 or 9 rounds of paste. Brush them over with a beaten egg, then make an inner ring to about ½ the depth of the paste with a 1-inch diameter cutter, previously dipped in hot water. Bake them in a hot oven from 20 to 25 minutes, then remove and take care of the tops, scoop out the soft inside, and keep the patty-cases warm. Melt the butter in a stewpan, add the flour, and cook a few minutes, then pour in the fish stock or milk, and stir until the sauce boils. Simmer for 10 minutes, add the cream, yolks of eggs, lemon-juice, anchovy-essence, and seasoning to taste, simmer gently until the yolks of the eggs thicken, then pass through a cloth or fine sieve. Return to the stewpan, put in the lobster (cut into dice); when thoroughly hot put into the cases, put on the covers, garnish with parsley, and serve.

Time.—$\frac{1}{2}$ hour after the paste is made. **Average Cost,** 1s. 8d., exclusive of the paste. **Sufficient** for 8 or 9 patties. **Seasonable** from April to October.

540.—LOBSTER, POTTED. (*Fr.*—Terrine de Homard.)

Ingredients.—2 lobsters, 6 ozs. of butter, ground mace, grated nutmeg, salt and pepper.

Method.—Remove the meat carefully from the shell, keeping the pieces as large as possible. Put them into a baking-dish with $\frac{1}{2}$ of the butter, add a sprinkling of mace and nutmeg, season well with salt and pepper, cover with a dish or 2 or 3 folds of well-greased paper, and bake in a gentle oven for about 1 hour. Lift the pieces of lobster carefully into small pots, and pack them as close together as possible, otherwise a large amount of butter will be required. Strain the butter over them, and when cold cover with clarified butter.

Time.—1$\frac{1}{4}$ to 1$\frac{1}{2}$ hours. **Average Cost,** for this quantity, 3s. 6d. to 4s. 6d. **Sufficient** for 5 or 6 small pots.

541.—LOBSTER, RAGOÛT OF. (*Fr.*—Ragoût de Homard.)

Ingredients.—1 large lobster, 1 gill of white sauce, No. 222, $\frac{1}{2}$ a gill of fish stock or water, 2 yolks of eggs, 1 oz. of butter, mace, pepper and salt.

Method.—Remove the flesh from the shell, keeping it as whole as possible, and divide into pieces 1 inch square. Pound the spawn in a mortar with the butter, add a pinch of mace and salt and pepper to taste, and pass the mixture through a fine sieve. Put the sauce and stock into a stewpan, boil up, season to taste, and add the yolks of eggs, spawn, butter and lobster. Cook gently for a few minutes to remove the raw taste of the eggs, then serve.

Time.—About $\frac{1}{2}$ an hour. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 5 or 6 persons. **Seasonable,** from April to October.

542.—LOBSTER RISSOLES. (*Fr.* — Rissoles de Homard.)

Ingredients.—1 small lobster, puff-paste trimmings, 1 yolk of egg 1 or 2 tablespoonfuls of white sauce or fish sauce, $\frac{1}{2}$ a teaspoonful of finely-chopped parsley, cayenne, egg and breadcrumbs, frying-fat.

Method.—Remove the flesh of the lobster from the shell, and chop it finely. Put it into a saucepan with the yolk of egg, white sauce, parsley, and a pinch of cayenne, and stir over the fire until thoroughly hot. Season to taste, turn it on to a plate, and put aside until cold. Roll the paste out as thinly as possible, stamp out into rounds about 2 inches in diameter, and place a little of the lobster preparation in the centre of each. Moisten the edge of the paste with cold water, fold over in a half-moon shape, and coat carefully with egg and breadcrumbs, or, if preferred, egg and crushed vermicelli. Have ready a deep pan of hot fat, fry the rissoles to a golden-brown colour, then drain well, dish up and serve.

Time.—About 2 hours. **Average Cost,** 1s. 3d to 1s. 10d. **Sufficient** for about 10 rissoles. **Seasonable** at any time.

543.—LOBSTER SALAD. (*Fr.*—Salade de Homard.)

Ingredients.—1 hen lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing : 4 tablespoonfuls of oil, 2 tablespoonfuls of vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs, cayenne and salt to taste, $\frac{1}{4}$ of a teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy sauce.

Method.—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly mix it in the small salad. Blend all well together with the meat of the lobster. Pick the meat from the claws, cut it up into nice square pieces, put half in the salad, and reserve the other half for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs, chop the whites finely, and rub the yolks through a sieve. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolks and whites of the eggs, coral and beetroot placed alternately, and arrange in small separate groups, so that the colours contrast nicely. Tinned lobsters may be used.

Time.—About 20 minutes. **Average Cost,** 3s. 6d. **Sufficient** for 6 persons. **Seasonable** from April to October.

Note.—A few crayfish make an effective garnish to lobster salad.

544.—MACKEREL, BAKED. (*Fr.*—Maquereau Farci à la Maître d'Hôtel.)

Ingredients.—2 mackerel of medium size, veal forcemeat (*see* Forcemeats), 1 oz. of butter or sweet dripping, pepper and salt, flour.

Method.—Clean the fish, take out the roes, put in the forcemeat, and sew up the opening. Put them with the roes into a baking-dish, add the butter or dripping, dredge with flour, sprinkle well with salt and pepper, and bake from 30 to 40 minutes, basting occasionally. Serve with parsley sauce, or melted butter sharpened by the addition of lemon-juice, and finely chopped parsley.

Time.—About 1 hour altogether. **Average Cost,** 6d. to 9d. each. **Sufficient** for 4 or 5 persons. **Seasonable** from April to July.

545.—MACKEREL, BOILED, WITH PARSLEY SAUCE. (*Fr.*—Maquereau Bouilli.)

Ingredients.—2 mackerel, water, salt, parsley sauce (No. 311).

Method.—Remove the roes, wash the fish, put them into the fish-kettle, with just sufficient hot water to cover them, and add salt to taste. Bring the water gently to near boiling point, then draw the kettle aside, and cook very gently for about 10 minutes. If cooked too quickly, or too long, the skin is liable to crack, and spoil the appearance of the fish. It is a sure indication that the fish is sufficiently cooked when the skin becomes loose from the flesh. Drain well, place the mackerel on a hot dish, pour over them a little parsley sauce, and serve the remainder separately in a tureen. Fennel and anchovy sauces may also be served with boiled mackerel.

Time.—From 10 to 15 minutes. **Average Cost,** 6d. to 9d. each. **Sufficient** for 5 or 6 persons. **Seasonable** from April to July.

THE MACKEREL (Fr. *maquereau*) is not only one of the most elegantly shaped, but one of the most beautifully coloured of the fish that frequent our coasts. The characteristic metallic lustre of its body is familiar to all. The mackerel is a migratory fish, and visits in enormous shoals the coasts of England in May and June, and those of Scotland in July and August. It is captured by means of drift-nets, in which it is caught by entangling its head in the meshes. The mackerel spawns in May and June. The Romans were acquainted with this fish, and made from its fat the celebrated " sarum," or " relish." The mackerel rarely exceeds the weight of 2 lb. ; its ordinary length is between 14 and 20 inches. When taken out of the water it dies immediately, and for a short time emits a phosphorescent light.

546.—MACKEREL, BROILED. (*Fr.* — Maquereau Grillé.)

Ingredients.—1 large mackerel, a little salad-oil, or butter, salt and pepper.

Method.—Do not wash the fish, but wipe it clean and dry. Split it down the back, sprinkle it well with seasoning, and brush lightly over with salad-oil or warm butter. The fish has a more delicate flavour if wrapped in a well-buttered paper, but it may be broiled without it. The fire must be clear, and the fish should be turned frequently. Allow 15 to 20 minutes for a mackerel of medium-size, and a few minutes longer when broiled in paper. Serve with Maître d'Hôtel butter or Maître d'Hôtel sauce (No. 200).

Time.—15 to 25 minutes. **Average Cost,** from 6d. to 10d. **Sufficient** for 2 or 3 persons. **Seasonable** from April to July.

547.—MACKEREL, FILLETS OF. (*Fr.*—Filets de Maquereau à la Béchamel.)

Ingredients.—2 medium-sized mackerel, ¾ of a pint of Béchamel sauce, 1½ ozs. of butter, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Wash, dry, and fillet the fish. Melt the butter in a sauté-pan, and fry the fillets without browning them. Remove the fish and keep it hot, put in the Béchamel sauce, and bring nearly to boiling point ; then return the fish to the stewpan, cover closely, and simmer gently for 10 minutes. Remove the fish carefully to a hot dish, add the lemon-juice to the sauce, season if necessary, and strain over the fish.

Time.—About ½ an hour. **Average Cost,** 6d. to 1s. **Sufficient** for 4 persons. **Seasonable** from April to July.

548.—MACKEREL, PICKLED. (*Fr.*—Maquereau Mariné.)

Ingredients.—2 or 3 mackerel, ½ a pint of vinegar, water, 12 peppercorns, 2 bay-leaves, allspice, salt and pepper.

Method.—Clean and wash the fish and take out the roes. Place the mackerel in an earthenware baking-dish with the roes (mackerel are best in that part of the season when the roes are not full grown), sprinkle them well with salt and pepper, add the bay-leaves, allspice, peppercorns, vinegar, and about ¼ of a pint of water, cover with a greased paper, and bake in a cool oven for nearly 1 hour. Let them remain in the liquor until required.

Time.—About 1 hour. **Average Cost,** 6d. to 1s. each. **Sufficient** for 4 or 5 persons. **Seasonable** from April to July.

549.—MACKEREL, SMOKED. (*Fr.*—Maquereau fumé.)

Ingredients.—Mackerel, common salt, to each 8 ozs. of which add 1 oz. of saltpetre.

Method.—Clean and open the fish, empty the inside and dry thoroughly. Cover thickly with salt and saltpetre, let them remain from 24 to 36 hours, according to size, then drain well. Hang the mackerel in a row by means of a stick pushed through the sockets of the eye, and dry them in the sun or expose them to the heat of the fire for a day or two. If the ordinary means of smoking in the chimney are available they should be employed; if not, half fill an old cask, open at both ends, with sawdust, put a red-hot iron in the middle of it, and suspend the fish across the cask, which must be covered to keep in the smoke. In about 30 hours the fish will be ready.

550.—MULLET, GREY. (*Fr.*—Surmulet.)

Ingredients.—4 grey mullet.

Method.—Clean the fish, and, if very large, place them in warm salted water; if small, they may be put into hot water, and cooked gently for 15 or 20 minutes. Serve with anchovy or melted butter sauce.

Time.—From 15 to 20 minutes. **Average Cost,** 1s. 9d. to 2s. Allow 1 small mullet to each person. **Seasonable** all the year, but best from July to October.

THE GREY MULLET (Fr. *surmulet*) is quite a different fish from the red mullet, which belongs to the family of the *Mullidae*. The grey, or true mullet, of the family *Mugilidae*, is found round the English coasts, and attains to the length of 18 to 20 inches.

551.—MULLET RED, GRILLED, MAÎTRE D'HÔTEL STYLE. (*Fr.*—Rougets grillés à la Maître d'Hôtel.)

Ingredients.—3 or 4 fish, salad-oil, maître d'hôtel or parsley butter, salt and pepper.

Method.—Procure 3 or 4 fresh red mullet, wipe them with a damp cloth, and make 3 or 4 incisions across each fish with a sharp knife. Put the fish on a dish, pour over them 3 or 4 tablespoonfuls of salad-oil, season with salt and pepper, and let them stand thus for about 1 hour. Meanwhile, prepare some *Maître d'Hôtel* butter, made with 1 oz. of butter, chopped parsley, and lemon juice. See that the gridiron is perfectly clean, and the fire suitable for grilling. Grease the gridiron, place the red mullet on it, and cook them slowly over, or in front of, a bright fire, turning frequently. When done put some Maître d'Hôtel butter on a dish, place the red mullets upon this, spread a little more Maître d'Hôtel butter on top of each fish, garnish with fresh parsley, and serve hot.

Time.—To grill, from 10 to 12 minutes. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time, but best in the in summer.

552.—MULLET RED, GRILLED. (*Fr.*—Rougets Grillés.)

Ingredients.—3 moderate-sized fish, 2 ozs. of butter, 1 dessertspoonful finely-chopped parsley, pepper and salt, the juice of a lemon.

Method.—After cleaning the fish, replace the livers with some finely-chopped parsley and seasoning, mixed with butter. Wrap each fish in an oiled paper, sprinkling over them some of the seasoning, and grill them over a red fire, holding a salamander above so as to avoid turning them. When done, squeeze the juice of the lemon over them, and serve.

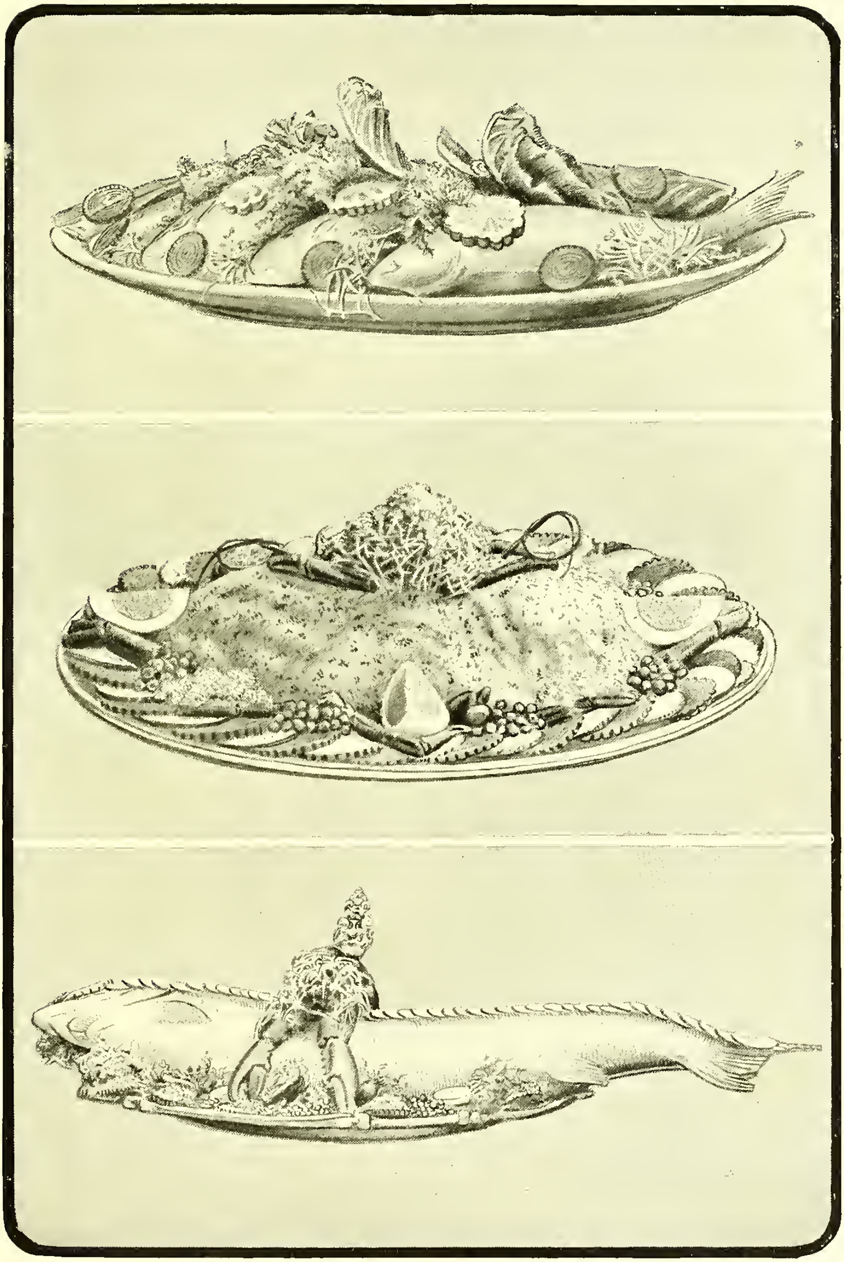
Time.—To grill, from 10 to 12 minutes. **Average Cost,** 2s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time, but most plentiful in summer.

553.—MULLET RED, IN CASES. (*Fr.*—Rougets en Papillottes.)

Ingredients.—4 small red mullet, ½ an oz. of butter, ½ an oz. of flour, ½ a teaspoonful of anchovy sauce, a glass of sherry, salt, cayenne, oiled paper.

Method.—Clean the fish, remove the fins and gills, but leave the inside, as the liver is considered the choicest part of the fish. Fold each mullet in oiled or buttered paper, and bake gently from 20 to 25 minutes. Knead the butter and flour smoothly, add it, together with the anchovy essence and the sherry, to the liquor which has oozed from the fish,

FISH.



1. Red Mullet. 2. Lobster Salad. 3. Salmon.

season to taste, and simmer for 10 minutes. Serve the fish without the paper, and the sauce in a sauce boat.

Time.—About 35 minutes, altogether. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 4 persons. **Seasonable** at any time, but more plentiful in summer.

554.—MULLET, RED, WITH TARTAR SAUCE. (*Fr.*—Rougets Sauce Tartare.)

Method.—Prepare and cook the fish as in the preceding recipe, but without the paper cases, or grill them, and serve with Tartar sauce (*see* Sauces, No. 213).

555.—MUSSELS. (*Fr.*—Moules.)

Ingredients.—1 quart of mussels, 1 oz. of butter, ½ an oz. of flour, the yolks of 2 eggs, 1 tablespoonful of vinegar, 1 teaspoonful of chopped parsley, salt and pepper.

Method.—Brush the shells thoroughly, and wash the mussels in several waters. Put them into an iron saucepan without water (or into a steamer). Sprinkle with a little salt, spread a clean wet cloth over them, cover, and let them cook in the steam until the shells open a little. Take them out of the shells, and strain the liquor into a basin. Carefully remove the little weed which is found under the black tongue. Melt the butter, add the flour, and cook for 3 or 4 minutes, then pour in the mussel liquor, and stir until it boils. Cool slightly, then add the yolks of the eggs, vinegar and parsley, season to taste, and stir by the side of the fire until the eggs thicken. Put in the mussels to re-heat, and serve in the sauce.

Time.—About ½ an hour. **Average Cost,** 8d. to 10d. **Sufficient** for 2 or 3 persons. **Seasonable** all the year, but best in winter.

556.—OYSTERS DEVILLED. (*Fr.*—Huîtres à la Diable.)

Ingredients.—1 dozen oysters, 1 oz. of butter, cayenne, salt, lemon, brown bread, butter.

Method.—Open the oysters carefully so as to preserve as much of the liquor as possible, and leave them in their shells. Sprinkle them lightly with salt, and more liberally with cayenne, and to each one add a small piece of butter. Place the oysters on a gridiron over a clear slow fire until thoroughly heated, then serve with sliced lemon and thin brown bread and butter.

Time.—4 minutes, to cook. **Average Cost,** 2s. per dozen. **Seasonable** from September to April.

557.—OYSTERS, FRICASSÉED. (*Fr.*—Fricassée aux Huitres.)

Ingredients.—18 large oysters, 2½ ozs. of butter, ¾ of an oz. of flour, 1 gill of white stock, ¼ of a gill of cream, the yolks of 3 eggs, 1 teaspoonful of lemon-juice, salt, nutmeg, white pepper, 10 small heart-shaped slices of fried bread.

Method.—Open the oysters, preserve the liquor, remove the beards, put the oysters in a stewpan with 1 oz. of butter and a little oyster liquor. Season with a pinch of salt, a grating of nutmeg, and a pinch of pepper. Stir over the fire for 2 minutes and strain. Melt the remaining 1½ ozs. of the butter in a stewpan, stir in the flour, cook slightly without browning and dilute with the liquor from the oysters, the remainder of the oyster liquor, and the stock. Stir until it boils, simmer for about 10 minutes, then add the cream, the yolks of the eggs, and the lemon-juice, and stir the mixture over the fire a few seconds longer to bind the yolks. Pass the sauce through a fine strainer or tammy-cloth, put it in a saucepan with the oysters, heat thoroughly, but on no account allow it to boil. Serve on a hot dish, garnished with croûtes of fried bread and a few sprigs of parsley.

Time.—About 15 minutes. **Average Cost,** 3s. 6d. **Sufficient** for 6 persons. **Seasonable** from September to April.

558.—OYSTERS, FRIED. (*Fr.*—Huîtres frites.)

Ingredients.—1 dozen oysters, fritter batter, ½ a teaspoonful of finely-chopped parsley, ¼ of a saltspoonful of grated lemon rind, frying-fat.

Method.—Blanch the oysters in their own liquor, strain just before boiling point is reached, drain and dry them well. Make the batter as directed, and add the parsley and lemon-rind. Dip each oyster separately in the batter, fry in hot fat until crisp and lightly browned, then drain well and serve.

Time.—To fry, about 4 minutes. **Average Cost,** 2s. per dozen. **Seasonable** from September to April.

559.—OYSTER FRITTERS. (*Fr.*—Beignets aux Huîtres.) (Another Method.)

Ingredients.—12 large oysters, 3 ozs. of flour, ¼ of a pint of tepid water, 1 tablespoonful of salad-oil or oiled butter, the whites of 2 eggs, salt, frying-fat.

Method.—Make a batter by stirring the water and salad-oil, gradually into the flour; when perfectly smooth add the salt, and lastly the stiffly whipped whites of eggs. Beard the oysters, dip them in the batter, and fry them in hot fat until they acquire a golden-brown colour.

Time.—½ an hour. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 6 persons. **Seasonable** from September to April.

The Oyster (Fr. *huître*).—This delicious mollusc is the type of the family *Otsraeidae*, the members of which are characterized by their inequivalve shells, i.e., one half or valve being larger than the other. The valves are connected with a bundle of strong nerves in the body of the oyster, and by their means the bivalve is able to hold its shells tightly together. The oyster is most prolific, its fertilized eggs are known as *spat*, and enormous quantities of ova are produced from May to September. The spat on becoming free consists of a tiny body enclosed within a minute shell, and is furnished with filaments by which it first swims freely about, and then fixes itself to some substance. The oyster, which possesses a complete digestive system, consisting of a mouth, stomach, intestine and liver, obtains its food from the minute organisms or particles of matter which flow into its mouth by the currents of water which pass through its gills. From the time of the Romans, who highly appreciated the oysters of Britain, this shell-fish has been a favourite delicacy, not only for its rich flavour, which depends upon its feeding ground, but also for the nutritive qualities it possesses, making it especially useful for invalids. Oysters attain their full growth in about three years, and in their attached state form " oyster-beds " ; the most celebrated of those in England are the Whitstable and Colchester beds. Oysters are largely cultivated in France, Denmark, Holland, Portugal, and America, and large quantities are imported into Great Britain from the Continent and the United States. Owing to over-dredging, the oyster-beds of England and France have become seriously impaired. Special laws relating to the capture and preservation of oysters are in force, and the oyster fishery is under the control of Fishery Boards, subject to the Board of Trade. The close time for deep-sea oysters is from June 15 to August 4, and for other kinds from May 14 to August 4.

560.—OYSTER FRITTERS. (*Fr.*—Beignets aux Huîtres.) (Another Method.)

Ingredients.—12 oysters, 12 small thin slices of bacon, ½ a lemon parsley, frying-fat, frying-batter.

Method.—Sprinkle the oysters with lemon-juice, and roll each one in a slice of bacon just large enough to enclose it. Make the batter as directed, No. 559, put in the prepared oysters one or two at a time, take them out on the point of a skewer, drain slightly, and at once drop them into hot fat. Fry a pale golden-brown colour, drain well, and serve garnished with crisply-fried parsley.

Time.—To fry, about 4 minutes. **Average Cost,** 2s. per dozen.

561.—OYSTERS, TO KEEP.

Place them in a tub or other suitable vessel, cover with salt and water, let the oysters remain undisturbed for 12 hours, then drain off the water. Allow them to stand another 12 hours without water, then repeat the process until required for use.

562.—OYSTERS, MARGUERITE STYLE. (*Fr.*—Huîtres à la Marguerite.)

Ingredients.—1 dozen large oysters, ½ a stick of celery (white part only), 1½ ozs. of butter, 1 glass of sherry, 1 teaspoonful of cornflour, 24 large picked shrimps, a little stock, lemon-juice, seasoning, and chopped parsley.

Method.—Beard the oysters, cut them in halves, and blanch them in their own liquor, which should be preserved. Wash and trim the celery, using only the white portions, chop it up rather finely, and drain well on a cloth. Melt 1 oz. of butter in the chafing-dish or small stew-pan, add the celery, and fry for about 10 minutes. Then add the wine, the oysters, and their liquor, and season with salt and pepper. Mix the cornflour with a little cold stock, and incorporate this with the oysters, etc. Stir until it boils, adding a little more stock to moisten. Flavour with a few drops of lemon-juice, and add the shrimps. Put in the remainder of the butter, and cook very gently for 5 minutes. Sprinkle with chopped parsley, and serve from the chafing-dish.

Time.— 20 minutes. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 3 or 4 persons. **Seasonable** from September to April.

563.—OYSTERS, MARINER'S FASHION. (*Fr.*—Papillons d'Huîtres, à lá Marinière.)

Ingredients.—18 sauce oysters, ½ glass Chablis, 1 tablespoonful of chopped parsley, 1 tablespoonful of chopped shallots, 1 oz. of fresh breadcrumbs, 1 oz. of butter, ½ a lemon, salt and pepper.

Method.—Beard the oysters, and put them with their liquor in a pie-dish; pour the white wine over them, and let it stand for about an hour. Mix the parsley, chopped shallots, and breadcrumbs, and season to taste with salt and pepper. Range the oysters in a buttered fireproof baking-dish, pour over a little of the liquor and wine, and cover with the mixture of breadcrumbs, etc. Divide the remainder of the butter into small pieces, and place them on top. Bake in a fairly hot oven for about 15 minutes. Squeeze a little lemon-juice on top, and send to table in the baking-dish.

Time.—To bake, about 15 minutes. **Average Cost,** 2s. 9d. to 3s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from September to April.

564.—OYSTER OMELET. (*Fr.* — Omelette aux Huîtres.)

Ingredients.—6 eggs, 6 oysters, 1 tablespoonful of white sauce or fish sauce, 1 tablespoonful of milk, salt and pepper, 1 oz. of butter.

Method.—Blanch the oysters in their own liquor without allowing them to boil, then divide them in halves or quarters, and mix with them the sauce, and seasoning to taste. Beat the eggs well, add the milk, and salt and pepper to taste. Melt the butter in an omelet pan, when hot pour in the eggs, stir until the mixture begins to set, then place the oyster preparation in the centre, fold the sides in, finish cooking, and serve.

Time.—Altogether, 20 minutes. **Average Cost,** 1s. 6d. to 2s. 6d.

565.—OYSTER PATTIES. (*Fr.*—Petites Bouchées aux Huîtres.)

Ingredients.—1 lb. of puff-paste, 24 oysters, 2 ozs. of butter, 1 oz. of flour, the yolks of 3 eggs, ¼ of a pint of fish stock or milk (about), ½ a gill of cream, ½ a teaspoonful of lemon-juice, salt and pepper, parsley.

Method.—When the paste has had the necessary number of turns, roll it out to a thickness of about ½ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 8 or 9 rounds of paste. Brush these over with beaten egg, then make an inner ring to about half the depth of the paste with a cutter 1 inch in diameter, previously dipped in hot water. Bake them in a hot oven for 20 or 25 minutes, then remove and take care of the tops, scoop out the soft inside, and keep the patties warm until required. Meanwhile put the oysters and their liquor into a saucepan, let them come to the boil, drain them, put the liquor aside, remove the beards, and cut each oyster in two. Melt the butter in a stewpan, add the flour, and cook for 3 or 4 minutes, add the oyster liquor with enough milk to make half a pint, and stir until the sauce boils. Simmer for 10 minutes, add the cream, the yolks of the eggs, lemon-juice, and seasoning to taste ; simmer again gently until the yolks of the eggs thicken, then pass through a tammy-cloth or fine sieve. Re-heat, add the oysters, and when thoroughly hot, place in the puff-paste cases, put on the covers, garnish with parsley, and serve.

Time.—½ an hour after the paste is made. **Average Cost,** about 2s. 6d., exclusive of the paste. **Sufficient** for 8 or 9 patties. **Seasonable** from September to April.

566.—OYSTER SAUSAGES.

Ingredients.—12 sauce oysters, 1 lb. of veal, ¼ of a lb. of suet finely-chopped, 1 thick slice of bread, 1 egg, butter or dripping for frying, salt and pepper.

Method.—Open the oysters, preserve the liquor, remove the beards, and cut the oysters into very small pieces. Strain the liquor over the bread, let it soak until soft, then drain off any unabsorbed liquor, and beat the bread with a fork until no lumps remain. Pass the veal 2 or 3 times through a mincing-machine, add the suet, bread, salt and pepper to taste, and lastly the oysters and egg. The preparation may be improved by being well pounded in a mortar, but it is not absolutely necessary. When ready, press into skins, or shape in the form of small sausages, roll lightly in flour seasoned with salt and pepper, and fry in hot butter or fat.

Time.—Altogether, 1½ hours. **Average Cost,** 2s. 3d.

567.—OYSTERS, SCALLOPED. (*Fr.* — Escalopes aux Huîtres.)

Ingredients.—24 oysters, 1 oz. of butter, 1 oz. of flour, ¼ pint of white stock, 2 tablespoonfuls of cream, pepper, salt, breadcrumbs, butter.

Method.—Remove the beards of the oysters and simmer them about 10 minutes in the oyster liquor. Have the oysters ready in a small basin, strain the liquor on to them, and cover the basin to keep in the steam. Melt the butter in a stewpan, add the flour, cook for 2 or 3 minutes, then pour in the stock and the oyster liquor, and stir until the sauce boils. Simmer for 2 or 3 minutes, to ensure the flour being thoroughly cooked, then add the cream and the oysters, and season to taste. Have ready some well-buttered scallop-shells, in which the oysters should be served, fill them with the oysters and the sauce, cover with breadcrumbs, pour on a little melted butter, and bake in a quick oven just long enough to brown the surface.

Time.—Altogether, 30 to 35 minutes. **Average Cost,** 3s. 3d. to 3s. 9d. **Sufficient** for 6 persons. **Seasonable** from September to April.

568.—OYSTER SOUFFLÉ (*Fr.*—Soufflé aux Huîtres.)

Ingredients.—2 small whitings, 6 large sauce oysters, 1½ ozs. of flour, 2 ozs. of butter, about ½ pint of milk, ½ gill of cream, ½ a teaspoonful of anchovy-essence, 3 eggs, seasoning.

Method.—Skin the whitings, remove all the meat from the bones, and pound it in a mortar. Melt the butter in a stewpan, add the flour, and cook a little without browning ; moisten with the milk and oyster liquor, stir briskly until quite smooth, then add the cream. Cook a little longer, but stir all the while. Remove the beards from the oysters, cut the latter into dice, and put them into the mixture ; season to taste with salt, pepper and nutmeg, work in the yolks of the eggs, the anchovy-essence, and the pounded fish. Whisk the whites of the eggs to a stiff froth, and mingle them carefully with the mixture. Three parts fill a well-buttered soufflé tin or Charlotte mould, steam for about 45 minutes. Remove from the mould, and serve with a white sauce.

Time.—To steam, about 45 minutes. **Average Cost,** 2s. **Sufficient** for 6 persons. **Seasonable** from September to April.

569.—OYSTER SOUFFLÉS, Small. (*Fr.*—Petits Soufflés aux Huîtres.)

Ingredients.—6 large sauce oysters, 2 eggs, ¼ pint of milk (about) 1 oz. of butter, 1 oz. of flour, salt, pepper.

Method.—Remove the beards of the oysters, simmer them in the oyster liquor for 10 minutes, and cut the oysters into small pieces. Melt the butter in a stewpan, stir in the flour, add the milk, boil well, then let it slightly cool. Separate the whites of the eggs from the yolks, and whisk them to a stiff froth ; add the yolks one at a time to the contents of the saucepan, and beat well. When thoroughly mixed put in the oysters, oyster liquor, add seasoning to taste, and lastly the whites of the eggs, which must be added as lightly as possible to the mixture. Have ready some well-buttered china cases, half fill them with the mixture, and bake for about 15 minutes in a moderately hot oven, or steam them over a saucepan of boiling water for 20 minutes. The soufflés may be baked in paper cases, but the latter must previously be well buttered or oiled.

Time.—Altogether, about 40 minutes. **Average Cost,** 1s. 6d. Allow 8 soufflés for 6 persons. **Seasonable** from September to April.

570.—OYSTER VOL-AU-VENT. (*Fr.*—Vol-au-Vent aux Huîtres.)

Ingredients.—1 lb. of puff-paste, 24 oysters, 2 ozs. of butter, 1 oz. of flour, the yolks of 3 eggs, ¼ of a pint of fish stock or milk (about), ½ a gill of cream, ½ a teaspoonful of lemon juice, salt and pepper, parsley.

Method.—Roll out the paste as directed in the preceding recipe. Take a large, fluted oval cutter, dip it into hot water, and stamp out 2 pieces of paste. Remove the centre of one piece of paste with a hot wet smaller cutter. Wet the edge of the piece of paste which is intact, place the ring of paste on the top of it, and brush the surface with yolk of egg. Bake in a hot oven ; when done, scoop out a little of the inside, fill with the oyster mixture (see oyster patties), and decorate with a little lobster coral and parsley.

Time.—To bake, about 20 minutes. **Average Cost,** 3s. to 3s. 6d., exclusive of the paste. **Sufficient** for one vol-au-vent. **Seasonable** from September to April.

571.—PERCH, BOILED. (*Fr.*—Perche bouilli.)

Ingredients.—4 perch, salt.

Method.—The peculiarity of the perch is the difficulty experienced in removing its scales. Sometimes it is boiled and the scales removed afterwards, but a better plan is to plunge the fish for 2 or 3 minutes into boiling water, and then scale it. Before boiling, the fish must be washed in warm water, cleaned, and the gills and fins removed. Have ready boiling water to cover the fish, add salt to taste, and boil them gently from 10 to 20 minutes, according to their size. Serve with Hollandaise or melted butter sauce.

Time.—10 to 20 minutes. **Average Cost,** 6d. to 1s. each. **Sufficient** for 4 or 5 persons. **Seasonable** from May to February.

Note.—Tench may be boiled the same way, and served with the same sauces.

The Perch (Fr. *perche*).—This is one of the best and most common of fresh-water fish found in nearly all the rivers and lakes of Britain and Ireland, and the whole of Europe within the temperate zone. It is extremely voracious, and has, contrary to the usual nature of fresh-water fish of prey, the peculiarity of being gregarious. The teeth of the perch are numerous and large ; its scales are *ctenoid*, or comb-shaped ; the gill-cover and dorsal fin are furnished with spines ; the tail and pectoral fins are of a bright red colour. May to the middle of July is the best season for angling for perch. Large numbers of this fish are bred and preserved in the ponds of Hampton Court and Bushey Park. The perch possesses great vitality, and will live for a considerable time out of water if its gills be kept moist. The bass is frequently called the sea-perch. The Climbing Perch of India, by a remarkable arrangement of the cells of the pharyngeal bones, which retain moisture in the gills for a considerable period, is able to migrate overland in search of a fresh supply of water when the pools in which it has been living are dried up. It progresses by means of its stiff spiny fins. The name " climbing perch " has been given to the fish from the supposition that it climbs the rough stems of the palm-trees.

572.—PERCH, FRIED. (*Fr.*—Perche frite.)

Ingredients.—4 perch, egg, breadcrumbs, frying-fat, salt, pepper, flour.

Method.—Scale, clean, wash, and dry the fish thoroughly. Sprinkle with salt and pepper, dredge well with flour, brush over with beaten egg, and cover them with breadcrumbs. Have ready some hot fat, fry the fish until nicely browned, drain well, and serve with anchovy, shrimp, or melted butter sauce.

Time.—About 20 minutes. **Average Cost,** from 6d. to 1s. each. Allow 1 medium-sized fish to each person. **Seasonable** from May to February.

573.—PERCH, STEWED. (*Fr.*—Perche au Vin Blanc.)

Ingredients.—4 perch, ½ a pint of good stock, ¼ of a pint of white wine, 2 ozs. of butter, 1 oz of flour, 1 dessertspooonful of finely-chopped parsley, 1 dessertspoonful of finely-chopped onion, ½ a teaspoonful of anchovy-essence, 1 bay-leaf, a bouquet-garni (parsley, thyme, bay-leaf), 1 clove, salt and pepper, lemon-juice.

Method.—Scale, clean, and wash the fish, and remove the fins and gills. Melt half the butter in a stewpan, fry the onion without browning, then add the stock, wine, anchovy-essence, bay-leaf, bouquet-garni, and clove, and simmer for 10 minutes. Put in the fish, and let them cook gently for about 10 minutes, then lift them out carefully on to a hot dish, and keep them warm. Melt the remaining oz. of butter in a stewpan, stir in the flour, and cook for 2 or 3 minutes, then add the liquor (strained), in which the fish was cooked, and stir until it boils. Add the parsley and lemon-juice, season to taste, and pour over the fish.

Time.—About 30 minutes. **Average Cost,** 6d. to 1s. each. Allow 1 medium-sized fish to each person. **Seasonable** from May to February.

574.—PIKE, BAKED. (*Fr.*—Brochet Farci.)

Ingredients.—1 small pike (about 4 lb.), 4 ozs. of veal forcemeat (No. 412), 1 egg, brown breadcrumbs, butter, or fat for basting.

Method.—Wash, clean, and scale the fish, and remove the fins and gills. Fill the inside with forcemeat, sew up the opening, brush over with beaten egg, and cover with breadcrumbs. Sometimes the fish is trussed in a round shape, the tail being fastened in the mouth by means of a skewer. Before putting the fish in the oven it should be well basted with hot fat or butter, and as this fish is naturally dry it must be frequently basted, and kept covered with a greased paper while cooking. Bake gently from 40 to 45 minutes, and serve with a suitable sauce.

Time.—Altogether, about 1 hour. **Average Cost,** about 2s. 6d. **Sufficient** for 8 to 10 persons. **Seasonable** from September to February.

575.—PIKE, BOILED. (*Fr.*—Brochet Bouilli.)

Ingredients.—1 pike, salt, vinegar.

Method.—Pour boiling water over the fish until the scales look dull, then plunge it into cold water, and remove the scales at once with the back of a knife. Empty the fish, remove the gills and fins, and wash well. Have ready a fish-kettle of warm water, add salt and vinegar to taste, put in the fish, and boil gently until the fish separates easily from the bone (one weighing 4 lb. would require about 25 or 30 minutes). Serve with Hollandaise, anchovy, or melted butter sauce.

Time.—According to size, from ½ to 1 hour. **Average Cost,** 3d. to 6d. per lb. **Sufficient** for 8 persons. **Seasonable** from September to February.

THE PIKE (Fr. *brochet*).—On account of its voracity, the pike is frequently called the "fresh-water shark." The common pike occurs in the rivers and lakes of Europe, especially in the northern parts and North America. In Russia and Lapland it attains to large dimensions. The body of the pike is long, of an olive-brown colour, tinted with green above and silvery-white below; the lower jaw projects, and is furnished with numerous strong teeth. The pike spawns in the spring; its young are called "jack" and "luce." The fishing season for pike is from May to February, the fish being caught by nets, lines, and "trimmer" lines. Owing to its extreme voracity the pike commits great depredation among other fish, and is especially harmful to trout. It is a very long-lived fish, and frequently attains to a great age. In Scotland the pike is called the "gedd." The flesh of the pike is considered to be very wholesome, but it is somewhat dry.

576.—PIKE, CRIMPED AND FRIED. (*Fr.*—Brochet recrépi.)

Ingredients.—Pike, egg, breadcrumbs, frying-fat, salt, piquant, anchovy or brown caper sauces.

Method.—Pike for this purpose should be fairly large and quite fresh. Scale and clean the fish thoroughly, cut it into ½-inch slices, and cover these with very cold water. Let them remain until the flesh becomes sufficiently firm, then dry well, and rub lightly with flour seasoned with salt and pepper. Brush over with beaten egg, coat carefully with breadcrumbs, and afterwards fry in hot fat until lightly browned. Drain well, garnish with crisply-fried parsley, and serve the sauce separately.

Time.—½ hour. **Average Cost,** 3d. to 6d. per lb. **Seasonable** at its best, from September to March.

577.—PIKE, FILLETS OF, ITALIAN STYLE. (*Fr.*—Filets de Brochet à l'Italienne.)

Ingredients.—1 medium-sized pike, 1½ ozs. of butter, ⅓ of a pint of brown sauce, No. 233, 2 tablespoonfuls of tomato purée, 2 tablespoonfuls of sherry, salt and pepper.

Method.—Clean, skin and cut the fish into neat fillets. Melt the butter in a baking-dish, put in the fish, baste it well, and sprinkle liberally with salt and pepper. Cover with a greased paper, cook gently for 15 minutes, then add the sauce, tomato purée and sherry. Continue to cook slowly for about 20 minutes, then transfer the fish very carefully to a hot dish, and strain the sauce over. If liked, the baking-dish may be rubbed over with a cut clove of garlic before putting in the fish.

Time.—About 40 minutes. **Average Cost,** 3d. to 6d, per lb. **Seasonable** from September to March.

578.—PIKE, STEWED. (*Fr.*—Brochet en compôte.)

Ingredients.—1 small pike, slices of bacon, 1 oz. of butter, ½ a pint of stock or water, 1 glass of sherry, salt and pepper.

Method.—Wash, clean and dry the pike, place it in a stewpan, in which the butter has been previously melted, and cover with slices of bacon. Put on a close-fitting lid, let the fish cook in the steam for 15 minutes, then add the stock and wine, and season to taste. Simmer very gently for about ½ an hour, then serve on a hot dish with the gravy strained round.

Time.—To stew, about ½ an hour. **Average Cost,** 3d. to 6d. per lb. **Seasonable** from September to March.

579.—PILCHARDS.

Pilchards are rarely found on the British shores, except at St. Ives, Mount's Bay, Mevagissy, and one or two other places on the coast of Cornwall and Devon. The pilchard may be distinguished from the herring by the fin, which is exactly in the middle of the back, while in the herring it is nearer to the tail. The taste of the pilchard is similar to that of the herring, but it is more oily. Pilchards quickly lose their freshness, and therefore are not often sent uncured to any great distance from the places where they are caught. In a cured condition they are largely exported. Pilchards may be dressed according to the directions given for cooking herrings.

580.—PLAICE, BAKED. (*Fr.*—Plie Farcie.)

Ingredients.—1 medium-sized plaice, 2 tablespoonfuls of white breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of mixed herbs, a pinch of nutmeg, salt and pepper, 1 egg, pale browned breadcrumbs, a little fat or butter, milk.

Method.—Mix the white breadcrumbs, suet, parsley, herbs and nutmeg together, season well with salt and pepper, add ½ the egg, and enough milk to thoroughly moisten the whole. Make an incision down the centre of the fish as for filleting, raise the flesh each side as far as possible, and fill with the forcemeat. Instead of drawing the sides of the fish close together, fill up the gap with forcemeat, and, with a knife, flatten the surface to the level of the fish. Brush over with the remaining half of the egg, cover lightly with the pale browned breadcrumbs, place a few small pieces of butter on the top, and bake from 20 to 30 minutes in a moderate oven. Serve with a suitable sauce.

Time.—To prepare and cook, from 35 to 40 minutes. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** all the year.

Note.—The forcemeat may be varied by using shrimps or oysters (*see* Fish Cakes).

The Plaice (Fr. *plie*) is one of the commonest species of the *Pleuronectidae*, or flat-fishes, and is found in large quantities on the coasts of England, and the Baltic and Mediterranean seas. Its upper side is brown with red or orange spots. The plaice feeds near the bottom of the sea, and is caught by trawl nets. Although less delicate in flavour than the sole, the plaice is a favourite fish food.

581.—PLAICE, FILLETS OF, WITH WINE SAUCE. (*Fr.*—Filets de Plie au Vin Blanc.)

Ingredients.—1 medium-sized plaice, a glass of Chablis or Sauterne wine, 6 mushrooms, 1 blade of mace, 2 ozs. of butter, 2 shallots, ¾ oz. of flour, 1 gill fish stock, the yolk of 1 egg, pepper and salt.

Method.—Take the black skin off the fish, remove the fillets, trim these as neatly as possible, and cut each into 2 or 3 fillets of an even size. Place these in a buttered sauté-pan, season with pepper and salt, moisten with the wine and about a tablespoonful of mushroom liquor ; add also the blade of mace, and the shallots, peeled and cut in two. Cover the fillets with a piece of buttered paper, and cook in a moderately heated oven for about 15 minutes, or less, according to the thickness of the fish. In the meantime, prepare a white roux or, thickening, with the remaining butter and the flour, moisten with a gill of fish stock, a little hot milk, and the liquor from the fillets, stir the roux until it boils, and let it simmer for 10 minutes. Cut the mushrooms into slices. Season and strain the sauce, add the yolk of the egg, heat up long enough to bind the ingredients together, then add the mushrooms. Dish up the fish, pour the sauce over the fillets, garnish and serve.

Time.—About ½ an hour. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 4 or 5 persons. **Seasonable** all the year round.

582.—PLAICE, FRIED. (*Fr.*—Plie Frite.)

Ingredients.—1 medium-sized plaice, egg, breadcrumbs, frying-fat, flour, salt and pepper, parsley.

Method.—Wash, dry, and fillet the fish, and cut it into pieces convenient for serving. Season a good tablespoonful of flour rather highly with salt and pepper, and in it dip each piece of fish, then brush over with egg, cover with breadcrumbs, and fry in hot fat until nicely browned. Garnish with fried parsley, and serve with anchovy, shrimp, or melted butter sauce.

Time.—To prepare and cook, about ½ an hour. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** all the year round.

583.—PLAICE, FRIED. (Another Method.)

Ingredients.—1 medium-sized plaice, flour, salt and pepper, frying-fat or oil.

Method.—Prepare the fish as in the preceding recipe, but instead of coating the fish with egg and breadcrumbs, slip each piece into a thick smooth batter made of flour and water.

Time.—To fry, about 10 minutes. **Average Cost,** 1s. to 1s. 4d. **Sufficient** for 3 or 4 persons. **Seasonable** all the year round.

584.—PLAICE, OR SOLES, ROLLED.
(*Fr.*—Paupiettes de Plie.)

Ingredients.—1 plaice or 2 soles, lemon-juice, pepper and salt, ½ a shallot, 1 bay-leaf, parsley, 2 cloves, 1 oz. of butter, 1 oz. of flour, ½ a pint of fish stock, (1 gill of milk, 1 gill of water, 1 tablespoonful of cream).

Method.—Fillet the plaice, season the fillets with salt, pepper, and lemon-juice. Roll them, and put them on a greased baking-sheet with a greased paper over them. Put the bones into a stewpan with the milk and water, bay-leaf, parsley stalks, cloves, and shallot, and simmer for 20 minutes. Melt the butter, add the flour, and cook for a few minutes, then add the fish stock, and stir the ingredients until they boil. Bake the rolled fillets for about 10 minutes or until cooked sufficiently, and season to taste. Dish them neatly on a hot dish, strain the sauce over, sprinkle a little chopped parsley on the top, and serve very hot.

Time.—To bake, from 5 to 10 minutes. **Average Cost,** 1s. 3d. to 1s. 6d., when plaice is used. **Sufficient** for 5 to 6 persons. **Seasonable** all the year round.

585.—TO BOIL PRAWNS, OR SHRIMPS.
(*Fr.*—Crevettes.)

Method.—Prawns should be very red, and have no spawn when cooked; much depends on their freshness, and the way in which they are cooked. Throw them into boiling water, salted, and keep them boiling for about 7 or 8 minutes. Shrimps should be done in the same way, but less time must be allowed. It may easily be known when they are done by their changing colour. Care should be taken that they are not over-boiled, as they then become tasteless and indigestible.

Time.—Prawns, about 8 minutes ; shrimps, about 5 minutes. **Average Cost,** prawns, 9d. to 1s. 6d. per dozen ; shrimps, 4d. to 6d. a pint. **Seasonable** all the year.

The Prawn (Fr. *crevette*) is a crustacean allied to the lobsters and crabs, and resembles the shrimp in its appearance, but it is much larger and more delicate in flavour. Its colour is light orange-grey and the body is almost transparent ; it changes to red when boiled, and becomes opaque. The prawn abounds in various parts of the English coast, especially in the south and south-west.

586.—PRAWNS, CURRY OF. (*Fr.*—Crevettes à l'Indienne.)

Ingredients.—2 dozen prawns, 1½ ozs. of butter, 1 dessertspoonful of curry powder, 1 dessertspoonful of flour, 1 sour apple coarsely-chopped, 1 small onion sliced, 1 tablespoonful of cocoanut grated, 1 teaspoonful of lemon-juice, ½ a pint of stock, salt.

Method.—Shell the prawns and put them aside. Melt the butter in a stewpan, fry the onion without browning, then add the curry-powder and flour, and fry slowly for at least 20 minutes. Add the stock, apple, cocoanut, and a little salt, simmer gently for ½ an hour, then strain and return to the stewpan. Season to taste, add the lemon-juice, put in the prawns, and when thoroughly hot serve with well-boiled rice.

Time.—About 1 hour. **Average Cost,** 2s. 6d. to 6s., according to the size of the prawns. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

587.—PRAWNS, TO SERVE.

In the centre of a dish place a dariol mould, or a small basin when a larger base is required, and cover it with a small serviette. Arrange the prawns around in the form of a pyramid, garnish with tufts of parsley, and serve.

588.—PRAWNS, OR SHRIMPS, POTTED. (*Fr.*—Terrine de Crevettes.)

Ingredients.—1 quart of fresh prawns or shrimps, ¼ of a lb. of fresh butter, cayenne, pounded mace or nutmeg, a little salt.

Method.—The fish should be perfectly fresh and as large as possible. Boil, then shell them and divide them slightly, and pound to a paste in a mortar with the butter and seasoning. Rub through a fine sieve, press into small pots, cover with clarified butter, and when cold tie down closely.

Time.—8 minutes, to boil the prawns. **Average Cost,** 1s. 3d. to 2s. **Seasonable** at any time.

589.—SALMON BAKED, ITALIAN STYLE. (*Fr.*—Saumon étufé à l'Italienne.)

Ingredients.—About 2 lb. of salmon (middle), 2 small shallots (peeled and chopped), 1 teaspoonful of chopped parsley, salt and pepper, grated nutmeg, 1 small glass of claret, Génoise or tomato sauce.

Method.—Cut the fish into 2 or 3 even-sized slices, place these on a well-buttered baking-tin or sauté-pan. Season with salt, pepper, and a little grated nutmeg, sprinkle over the chopped shallots and parsley, and place the remainder of the butter on top of the fish. Moisten with the wine, and bake for about 15 minutes, basting the fish frequently. When done, dish up, and pour some Génoise or tomato sauce over the slices of salmon. The essence left in the pan in which the fish was baked must be utilized for flavouring the sauce.

Time.—To cook, about 15 minutes. **Average Cost,** 3s. 6d. **Sufficient** for 8 persons. **Seasonable** from April to August.

590.—SALMON, BOILED. (*Fr.*—Saumon bouilli.)

Ingredients.—Salmon. For the court-bouillon (or highly-seasoned fish stock), allow to each quart of water 1 dessertspoonful of salt, 1 small turnip, 1 small onion, ½ a leek, 1 strip of celery, 6 pepper-corns, a bouquet-garni (parsley, thyme, bay-leaf).

Method.—Put into the fish-kettle just enough water to cover the fish, and when boiling add the prepared vegetables, and cook gently for 30 minutes. In the meantime, wash, clean, and scale the fish, and tie it loosely in a piece of muslin. Remove any scum there may be on the court-bouillon, then put in the fish and boil gently until sufficiently cooked (the time required depends more on the thickness of the fish than the weight ; allow 10 minutes for each lb. when cooking a thick piece, and 7 minutes for the tail end), then drain well, dish on a folded napkin, garnish with parsley, and serve with sliced cucumber, and Hollandaise, or other suitable sauce.

Time.—From 7 to 10 minutes per lb. **Average Cost,** from 1s. 3d. to 2s. 6d. **Sufficient,** allow from 4 to 6 ozs. per head. **Seasonable** from April to August.

591.—SALMON, BOILED. (*Fr.*—Saumon bouilli.)
(Another Method.)

Ingredients.—Salmon, salt, boiling water.

Method.—Scale and clean the fish, and put it into the fish-kettle with sufficient boiling water to just cover it, adding salt to taste. The boiling water is necessary to preserve the colour of the fish. Simmer gently until the fish can be easily separated from the bone, thus ensuring its being thoroughly cooked, otherwise it will be unwholesome, but on the other hand, if over-cooked it will be dry and insipid. Drain well, dish on a folded napkin, garnish with cut-lemon and parsley, and serve with lobster, shrimp, or other suitable sauce, and a dish of thinly-sliced cucumber.

Time.—According to size. **Average Cost,** 1s. 3d. to 2s. 6d. per lb. **Sufficient**—Allow 4 oz. per head, when served in the fish course of a dinner. **Seasonable** from February to September, but most plentiful in July and August.

To Choose Salmon.—To be good, the belly should be firm and thick, and this may readily be ascertained by feeling it with the thumb and finger The circumstance of this fish having *red* gills, though given as a standing rule in most cookery books, as a sign of its goodness, is not at all to be relied on, for this appearance can be produced artificially.

592.—SALMON BAKED WITH CAPER SAUCE. (*Fr.*—Saumon, Sauce aux Câpres.)

Ingredients.—2 slices of salmon, ¼ of a lb. of butter, ½ a teaspoonful of chopped parsley, 1 shallot, salt and pepper, and grated nutmeg to taste. (Caper sauce No. 132.)

Method.—Lay the salmon in a baking-dish, place the pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish. Baste frequently and when done place the salmon on a dish, pour caper sauce over it, and serve. Salmon dressed in this way with tomato sauce is very delicious.

Time.—About ¾ of an hour. **Average Cost,** 3s. 6d. **Seasonable** from April to August. **Sufficient** for 6 persons.

593.—SALMON, COLLARED. (*Fr.*—Saumon au Four.)

Ingredients.—1 small salmon, vinegar, salt and pepper, mace, cayenne, peppercorns, allspice, bay-leaves, cloves.

Method.—Cut off the head and tail, wash and scale the fish, and cut it in two lengthwise. Only 1 half is required for a roll, therefore either 2 rolls must be made, or the other half dressed in another way. Mix together ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper, a good pinch each of mace and cayenne. Remove the bones and skin from the fish, spread it flat on the table, and rub the inside well with the seasoning. Roll up the fish, and bind it firmly with string. Have ready a stewpan, just large enough to hold the fish, containing boiling water and vinegar, in the proportion of ¼ of a pint of vinegar to 1 pint of water, and add 12 peppercorns, ½ a teaspoonful of allspice, 2 cloves, 2 bay-leaves, and salt to taste. Put in the fish, and simmer gently for about 1 hour. When done, place in a deep earthenware vessel, and when the liquor is cold pour it over the salmon, and let it remain until required for use.

Time.—To prepare and cook, about 1½ hours. **Average Cost,** 1s. 3d. to 2s. 6d. per lb. **Sufficient** for 1 dish. **Seasonable** from April to August.

594.—SALMON, CRIMPED. (*Fr.*—Saumon recrépi.)

Salmon should be crimped as soon as possible after being caught. Deep gashes about 2 inches apart should be made on both sides of the fish, which should at once be plunged into cold water and allowed to remain for 2 hours, changing the water 3 times at least.

595.—SALMON, CURED OR SALTED.

Ingredients.—Salmon, saltpetre, salt.

Method.—Split the fish in halves, remove the bone, dry well with a soft cloth, and sprinkle liberally with salt. Let it remain thus for 24 hours, then drain and dry thoroughly, and divide the fish into pieces to pack conveniently in a large jar. Add 1 oz. of saltpetre to 12 ozs. of salt, rub the mixture well into the fish, and pack closely in a jar with salt between the layers. If the salt, when dissolved, does not cover the fish, make a little strong brine, and add it, when quite cold, to the contents of the jar.

596.—SALMON, CURRY OF. (*Fr.*—Saumon à l'Indienne.)

Ingredients.—1½ lb. of cooked salmon, 1 oz. of butter, 1 dessertspoonful of curry-powder, 1 dessertspoonful of flour, 1 sour apple (or a corresponding amount of rhubarb or green gooseberries) coarsely-chopped, 1 small onion sliced, 1 teaspoonful of lemon-juice, ½ a teaspoonful of anchovy-essence, ½ a pint of fish stock or water, salt.

Method.—Melt the butter, fry the onion without browning, then add the curry-powder and flour, and fry slowly for about 20 minutes. Add the fish stock or water, apple, onion, and salt to taste, simmer gently for ½ an hour, then strain, replace in the stewpan, and add the anchovy-essence, lemon-juice, and seasoning, if necessary. Have the fish ready freed from skin and bones, and separated into large flakes, put it into the prepared curry sauce, make thoroughly hot, and serve with well-boiled rice.

Time.—About 1 hour. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 5 or 6 persons. **Seasonable** from April to August.

597.—SALMON CUTLETS. (*Fr.*—Côtelettes de Saumon en Papillotes.)

Ingredients.—Slices of salmon, butter, pepper and salt, anchovy or caper sauce.

Method.—Cut the slices 1 inch thick, and season them with pepper and salt. Butter some sheets of white paper, enclose each slice of fish separately, and secure the ends of the paper case by twisting tightly, broil gently over a clear fire, and serve with anchovy or caper sauce.

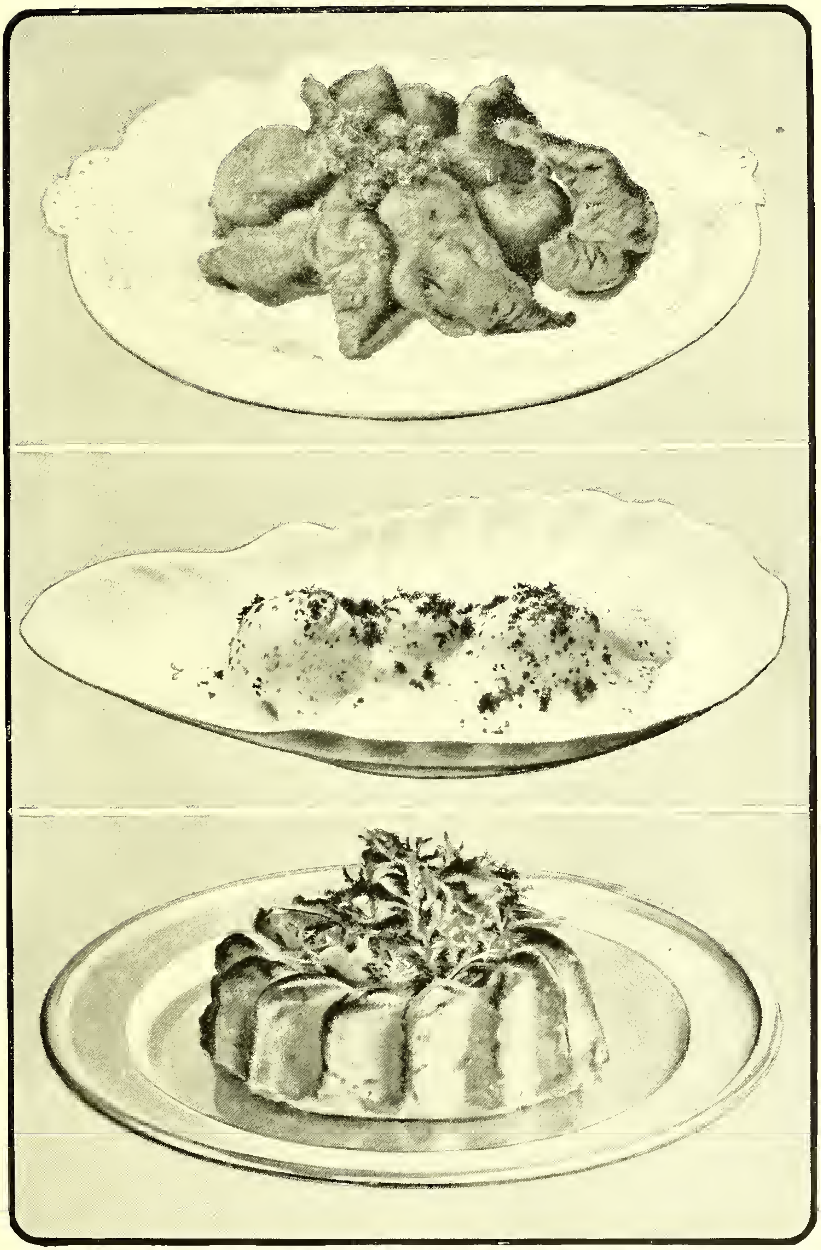
Time.—From 10 to 15 minutes. **Average Cost,** 1s. 3d. to 2s. 6d. per lb. **Seasonable** from April to August.

598.—SALMON DARIOLES. (*Fr.*—Darioles de Saumon à la Moscovienne.)

Ingredients.—About 1 lb. of cooked salmon, 6 large oysters, 1 large truffle, 1 hard-boiled egg, ½ an oz. of anchovy-paste, a teaspoonful of tarragon vinegar, ¼ of a gill of cream, about ½ a pint of aspic jelly, 4 filletted anchovies, a few slices of cucumber, red chilies, a pinch of cayenne, salt and pepper, grated nutmeg, ice.

Method.—Flake the salmon, line 6 to 8 small dariole, bouche, or

FISH.



1. Fillets of Sole, Horley Style. 2. Fillets of Sole with Parsley Sauce.
3. Lobster Cream.

timbale moulds with a thin layer of aspic jelly, decorate with a few thin slices of truffles, some nice flakes of salmon, and a few strips of red chilies. Set the garnish well with a little aspic, and put it aside to cool. Pound the remainder of the fish in a mortar together with 6 cooked oysters, the hard-boiled egg, and the anchovy-paste; season with a pinch of cayenne pepper, salt, and a little grated nutmeg. Rub through a fine sieve, add the tarragon vinegar, the cream, and about 1 gill of aspic jelly, mix the ingredients well together, and then fill the moulds. Put the anchovy fillets and a few slices of truffles between the farce, or stuffing, in filling. If the mixture does not quite fill the moulds, supply the deficiency with aspic jelly, and stand the moulds on the ice until required. For serving, immerse the moulds in tepid water, turn out the contents quickly, and place them on a round dish, garnish round the sides with chopped aspic and a few fancifully-cut slices of cucumber.

Time.—About 1 hour. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 6 persons. **Seasonable** at any time.

599.—SALMON, FILLETS OF, MORNY STYLE. (*Fr.*—Filets de Saumon à la Mornay.)

Ingredients.—2 slices of salmon, from ¾ to 1 inch in thickness, 2½ ozs. of butter, 1 oz. of flour, ¾ of a pint of fish stock, ¼ of a pint of cream, 1 onion coarsely-chopped, a bouquet-garni (parsley, thyme, bay-leaf), 1 tablespoonful of grated Parmesan cheese, 1 dessertspoonful of lemon-juice, salt and pepper.

Method.—Melt half the butter in a shallow stewpan or sauté-pan, fry the onion and the salmon quickly on both sides, then add the stock (boiling), the bouquet-garni, salt and pepper, cover closely, and simmer gently for 20 minutes. Meanwhile, melt the remainder of the butter in a stewpan, add the flour, and cook for 5 minutes. When the fish is done, take it out on to a hot dish and keep it warm. Strain the stock on to the flour and butter, and stir until it boils. Simmer for 5 minutes, add the cream, cheese, lemon-juice, season to taste, pour the mixture over the fish, and serve.

Time.—About 40 minutes. **Average Cost,** from 1s. 3d. to 1s. 9d. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** from April to August.

600.—SALMON, FRIED. (*Fr.*—Saumon Frit.) (Jewish Recipe.)

Ingredients.—1½ lb. of salmon, a small flask of olive-oil.

Method.—Pour the oil into a small but deep pan, set over a clear fire, and when it ceases to bubble, put in the salmon, previously cleaned and dried with a cloth, and fry it gently until it is completely cooked through. It should be only a golden brown, and when the salmon has acquired this colour, the pan should be placed where the fish will cook slowly, so as to prevent it becoming darker. When thoroughly done, drain and leave it to get cold, and serve it upon a fish paper, garnished with parsley.

Time.—About ½ hour to cook the fish. **Average Cost,** 2s. 6d. **Sufficient** for 4 persons. **Seasonable** from April to August.

The Salmon (Fr. *saumon*) is the type of the family *Salmonidæ*, which forms the first sub-order, the *Malacopteri* of the third order of fishes, the *Teleostei*, or fish possessing a bony skeleton, and having the skull composed of distinct bones. The ventral fins are abdominal, the second dorsal fin is soft and without rays, and the swim-bladder is developed. The head of the salmon is smooth; its teeth are placed in the upper and lower jaws, palate, and roof of the mouth; the edges of the tongue are notched. The colour of the salmon is steel-blue on the head and back, and silver-white on its lower parts. The salmon lives in both salt and fresh-water, and is found distributed over the north of Europe and Asia, and in the great rivers of North America. It spawns in the late autumn or the beginning of winter, and ascends the rivers, often to a great distance, for that purpose. The spawn is deposited in a shallow groove in the sand or gravel, and covered over by the action of the tail and fins of the fish. Salmon after spawning are known as *kelts*. The young are hatched about March, and pass through three stages before attaining full maturity. When first hatched the young are called *parr*, and remain under that designation some fifteen months to two years, living in the shallows of their native stream. The second stage is that of the *smolt*, or *salmon-fry*, when the fins become darker and the body more silvery, and the young fish in shoals migrate to the sea. On returning from the sea, where it has rapidly increased in growth, to the rivers, it is known as the *grilse*, or *salmon-peel*, and weighs on the average from 4 lb. to 6 lb. The grilse on its return to the rivers spawns for the first time. Again going back to the sea the grilse gradually increases in size, and becomes the *salmon*. The salmon is the finest of food fishes, characterized by its orange-coloured flesh, and is called by Isaac Walton the "King of fresh-water fish." It is esteemed of so much importance, that special Acts of Parliament have been passed to regulate the salmon fishery and preserve the fish. A close-time for salmon fishing in England and Wales, including also the Esk in Dumfries, is fixed for nets from September 1 to February 1, and for rods from November 2 to February 1. In Scotland it is for nets from August 27 to February 10, for rods, from November 1 to February 10, with certain local exceptions. In Ireland there are many variations of the close-time, but the netting close-time must not be less than 168 days. It is illegal to sell fresh salmon between September 3 and February 1, except salmon imported from foreign countries. There are also special penalties for capturing or selling "unclean" salmon, i.e., salmon recently spawned or full of spawn. The salmon is caught by the rod or by specially constructed nets. The principal salmon fisheries in England and Scotland are those of the Tweed, North Esk, Dee, Tay, Severn, Avon and Spey. Salmon is very abundant in the rivers of North America, and large quantities of tinned salmon are exported thence to Great Britain.

601.—SALMON WITH GENEVESE SAUCE.

(*Fr.*—Saumon Sauce Génévoise.)

Ingredients.—2 slices of salmon, ½ a pint of good stock, ¼ of a pint of Madeira or other white wine, 2 ozs. of butter, 1 oz. of flour, 1 dessert-spoonful each of chopped-onion and parsley, 1 carrot sliced, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, the juice of a lemon, a teaspoonful of anchovy-essence, cayenne, salt and pepper.

Method.—Melt 1 oz. of butter in a stewpan and fry the onion until slightly browned, add the stock, wine, parsley, carrot, bouquet-garni, mace, anchovy-essence and seasoning, and boil gently for 30 minutes, then strain, and return to the stewpan. Bring the sauce to boiling point, put in the slices of fish, and let them simmer gently about 20 minutes, or until the fish separates easily from the bone. Meanwhile melt the remaining oz. of butter in another stewpan, add to it the flour, stir and cook over the fire for 4 or 5 minutes. When the fish is done, remove it carefully to a hot dish, pour the liquor on to the butter and flour, stir until smooth, then simmer for 5 or 6 minutes. Add the lemon-juice to the sauce, season to taste, strain over the fish, and serve.

Time.—From 1 to 1¼ hours. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 6 persons. **Seasonable** from April to August.

602.—SALMON JELLY. (*Fr.*—Gelée de Saumon.)

Ingredients.—1 tin of salmon, 1 pint of clear stock, 1 oz. of French gelatine, 2 whites of eggs.

Method.—Dissolve the gelatine in the stock and season to taste. Cook the whites of eggs in a dariol mould or small cup until firm, and when cold cut into thin slices and stamp out into fancy shapes. Drain the oil from the salmon, and remove all skin and bones. Cover the bottom of a mould with jelly, let it set, and then decorate with white of egg. Set the garnish with a little jelly, add a layer of salmon, cover with jelly, and put aside until set. Repeat until the mould is full. Keep on ice or in a cool place until wanted, then turn out, and serve.

Time.—About 2 hours. **Average Cost,** 1s. to 1s. 3d., in addition to the stock.

603.—SALMON, MAYONNAISE OF. (*Fr.*—Saumon en Mayonnaise.)

Ingredients.—Cold boiled salmon, lettuce, cucumber, beetroot, gherkins, capers, boned anchovies, hard-boiled eggs, Mayonnaise sauce (No. 201).

Method.—A Mayonnaise of salmon may consist of a large centre-cut, a thick slice, or the remains of cold salmon cut into pieces convenient for serving. In all cases the skin and bone must be removed, and the fish completely masked with thick Mayonnaise sauce, the stiffening properties of which are greatly increased by the addition of a little liquid, but nearly cold, aspic jelly. When procurable, a little endive should be mixed with the lettuce, for although the somewhat bitter flavour of this salad plant is disliked by many people, its delicate, feathery leaves greatly improve the appearance of any dish of which it forms a part. Many other garnishings, in addition to those enumerated above, may be used ; the leaves of the tarragon and chervil plants, and fancifully-cut thin slices of truffle, being particularly effective when used to decorate the surface of Mayonnaise sauce (*see* Lobster Mayonnaise, No. 201).

Average Cost.—Salmon, 1s. 3d. to 2s. 6d. per lb.

604.—SALMON MOULDED IN JELLY.

Ingredients.—1¼ lb. of cooked salmon, 1 pint of clear stock, 1 oz. of French gelatine, 1 white of egg, 1 tablespoonful of sherry or water, 1 tablespoonful of vinegar.

Method.—Soak the gelatine in the cold stock for ½ an hour, then stir the mixture over the fire until dissolved, and draw it aside to cool slightly. Whisk the white of egg with the sherry or water, and the vinegar, and add it to the stock when considerably below boiling point. Whisk briskly until boiling, let the preparation stand undisturbed for 10 minutes, then strain through a jelly bag, and when quite cold and on the point of setting, pour a little into a mould. Divide the salmon into large flakes, and as soon as the jelly in the mould hardens, cover lightly with pieces of salmon. Add a layer of jelly, let it set, and cover with salmon, repeating the process until the mould is full. Keep on ice until ready to serve.

Time.—About 4 hours. **Average Cost,** 2s. 6d. to 3s., exclusive of the stock.

605.—SALMON, PAUPIETTES OF, REGENCE STYLE. (*Fr.*—Paupiettes de Saumon à la Régence.)

Ingredients.—About 2½ lb. of salmon (jowl), 1 large whiting, 3 ozs. of panada, 2 ozs. of butter, the yolks of 2 eggs, 1 tablespoonful of Béchamel sauce, seasoning, 1 teaspoonful of finely-chopped parsley, preserved mushroom heads for garnish, Régence sauce (No. 270).

Method.—Remove the fillets of salmon from the bone, cut off the skin, divide each fillet in half lengthwise, and cut them into rather thin long slices of even size, trimming them neatly. Skin and bone the whiting, pound it in a mortar until smooth, add the panada, mix well, then add the egg yolks, about 1 oz. of butter, the Béchamel sauce, and the chopped parsley. Season to taste with salt, pepper, cayenne and nutmeg, and rub through a fine sieve. Spread each slice of salmon with a layer of this farce or forcemeat, roll up into paupiette shapes, and tie each with string or skewer them together in twos or threes. Place them in a sauté-pan containing 1 oz. of melted butter, divide the remainder of the butter into little bits, placing these on the top of the paupiettes, cover with a buttered paper, and cook in a moderate oven from 20 to 25 minutes, basting frequently. When done, take up, remove the skewers or string, and dress the paupiettes on a hot dish. Have the Régence sauce nicely heated, add the mushroom heads, allowing 1 large head for each paupiette ; place the mushrooms on the paupiettes, sauce over carefully, and serve hot.

Time.—To cook, from 20 to 25 minutes. **Average Cost,** 5s. to 6s. **Sufficient** for 10 persons. **Seasonable** from April to August.

606.—SALMON, PICKLED. (*Fr.*—Saumon Mariné.)

Ingredients.—Salmon, ½ an oz. of whole pepper, ½ an oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

Method.—After the fish comes from table, and the bones have been removed lay it in a clean deep dish. Boil the liquor and vinegar with the other ingredients for 10 minutes, let them stand to get cold, then pour them over the salmon, and in 12 hours it will be ready for use

Time.—10 minutes. **Average Cost,** 1s. 3d. to 2s. 6d. per lb. **Seasonable** from April to August.

607.—SALMON, POTTED. (*Fr.*—Terrine de Saumon.)

Ingredients.—Cold salmon, clarified butter, anchovy-essence, powdered mace, salt and pepper, cayenne.

Method.—Free the fish from skin and bone, then pound it thoroughly in a mortar. Add by degrees the seasoning, and the anchovy-essence and clarified butter a few drops at a time, until the right consistency and flavour is obtained, then rub the ingredients through a fine sieve, press into small pots, and cover with a good layer of clarified butter. Fresh salmon may also be potted (*see* Potted Lobster, No. 540).

Average Cost.—Salmon, from 1s. 6d. to 2s. 6d. per lb

608.—SALMON, SMOKED OR KIPPERED.

Ingredients.—Salmon, equal quantities of common salt and Jamaica pepper mixed together, also a mixture composed of 1 lb. of salt, 3 ozs. of coarse sugar, 1 oz. of saltpetre.

Method.—Scale the fish, split it down the back, remove the head and all the backbone except 3 inches at the tail. Clean and dry the inside thoroughly, then rub well with salt and Jamaica pepper, and let it remain thus for 24 hours. Drain well, rub the fish 2 or 3 times with the mixture of salt, sugar and saltpetre, let it stand for 2 days, and then rub it again with the mixture. Now stretch the fish on sticks, hang it by the tail, exposed to the rays of the sun or the heat of the fire, for 3 or 4 days, and afterwards suspend it in the smoke of a wood or turf fire until dry—usually from 15 to 20 days. Sometimes salt and Jamaica pepper alone are used, but the process is exactly the same. The peculiar flavour possessed by some varieties is due to juniper bushes being used as fuel instead of wood or turf.

609.—SALMON, SMOKED TO COOK. (*Fr.*—Saumon Fumé)

Ingredients.—Smoked salmon, salad-oil.

Method.—Cut the fish into small thin slices, brush them over with salad-oil, and enclose them in oiled papers. Grill the slices over a slow, clear fire for 7 or 8 minutes, turning them 2 or 3 times during the process. Serve with oiled butter, or any fish sauce that may be liked.

Time.—7 or 8 minutes. **Average Cost,** 3s. 6d. per lb. for smoked salmon.

610.—SALMON SMOKED, DEVILLED. (*Fr.*—Saumon fumé à la Diable.)

Ingredients.—Smoked salmon, wheat triscuits, salad-oil, devilled butter, No. 159, salt and pepper, cayenne.

Method.—Cut the triscuits across in halves, soak them for 3 or 4 minutes in salad-oil, then drain well, and sprinkle liberally with salt, pepper and cayenne. Toast the triscuits on both sides, cover them with thin slices of smoked salmon, and add a layer of devilled butter. Place them in a hot oven for a few minutes, then serve.

Time.—About 15 minutes. **Average Cost,** for smoked salmon, 3s. 6d. per lb.

611.—SALMON STEAKS. (*Fr.*—Tranche de Saumon.)

These may be enclosed in an oiled or buttered paper, and either grilled or fried in hot butter in a sauté-pan. Or they may be coated with egg and breadcrumbs and fried. Serve with sliced cucumber and a suitable sauce.

612.—SALMON, TIMBALES OF. (*Fr.*—Petites timbales de Saumon.)

Ingredients.—¾ of a lb. of cooked salmon, ½ a pint of Mayonnaise sauce, stiffened with ¾ of a gill of well-reduced aspic, 1 gill of plain aspic jelly for lining, tarragon and chervil leaves, 1 large truffle, ice.

Method.—Line 6 to 8 small oblong or square moulds (timbale or zéphire [oval] shape) with dissolved aspic jelly, decorate with the herb leaves and truffle, and, when set, coat with a layer of prepared Mayonnaise. Flake the fish, season with Mayonnaise, and add the remainder of the truffles, chopped coarsely. Fill up the moulds 3 parts full with dressed salmon, finish filling with some Mayonnaise and aspic. Put the moulds to set upon the ice, turn out, dish up, garnish with small green salad and chopped aspic, then serve.

Time.—¼ hour. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 6 persons. **Seasonable** at any time.

613.—SALT FISH WITH CREAM. (*Fr.*—Morue à la Crême.)

Ingredients.—3 or 4 lb. of salt cod-fish of average size, 1 pint of water, 1 pint of milk, 1½ ozs. of flour, 1½ ozs. of butter, pepper.

Method.—Divide the fish into very small fillets, put them into a stewpan with the water and milk, and simmer for ½ an hour. Knead the flour and butter to a smooth paste, put it into the saucepan in very small pieces, and simmer for about 10 minutes, or until the liaison (or thickening) of butter and flour becomes smoothly mixed with the liquid. Add pepper to taste, and serve.

Time.—40 minutes. **Average Cost,** sauce, 3½d.; cod from 4d. to 1s per lb. **Sufficient** for 8 or 10 persons. **Seasonable** during Lent.

614.—SALT FISH AND PARSNIPS. (*Fr.*—Morue aux Panais.)

Ingredients.—2 lb. of salt cod, 12 young parsnips, egg sauce, No. 297.

Method.—Wash the fish, and soak it in cold water for 12 hours, or longer if very salt, changing the water every 3 or 4 hours. Cover the fish with cold water, and bring slowly to simmering point, then draw to the side of the stove and cook very gently for 20 minutes, or until the fish leaves the bones. Meanwhile prepare the sauce according to the directions given. Boil the parsnips, if small cut them lengthwise into 2, or, if large into 4 pieces. Drain the fish well, then place it on a hot dish, pour the sauce over, and garnish with the parsnips.

Time.—About 40 minutes. **Average Cost,** cod, 4d. to 1s. per lb. **Sufficient,** for 4 or 5 persons. **Seasonable** during Lent.

615.—SCALLOPS OF FISH. (*Fr.*—Escalopes de Poisson au Gratin.)

Ingredients.—The remains of cold fish of any kind, to each ½ lb. of which allow 1½ ozs. of butter, 2 ozs. of flour, ½ a pint of milk, 1 teaspoonful of anchovy-essence, 1 teaspoonful of walnut ketchup, ½ a teaspoonful of made mustard, salt and pepper, cayenne, bread crumbs.

Method.—Melt the butter in a stewpan, add the flour, and cook for 3 or 4 minutes, then pour in the milk, stir until it boils, and let it simmer slowly for 10 minutes. Meanwhile separate the fish into large flakes, and when the sauce is ready put them into the stewpan with the anchovy-essence, ketchup, mustard, and a liberal seasoning of salt and pepper, and a small pinch of cayenne. Stir over the fire until the mixture is thoroughly hot, then fill the scallop-shells (previously well-buttered), cover lightly with breadcrumbs, place on the top of each small pieces of butter, and bake in a hot oven until nicely browned, or brown the surface with a hot salamander.

Time.—½ an hour. **Average Cost,** 1s. 6d.

616.—SCALLOPS, FRIED. (*Fr.*—Pétoncles Frits.)

Ingredients.—18 scallops, 1 egg, ½ oz. butter, 2 ozs. of flour, 1 gill of milk, salt, pepper and cayenne, frying-fat, parsley.

Method.—Drain the scallops on a cloth. Sift the flour into a basin, add a pinch of salt. Melt the butter, beat up the egg, stir both into the flour, add the milk, and work until quite smooth. If too thick, a little more melted butter or milk may be added. Let the batter stand for an hour, then stir in a dessertspoonful of chopped parsley. Season the scallops with a little salt, a good pinch of white pepper, and a small pinch of cayenne. Dip them into the batter, drop them one by one into hot fat, fry to a golden-brown, drain on a cloth, pile up on a hot dish, garnish with fried parsley, and serve with lobster or tomato sauce (No 281)

Time.—To fry, from 5 to 6 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 8 or 9 persons. **Seasonable** from January to June.

THE SCALLOP (Fr. *pétoncle*) is allied to the oyster, and is highly esteemed for the table. The shells of the scallop were worn in their hats by pilgrims in the Middle Ages, to show that they had made a pilgrimage to the Holy Land.

617.—SCALLOPS AND MUSHROOMS. (*Fr.*—Pétoncles aux Champignons.)

Ingredients.—6 scallops, 6 large flap mushrooms, 1 oz. of butter, 1 or 2 tablespoonfuls of white sauce, milk, salt and pepper.

Method.—Remove the scallops from their shells, and wash well in cold water. Put them into a stewpan with just sufficient milk to cover, add a little salt and pepper and simmer gently for about 50 minutes. Drain well, chop the yellow and white parts separately, moisten with a little white sauce, and season to taste. While the scallops are cooking remove the stalks of the mushrooms, peel them and fry them in hot butter. Place an equal portion of the white part of the scallops on each mushroom, pile the red part on the top, make thoroughly hot in the oven, and serve.

Time.—About 1¼ hours. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** from January to June.

618.—SCALLOPS, SCALLOPED. (*Fr.*—Pétoncles en coquilles.)

Ingredients.—12 scallops, 1 teaspoonful of finely-chopped parsley, breadcrumbs, butter, salt and pepper.

Method.—Wash and drain the scallops, chop them finely, and mix with them an equal quantity of breadcrumbs. Season liberally with salt and pepper, and add the parsley. Wash and dry the deeper shells, butter them thickly, and sprinkle lightly with breadcrumbs. Fill the shells with the preparation, cover the surface lightly with breadcrumbs, and add two or three bits of butter. Bake in a moderate oven until well-browned, and serve in the shells.

Time.—30 minutes. **Average Cost,** 1s. 2d. to 2s. **Sufficient** for 5 or 6 shells. **Seasonable** from January to June.

619.—SCALLOPS IN SHELLS. (*Fr.*—Pétoncles en coquilles.)

Ingredients.—1½ dozen of scallops, a cupful of breadcrumbs, 1 oz.

of butter, 1 gill white sauce, cayenne, and salt, a little chopped parsley, and a squeeze of lemon.

Method.—Trim the scallops by cutting off the beards and black parts, cleanse 6 shells, butter them, and strew in a few bread crumbs. Put 3 scallops in each, season them with the cayenne and chopped parsley, and a drop or two of lemon-juice. Put a little pepper and salt with the breadcrumbs, cover the scallops with white sauce, sprinkle with breadcrumbs, place little pieces of butter on the top, and bake for about 20 minutes.

Time.—20 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 6 persons. **Seasonable** from January to June.

620.—SCALLOPS, STEWED. (*Fr.* — Ragoût de pétoncles.)

Ingredients.—12 scallops, 1 oz. of butter, 1 oz. of flour, lemon-juice or vinegar, salt and pepper.

Method.—Open the shells like an oyster, remove the scallops, and trim away the beard and black parts. Wash well in 2 or 3 waters, then cover them with warm water, and boil gently from 50 to 60 minutes. Meanwhile knead the flour and butter well together, mix in a little salt and pepper, separate into small pieces, and add them to the contents of the stewpan 20 minutes before serving. When ready, place the scallops on a hot dish, season the sauce to taste, add the lemon-juice or vinegar, and pour over the fish.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 4 persons. **Seasonable** from January to June.

621.—SCALLOPS IN WHITE WINE SAUCE. (*Fr.*—Petoncles au Vin Blanc.)

Ingredients.—18 scallops, milk, butter, 1 small onion, 1 clove, ½ bay leaf, salt, white sauce (No. 223).

Method.—Wash the scallops, or escallops, as these shell-fish are often called ; the washing being absolutely necessary, as they are always more or less gritty. Put the scallops in a stewpan, with sufficient milk and water to cover them, add a small onion, peeled and stuck with a clove, also ½ a bay-leaf and a pinch of salt, and boil for 15 minutes. Take up, drain, and finish cooking in white sauce, an extra piece of fresh butter or a tablespoonful of cream being added at the finish. For the seasoning, a tiny pinch of cayenne and a grate of nutmeg is recommended.

Time.—½ an hour. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 8 or 9 persons. **Seasonable** from January to June.

622.—SEA-BREAM, BAKED. (*Fr.*—Brême de Mer rotie, au four.)

Ingredients.—1 bream, seasoning to taste of salt, pepper and cayenne, ¼ of a lb. of butter.

Method.—Well wash the bream, but do not remove the scales, and wipe away all moisture with a dry cloth. Season it inside and out with salt, pepper, and cayenne, and lay it in a baking-dish. Place the butter, in small pieces, upon the fish, and bake for rather more than 30 minutes. It will be found a great improvement to stuff the fish before baking.

Time.—Rather more than 30 minutes. **Average Cost,** 4d. to 6d. per lb. **Seasonable** in summer, but may be procured all the year round.

Note.—This fish may be broiled over a nice clear fire, and served with a good brown gravy or white sauce, or it may be stewed in wine.

The Sea-Bream (Fr. *brême de mer*).—A popular name given to fish of the genus *Brama*—the true bream, a fresh-water fish, belongs to the carp family. The sea-bream is abundant round the coast of Cornwall. It is not held in very high estimation.

Mr. Yarrell's Recipe.—"When thoroughly cleansed the fish should be wiped dry, but none of the scales should be taken off. In this state it should be broiled, turning it often, and if the skin cracks, flour it a little to keep the outer case entire. When on table, the whole skin and scales turn off without difficulty, and the muscle beneath saturated in its own natural juices which the outside covering has retained, will be of good flavour."

623.—SHAD, BAKED. (*Fr.*—Alose roti, au four.)

Ingredients.—1 shad, 2 or 3 slices of bacon, 3 or 4 ozs. of veal forcemeat (*see* Forcemeats).

Method.—Wash, clean, scale, and dry the fish. Make the forcemeat as directed, put it inside the fish, and sew up the opening. Place the fish in a baking-dish or tin, lay the slices of bacon on the top of it, and bake gently from ¾ to 1 hour. Serve with a suitable fish sauce, or a tureen of good beef gravy.

Time.—About 1¼ hours, altogether. **Average Cost,** 2s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** from April to June.

624.—SHAD, BOILED, WITH DUTCH SAUCE. (*Fr.*—Alose à la Hollandaise.)

Ingredients.—Shad, salt and water, Hollandaise sauce (No. 304).

Method.—Clean the fish, but do not scale it, boil in salt and water, and serve garnished with fresh parsley and cut lemon. Send a boat of the sauce to table with the fish.

Time.—From 30 to 40 minutes. **Average Cost.** 2s. to 2s. 6d. **Sufficient** for 8 persons. **Seasonable** from April to June.

625.—SHAD, BROILED. (*Fr.*—Alose Grillé.)

Ingredients.—1 shad, oil, pepper and salt.

Method.—Scale, empty and wash the fish carefully, and make 2 or 3 incisions across the back. Season it with pepper and salt, and let it remain in oil for 30 minutes. Broil it on both sides over a clear fire, and serve with caper sauce. The fish is much esteemed by the French.

Time.—Nearly 1 hour. **Average Cost,** from 6d. per lb. **Seasonable** from April to June.

THE SHAD (Fr. *alose*)—The two best known species of the shad, which belongs to the herring family, are the common or Allice shad, and the Twaite shad. The shad is a salt-water fish, frequenting the mouths of large rivers, which it ascends in the spawning season. In shape it resembles the herring, but is of a larger size and is called in Scotland the "herring king." Its colour is dark blue, with tints of brown and green, and white beneath. The Allice shad abounds in the Severn. The Twaite shad is smaller than the Allice, and is common in the Thames.

626.—SHAD, BROILED. (*Fr.*—Alose grillé.)

Ingredients.—1 shad weighing about 2 lb., 4 tablespoonfuls of salad-oil, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, salt and pepper, sorrel, caper or piquant sauce.

Method.—Wash, empty and thoroughly dry the fish, place it in a deep dish, and add the salad-oil, onion, parsley and a good seasoning of salt and pepper. Baste frequently, let the fish remain in the marinade for 2 hours, then drain and dry it well. Broil over a clear fire for about ½ an hour, according to size, turn the fish frequently, and brush over occasionally with some of the oil in which the fish was soaked. Serve the sauce separately in a tureen.

Time.—To broil, about ½ an hour. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 4 or 5 persons. **Seasonable** from February to September.

627.—SHAD, FRIED. (*Fr.*—Alose frit.)

Ingredients.—1 medium-sized shad, flour, salt and pepper, egg and breadcrumbs, frying-fat, anchovy, tomato or piquant sauce.

Method.—Wash and scale the fish, separate it from the backbone, and divide into neat fillets. Add a little salt and pepper to 1 tablespoonful of flour, dip the fillets in the mixture, and afterwards coat the fillets carefully with egg and breadcrumbs. Have ready a deep pan of hot fat, fry the fish until lightly browned, then drain well. Garnish with crisply-fried parsley, and the roe, previously fried. Serve the sauce separately in a tureen.

Time.—To fry, about 10 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** from February to September.

628.—SHRIMPS, POTTED. (*Fr.*—Terrine de Crevettes.)

Ingredients.—1 pint of shelled shrimps, ¼ of a lb. of fresh butter, 1 blade of pounded mace, cayenne to taste, and, if liked, a little nutmeg.

Method.—Have ready 1 pint of picked shrimps, put them, with the other ingredients, into a stewpan, let them heat gradually in the butter, but do not let it boil. Pour into small pots, and, when cold, cover with melted butter, and carefully exclude the air.

Time.—¼ of an hour, to soak in the butter. **Average Cost,** 1s. 6d.

The Shrimp (Fr. *crevette*).—This familiar crustacean, belonging to the order *Decapoda*, or ten-footed crustacea, is allied to the lobsters and crawfishes. It inhabits the sandy shores of the coasts of Britain and Ireland, and is captured in nets, which are pushed before the shrimpers through the sand. In colour it resembles the sand in which it lives, and is semi-transparent, but after being boiled it becomes opaque, and changes to the well-known brown hue. The red variety lives in deeper water, and is caught chiefly on the east and south coasts of England. Its colour before boiling is reddish-grey. The bulk of the London supply of shrimps comes from Holland from January to the end of June; but the Dutch are inferior in quality to the English shrimps, which are abundant from July to the end of the year.

629.—SHRIMPS AND PRAWNS, TO SHELL.

There is a slight difference in the shape of shrimps and prawns, the tail of the former being rounded at the bend, like that of a lobster, but the tail of the prawn presents a sort of knee or angle. To shell a shrimp, take the head between the right thumb and forefinger, and with the left forefinger and thumb-nail raise on each side the shell of the tail, pinch the tail, and the shell will at once separate. To shell prawns, take the head between the right hand thumb and second finger, take the tip of the tail between the left thumb and forefinger; with the nail of the right forefinger raise the shell at the knee or angle, pinch the tail, and the shell will come apart, leaving the prawn attached to the head.

630.—SKATE, BOILED. (*Fr.*—Raie au Naturel.)

Ingredients.—1 skate, salt.

Method.—Clean and skin the skate, put it into a fish-kettle containing sufficient salted warm water to just cover it, and simmer gently for about 30 minutes, or until the fish separates readily from the bone. Drain well, dish on a folded napkin, and serve with shrimp, lobster or caper sauce.

Time.—From 30 to 50 minutes, according to size. **Average Cost,** from 4d. to 6d. per lb. **Seasonable** from August to April.

To Choose Skate.—This fish should be chosen for its firmness, breadth and thickness, and should have a creamy appearance. It should not be kept longer than a day or two.

The Skate (Fr. *raie*), a member of the Ray family, is rhomboidal in shape, and has a cartilaginous skeleton. The body is much depressed; the teeth are flat, and form a mosaic-like pattern in the mouth; the tail is long and slender and *heterocercal*, having the upper lobe longer than the lower; the mouth is pointed with a prominent ridge. The Thornback differs from the common skate by having spines on the upper surface of the tail. It is inferior in quality to the true skate, The flesh of the skate is white, palatable, and easily digested. It is improved by crimping, and is usually sold in that form.

631.—SKATE WITH BROWN BUTTER. (*Fr.*—Raie au beurre-noir.)

Proceed as directed in the foregoing recipe, and serve on a hot dish without the napkin. Meanwhile heat an oz. of fresh butter until it becomes nut-brown in colour, then add a teaspoonful of vinegar and a little chopped parsley. Pour this hot over the fish, garnish with sprigs of parsley and serve.

632.—SKATE WITH CAPER SAUCE. (*Fr.*—Raie, Sauce aux Câpres.)

Ingredients.—2 or 3 slices of skate, ½ a pint of vinegar, 2 ozs. of salt, ½ a teaspoonful of pepper, 1 sliced onion, a small bunch of parsley, 2 bay-leaves, 2 or 3 sprigs of thyme, sufficient warm water to cover the fish, caper sauce (No. 182).

Method.—Put all the above ingredients into a fish-kettle, and simmer the skate in them until tender. When it is done, skin the skate neatly, and pour over it some of the liquor in which it has cooked. Drain well, put it on a hot dish, pour over it a little caper sauce, and send the remainder to table in a tureen.

Time.—½ an hour. **Average Cost,** 2s. **Sufficient** for 4 persons. **Seasonable** from August to April.

Note.—Skate may also be served with onion sauce, or parsley and butter.

633.—SKATE, SMALL, FRIED. (*Fr.*—Raitons Frits.)

Ingredients.—Skate, sufficient vinegar to cover them, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of ½ a lemon, frying-fat.

Method.—Cleanse the skate, lay them in a dish, with vinegar to cover them, add the salt, pepper, onion, parsley, and lemon-juice, and let the fish remain in this pickle for 1½ hours. Drain them well, flour them or cover them with egg and breadcrumbs, and fry in hot fat until nicely browned. They may be served either with or without sauce Skate is not good if dressed too fresh, unless it is crimped, and it should, therefore, be kept for a day.

Time.—10 minutes. **Average Cost,** from 4d. per lb. **Seasonable** from August to April.

634.—SMELTS, TO BAKE. (*Fr.*—Éperlans au Gratin.)

Ingredients.—12 smelts, breadcrumbs, 2 ozs. of fresh butter, salt and cayenne to taste.

Method.—Wash and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine breadcrumbs, and place over them little pieces of butter. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

Time.—15 minutes. **Average Cost,** from 1s. to 2s. per dozen. **Sufficient** for 4 persons. **Seasonable** from October to May.

635.—SMELTS, TO FRY. (*Fr.*—Éperlans Frits.)

Ingredients.—Smelts, egg and breadcrumbs, a little flour, boiling fat or oil.

Method.—Smelts should be very fresh, and not washed more than is necessary to cleanse them. Dry them in a cloth, flour lightly, dip them in egg, cover with very fine breadcrumbs, and put them into boiling fat or oil. Fry a nice pale brown, then drain the smelts before the fire on a piece of paper, and serve with plain melted butter. This fish is often used as a garnish.

Time.—5 minutes. **Average Cost,** from 1s. to 2s. per dozen. **Seasonable** from October to May.

To Choose Smelts.—When good, this fish is of a fine silvery appearance, and when alive the back is of a dark-brown shade, which, after death, fades to a light fawn. Smelts should have a refreshing fragrance, resembling that of a cucumber.

636.—SMELTS, POTTED. (*Fr.*—Terrine d'Éperlans.)

Ingredients.—Fresh smelts, mace, pepper and salt, butter.

Method.—Wash the fish carefully, draw out the insides, and sprinkle the seasoning over them. Put them into a baking-tin with pieces of butter, and bake for 20 minutes. Allow the smelts to get nearly cold, then place them on a clean cloth to drain, and put into pots. Clarify the butter in which they were baked, adding more if necessary, and pour it over the fish.

Time.—20 minutes. **Average Cost,** 1s. to 2s. per dozen. **Seasonable** from October to May.

The Smelt (Fr. *eperlan*) is a small but very delicate fish, and is highly esteemed. It is allied to the salmon, and inhabits the sea about the mouths of rivers. The body is long and compressed, silvery-white in colour, and semi-transparent ; the eyes are large. From August to May it frequents fresh water and spawns ; afterwards it returns to the sea. A violet-like odour is exhaled from the smelt. The Atharine, or " sand-smelt," is an inferior fish, sometimes sold for the true variety. It is allied to the mullets, and is of a pale pink, spotted with black.

637.—SNAILS, BAKED. (*Fr.*—Escargots rôtis.)

Ingredients.—2 dozen snails, 1 oz. of butter, 1 teaspoonful of finely-chopped parsley, 1 shallot finely-chopped, breadcrumbs, salt and pepper.

Method.—Soak the snails in salt and water for 12 hours, then drain them well. Sprinkle lightly with salt, pepper, shallot and parsley, cover with breadcrumbs, and add a small piece of butter. Bake in a moderate oven for 20 minutes, and serve hot.

Time.—To bake, about 20 minutes. **Average Cost,** from 6d. to 1s. per dozen.

638.—SNAILS WITH PIQUANT SAUCE. (*Fr.*—Escargots, sauce piquante.)

Ingredients.—2 dozen snails, ½ an oz. of butter, 2 shallots finely-chopped, 2 or 3 tablespoonfuls of piquant sauce, salt and pepper, maître d'hôtel butter as directed in recipe No. 551.

Method.—Cover the snails with salt and water, let them remain in it for 12 hours, then wash and drain well. Put the snails into a saucepan containing sufficient boiling water to cover them, cook gently for about 20 minutes, then drain, and when cool, remove them from their shells. Meanwhile, melt the butter, fry the shallots without browning, add the piquant sauce and snails, and season to taste. Make thoroughly hot, replace the snails in their shells, cover with maître d'hôtel butter, and serve.

Time.—Altogether, about 35 minutes. **Average Cost,** 6d. to 1s. per dozen.

639.—SOLE, BAKED WITH SHRIMPS. (*Fr.*—Sole aux Crevettes.)

Ingredients.—1 medium-sized sole, ¼ of a pint of picked shrimps, 1 dessertspoonful of white breadcrumbs, 1 teaspoonful of anchovy-essence, 1 egg, a little white sauce or milk, cayenne, salt, brown breadcrumbs, a little butter.

Method.—Remove the skin, make an incision down the centre as for filleting, and raise as far as possible the flesh on each side. Chop the shrimps coarsely, add the breadcrumbs, cayenne, salt (if necessary), anchovy-essence, ½ the egg, and sufficient white sauce or milk to moisten the whole. Press the mixture lightly inside the fish, and instead of drawing the 2 sides together, fill the gap between them with the forcemeat, and flatten the surface of it to the level of the fish. Brush over with the remainder of the egg, cover lightly with pale brown breadcrumbs, and bake for about 20 minutes in a moderate oven.

Time.—About 40 minutes. **Average Cost,** from 1s. 9d. to 2s. 9d. **Sufficient** for 2 to 3 persons. **Seasonable** at any time.

THE SOLE (Fr. *sole*).—Next to the turbot, the sole is the most excellent among flat fish. Its flesh is white and delicate and easily digested, and is highly esteemed, not only as a table-fish, but also for invalids. It is captured on the British coasts, but those caught on the western coast are usually superior in size. The sole spawns during February and March and during that season its flesh is less palatable. Allied to the sole is the LEMON SOLE, which is less delicate in flavour. The flavour of the sole depends greatly upon the ground and the bait upon which the fish feeds. Soles are usually caught by means of the trawl-net, an instrument shaped like a great triangular pocket from 60 to 80 feet in length and open at the mouth from 32 to 40 feet. The net is kept extended by means of a large wooden beam 36 to 60 feet long, and fixed at its ends by iron frames, which raise it from the ground. It is dragged along the bottom of the sea by the movement of the trawling-vessel.

640.—SOLE, BOILED. (*Fr.*—Sole bouillie.)

Ingredients.—1 large sole, salt.

Method.—Wash and clean the fish, but do not skin it, and cut off the fins. Have ready a fish-kettle with sufficient warm water to cover the fish, add salt to taste, put in the sole, and cook gently from 10 to 12 minutes, according to its size. Drain well, dish on a folded napkin, garnish with parsley and cut lemon, and serve with shrimp, lobster, or plain melted butter sauce.

Time.—After the water boils, 10 to 12 minutes for a large sole. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 4 persons.

To Choose Soles.—The fish should be both thick and firm. If the skin is removed with difficulty and the flesh looks grey, it is good.

641.—SOLE, BAKED FILLETS OF, WITH FORCEMEAT. (*Fr.*—Filets de Sole Farcis.)

Ingredients.—1 medium-sized sole, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of mixed herbs, 1 egg, salt and pepper, butter, pale-brown breadcrumbs.

Method.—Wash, skin, and fillet the sole. Mix the above ingredients together with as much of the egg as is necessary to moisten the whole. Spread a thin layer of forcemeat on each fillet, and fold in two. Arrange the fillets in a fireproof baking-dish, and fill up the spaces between them with the rest of the forcemeat. Sprinkle lightly with pale-brown breadcrumbs, add a few small pieces of butter, and bake for about 30 minutes in a moderate oven. Serve in the dish in which they are cooked.

Time.—To bake, 30 minutes. **Average Cost,** from 1s. 9d. to 2s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

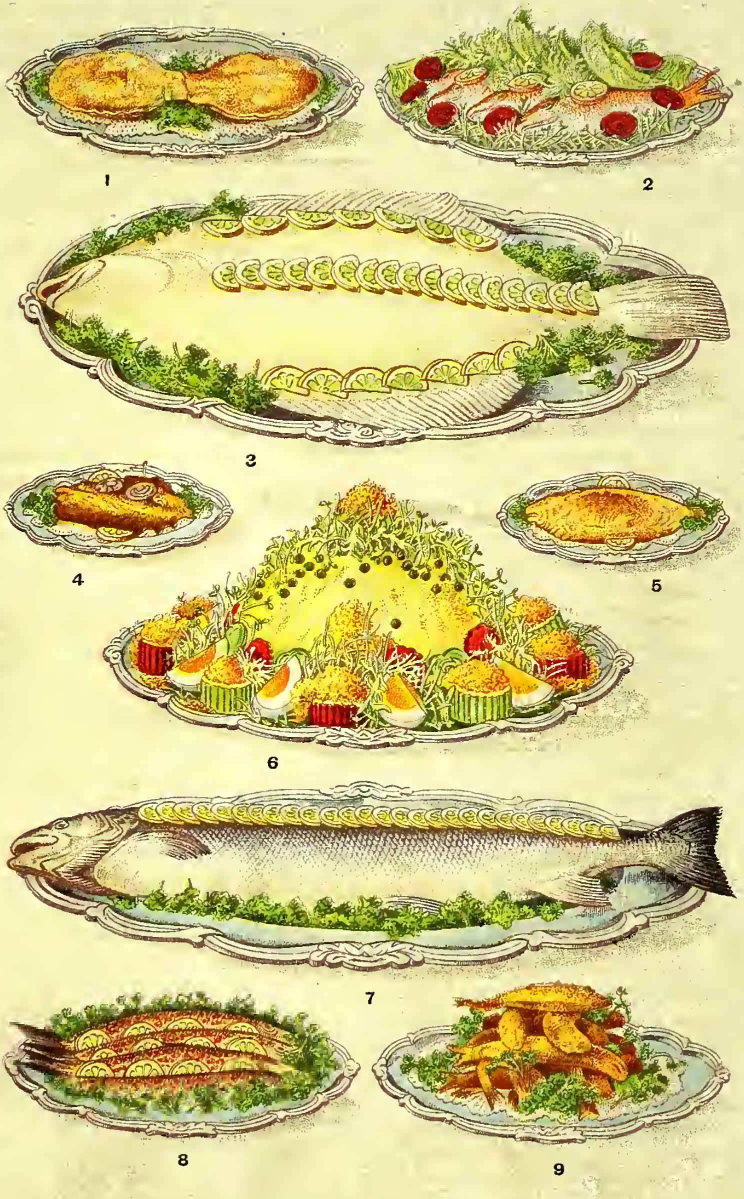
642.—SOLE WITH CREAM SAUCE. (*Fr.*—Sole à la Crème.)

Ingredients.—1 medium-sized sole, 1 pint of milk (or milk and fish stock), 2 ozs. of butter, 1½ ozs. of flour, a blade of mace, a small piece of onion, salt and pepper, lemon-juice.

Method.—Wash, skin, and fillet the sole, and divide each fillet lengthwise into two. Tie each strip loosely into a knot, or fold the ends over each other; place on a greased tin, season with salt and pepper, sprinkle with lemon-juice, cover with a greased paper, and bake from 10 to 15 minutes in a moderate oven. To make the stock, simmer the bones of the fish, the onion, and mace in the milk for about 15 minutes, then strain and season to taste. Melt the butter in a stewpan, add the flour, cook for 3 or 4 minutes, then pour in the milk, and stir until it boils. Let the sauce simmer 10 minutes at least ; then arrange the fish nicely on a hot dish, either in a circle or forming two rows, and strain the sauce over, taking care to coat the fish evenly. Decorate with a little chopped parsley or lobster coral.

Time.—To bake, from 10 to 15 minutes. **Average Cost,** 1s. 9d. to 2s. 9d. **Sufficient** for 4 persons. **Seasonable** at any time.

FISH.



1.—Scallops au Gratin. 2.—Red Mullet. 3.—Turbot. 4.—Cod Steak. 5.—Fried Sole.
6.—Mayonnaise of Salmon. 7.—Salmon au Naturel. 8.—Brown Trout. 9.—Smelts.

643.—SOLE À L'EPICURIENNE.

Ingredients.—1 medium-sized sole, ¾ of a pint of good brown sauce, No. 233, 1 tablespoonful of sherry, 1 tomato, 12 button mushrooms, 1 egg, breadcrumbs.

Method.—Wash and skin the sole, and cut it across into 4 or 5 pieces. Brush each piece over with egg, coat with breadcrumbs, and fry in hot fat. Have ready the brown sauce in a stewpan, put in the pieces of fish, tomato and mushrooms, cover closely, and cook very gently for 20 minutes. Remove the fish carefully, and arrange it on a hot dish in the form of a whole sole. Add the sherry to the sauce, season to taste, strain over the fish, garnish with the mushrooms, and serve.

Time.—½ an hour. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

644.—SOLE, FILLETS OF, IN CASES. (*Fr.*—Filets de Sole en Surprise.)

Ingredients.—2 medium-sized soles, 1 small carrot (sliced), 1 bay-leaf, 1 glass of Chablis, 1½ ozs. of butter, ½ a pint of milk, 2 ozs. of grated Parmesan cheese, 2 ozs. of flour (sifted), 3 eggs, salt and pepper to taste, soufflé cases.

Method.—Skin and fillet the soles. Cut up the bones, and cook in the milk with the sliced carrot and bay-leaf. Cut the fillets in halves, roll up, and place them in a buttered sauté-pan. Season with pepper and salt, moisten with the wine, cover with buttered paper, and poach in the oven for about 8 minutes. Prepare a soufflé mixture in the following manner: Strain the milk into a clean stewpan, add the remainder of butter, and bring to the boil, stir in the flour whilst boiling, and work vigorously with a wooden spoon or spatula until the panada leaves the sides of the pan, then add the grated cheese, and season with cayenne. Let the ingredients cool a little, and stir in the yolks of the 3 eggs and the whites of two, previously whisked to a stiff froth. Butter some small china or paper soufflé cases, put a dessertspoonful of the mixture in each, and upon this place ½ a fillet of sole with a little of the liquor of the fish. Fill up each case with the soufflé mixture, and bake in a moderate oven for about 15 minutes. Dish up, and serve hot.

Note.—If preferred, this dish may be baked in one soufflé dish, sufficiently large to hold the above quantity.

Time.—¾ of an hour. **Average Cost,** 4s. 3d. **Sufficient** for 8 persons, allowing 2 small soufflés for each. **Seasonable** at any time.

645.—SOLE, À LA COLBERT, FILLETS OF.

Ingredients.—2 rather small soles, 1 oz. of butter, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, cayenne, pepper and salt, browned breadcrumbs.

Method.—Mix the butter, parsley, lemon-juice and cayenne together on a plate, smooth the mixture into a pat, and set it aside to become firm. Wash, skin and fillet the sole, sprinkle each fillet with salt, pepper and lemon-juice, and roll up, making the outer side of the sole the inside of the roll; the outside skin contracts under the influence of heat, and keeps the rolls in shape. Place on a buttered tin, cover with a greased paper, and bake for about 15 minutes. When done, roll quicky in the browned breadcrumbs, place a small round pat of the Maître d'Hôtel on the top of each, and pour round anchovy or some other sauce.

Time.—About 15 minutes. **Average Cost,** 2s. 3d. to 2s. 9d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

646.—SOLE À L'HORLY, FILLETS OF.

Ingredients.—1 fairly-large sole. For the marinade, or brine: 1 tablespoonful of lemon-juice (or the same quantity of mixed tarragon and chili vinegar), 1 tablespoonful of salad-oil, a teaspoonful each of finely-chopped parsley and onion or shallots, salt and pepper. For the batter: 2 ozs. of flour, ½ gill of tepid water, 1 tablespoonful of salad-oil or melted butter, the white of 1 egg, salt.

Method.—Wash, skin and fillet the sole, and divide each fillet lengthwise and across into two. Place the fillets in a deep dish with the marinade, and let them soak for 1 hour, then drain well. Have ready the batter, made by mixing the flour and salt smoothly with the water and oil, and lastly adding the stiffly-whipped white of egg. Dip the fillets of fish in the batter, take them out on the point of a skewer, drop them carefully into a deep pan of hot fat, and fry until golden-brown. Dish on a folded serviette or fish paper, and garnish with fried parsley.

Time.—Altogether, 1½ to 1¾ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 5 or 6 persons. Seasonable at any time.

647.—SOLES, FILLETS OF, NORMANDY STYLE. (*Fr.*—Filets de Sole à la Normande.)

Ingredients.—2 soles, white wine, 1 finely-chopped shallot, butter, cooked oysters, mussels, mushrooms, Normande sauce (No. 204).

Method.—Clean, skin, and trim the soles, remove the fillets, fold them in two, and place them in a buttered sauté-pan, season with pepper and salt, moisten with 1 gill of white wine, sprinkle with a finely-chopped shallot, place a few pieces of butter here and there, and cook in the oven for about 10 minutes. Have ready a garniture of prepared oysters, mussels, button mushrooms, and croûtes or fleurons (little half-moon shapes of puff-paste). Put the fillets on a dish, arrange the garnish neatly, and sauce over with the Normande sauce in which the garniture was cooked. Garnish the sides with croûtes of bread made from rasped French dinner rolls (buttered slices browned in the oven) or with fleurons. Serve the remaining sauce separately in a boat.

Note.—If smelts are in season this dish should be garnished with a few dried smelts in addition to the other garniture.

Time.—To cook, 10 minutes. **Average Cost,** 4s. 3d. to 4s. 9d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

648.—SOLES, FILLETS OF, POLISH STYLE. (*Fr.*—Filets de Soles, à la Polonaise.)

Ingredients.—Soles, white wine, truffle, whiting forcemeat (No. 415), prawns or crayfish, Tomato Sauce (No. 281.)

Method.—Skin and fillet the soles, flatten them a little, fold and pare neatly, and put them in a buttered sauté-pan. Season with pepper and salt, add a wineglassful of white wine, cover with buttered paper, and cook in the oven for about 10 minutes. Have ready a buttered border mould, decorate the sides with a few fancifully-cut slices of truffles, fill up with "whiting forcemeat," poach in a bain-marie, turn out on a dish, dress the fillets on top of the border in a circular row, and place a prawn or crayfish tail on top of each fillet. Fill the centre with a salpicon of truffles, mushrooms, olives, and crayfish tails. Sauce over carefully with a well-prepared Tomato sauce, and serve.

Time.—To cook, about 10 minutes. **Seasonable** all the year.

649.—SOLE, ROLLED FILLETS OF, CARDINAL STYLE. (*Fr.*—Paupiettes de Sole à la Cardinale.)

Ingredients.—2 large or 3 small soles, chopped truffles, light fish forcemeat (No. 415), 1 glass of Chablis, ¼ of a pint of fish stock, 1 gill of Cardinal sauce (No. 292), ½ a teaspoonful of Krona seasoning, lobster spawn, salt and pepper.

Method.—Skin and fillet the soles, flatten each fillet, trim, and season them with salt and pepper. Spread the cut side with a light fish forcemeat, sprinkle over some chopped truffles, and roll up the fillets in the form of olives. Place them, folded side downwards, in a buttered earthenware casserole, moisten with a glass of Chablis wine, and the fish stock. Sprinkle with ½ a teaspoonful of Krona seasoning, cover with buttered paper, and cook in a hot oven for about 15 minutes. Pour off some of the liquor, and add to it the Cardinal sauce, highly-coloured with lobster spawn, and reduce a little. Strain this over the fillets. Place a slice of truffle on each fillet of sole. Re-heat, and send to table in the casserole.

Time.—About 15 minutes. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 8 or 10 persons. **Seasonable** all the year.

650.—SOLE, FRIED. (*Fr.*—Sole frite.)

Ingredients.—1 medium-sized sole, oil or clarified fat, egg, breadcrumbs, flour, salt and pepper.

Method.—Wash and skin the sole, cut off the fins, and dry well. Add a liberal seasoning of salt and pepper to a teaspoonful of flour, rub it well into the sole, then brush it over with egg, and cover with fine breadcrumbs. Lift it carefully on to the wire drainer, lower it into the hot oil or fat, and fry until it acquires a pale golden-brown colour. Soles may also be fried, though less easily, and sometimes less satisfactorily, in a large frying-pan. The oval form is preferable for the purpose ; and in frying, care should be taken to first cook the side of the sole intended to be served uppermost, otherwise breadcrumbs that have become detached from the side first fried may adhere to the side next cooked, and spoil its appearance. Drain well on kitchen paper, and serve garnished with fried parsley.

Time.—About 10 minutes. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 2 or 3 persons. **Seasonable** all the year.

651.—SOLES, TO FILLET.

Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. To skin any fish, it must be kept wet. It is easier to skin if it is stale.

Method.—With flat-fish begin at the tail, cut the skin across, but do not cut into the flesh, and loosen the skin along the fins on either side with a skewer or finger. Then tear off the skin with the left hand, keeping the thumb of the right hand well pressed over the backbone to prevent the removal of the flesh with the skin. Use a sharp knife for filleting ; keep it pressed to the bone, raise the flesh carefully, remove the fillets, and divide them into pieces suitable for serving. Fillets of a small sole are not divided ; they are rolled, tied, or folded according to requirements.

652.—SOLES, FRICASSÉE OF. (*Fr.*—Fricassée de Soles.)

Ingredients.—2 medium-sized soles, 1 small sole, 1 yolk of egg, 1 tablespoonful of breadcrumbs, ½ a teaspoonful of finely-chopped parsley, a little finely-grated lemon-rind, salt and pepper. Butter or fat for frying, egg and breadcrumbs, ¾ of a pint of brown sauce, No. 233, 1 tablespoonful of sherry, ½ a teaspoonful of lemon-juice.

Method.—Remove the skin and bones from the small sole, and chop the flesh finely. Mix with it the breadcrumbs, parsley, lemon-rind, and a little salt and pepper, and bind with a little of the yolk of egg.

Shape into small balls, fry in hot butter or fat until crisp and lightly browned, and drain well. Skin and trim the soles, coat them carefully with egg and breadcrumbs, and fry them brown in hot fat. Drain well, place the soles in a sauté-pan, pour over them the hot sauce, add the forcemeat balls and lemon-juice, and season to taste. Simmer gently for 10 minutes, then serve the fish with the sauce strained over, and garnished with the balls.

Time.—About 1 hour. **Average Cost,** 3s. 9d. to 4s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

653.—SOLE AU GRATIN.

In France there is but one way of doing Sole au Gratin, but in England there are several ways. There is, however, no better method than the French ; and a sole cooked " au gratin " after the French manner is an exceedingly tasty dish, and once introduced will be preferred to all others.

Ingredients.—1 large sole, ½ a glass of white wine, preserved mushrooms sliced, Italian sauce (No. 252), mushroom liquor, chopped parsley, brown breadcrumbs, butter, salt and pepper, lemon-juice.

Method.—Take the sole, skin both sides, cut off the head and fins, and make several incisions with a knife across one side of the fish. Place, cut side upwards, on a well-buttered silver-plated " gratin dish," season with pepper and salt, add half a small glass of white wine, a few drops of lemon-juice, a little mushroom liquor, and some chopped parsley. Place a row of sliced preserved mushrooms down the centre of the fish, and cover with a rich Italian sauce. Sprinkle with brown breadcrumbs, put a few tiny bits of butter here and there on top of the fish, and bake in a moderate oven from 20 to 30 minutes, according to the size of the sole. Place the dish as it leaves the oven on another (larger) dish, and send to table.

Time.—From 20 to 30 minutes. **Average Cost,** 1s. 9d. to 2s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** all the year.

654.—SOLE WITH FINE HERBS. (*Fr.*—Sole aux Fines Herbes.)

Ingredients.—1 medium-sized sole, 1 oz. of butter, ¼ of a pint of good stock, 1 glass of sherry, 2 finely-chopped shallots, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful each of anchovy and Harvey's sauce, salt and pepper.

Method.—Melt the butter in a sauté-pan, add the rest of the ingredients, except the anchovy and Harvey's sauce, and warm gradually. Wash and skin the sole, put it into the pan as soon as the contents are hot, cover closely, and cook in a moderate oven for ½ an hour. Just before serving add the anchovy and Harvey's sauce ; then place the sole on a hot dish, and strain the sauce over.

Time.—About 40 minutes. **Average Cost,** 2s. 3d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

655.—SOLE WITH MAÎTRE D'HÔTEL SAUCE.
(*Fr.*—Sole à la Maître d'Hôtel.)

Sole à la Maître d'Hôtel is dressed and served in precisely the same way as Sole à la Crême, with the addition of a dessertspoonful of finely-chopped parsley and a teaspoonful of lemon-juice, both of which must be stirred into the sauce just before serving.

656.—SOLES, PAUPIETTES OF, RICHELIEU STYLE.
(*Fr.*—Paupiettes de Soles à la Richelieu.)

Ingredients.—2 large soles, 1 whiting, 3 ozs. of breadcrumbs, 3 ozs. of butter, the yolks of 4 eggs, 2 ozs. of lobster-meat, 1 oz. of lobster butter, 2 tablespoonfuls of cream, 1 finely-chopped shallot, 1 gill of white wine, 1 dessertspoonful of chopped parsley, lemon-juice, pepper and salt, 8 small croûtes of fine bread, 8 mushroom heads, 1 truffle, ½ an oz. of flour, ½ a pint of white stock.

Method.—Skin the soles, remove the fillets, flatten them a little. Put the bones in a stewpan with ½ a pint of water and the stock, reduce to half the quantity, and strain. Skin and bone the whiting, pound in a mortar till smooth. Moisten the breadcrumbs with the cream, add these to the pounded fish with the shallot and lobster-meat, pound and mix thoroughly. Now add 1½ ozs. of butter and yolks of 3 eggs, season with pepper and salt, mix in a teaspoonful of chopped parsley and rub through a sieve. Spread one side of each fillet with the forcemeat, roll up, trim a little, and wrap each fillet in a piece of buttered paper. Place them closely in a buttered sauté-pan, sprinkle with a few drops of lemon-juice, cook for 5 minutes in the oven, then add the wine, baste well, and cook for another 10 minutes, or longer if required. Spread one side of each croûte with the remaining forcemeat, and bake for a few minutes. Take up the fillets, remove the paper, place upright on the croûtes, put a mushroom head on each, and keep hot. In the meantime, knead 1 oz. of butter with the flour, stir over the fire for a few minutes, add the liquor of the fillets and the reduced stock, stir until it boils, and simmer for 15 minutes. Bind with the yolk of egg, strain, work in the lobster-butter, and season to taste. Dish up the paupiettes, sauce over, sprinkle with chopped parsley, place a star of truffle in the centre of each, and serve.

Time.—About 1 hour. **Average Cost,** 5s. to 5s. 6d. **Sufficient** for 8 persons. **Seasonable** at any time.

657.—SOLES WITH MUSHROOMS. (*Fr.*—Soles aux Champignons.)

Ingredients.—2 medium-sized soles, ½ a pint of mushroom sauce, No. 257, milk, salt and pepper.

Method.—Skin and trim the soles, place them in an earthenware baking-dish, sufficiently large to allow the fish to lie flat, but one above the other if more convenient. Sprinkle them liberally with salt and pepper, barely cover with milk, and put over all a greased paper, to keep in the steam. Cook in a moderate oven for 10 or 15 minutes, then drain well, and place the soles on a hot dish. Make the sauce as directed, but before adding the mushrooms, boil well to reduce, in order that some or all of the liquor from the dish may be mixed with it, otherwise the sauce would be too thin. Season to taste, pour over the fish, and serve.

Time.—To cook the soles, from 10 to 15 minutes. **Average Cost,** 2s. to 2s. 6d., exclusive of the sauce. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

658.—SOLE, PORTUGUESE STYLE. (*Fr.*—Sole à la Portugaise.)

Ingredients.—1 medium-sized sole, 1 oz. of butter, 2 or 3 tomatoes sliced, 1 onion sliced, 1 finely-chopped shallot, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of anchovy-essence, brown breadcrumbs, grated Parmesan cheese, salt and pepper.

Method.—Skin the sole and make an incision down the centre as for filleting, and raise the flesh from the bone on each side as far as possible. Mix the butter, onion, parsley, and anchovy-essence well together, and put the mixture inside the sole. Arrange the slices of onion and tomato alternately, and overlapping each other on the top of the fish; or if less onion is preferred, surround each slice of tomato by a single ring of onion. Mix together a dessertspoonful of grated Parmesan cheese, and a dessertspoonful of brown breadcrumbs, and sprinkle these over the fish. Place small pieces of butter on the top, cover with a greased paper, and bake for about 20 minutes in a moderate oven. Serve with tomato or brown sauce.

Time.—To bake, about 20 minutes. **Average Cost,** 2s. 3d. **Sufficient** for 3 persons. **Seasonable** at any time.

659.—SPRATS, DRIED. (*Fr.*—Melettes fumés.)

Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them. They can also be broiled.

660.—SPRATS. (*Fr.*—Melettes or Harenguets.)

Sprats should be cooked very fresh. Their condition can be ascertained by their eyes, which should be bright. Wipe them dry ; fasten them in rows by a skewer run through the eyes ; dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot, with cut lemons and brown bread and butter.

Time.—3 or 4 minutes. **Average Cost**, 1d. to 3d. per lb. Allow 1 lb. for 3 persons. **Seasonable** from November to March.

THE SPRAT (Fr. *melette*).—This well-known migratory little fish is allied to the herring, and was formerly supposed to be the young of that fish. There are, however, specifically distinct characteristics which distinguish the sprat on close examination from the herring, the chief being the serrated or notched edge of the abdomen, the greater prominence of the ventral fins, and differences in the structure of the teeth. The sprat abounds in the North Atlantic and Mediterranean Seas, and on many parts of the British coasts, where in the winter and spring they appear in immense shoals, and are captured in vast quantities. The flesh of the sprat is wholesome and well-flavoured. Large quantities of sprats are used by the farmers near the coasts for manure. Sprats are also dried and cured in a similar manner to red herrings. In Scotland the sprat is called the GARVIE.

661.—SPRATS, TO PRESERVE.

Ingredients.—½ a peck of sprats, 1 lb. of salt, 2 ozs. of baysalt, 2 ozs. of saltpetre, 1 oz. of sal-prunella, a little cochineal.

Method.—Pound all the ingredients, except the sprats, in a mortar, then put the sprats in a pan in layers with the seasoning, press them tightly down, and cover close. They will be ready for use in 5 or 6 months.

TO CHOOSE SPRATS.—Choose those with a silvery appearance, brightness being a sign of freshness.

662.—SPRAT PASTE.

Method.—To make sprat-paste, which is similar to anchovy-paste, bake the sprats with a little butter in an earthenware dish, remove the heads, tails, backbone and skin, pound the fish well in a mortar, and rub through a fine sieve. Season well with salt, cayenne and pepper, add a good pinch of ground mace, and anchovy-essence to taste. Press into small pots, and cover with clarified butter.

Time.—5 or 6 minutes. **Seasonable** from November to March.

663.—STURGEON, BAKED. (*Fr.*—Esturgeon rôti au Vin Blanc.)

Ingredients.—2 lb. of sturgeon, salt and pepper to taste, 1 small bunch of herbs, the juice of ½ a lemon, ¼ of a lb. of butter, ½ a pint of white wine.

Method.—Cleanse the fish thoroughly, skin it, and remove the inside. Have ready a large baking-dish, lay the fish in it, sprinkle over the seasoning and herbs very finely minced, and moisten it with the lemon-

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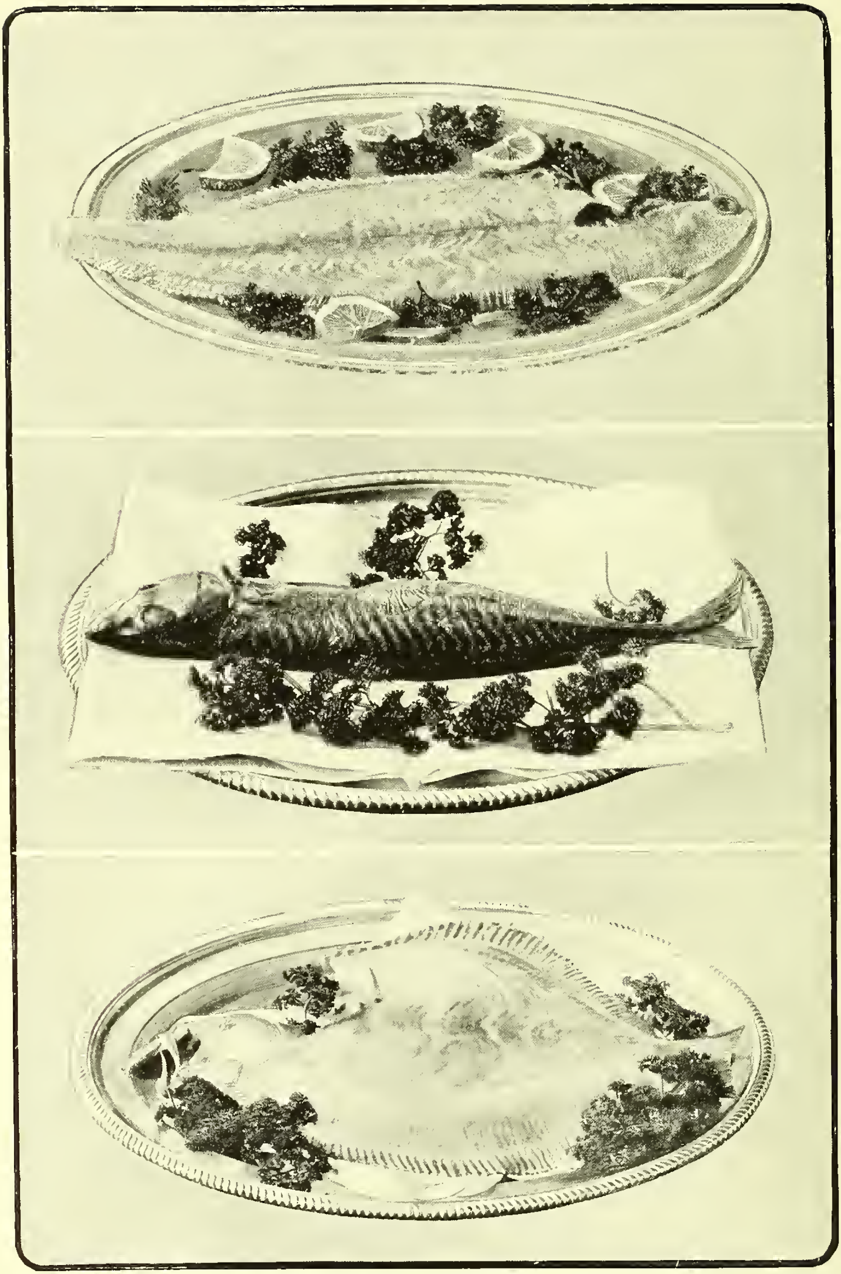


1. Steamed Sole. 2. Boiled Mackerel. 3. Boiled Turbot.

juice and wine. Place the butter in small pieces over the whole of the fish, put it in the oven, and baste frequently ; brown it nicely, and serve with its own gravy.

Time.—From 1 to 1¼ hours. **Average Cost,** 1s. 6d. to 3s. 6d. per lb. **Seasonable** from April to September.

The Sturgeon (Fr. *esturgeon*) was highly esteemed by the Romans, and in the time of the Emperor Severus it was regarded as one of the most important delicacies of the table. Its virtues are celebrated by the poet Martial. The sturgeon is an inhabitant of the Baltic, the Mediterranean, the Caspian, and the Black Seas, and of the Danube, the Volga, the Don, and other large rivers. It abounds in the rivers of North America, and is occasionally taken in the Thames, in the Esk, and in the Eden. When caught in the Thames, within the jurisdiction of the Lord Mayor, it may be claimed by him ; formerly it belonged by hereditary right to the King. The average length of the common sturgeon is about 6 feet, but other species, as the great or white sturgeon frequently attain to larger dimensions. The Sterlet, a smaller species about 3 feet in length, found in the Caspian Sea and some Russian rivers, is the most delicate in flavour, and its roe is the most highly esteemed for making caviare. In general form the sturgeon is somewhat slender ; the body is covered with bony plates in longitudinal rows ; the mouth, destitute of teeth, is situated on the upper surface of the head at the extremity of a proboscis. Its tail is *heterocercal*, or unequally lobed. The sturgeon, besides its excellent flesh, is valuable for its roe, from which caviare is prepared, and also for its air-bladder, which furnishes the finest isinglass ; both these products constituting important articles of commerce.

664.—STURGEON, BAKED OR ROASTED.

Ingredients.—The tail-end of a sturgeon, veal forcemeat (No. 412), butter or fat for basting.

Method.—Wash and skin the fish, split it down the inner side, carefully remove the backbone, and fill the cavity with the forcemeat. Replace the fish in its original form, and tie a buttered paper over the cut side. Have ready some hot butter or fat in a baking-dish or tin, put in the fish, baste well, and bake from 1 to 1¼ hours in a moderate oven, basting frequently. Serve with good brown gravy or a suitable fish sauce.

Time.—Altogether, 1½ to 1¾ hours. **Average Cost,** 1s. 6d. to 3s. 6d. per lb. **Seasonable** from April to September.

Note.—Sturgeon may be plainly-boiled, and served with Dutch sauce. The fish is very firm, and requires long boiling.

665.—STURGEON CUTLETS. (*Fr.* — Côtelettes d'Esturgeon.)

Ingredients.—1½ lb. of sturgeon, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, egg and breadcrumbs, salt and pepper, fat for frying, piquant or tomato sauce (No. 281).

Ingredients.—Cut the fish into thin slices, flatten them with a cutlet-bat or heavy knife, and trim them into shape. Add the parsley and lemon-rind to the breadcrumbs, and season with salt and pepper. Brush over with beaten egg, coat carefully with the seasoned breadcrumbs, and fry in hot fat until lightly browned on both sides. Drain free from fat, and serve with piquant or tomato sauce poured round.

Time.—To fry, about 10 minutes. **Average Cost,** from 1s. 6d. per lb. **Sufficient** for 6 or 8 persons. **Seasonable,** April to September.

666.—STURGEON, MARINADED. (*Fr.*—Esturgeon mariné.)

Ingredients.—2 or 3 lb. of sturgeon, 1½ ozs. of butter, 1 Spanish onion chopped, 1 small carrot sliced, ¼ of a turnip coarsely-chopped, 1 strip of celery chopped, 2 bay-leaves, 1 dessertspoonful of chopped parsley, ½ a pint of vinegar, 1 pint of fish stock or water, 1 blade of mace, 6 peppercorns, ½ a teaspoonful of salt.

Method.—Cold remains may be used for this dish instead of raw fish, which, when used, must be gently stewed for 1 hour in a little stock or water. This stock is employed to form the basis of the marinade. Melt the butter in a stewpan, add the onion, carrot, turnip, celery, bay-leaves and parsley, cover closely, cook gently for about 20 minutes, then add the vinegar, fish stock or water, mace, peppercorns and salt. Simmer gently for 15 minutes, then turn the preparation into an earthenware vessel, and as soon as it is quite cold put in the fish. Let it remain for about 12 hours, then serve with a little of the liquor strained round.

Time.—About 2 hours, when using raw fish. **Average Cost,** sturgeon, from 1s. 6d. per lb. **Sufficient** for 8 or 12 persons. **Seasonable,** April to September.

667.—STURGEON, PROVENÇALE STYLE. (*Fr.*—Esturgeon à la Provençale.)

Ingredients.—2 lb. of sturgeon in one slice, stock, 1½ ozs. of butter, slices of ham or bacon, ½ a clove of garlic, ¼ of a teaspoonful of powdered mixed herbs, salt and pepper, flour.

Method.—Wash and dry the fish thoroughly, and coat it lightly with flour seasoned with salt and pepper. Melt the butter in a stewpan, fry the fish on both sides, and when nicely browned cover it with strips of ham or bacon. Pour a little stock round to about half the depth of the fish, add a little salt and pepper, and the garlic and herbs. Cover closely, and simmer gently from 40 to 60 minutes, according to size and the age of the fish from which the piece was taken. Serve the fish with the gravy strained round, or, if preferred, send it to table simply garnished with sliced lemon and parsley. Serve brown sauce or anchovy sauce separately.

Time.—From 1 to 1¼ hours. **Average Cost,** from 1s. 6d. per lb. **Sufficient** for 6 or 8 persons. **Seasonable,** April to September.

668.—STURGEON, STEWED. (*Fr.*—Ragoût d'ésturgeon.)

Ingredients.—2 lb. of sturgeon, white stock, 1 glass of sherry or Madeira, 1 tablespoonful of capers, 1½ ozs. of butter or fat, vinegar, flour, salt and pepper, 1 lemon.

Method.—Wash and dry the fish thoroughly, and cut it into slices, from ¾ to 1 inch in thickness. Cover these with vinegar, let them soak for 5 or 6 minutes, then drain and dry them, and coat them lightly with flour seasoned with salt and pepper. Melt the butter or fat, fry the fish on both sides until lightly browned, and drain them free from fat. Place the fish in a stewpan, add the wine, and as much stock as will barely cover them, and a seasoning of salt and pepper. Cover closely, stew gently for about 1 hour, then remove to a hot dish, strain the gravy, and return it to the stewpan. Season the gravy to taste, add the capers and a little lemon-juice or vinegar, make it thoroughly hot, and pour it over the fish. Garnish with sliced lemon, and serve.

Time.—About 1¼ hours. **Average Cost,** from 1s. 6d. per lb. **Sufficient** for 6 or 8 persons. **Seasonable,** April to September.

669.—TENCH, BAKED. (*Fr.*—Tanche rôti.)

Ingredients.—1 tench, 3 ozs. of butter or fat, 2 shallots finely-chopped, 2 lemons, ½ a pint of white sauce, 1 tablespoonful of coarsely-chopped gherkin, salt and pepper.

Method.—Scale and clean the fish thoroughly, remove the gills, which are always muddy, then sprinkle the fish liberally with lemon-juice, and put it aside for 1 hour. Melt the butter in a baking-dish, put in the fish, and baste it well, sprinkle with salt and pepper, and add the shallots. Cover the fish with a greased paper, and bake gently from 25 to 35 minutes, according to size. Make the sauce as directed, add the gherkin and a tablespoonful of lemon-juice, and season to taste. Serve the fish with the sauce poured over.

Time.—About ½ an hour. **Average Cost,** uncertain, tench being seldom offered for sale. **Sufficient** for 2 or 3 persons. **Seasonable** from November to March.

670.—TENCH, BOILED. (*Fr.*—Tanche Bouilli.)

Ingredients.—1 tench, ½ a pint of anchovy, parsley or piquant sauce (No. 265), lemon, parsley, salt and pepper.

Method.—Scale and clean the fish thoroughly, and remove the gills. Rub the inside of the fish with salt, applying it liberally under the backbone, which should be raised for the purpose. Let it stand for 2 hours, and afterwards rinse the fish well in cold water. Put it into a saucepan containing just sufficient hot, but not quite boiling, salted water to cover it, and simmer gently from 15 to 25 minutes, according to size. Drain well, and serve garnished with sliced lemon and parsley.

Time.—From 15 to 25 minutes, to boil. **Average Cost,** uncertain, tench being seldom offered for sale. **Sufficient** for 2 or 3 persons.

671.—TENCH, MARINADED AND BROILED. (*Fr.*—Tanche grillé.)

Ingredients.—Small tench; to 2 or 3 allow 1 small onion finely-chopped, 2 shallots finely-chopped, 1 dessertspoonful of parsley finely-chopped, ¼ of a teaspoonful of powdered mixed herbs, 2 or 3 tablespoonfuls of salad-oil, salt and pepper, piquant sauce.

Method.—Wash and clean the fish thoroughly, remove the gills, and completely cover the fish with boiling water. Let them remain for 5 minutes, then dry and scale them carefully. Place them in a deep dish, add a good seasoning of salt and pepper, and the onion, shallot, parsley, herbs and salad-oil. Allow the tench to lie for 2 hours, meanwhile basting frequently with the marinade, and then drain well. Have ready some pieces of well-oiled foolscap of suitable size, enclose each fish separately, and broil it over a clear fire for 10 or 15 minutes, according to size. When done, remove the papers and serve the fish with the piquant sauce poured over.

Time.—About 2½ hours. **Average Cost,** uncertain, tench being seldom offered for sale. Allow 1 for each person.

THE TENCH (Fr. *tanche*).—This fish generally inhabits stagnant and weedy waters, and rivers and ponds abounding in rushes. It thrives best in standing waters, and is found more frequently in pools and ponds, where it feeds on refuse vegetable matter, than in running streams. Tench taken from the latter are preferable for the table, the flavour being superior; those captured where the mud is foul have usually a bad taste if cooked immediately, but this may be obviated by placing the fish when caught in clear water. The tench is very tenacious of life, and may be preserved or carried for a long distance covered in damp weeds. In colour this fish is a greenish-olive above, and of a light tint below. It spawns in May and June. The flesh of the tench is somewhat coarse and insipid The tench is a member of the carp family, and is frequently placed in ponds with carp.

672.—TENCH, MATELOT OF. (*Fr.*—Tanche en Matelote.)

Ingredients.—3 tench, 12 sauce oysters, 1 pint of good stock, ¼ of a pint of port wine or claret, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of finely-chopped onion, 12 button mushrooms, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1 teaspoonful of anchovy-essence, 1 dessertspoonful of lemon-juice, salt and pepper, cayenne.

Method.—Wash, clean and scale the fish, and cut each into 2 or 3 pieces. Put the stock, onion, bouquet-garni, mushrooms, cloves, mace, with a good pinch of cayenne, into a shallow stewpan. Simmer gently for 20 minutes, then put in the fish, cover closely, and simmer gently for ½ an hour. Meanwhile blanch the oysters in their own liquor, remove the beards, cut each oyster in two, and strain the liquor into the stewpan. Melt the butter in another stewpan, add the flour, and cook it for 4 or 5 minutes. When the fish is ready, remove it carefully to a hot dish, strain the sauce over the flour and butter, and stir until smooth. Add to it the mushrooms, lemon-juice, and wine, season to taste, simmer for 2 or 3 minutes, then put in the oysters, and pour the sauce over the fish.

Time.—About 1 hour. **Average Cost,** uncertain. **Sufficient** for 6 or 7 persons. **Seasonable** from November to March.

Note.—Tench may also be plainly boiled or baked.

673.—TROUT, BAKED. (*Fr.*—Truite rôtie au four.)

Ingredients.—2 trout, veal forcemeat (*see* forcemeats), 3 ozs. of butter, 1 oz. of flour, 1 dessertspoonful of capers, 1 teaspoonful of lemon-juice, ½ a teaspoonful of anchovy-essence, pepper and salt.

Method.—Clean, scale, empty, and dry the fish. Make the forcemeat as directed, put it inside the trout, and sew up the openings. Place the fish in a baking-tin or dish with 2 ozs. of butter, and bake in a moderate oven for about ½ an hour, basting frequently. Fry the flour and the rest of the butter together ; and when the fish is ready remove it to a hot dish, and strain the liquor in the baking-dish on to the flour and butter. Stir until it boils and becomes smooth, then add the capers, lemon-juice, anchovy-essence, and season to taste. Simmer for 2 or 3 minutes, then pour over the fish, and serve.

Time.—1 hour, altogether. **Average Cost,** 1s. to 2s. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** from February to September.

674.—TROUT, BOILED. (*Fr.*—Truite bouillie.)

Ingredients.—2 medium-sized trout, ⅓ of a pint of melted butter, (No.202), 1 tablespoonful of coarsely-chopped gherkin, salt and pepper.

Method.—Empty and wash the trout, barely cover them with hot, but not quite boiling, salted water, and simmer gently from 10 to 12 minutes, according to size. Have the sauce ready, add the gherkin, season to taste, pour over the fish, and serve.

Time.—From 10 to 12 minutes. **Average Cost,** 1s. to 2s. per lb. **Sufficient** for 3 or 4 persons.

675.—TROUT, FILLETED AND FRIED. (*Fr.*—Filets de Truite frites.)

Ingredients.—2 medium-sized trout, 1 level tablespoonful of flour, ½ a teaspoonful of salt, ½ a saltspoonful of pepper, egg and breadcrumbs, frying-fat, lemon and parsley for garnish, anchovy, shrimp or tomato sauce (*see* Sauces).

Method.—Wash, clean and thoroughly dry the fish, split them down the back, and remove the bone. Mix the flour, salt and pepper together, cover each piece of fish lightly with the mixture, and afterwards brush it over with egg and coat carefully with breadcrumbs. Have ready a deep pan of fat, and fry the fish until lightly browned and crisp. Drain well, garnish with sliced lemon and parsley, and serve the sauce separately.

Time.—To fry, 5 or 6 minutes. **Average Cost,** 1s. to 2s. per lb. **Seasonable** from February to September. **Sufficient** for 3 or 4 persons.

676.—TROUT, FILLETS OF, WITH TOMATO SAUCE. (*Fr.*—Filets de Truite à la Tomate.)

Ingredients.—1 or 2 trout, 1½ ozs. of butter, 2 shallots finely-chopped, ½ a teaspoonful of parsley finely-chopped, ¼ of a teaspoonful of powdered mixed herbs, salt and pepper, ⅓ of a pint of hot tomato sauce, No. 281.

Method.—Prepare the trout as directed in the preceding recipe, and place the fillets in a baking-dish, in which the butter has been previously melted. Season liberally with salt and pepper, add the shallots, parsley and herbs, and cover closely with a greased paper. Cook gently for about 20 minutes, then transfer the fish to a hot dish, pour the prepared sauce over, and serve.

Time.—About 20 minutes. **Average Cost,** 1s. to 2s. per lb. **Seasonable** from February to September.

677.—TROUT, STEWED. (*Fr.*—Truite au Vin Rouge.)

Ingredients.—2 good-sized trout, ½ an onion thinly sliced, a little parsley, 2 cloves, 1 blade of mace, 2 bay-leaves, a little thyme, salt and pepper to taste, 1 pint of stock, No. 5 or 7, 1 glass of claret or port wine, 1 oz. each of butter and flour.

Method.—Wash the fish very clean, and wipe it quite dry. Lay it in a stewpan, with all the ingredients but the butter and flour, and simmer gently for ½ an hour. While the fish is cooking, melt the butter in a stewpan, stir in the flour, and cook for 4 or 5 minutes. When ready, place the fish on a hot dish, strain the liquor over the flour and butter, and stir until it boils and becomes smooth. Season to taste, pour over the fish, and serve.

Time.—40 minutes. **Average Cost,** 1s. to 2s. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** from February to September, but in the best condition in August.

The Trout (Fr. *truite*), the name given to various species of the *Salmonidae*, or salmon family especially to the common trout (*Salmo fario*), which abounds in many of the rivers, lakes and clear running streams of Britain and northern Europe. The colour of the trout is yellowish-brown above varied with reddish-brown, and crimson spots on the lateral line; the abdomen is silvery-white, while a rich, golden-yellow extends along the under part of the sides. The flesh and tint of the trout vary in different localities. In weight, the common trout averages about 1 lb. Towards the end of September trout quit the deep water to which they have retired in the hot weather—the trout is very partial to shady nooks—for the purpose of spawning on the gravelly bottoms of rivers or streams. During the spawning season trout become soft and unwholesome as food. Other species of trout are the Lochleven trout peculiar to that loch, of larger dimensions than the common trout, and forming a distinct species; the Great Lake trout, common in some of the large lakes of England and Ireland, sometimes attaining to a considerable size and weight—in colour it is dark-brown, with a purple tint; and the salmon trout, which, like the salmon, migrates to the sea and returns to spawn in the rivers.

678.—TURBOT WITH AUBERGINES. (*Fr.*—Turbot aux Aubergines.)

Ingredients.—2 lb. of turbot (middle cut), 2 ozs. of butter, the juice of ½ a lemon, 1 tablespoonful finely-chopped parsley, 1 dessertspoonful of meat glaze, 3 aubergines, salt and pepper, flour, milk, olive-oil, and clarified butter.

Method.—Remove the dark skin from the fish, free it from bones, and cut it into 6 or 8 even-sized slices. Trim these neatly, season with salt and pepper, dip them into milk, and then into flour. Melt about 1½ ozs. of butter in a sauté-pan, place in the fillets of turbot, cover with a buttered paper, and cook in the oven for 15 minutes, or longer if needed, basting the fish frequently. Remove the skin from the aubergines, cut them into slices, dip them in flour, and fry a golden-brown in a frying-pan containing olive-oil and clarified butter in equal proportions. Drain them and season with salt. Dress the turbot on an oblong dish, sprinkle over the lemon-juice, then the parsley, and lastly some nut-brown clarified butter. Garnish with the fried aubergines. Just before serving sprinkle the previously heated meat glaze over the fish.

Time.—About ½ hour. **Average Cost,** 3s. 6d. to 4s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

679.—TURBOT, BAKED FILLETS OF. (*Fr.*—Filets de Turbot au Gratin.)

Ingredients.—The remains of cold turbot, lobster sauce left from the preceding day, egg and breadcrumbs, cayenne and salt to taste, minced parsley, nutmeg, lemon-juice.

Method.—After having cleared the fish from all skin and bone, divide it into square pieces of an equal size ; brush them over with egg, sprinkle with breadcrumbs mixed with a little minced parsley and seasoning. Lay the fillets in a baking-dish, with sufficient butter to baste them with. Bake for 15 minutes, and keep the fillets well moistened with butter, add a little lemon-juice and grated nutmeg to the cold lobster sauce ; make it hot, and pour over the fish, which must be well drained from the butter. Garnish with parsley and cut lemon.

Time.—From 30 to 40 minutes. **Seasonable** at any time.

Note.—Cold turbot thus warmed in the remains of lobster sauce will be found much nicer than if the fish were put again in water.

680.—TURBOT, BOILED. (*Fr.*—Turbot bouilli.)

Ingredients.—1 medium-sized turbot, salt and pepper.

Method.—Empty and wash the fish, trim the fins, but do not cut them off, as the gelatinous parts about them are esteemed a great delicacy. Make an incision down the middle of the back, to lessen the possibility of the skin on the white side cracking ; and rub the white side of the fish with a cut lemon to increase its whiteness. Have ready the turbot-kettle, with as much hot water as will cover the fish, add salt to taste, put in the fish, bring gradually to near boiling point, then simmer very gently from 15 to 20 minutes. Garnish with lobster coral, parsley, and cut lemon, and serve with Hollandaise, anchovy, shrimp or lobster sauce.

Time.—15 to 20 minutes, after the water boils. **Average Cost,** 7s. 6d. to 15s. **Sufficient** for 8 or 10 persons. **Seasonable** at any time.

The Turbot (Fr. *turbot*) is the most highly-esteemed, and, next to the halibut, the largest of the flat-fish found on the British coasts. It frequently attains a very large size weighing from 50 lb. to 90 lb. The North Sea and the south-eastern coasts of England are the principal fishery grounds for turbot. The flesh of the turbot is firm, white, and gelatinous, and is improved by being kept a day or two before being cooked. Halibut is frequently sold for turbot ; the two fish are, however, sufficiently distinct, the upper parts of the former being quite smooth and covered with oblong soft scales, which firmly adhere to the body, while those of the turbot are marked with large, unequal, and obtuse tubercles.

681.—TURBOT WITH CREAM SAUCE. (*Fr.*—Turbot à la Crême.)

Ingredients.—The remains of cold turbot, 1½ ozs. of butter, 1 oz. of flour, ½ a pint of milk, 3 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, a pinch of ground mace, salt and pepper, cayenne.

Method.—Remove the bones and skin from the fish, and separate it into large flakes. Melt the butter in a stewpan, add the flour, and cook for 5 minutes ; then pour in the milk, stir until it boils, and let it afterwards simmer gently for 10 minutes. Strain and return to the stewpan, put in the fish, and let it become thoroughly hot, then add the lemon-juice, cream, and seasoning to taste, and serve.

Time.—About 20 minutes. **Average Cost,** 5d. or 6d., exclusive of the fish. **Seasonable** at any time.

682.—TURBOT WITH ITALIAN SAUCE, FILLETS OF. (*Fr.*—Filets de Turbot à l'Italienne.)

Ingredients.—The remains of cold turbot, Italian sauce (No. 252).

Method.—Clear the fish carefully from the bone, and take away all the skin, which gives an unpleasant flavour to the sauce. Make the sauce hot, lay in the fish to warm through, but do not let it boil. Garnish with croûtons.

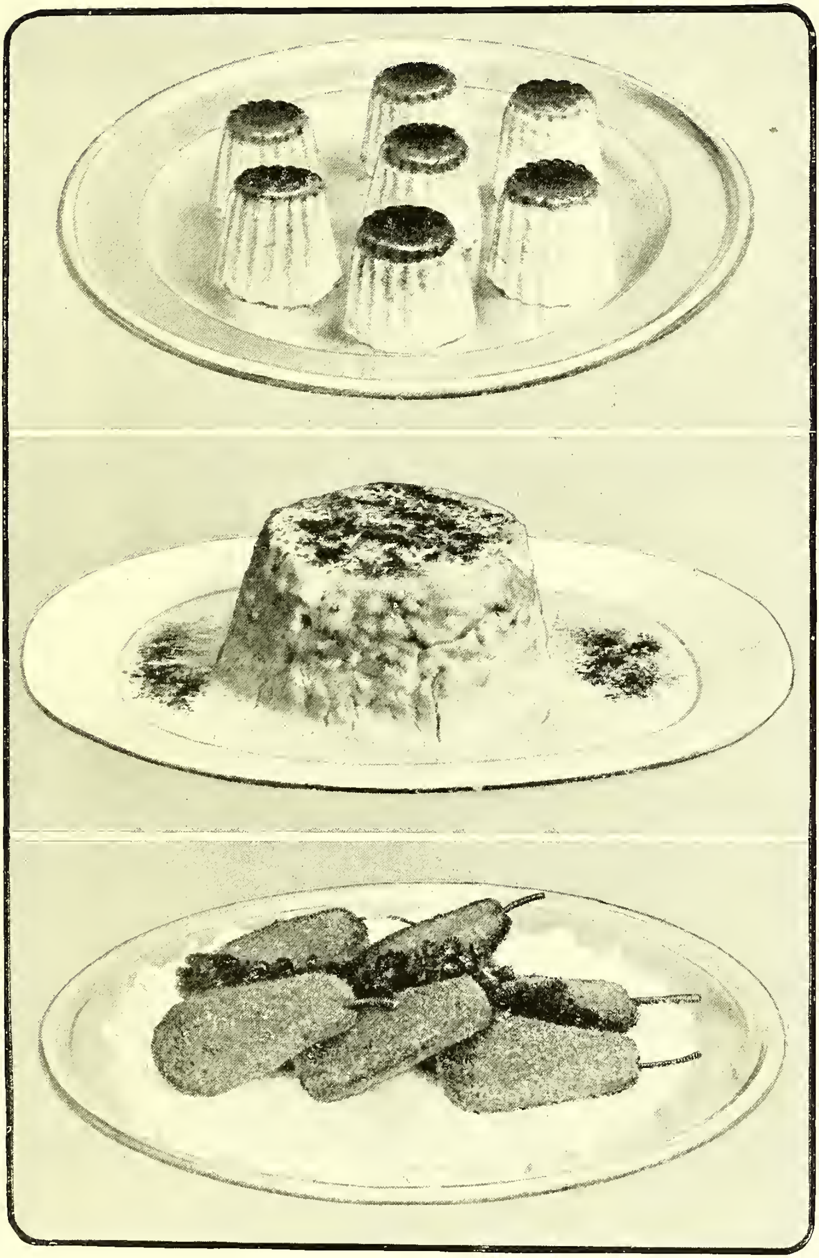
Time.—5 minutes. **Seasonable** all the year.

683.—TURBOT AU GRATIN.

Ingredients.—Remains of cold turbot, Béchamel (*see* Sauces), or any good white sauce, breadcrumbs, butter.

Method.—Cut the flesh of the turbot into small dice, carefully freeing it from all skin and bone. Put the dice into a stewpan, and moisten with 4 or 5 tablespoonfuls of Béchamel sauce. Let it get thoroughly

FISH.



1. Savoury Haddock Timbales. 2. Whiting Soufflé. 3. Lobster Cutlets.

hot, but do not allow it to boil. Spread the mixture on a dish, cover with finely-grated browned breadcrumbs, and place small pieces of butter over the top. Brown it in the oven, or with a salamander.

Time.—Altogether, ½ an hour. **Seasonable** at any time.

684.—TURBOT WITH WINE, PAUPIETTES OF.
(*Fr.*—Paupiettes de Turbot au Vin Blanc.)

Ingredients.—2½ to 3 lb. of turbot, ½ a lb. of whiting forcemeat, (No. 415), 1 shallot, a sprig of parsley, 6 preserved mushrooms, 3 to 4 ozs. of butter, 2 small glasses of Chablis or Sauterne, 1½ gills of stock, ½ a pint of Velouté or Allemande sauce, ½ a gill of double cream, ½ a lemon, pepper and salt.

Method.—Remove the fillets from the bones of the fish, pare off the white and the black skin, flatten each piece with a wet cutlet-bat, and cut into convenient and even-sized fillets about the same size as fillets of soles. Flatten each fillet again, trim neatly and season with pepper and salt. Chop very finely the peeled shallot, the parsley and the mushrooms, and mix these with the forcemeat; spread the mixture on one side of each prepared fillet, and roll up neatly. Butter some strips of white paper, and roll up each fillet in paper. Arrange the fillets closely in an upright position in a deep sauté-pan, containing about 3 ozs. of melted butter; place the lid on the pan, cook for a few minutes in the oven; then add the wine and the stock, and finish cooking in the oven until done. Baste occasionally with the liquor. As soon as the fillets are done take them up, drain, remove the paper bands, dish up in a pyramidal form, and keep them hot. Add the white sauce to the fish liquor, reduce well, strain, and finish with cream. Add a few drops of lemon-juice, pour over the fish, and serve hot.

Time.—To cook, about 20 minutes. **Average Cost,** 5s. 6d. to 6s. 6d. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

685.—WATER SOUCHET.

Ingredients.—Flounders, plaice, soles, perch or tench, parsley, salt, pepper.

Method.—Any of the above-named fish will be found suitable. Wash and clean the fish, put it into a stewpan with just sufficient cold water to cover it, add a small bunch of parsley and salt to taste. Cook gently until done, then transfer the fish carefully to a deep dish or tureen, sprinkle over it 1 teaspoonful of finely-chopped parsley, strain and add the liquor, then serve. Brown bread and butter should be handed round.

686.—WATER SOUCHET. (Another Method.)

Ingredients.—Plaice, flounders or perch, parsley and parsley-roots, salt.

Method.—Wash and trim the fish, put the trimmings and 2 or 3 fish into a stewpan with 1 quart of water, a little salt, parsley, and a few parsley-roots. Simmer until all is quite tender, then pass through a sieve and return to the stewpan. Cook the remaining fish slowly in the liquor, and when done, lift out carefully into a deep dish, add 1 teaspoonful of finely-chopped parsley, strain the liquor over, then serve.

687. WHITEBAIT. (*Fr.*—Blanchailles.)

Ingredients.—Whitebait, ice, flour, cayenne, salt, frying fat.

Method.—The frying of whitebait is a most difficult task for cooks with little experience. The following is a well-tried method which, if carefully followed, never fails to produce satisfactory results : Put the whitebait with a piece of ice in a basin, which must be kept on the ice. When required for cooking, spread the fish on a cloth to drain, then sprinkle a clean cloth with flour, put a small quantity of whitebait on this, sprinkle over some more flour, fold the cloth and shake it well, holding the ends of the cloth with both hands. Turn the contents into a wire drying basket, and shake it so as to get rid of the superfluous flour. Plunge the basket into a pan of clean, very hot lard, and fry rapidly over a bright fire for 3 or 4 minutes. Keep moving the basket all the time the frying goes on. Take up the basket, shake it so as to strain off the fat, and turn the fish on to a cloth or paper. Repeat this until all the whitebait are fried. Season with cayenne or black pepper, and fine salt. Dish up on a folded napkin or lace paper, and send the fish to table accompanied with quarters of lemon and thin slices of brown bread and butter.

Time.—From 3 to 4 minutes. **Average Cost,** 1s. 6d. per quart. **Seasonable** from January to September.

WHITEBAIT (Fr. *blanchaille*). This diminutive fish, considered a great delicacy on account of the tenderness and sweetness of its flesh, is allied to the herring, and was formerly thought to be the young of that fish, but the shape of its body is more compressed. It is of a pale silvery hue, and greenish on the back, and varies in length from 2 ins. to 5 ins. The whitebait is caught during the spring and summer in the estuary of the Thames, in the Clyde, and other rivers. The " Whitebait Dinner " of the members of the Cabinet, just before the prorogation of Parliament, at the *Trafalgar*, Greenwich, was an annual custom of some standing, but it is now discontinued.

688.—WHITING, BAKED. (*Fr.*—Merlan au Gratin.)

(*See* **Sole au Gratin**, No. 653, use skimmed whiting, and proceed in the same manner.)

689.—WHITING WITH SWEET HERBS, BAKED. (*Fr.*—Merlan aux Fines Herbes.)

(*See* **Sole with Fine Herbs,** No. 654.)

690.—WHITING, BOILED. (*Fr.*—Merlan bouilli.)

Ingredients.—Whiting, salt.

Method.—Clean the fish, but do not skin them. Have ready sufficient warm water to cover them, salt it slightly, put in the fish, bring gently to the boil, and simmer for 7 or 8 minutes (if small). Drain well, serve on a folded napkin, garnish with parsley, and serve with a suitable sauce.

Time.—7 or 8 minutes for small whiting. **Average Cost**, 3d. to 9d. each. Allow 1 small whiting for each person. **Seasonable** all the year, but best from October to March.

THE WHITING (Fr. *merlan*).—This well-known fish belongs to the cod family, but is destitute of the barbule seen in the cod and haddock. Its flesh is the most delicate and palatable of any fish of its tribe. The body of the whiting is compressed, and the upper jaw projects beyond the lower. It is a smaller fish, and of a more elegant shape than the haddock; its average weight is 1½ lb. The whiting is caught in abundance on the British coasts and in the northern European seas.

691.—WHITING, BROILED. (*Fr.*—Merlan Grillé.)

Ingredients.—Whiting, a little oil or butter.

Method.—Wash, and thoroughly dry the fish. Brush them over with a little oil or melted butter, and broil over a clear-fire.

Time.—From 6 to 8 minutes, for a small whiting. **Average Cost**, 3d. to 9d. each. Allow, 1 small whiting for each person. **Seasonable** all the year.

TO CHOOSE WHITING.—Choose for the firmness of its flesh, and the silvery hue of its appearance.

THE POLLACK (Fr. Merlan).—Like the pout, the pollack bears a strong resemblance to the whiting. It is a gregarious fish and swims in shoals, and is caught off the coasts of Britain, chiefly around the northern parts. The flesh of the pollack is good eating. It is also known as the "coal-fish," and in Scotland it bears the local name of "Lythe."

692.—WHITING, FRIED. (*Fr.*—Merlan Frit.)

Ingredients.—2 whiting, 1 egg, breadcrumbs, flour, salt, pepper, frying-fat or oil.

Method.—Wash, clean, and dry the fish, and remove their skins, and fasten the tail in the mouth by means of a small skewer. Mix a teaspoonful of flour with salt and pepper, and rub it well into the fish; then brush them over with egg, coat them with breadcrumbs, and fry until nicely browned in hot fat. Serve on a fish paper, garnished with crisply-fried parsley.

Time.—To fry, 6 or 7 minutes. **Average Cost**, 3d. to 9d. each. **Sufficient**, 1 small whiting for each person. **Seasonable** all the year, but best from October to March.

THE POUT (Fr. *Lamproie*). also known as the BIB is found about the mouth of the Thames, and generally around the British coasts, as well as in the northern seas. It bears a striking resemblance to the whiting, and is frequently called the WHITING POUT. The pout is esteemed as an excellent table-fish.

GENERAL REMARKS ON COOKING MEAT

CHAPTER XIII

Instructions for Roasting, Boiling, Baking, Stewing, Braising and Frying.

The Probability is that the Human Race for a long period in the early history of mankind lived upon roots, fruits, raw fish, shell-fish, birds' eggs, small reptiles, and insects. When man acquired the art of fashioning weapons from the flints which he wrought into arrow-heads, spear-points, and axes, he was enabled to chase and slay the animals around him, and thus obtain raw meat. A survival of this custom is seen in the name of the Eskimo, from the appellation ESKIMANTSIC, or "raw-flesh-eaters," given to them by the native tribes of New England, and retained in the French form of the word ESQUIMAUX. Bows and arrows have been found among the natives of all climates and latitudes, but their use indicates an advancement in civilization reached only during many centuries. The early period of man's existence is divided into four epochs or ages, not implying, however, that these epochs were simultaneously reached by all the inhabitants of the globe in their progress towards civilization, for there are still races in their stone age. The first epoch is the Paleolithic, or old stone age, when the implements fashioned by man were sharp chipped flints. To this succeeded the Neolithic, or new stone age, characterized by polished stone implements, and the domestication of animals. Next followed the Bronze age, with its weapons and articles of that metal, and lastly the Iron age, with its gradual development and progress in the arts and manufactures. The successive stages through which man has advanced to civilization may also be classified in three divisions : Savage, Barbarous, and Civilized. The first is represented by the savage of the South American forests, who lives on wild plants and animals ; the second by the African, who tills the ground and domesticates animals for his use; the third by the civilized European, associated with all that the word civilization denotes, of moral, intellectual, social, and material development.

The duration of the Paleolithic Age cannot be determined. Unpolished stone implements, bone, and horn have been found associated with the bones and teeth of the mammoth, or woolly-haired elephant, the cave-bear, and other wild animals long extinct, in the old drift gravels of the glacial period, which was passing away in Europe thousands of years before the Neolithic Age began, and it is even possible that the existence of man may date from a still earlier pre-glacial period.

The Discovery of Fire is lost in the dim ages of antiquity. No savage tribe has been found so low in the scale of being as to be without its possession ; even among the relics found of man's existence during the mammoth period, fragments of charcoal and burnt bones have been discovered. The methods pursued by savage races for producing fire are by the friction of one piece of wood against another, by the use of a fire-drill, consisting of a pointed stick, which is revolved rapidly in a hole made in a piece of wood, or by means of a species of bow-drill. The Brahmins at the present day produce the fire for their daily sacrifice by this primitive method. Later, the old fire-drill was improved upon by the flint and steel ; and now the safety match in common use provides a ready means of kindling a fire or producing a light. Of such value is the possession of fire to man for warmth, cooking his food and other purposes, that the ancient Greeks in their mythology ascribed its origin to the gods, from whom Prometheus, the brother of Atlas, stole it, concealed in a tube. By the Parsis, the adherents of the ancient religion of Persia or Zoroastrianism, fire is regarded as the emblem of the Divine power, and its worship forms a part of their religious ritual.

Fire having been discovered, mankind endeavoured to make use of it for drying and afterwards for cooking their meat ; but for ages the methods and appliances employed in the preparation of food were of the crudest description. Meat brought in actual contact with fire is apt to become smoked, and have an unpleasant flavour. This disadvantage was remedied by passing spits through it, and placing it a suitable height above the burning fuel. Thus grilling was invented ; and simple as is this mode of cookery, yet all meat cooked in this way is richly and pleasantly flavoured. In Homer's time the art of cookery had not advanced much beyond the method of roasting, for we read in the "Iliad" how the hero Achilles and his friend Patroclus regaled the three Grecian leaders on bread, wine, and broiled meat. It is noticeable, too, that Homer does not speak of boiled meat anywhere in his poems. We read in the Scriptures, of Sarah cooking her cakes on the hearth ; and in the ceremonial law given to the ancient Jews, they were distinctly directed to bring cakes "baked in the oven." The term "oven" may have been applied to a kind of pot, sometimes called "kail-pot," which was used by the Egyptians for cooking ; it was a vessel completely closed, and when in use was buried bodily in hot ashes. The tripod and cauldron is the earliest cooking apparatus on record. The former consisted of three rods of iron or hard wood fastened together at the top, at which point was inserted an iron hook to hold the handle of the cauldron.

Methods of Cooking Meat.—Roasting, baking, boiling, stewing, braising, frying and grilling are the usual methods of cooking animal food. To explain the philosophy of these simple operations, we must notice the effects that are produced by heat on the principal constitutents of flesh. When finely chopped, mutton or beef is soaked for some time in a small quantity of water, and then subjected to slight pressure, the juice of the meat is extracted, and there is left a white, tasteless residue, consisting chiefly of muscular fibre. When this residue is heated to between 180° and 200° F., the fibres shrink together, and become hard and horny. The influence of a higher temperature on the soluble extracts is not less remarkable. When the watery infusion which contains the nutritive constituents of the meat is gradually heated, it soon becomes turbid, and, when the temperature reaches about 160°, flakes of whitish matter separate. These flakes are ALBUMIN, a substance precisely similar in all its properties to the white of egg. When the temperature of the watery extract is raised to 158°, the colouring matter of the blood coagulates, and the liquid, which was originally tinged red by this substance, is left perfectly clear, and almost colourless. When evaporated, even at a gentle heat, this residual liquid gradually becomes brown, and acquires the flavour of roast meat. The fibres of meat are surrounded by a liquid which contains albumin in its soluble state, just as it exists in the unboiled egg. During the operation of boiling or roasting this substance coagulates. The tenderness of well-cooked meat is consequently proportioned to the amount of heat employed, and the slight or complete coagulation of the albumin deposited in its substance. Meat is done when it has been heated throughout only to the temperature of coagulating albumin, provided the heat is continued long enough; it is thoroughly done when it has been heated through its whole mass to the temperature at which the colouring matter of the blood coagulates; it is overdone when the heat has been continued long enough to harden the fibres.

During the operations of Boiling, Roasting and Baking, fresh beef and mutton, when moderately fat, according to Johnston, lose, on an average about :—

	In Boiling.	In Baking.	In Roasting.
4 lb. of beef lose	1 lb.	1 lb. 3 ozs.	1 lb. 5 ozs.
4 lb. of mutton lose	14 ozs.	1 lb. 4 ozs.	1 lb. 6 ozs.

More recent experiments also show that animal matter loses more weight by roasting than by boiling. In roasting, the loss arises from the melting out of the fat and evaporation of water; but the nutritious matter remains condensed in the cooked meat, whereas, in boiling, the gelatin is partly abstracted. Roast meats are therefore more nutritious than boiled meats; but in consequence of the chemical decomposition of the fat of roast meats, due to a long continued exposure to an intense heat, they are less easily digested.

Roasting.—In roasting, the joint must be suspended where the rays of heat from the fire may fall directly upon it. In localities where this excellent and wholesome method of cooking is largely practised, kitchens are provided with a primitive meat-screen, a three-leaved folding "hastener," lined on the inside with a bright metal which reflects the heat. Therefore, although roasting may be described as cooking by radient heat, it is a process in which reflected heat plays a secondary and by no means unimportant part. By many, roasting is condemned as an extravagant method of cooking. Undoubtedly meat loses considerably in weight when roasted, but there is no real loss ; the melted fat remains as dripping ; any meat juice which escapes coagulates and forms the basis of the gravy, and by the evaporation of water, to which the greater part of the loss is due, the nutritives of the meat have simply become more concentrated. The consumption of coal in roasting is not excessive when the fire is properly built up. Some 30 or 40 minutes before the fire must be ready, the front of the grate should be filled with small lumps of coal, and the back with a few lumps mixed with a considerable quantity of slightly-wetted small coal. As the front of the fire burns away, the embers from the back can be brought forward, and small coal or cinders put in their place, thus keeping the front of the fire clear and bright. Immediately the fire is made up the "hastener," or meat-screen, should be drawn around it, so that its surface may become thoroughly hot before the meat is put down to roast. When the fire is clear and bright the joint should be placed quite close to it for 10 or 15 minutes ; and as soon as it is put down it should be well basted with hot dripping, and this greatly assists in forming an impervious surface through which the juices of the meat cannot escape. The joint must be frequently basted during the first half-hour, and afterwards every 10 or 15 minutes. When properly roasted and sufficiently basted, the joint ought to be nicely browned without the aid of flour. A little salt and pepper is sometimes sprinkled on the joint before serving, but it is not necessary. It was considered an improvement to the gravy when the old custom obtained of pouring a little over the joint.

It is impossible to fix the exact time required for roasting meat, because so much depends upon the form and thickness of the joint, and its age and condition. The general rule is to allow 15 minutes for each pound of beef and mutton, and 15 minutes over ; and 20 minutes for each pound of veal and pork, and 20 minutes over. Meat of recently killed beasts requires longer cooking than meat which has hung for some time ; in warm weather joints require rather less time for roasting than in cold. A square solid piece of beef will not cook as quickly as a shoulder of mutton of equal weight ; and rolled and stuffed meat must be allowed a longer time than if the joints were not prepared in this manner.

White Meats, and the Meat of Young Animals, require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork and lamb should be thoroughly done to the centre.

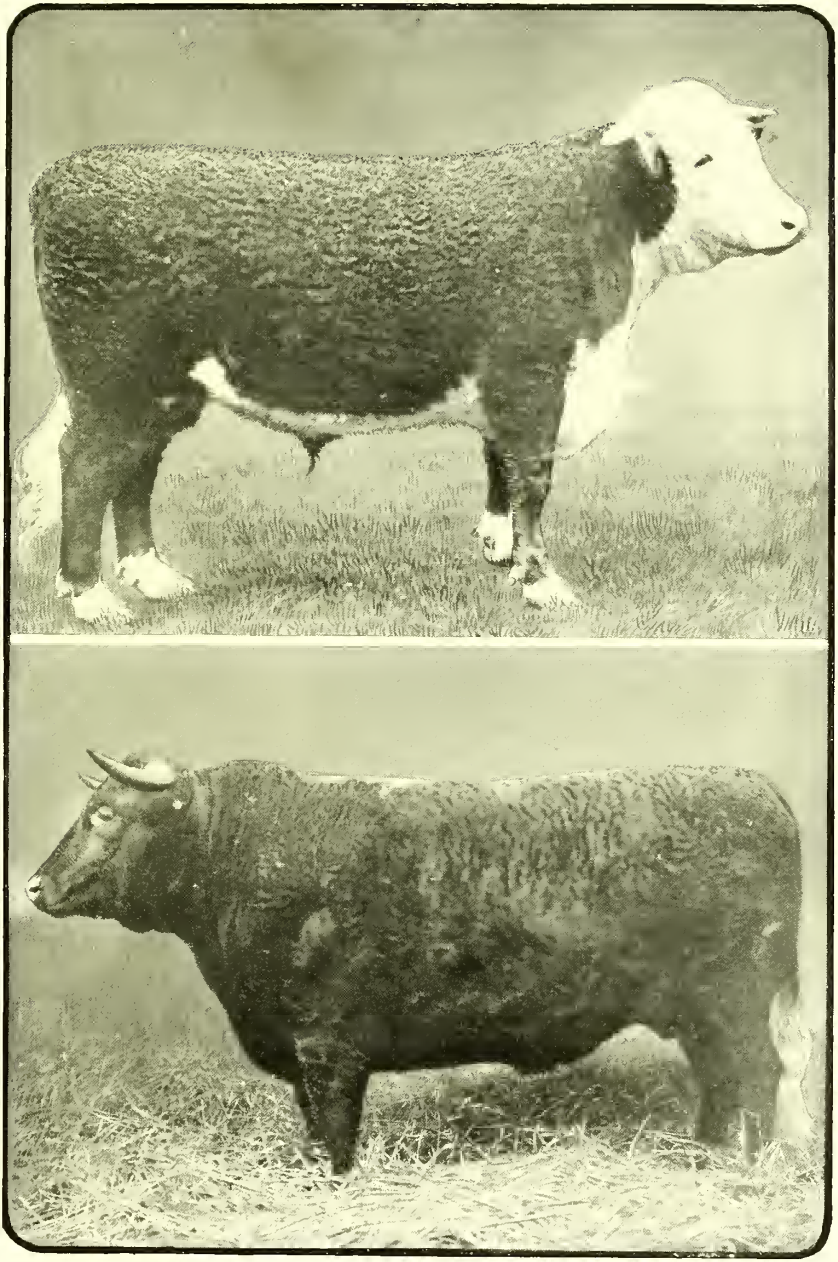
Mutton and Beef, on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be cooked, so that, in carving them, the gravy will just run, but not too freely. Of course in this, as in most other cases, the tastes of individuals vary; and there are many who cannot partake, with satisfaction, of any joint unless it is what others would call overdressed.

Baking.—Meat baked in the oven has never the same delicious aromatic flavour as when roasted in front of the fire, but with care it is possible to have a baked joint with a good flavour and a well-browned and crisp surface. To preserve the flavour of the meat, it is absolutely necessary that every part of the oven should be kept scrupulously clean. Nothing can brown properly or become crisp in too moist an atmosphere ; therefore there must be an outlet for the steam produced by the evaporation of some of the water in the meat ; and if the construction of the oven does not provide sufficient ventilation, the door must be kept partly open to allow the steam to escape. To ensure perfectly satisfactory results, a proper baking-tin must be used. This consists of a double tin, the upper part being provided with a grid, on which the meat rests, thus preventing unnecessary contact with the dripping. The lower tin is filled with water, which prevents the fat in the upper tin burning, and giving off unpleasant odours to be absorbed by the meat, and which would spoil its flavour. The principles of roasting and baking are exactly the same, the object being in both processes to preserve the nutritive qualities of the meat by preventing the escape of the juices of the meat. Before putting the joint in the oven it should be well basted with hot fat, for the reason already explained in reference to roasting meat. The oven should be hot for the first 10 or 15 minutes, in order that the albumin on the surface of the meat may be quickly coagulated and the juices of the meat retained. The temperature must then be lowered, or the meat transferred to a cooler oven, if the stove is provided with two. The temperature of an oven may be quickly reduced by drawing away some of the fire, putting in the dampers, or leaving the oven door open. Frequent basting is as essential in baking as in roasting; it not only keeps the meat mellow and tender, it also prevents waste by shrinkage, and by washing off some of the hardened particles it prevents the meat becoming too brown, while at the same time it provides a deposit to be afterwards converted into good gravy.

The time required for baking meat is the same as for roasting, viz., 15 minutes to each lb. of beef and mutton, and 15 minutes over ; and 20 minutes to each lb. of pork and veal, and 20 minutes over, with the usual allowances for form, condition, stuffing, etc., which common sense or experience must determine.

Boiling.—Boiling is generally considered one of the most easy and

CATTLE.



1. Hereford Steer. 2. Devon Steer.

simple processes of cookery. Certainly meat cooked in a pot requires very little attention, and too frequently receives none at all, as is evidenced by the ragged mutton and hard-flavourless beef to which the term BOILED meat may be correctly applied. Although meat loses less weight when boiled than when roasted or baked, there is more loss of nutritive constituents, unless both the meat and the liquor in which it is cooked be consumed, for certain mineral salts, soluble substances, and a considerable quantity of gelatin, are abstracted during the process of cooking, and remain dissolved in the liquor. When the meat is intended to be eaten, it is desirable that its valuable nutritive juices should be retained, and this is effected, as in roasting and baking, by subjecting the joint for a short time to a temperature sufficiently high to rapidly coagulate the surface albumin, thus forming an impervious envelope which prevents the escape of the internal juices, and most effectually excludes the water, which, by diluting these juices, would render the meat insipid. All fresh meat should be immersed in boiling water for 10 minutes, but at the end of that time the temperature must be reduced, and the surest and quickest way of effecting this to to draw the pot aside and add cold water by degrees until the water in the pot ceases to boil. One pint of cold water would sufficiently reduce the contents of a large boiling pot. When it is possible to choose, the one selected should be just large enough to hold the meat, which must be kept covered with water; hot water being added to replace that which boils away, in order to maintain an even temperature. The addition of such vegetables as turnip, carrot, onion and celery, is a decided improvement to the flavour of the meat, but they should never be used in sufficiently large quantities to overpower its natural flavour. Turnip must be always sparingly used, for it possesses the peculiar property of absorbing the flavour of any material it comes in contact with, and is often usefully employed for that purpose. In one respect, boiling is more economical than either roasting or baking, for when once the right point is reached a very small fire will maintain the proper temperature. Any heat in excess of this is wasted, and the benefit of slow progressive cooking is lost. Meat cooks as quickly at simmering point as if the water surrounding it were kept in a state of violent ebullition, and with far better results, for continued application of excessive heat hardens the fibres of the meat, and renders it tough and indigestible.

The time allowed for boiling meat is from 20 to 25 minutes for each lb of meat, according to the solidity or thinness of the joint, and the kind of meat ; pork requires longer boiling than beef or mutton, and salted meat longer than fresh meat.

Salt Meats.—Salt beef, salt pork, pickled pork, tongues and hams should always be put into warm water, unless very highly salted, when they may be put into cold water to extract some of the salt. Smoked hams and tongues must be soaked in cold water for at least 12 hours before cooking. Any kind of salt meat intended to be served cold will be more mellow and juicy if allowed to remain in the liquor until cold ; but this practice cannot be recommended in warm weather unless the meat will be quickly consumed, for the large amount of moisture it contains soon renders it unfit for use.

Stewing.—This process of cooking may be defined as "simmering in a small quantity of liquid." Undoubtedly it is the most economical method of cooking meat, not only on account of the small amount of fuel required to keep up the gentle simmering, but also because tough, coarse, inexpensive kinds of meat may, by this long, slow continuous process, be rendered tender and palatable. There is practically no loss of nutritive constituents, for everything abstracted from the meat is contained in the gravy. The fibres of coarse meat should never be exposed to a higher temperature than 160° F. ; simmering point is 180° F., boiling point, 212° F. To cook meat at this comparatively low temperature it is absolutely necessary that the vessel containing it should be provided with a lid fitting so closely that the steam cannot escape ; or failing this, 2 or 3 thicknesses of greased paper must be placed under the lid. Lean meat alone is suitable for stewing, more particularly when the liquid is thickened with flour, which prevents the fat rising to the surface of the liquid. In consequence of not being able to remove the fat by skimming, stews are apt to disagree with those who are in the least inclined to dyspepsia ; but when made of lean meat they are easily digested. A few rough trimmings of vegetables should be added to flavour the stew; but it is better to cook the vegetables to be served with it separately, for the low temperature at which the meat stews destroys the colour of both carrots and turnips. When the meat is very coarse its fibres may be softened either by adding a little vinegar to the stew, or by pouring a little over the meat and allowing it to soak in it for at least an hour before cooking. But when the meat is tender if it is quickly fried on both sides before it is stewed, it has both a better appearance and flavour.

No definite rule as to time can be given ; stews may be allowed to cook gently from 4 to 5 hours, but longer cooking usually reduces the fibres of beef and mutton to a stringy, thread-like mass, so hardened that they cannot be digested, and consequently afford no nourishment. Stews cannot cook too slowly ; it is not necessary that there should be the least ebullition, but there must be sufficient heat applied to evaporate the liquid and fill the vessel with steam, otherwise the meat is not cooking.

Braising.—This excellent method of cooking is a combination of roasting and stewing, for when a properly constructed pan is used heat is applied from above by means of a depressed lid on which charcoal is burnt. When meat is braised in an ordinary stewpan it is simply placed on a foundation of vegetables surrounded, but not covered, with stock. The meat does not come in contact with the liquid, but becomes thoroughly flavoured with the vegetables, and by long slow cooking in the steam is rendered tender and digestible: it is then placed in a quick oven and browned and crisped before serving.

Frying.—From the appended table it will be seen that all fats and oils do not boil at the same temperature. In ordinary houses thermometers for testing the heat for cooking are not available, but the table given is instructive without their aid—at least it should make clear the reason why it is so much more difficult to fry in a small quantity of butter than in a corresponding amount of fat or oil.

BOILING POINT OF FAT AND OILS

Butter	boils at	150°	F.
Lard	,,	210°	,,
Clarified Fat	,,	250°	,,
Oil	,,	390–400°	,,

Many liquids boil at a lower temperature than water (212°); thus you may, with impunity, dip your finger in boiling spirits of wine; you would take it very quickly from boiling brandy; still more rapidly from water; whilst the effect of the most rapid immersion in boiling oil need not be mentioned. As a consequence of this, heated fluids act differently on the savoury bodies presented to them. A small ball of butter, thickly coated with egg and breadcrumbs, may be fried in hot fat or oil and retain its form, but if dropped into a stewpan of boiling water it would quickly melt, and mingle with it, because the water would not be hot enough to immediately coagulate the albumin of the egg and thus imprison the butter, and effectually exclude the water. Fat may be heated to a much higher temperature than is necessary for ordinary frying purposes. Any one experienced can tell exactly by the appearance of the fat, and by the amount of blue smoke arising from it, when the requisite degree of heat is reached. This, of course, varies considerably; such things as rissoles and fish cakes, made principally of cooked materials, need simply browning and heating through, and consequently may be cooked in very hot fat. But such a preparation as cheese fritters or raw substances like fillets of fish must be fried in fat at lower temperature to allow the material to be fully cooked before the surface becomes too brown. The heat of the fat may be tested by frying a piece of bread; if it turns brown immediately the temperature is suitable for such things as need browning and re-heating, and for potatoes which require a high degree of heat, owing to the large proportion of water contained in them; but for raw materials the fat is sufficiently hot when the bread at once hardens, and acquires a pale golden-brown colour. It should, however, be remembered that the introduction of any cold substance immediately lowers the temperature of the fat; so much so, that after a few minutes the heat under the stewpan may safely be increased. Only a small quantity of anything should be fried at one time, and the fat must be heated to a proper temperature before frying a second lot. There are two distinct methods of frying, known respectively as deep or wet frying, and dry frying.

Deep Frying.—In this process the materials fried must be completely covered by hot fat. An iron or steel stewpan or saucepan may be used ; and for such things as rissoles, croquettes, lobster cutlets, fish cakes, etc., a wire basket or wire drainer is necessary ; fillets of fish are generally dropped into the hot fat from the fingers, and taken out on a fish slice. Everything fried should be transferred from the fat to a sheet of clean paper and thoroughly drained before serving.

Dry Frying.—Meat fried in a shallow pan with a comparatively small quantity of fat may be rendered hard and indigestible by this process if the mistake be made of putting the meat into a cold frying-pan, or into the fat before it is hot enough to coagulate the albumin on its surface. Fillets of beef and veal, and mutton and veal cutlets are generally cooked in this manner, and with a protective covering of egg and breadcrumbs they may be subjected to intense heat without hardening their fibres to an injurious extent. The side to be dished upwards should be fried first, because the side cooked first invariably presents a better appearance. The frying should be done rapidly, and the frying-pan frequently shaken to prevent the contents sticking and burning to the bottom of it.

Frying-Fat.—For all ordinary purposes clarified fat may be recommended. It is made from beef and mutton suet, cut into small pieces, and simmered in a little water until all the fat is extracted, and then strained. 2 lb. of fat are obtained from 3 lb. of suet ; unless the suet can be bought cheaply, it may be a little more expensive than lard. Oil is excellent for frying purposes, but it requires more careful handling than the fats, for unless heated gently over a slow fire, it has a tendency to rise quickly and boil over. Lard sometimes imparts an unpleasant flavour, but the chief objection to its use is the fatty odour which lingers long after the lard has cooled. Frying-fat after being used should, WHEN COOL, be strained. The fat may be used over and over again until it becomes discoloured, and discoloration may in some measure be prevented by occasionally boiling the fat in plenty of water for ½ an hour. When slightly cool, both fat and water should be poured into a basin ; and as soon as the cake of fat is firm all the impurities should be scraped off the bottom, and the fat melted again to evaporate every particle of water.

Grilling.—Grilling, or broiling, as it is sometimes termed, is the most perfect way of cooking chops and steaks. A sharp clear fire is necessary in order that the outside may be quickly hardened, and thus prevent the escape of the juices of the meat. Grilling may be done either over the fire or before it on a gridiron contrived for the purpose. Any ordinary gridiron may be used for cooking over the fire ; before being used it should be heated, and its bars well rubbed with paper, and afterwards with a little fat or suet. Whatever is being grilled must be repeatedly turned, by means of steak-tongs, or, failing these, a fork put into the fat of the meat, for if the lean be pierced the juices will escape through the holes thus made. This cooking process is suited only to small portions of meat, or kidneys, bones, fish, mushrooms, tomatoes, etc.

SUMMARY OF GENERAL RULES

(1) One general rule is that meat should never be washed, but there are at least three exceptions to the rule, viz. :—

(a) When using diluted vinegar or charcoal to remove the taint of putrefaction.

(b) When meat has been over-salted, and it is necessary to extract the excess of salt.

(c) Hearts and liver before they are cut into slices : the surface of both being protected by membranes, immersion in cold water does not deprive them of their nutritive juice.

(2) In roasting and baking an intense heat must be applied to all kinds of meat for 10 or 15 minutes, and the temperature afterwards considerably reduced.

(3) In boiling, fresh meat should be put into boiling water, boiled rapidly for 10 minutes, and then cold liquid added to reduce the temperature. Immersion in boiling water hardens the fibres of salt meat, therefore it should be put into warm water, or when too salt, it may be placed in cold water, which will extract some of the salt, and also a considerable quantity of the juices of the meat.

(4) In stewing, the process must be long, slow and continuous, the escape of steam being prevented by a close-fitting lid, and, if necessary, by intervening layers of greased paper.

(5) In frying, a blue smoke must arise from the fat before it is hot enough to fry even things which require a comparatively low temperature. Cold things to be fried must be added to the fat gradually, to avoid reducing the temperature too suddenly. The fat must always be re-heated to a proper temperature before putting in a second set of things to be fried.

GENERAL OBSERVATIONS ON QUADRUPEDS

CHAPTER XIV

General Notes on Mammalia and the different breeds of Cattle and their characteristics, observations on veal and beef, and tables of prices and weights of joints, etc.

The Empire of Nature has been, by general assent, divided into three great divisions or kingdoms : the first consisting of minerals, the second of vegetables, and the third of animals. The Mineral Kingdom comprises all inorganic objects devoid of life, but having a definite chemical composition, consisting of either a single element, as silver, or of two or three of these elements combined, as sodium chloride or common salt. When not mixed with any other substances, minerals are composed of similar particles, and if they possess a definite shape, are characterized by the geometric form their crystals assume, although all minerals are not distinctly crystalline. Minerals enter into the composition of the rocks, which constitute the solid portion of our globe, and guard the land against the encroachments of the sea.

The Vegetable Kingdom covers and beautifies the earth with an endless variety of form and colour. It consists, with some exceptions, of organic bodies which grow by the assimilation of inorganic substances, as water, carbonic acid, and ammonia, forming out of these organic complex substances, as sugar, starch, cellulose, etc. In the process of digestion plants break up carbonic acid into its two elements of oxygen and carbon, setting free the former which is required for the sustenance of animal life, and retaining the carbon necessary for vegetable life. The higher orders of plants are chiefly nourished by means of roots, breathe by the medium of leaves, and are propagated by seeds.

The Animal Kingdom in its lower types is closely allied to the Vegetable Kingdom, both of these constituting the organic series of natural objects. The bodies of each are composed of protoplasm, the basis of all life, a substance formed of carbon, hydrogen, nitrogen and oxygen. The nature and method of assimilating their food is the only means by which the distinction between plants and animals in their lowest forms can be clearly determined : the former subsisting on inorganic, and the latter on organic, matter.

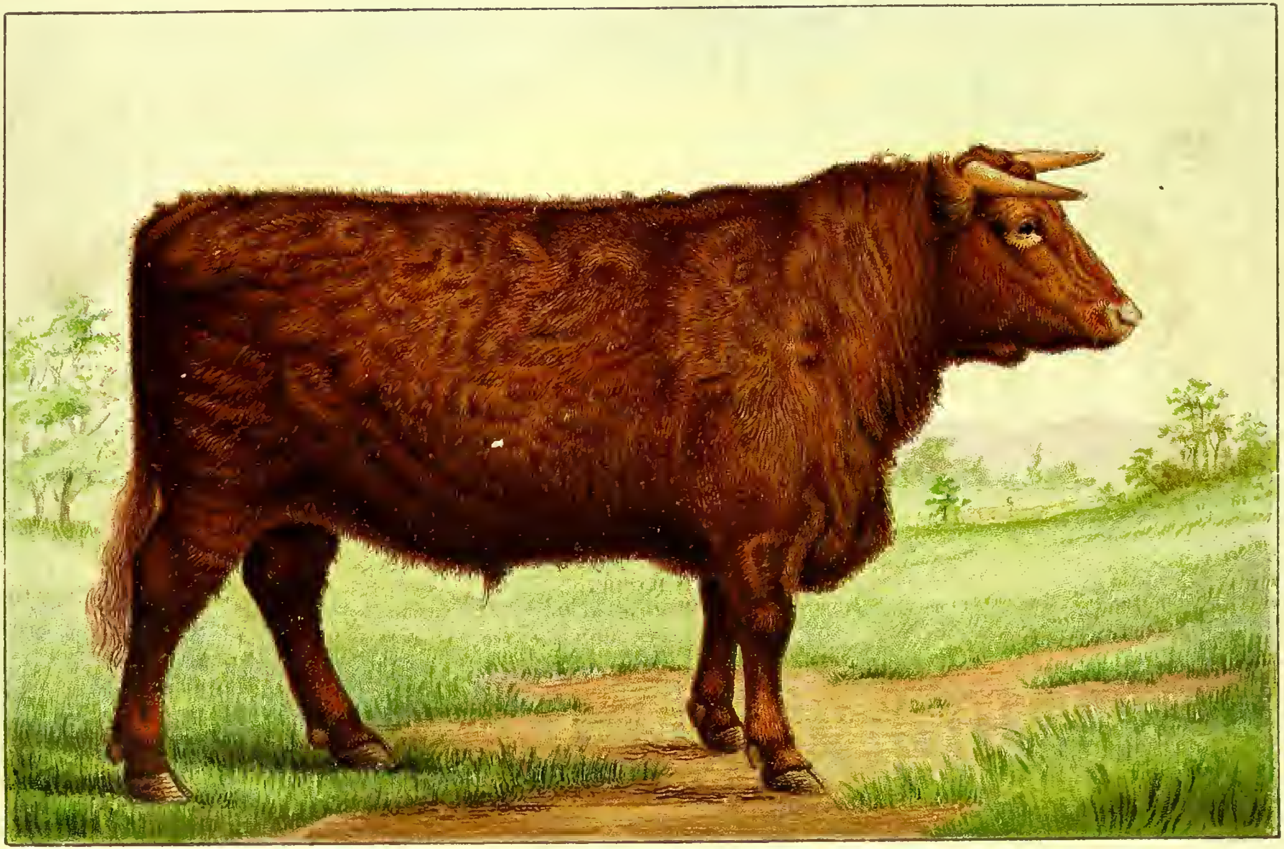
In the case of the higher animals and plants, it is easy to assign any individual to its proper place in Nature, but it is almost impossible to fix the precise limits of the types which connect the two great Kingdoms together, and to determine where vegetable life ends and animal life begins. In respect of form, internal structure, power of motion, they closely resemble each other as in the case of the DIATOMACEAE and DESMIDIAE, two of the lower order of miscroscopic plants, and the sea-anemones, sea-mats, sponges, corals, etc. Like the Vegetable Kingdom, animals are limited to certain areas by the conditions of climate and soil, the environment of an animal determining its development and survival. There are various systems of classification of animals. Linnaeus divided them into six great classes : Mammalia, Birds, Fishes, Amphibious Animals, Insects and Worms. Cuviers' more scientific arrangement comprised the four sub-Kingdoms, Vertebrata, Mollusca, Articulata, and Radiata. The classifications of more recent times have been largely determined by the consideration of the forms of animals as influenced by evolution, and the facts of heredity and adaptation to their environment. The late Professor Huxley divided the Animal Kingdom into the sub-Kingdoms, Vertebrata, Annuloda, Annuloida, Coelenterata, Infusoria, and Protozoa.

MAMMALIA

This class of animals comprises all the ordinary quadrupeds, and includes all those vertebrate animals in which some part or other of the skin, during some portion of life, is provided with hair, and whose young are nourished for a longer or shorter period by means of a special fluid-milk, secreted by special glands. The mammalia have warm blood, i.e., blood the normal temperature of which is usually retained in any atmosphere. Among the mammalia are classed the whales, dolphins and porpoises, whose bodies are particularly adapted for aquatic life, and, who like the rest of the class, nourish their young by their milk. The heart of mammals is similar to that of birds, and has four distinct chambers, two auricles and two ventricles, and respiration is carried on by means of two lungs situated in the chest cavity.

The following are the general characteristics of the Mammalia. As noticed above, the bodies of nearly the whole class are covered with hair—a kind of clothing which is both soft and warm, little liable to injury, and bestowed in proportion to the necessities of the animal, the climate of the country it inhabits, and the nature of its environment. In all the higher orders of animals, the head is the principal seat of the organs of sense. In it are placed the eyes, the ears, the nose, and the mouth. Through the last they receive their nourishment. The mouth contains the teeth, which, in most of the mammalia, are used not only for the mastication of food, but also as weapons of defence. They are inserted into two movable jaws, and the front teeth or incisors are so placed that their sharp edges may easily be brought in contact with the food, in order that its fibres may readily be separated. Next to these, on each side, are situated the canine teeth or tusks, which are longer than the other teeth, and being pointed are specially adapted for tearing food. In the back of the jaws are placed another form of teeth, called molars, or grinders. Their use is to masticate the food ; in animals that live on vegetables the molars are flattened at the top ; but in the carnivora, their upper surfaces are furnished with sharp-pointed protuberances. The numbers, form, and disposition of the teeth constitute most important characteristics for separating the various orders of the mammalia from one another. The nose is a cartilaginous body, pierced with two holes, which are called nostrils. Through these the animal is affected by the sense of smell ; in some animals this organ is prominent, whilst in others it is flat, compressed, turned upwards, or bent downwards. In beasts of prey the nose is frequently longer than the lips ; and in some other animals, as the elephant, it is elongated into a movable trunk or proboscis, whilst in the rhinoceros it is armed with a horn. The eyes of quadrupeds are generally defended by movable lids, on the outer margins of which are fringes of hair called eyelashes. The opening of the pupil is in general circular ; but in some species, as in those of the cat and hare, it is contracted into a perpendicular line ; in the horse, the ox, and a few others, it forms a transverse bar. The ears are openings, generally accompanied with a cartilage which defends and covers them, called the external ear. In aquatic animals the latter are wanting, sound being transmitted merely through orifices in the head, which have the name of auditory holes. The most defenceless animals are extremely delicate in the sense of hearing, as are also most beasts of prey. Most of the mammiferous animals walk on their toes, which at the extremities are usually divided into five digits. In some, however, the feet end in a single corneous substance, called a hoof. The toes of a few of the mammalia end in broad flat nails, and of most others in pointed claws. Those that are destined to pass a considerable portion of their lives in water have the toes connected by a membrane. Others again, as in the bat, have the digitations of the anterior feet greatly elongated, the intervening space being filled by a membrane, which extends round the hinder legs and tail, by means of which they are enabled to rise into the air. In man, the hand comprises fingers separate free and flexible ; but apes and some other kinds of animals, have fingers both to the hands and feet. These, therefore, are the only animals that can hold moveable objects in a single hand. Others, such as rats and squirrels, have the fingers sufficiently small and flexible to enable them to pick up objects, but they are compelled to hold them in both hands. Others, again, have the toes shorter, and must rest on the hind-feet, as is the case with dogs and cats when they want to hold a substance firmly on the ground with their paws. There are still others that have their toes united and drawn under the skin

A PRIZE SHORTHORN.



or enveloped in corneous hoofs, and thereby cannot exercise any prehensile power.

According to the Design and End of Nature, mammiferous animals are adapted, when arrived at maturity, to subsist on various kinds of food—some to live wholly upon flesh, others upon grain, herbs or fruits; but in their infant state, milk constitutes the natural food of the whole. That this food may never fail them, it is ordained that the young should no sooner come into the world than the milk should flow in abundance into the organs with which the mother is supplied for the secretion of that nutritious fluid. By a wonderful instinct of Nature, the young animal, almost as soon as it has come into life, searches for the teat, and knows perfectly at the first how, by the process of suction, to extract the fluid necessary to its existence. To man the lower animals are useful in various ways. Some of their bodies afford him food, their skin shoes, and their fleece clothes. Some of them unite with him in sharing the dangers of combat with an enemy, and others assist him in the chase, in exterminating wilder sorts, or banishing them from the haunts of civilization. Many, indeed, are injurious to him; but the greater number, in some shape or other, he turns to his service. Of these, there is none more subservient to his purposes than the common ox, for there is scarcely a part of this creature that man has not been able to convert to some useful purpose. Of the horns he makes drinking vessels, knife-handles, combs and boxes; and when they are softened by means of boiling water, he fashions them into transparent plates for lanterns, etc. Glue and gelatine are made of cartilages, gristles, and the finer pieces of the parings and cuttings of hides. Their bone is a cheap substitute for ivory. The thinnest calf-skins are manufactured into vellum. Their blood is made the basis of Prussian blue, and saddlers use a fine sort of thread prepared from their sinews. Their hair is valuable in various manufactures; their suet, fat and tallow are moulded into candles; while the muscular tissues of the carcass constitute beef, and the milk and cream of the cow yield butter and cheese. Thus is every part of this animal valuable to man, who has spared no pains to bring it to the highest state of perfection.

GENERAL OBSERVATIONS ON CATTLE.

Cattle, like sheep, belong to the order Ruminantia and to the same hollow-horned division. The entire order is classed according to the peculiarities of the horn, and includes hornless ruminants like camels and llamas. The giraffe constitutes a genus by himself, known as Camelopardida; deer shed their horns annually; antelopes, bush antelopes, oxen, sheep and goats are hollow-horned; hence cattle and sheep are zoologically not very remote from each other. Domestic European cattle form a distinct group among the Bovidae or oxen.

Oxen include :—

1. The Bisons.
2. The Yaks.
3. The Buffaloes.
4. Musk oxen.
5. The Gour (Indian bison).
6. The Gayal (Indian cow).
7 The Zebus (humped cattle of India).
8. The European races of cattle.

There are some other oxen, but the eight species above named show the relative position of cattle in the Animal Kingdom and towards other species.

There are 19 distinct breeds or races of cattle in the British Isles, and Moll and Gayot have figured no fewer than 55 races of European cattle in their admirable work, *La Connaissance General du Bœuf.*

Britain has been famous for cattle from remote times (Bede's *Ecclesiastical History*), and not only so, but the soil and climate have proved exceptionally favourable for their proper development. British cattle stand pre-eminent in the world at the present time for beauty of form, aptitude to fatten, earliness of maturity, and milking properties. All our races do not possess these aptitudes in the same degree, but they are represented in all. Our cattle are usually classified as milking and dairy breeds, and beef producers, although both classes yield milk and beef. In Europe a third class is usually recognized, distinguished as draught cattle, but horses have almost entirely superseded working oxen in Great Britain.

The beef producing races of cattle include Shorthorns, Herefords, Devons, Sussex, Galloways, Aberdeen-Angus, West Highlanders and Pembrokes.

The principal dairy breeds are Jerseys, Guernseys, Shorthorns, Ayrshires, Norfolk Polls, Kerrys and Dexters. Shorthorns may be included in both sections, and in some other races the distinction must be regarded as rather arbitrary.

Shorthorn Cattle deserve special notice, as combining both milking and feeding properties in a special degree. It is true that many of the highest bred Shorthorns are poor milkers, but the Lincoln Red strain is celebrated for milk, and some herds have been bred for milk, and yet retain their fattening properties. What are known as unpedigreed Shorthorns are perhaps the most generally distributed class of cattle in most dairy districts. The Shorthorn is probably of Dutch origin, but far back in the eighteenth century pure-bred herds with recorded pedigrees were carefully cherished in Northumberland, Durham and Yorkshire. The Dukes of Northumberland, the Blacketts of Matfen, the Milbanks, St. Quintins and Pennymans of Durham, and the Aislabie's of Studley Royal, a very ancient family, all possessed pure-bred Shorthorns before the days of Robert and Charles Colling, the Booths, T. Bates and other accredited promoters of the breed. The enthusiasm of the earlier breeders knew no bounds, and they have been succeeded by a host of great breeders in all parts of the kingdom. There have been many voluminous histories written of Shorthorns, but it is impossible to enter upon particulars here.

The Shorthorn is of large size and beautifully proportioned. The colour may be all white, all red, red and white, or roan, and the hair is abundant, mossy and licked in various directions. Hair or coat is an important feature. The horns are of wax-like tint, and the nose is cream-coloured and free from black. The bulls are distinguished by " grandeur " in carriage and crest, and the cows are docile and sweet-looking. The beef is red and juicy, but the carcass is liable to be overloaded with fat, and for this reason Shorthorn beef is sometimes considered inferior to that of other breeds.

Hereford Cattle are easily known by their red colour relieved by white on the face, feet, breast, withers and tail. They are poor milkers but quick fatteners, and the beef is of marbled character and of the finest quality. They originated in Herefordshire and Herts, but are widely distributed in the Midlands, and are in high estimation among the graziers of East Anglia. A cross of Hereford and Shorthorn produces particularly heavy-milkers.

Devon Cattle are found in greatest perfection in North Devon on the red land. They are of smaller size than either of the last described breeds, and are of blood-red colour : are poor milkers, but good for fattening, and the oxen are first-rate for draught purposes.

Sussex Cattle resemble Devons, but are larger in frame, of a swarthier red and swarthier features. They lack the bright orange tint seen around the eyes, inside the ears, and around the muzzles of Devon cattle. The Sussex breed is one of our best beef producers, and is highly esteemed in its own county.

Galloway Cattle. These inhabit the south-western peninsula of Scotland which includes the counties of Dumfries, Wigton and Kirkcubright, and stretches far south of the English border. They live out of doors winter and summer, and the cows bring forth their calves in the open and suckle them on the hills. They are black in colour, although occasionally red or brown, and are long and cylindrical in shape and stand on short legs. They are of medium size, are polled or hornless, and are disposed of to graziers, who fatten them on the rich grazing lands of England. Their glossy black colour, deep carcases, heavy hindquarters and polled character are amply distinctive of the breed, and the beef is of superior quality.

Aberdeen Angus Cattle occur principally in the peninsula which juts out from the main trend of the coastline to the north-east, forming the counties of Aberdeen, Inverness and Angus. The breed in many respects resembles the Galloways, as it is black and polled. The difference is seen in its larger size, rather looser build, and thinner hide and hair. The Aberdeen Angus is essentially a beef producing breed, and is not well adapted for milk. It is always a feature in the Smithfield Cattle Show at Islington.

The West-Highland Cattle harmonize with the rugged character of their surroundings as fittingly as do the red deer and the native eagle.

These denizens of the mountains might well seem to be a natural product of the land of mist and flood. Their gleaming horns, shaggy coats, stalwart frames and sombre hues seem like an embodiment of the "Spirit of the Highlands." They found an early improver in Mr. McNeil, a proprietor in the Hebrides, and from thence they spread over the Western and Central Highlands. Their symmetry is perfect and their size moderate. Their horns are upright or spreading, and their coats are long and capable of resisting any amount of rain, snow or sleet. Their colours are black, brown, silvery grey, fawn or brindled. For scenic effect they are unsurpassed, and when deported from their native homes they are as decorative as deer, in Windsor Great Park and other demesnes. The West-Highlanders are quick fatteners, and yield beef of first-rate quality. At cattle shows, they always attract an admiring crowd, who gaze upon them at a respectful distance. The free life of West-Highland cattle favours the natural suckling of the calves, and they are never enumerated among the dairy breeds.

The Pembroke Cattle of Wales are black, with black tipped white horns. They are considered to be closely related to the Park Cattle of Chillingham and the native red cattle of Devon. They are an indigenous breed, and probably are descended from the ancient British cattle. They are therefore looked upon as the descendants of **Bos Primigenius** in contradistinction to **Bos longifrous,** the extinct wild prototype of Highland cattle. The best type of Pembroke Cattle are called Castle-Martins.

DAIRY BREEDS.

Jersey Cattle properly head the list of dairy cattle. They occur as the native breed of Jersey, and no bull is allowed to land upon the island that is not of pure blood. These cattle are of fawn or smoke colour, beautifully shaded on the ribs and haunches. The horns are short and curved towards each other, and are black in colour. The face is deer-like and free from flesh, and the carcass is light in front and heavy behind. They are free milkers, and the milk is of rich colour and extremely rich in cream. It is the butter-making breed par excellence, and the beautiful rich yellow colour of the butter confers upon it a special value. A Jersey cow converts her food into rich milk and is a slow fattener. This is a drawback to the male portions of the herd, which are slow to fatten, and not very saleable except in the case of the best bulls. The deer-like beauty, small size and docility of the cows render them general favourites, and they are largely kept in suburban districts by villa residents. As ordinary farming stock they are not general, as the yield of milk and butter is not so great as in some other breeds, and does not always command a price commensurate with its quality.

Guernsey Cattle possess similar properties to the Jerseys, but may be readily distinguished by their yellow and white markings and somewhat ampler proportions.

Ayrshire Cattle appear to be the result of Shorthorn crosses upon the native races which were formerly called Dunlop Cattle. They are of various colouring, some being almost black, others of Channel Island hues, while some are brown and white, or yellow and white. The horns are upright and fairly long. The form is described as "wedge-shaped," by which is meant that from every point of view they are narrow in front and wide behind. Thus the narrow withers expand into wide loins, and the wide loins contract into narrow rumps. The fore end is vertically shallow from withers to brisket, and expands into great depth at the flanks and buttocks. This is the best cheese-producing breed, and is famous in the Scotch Cheddar cheese-making district of Kilmarnock.

The Norfolk Pollies are a red polled race of cattle of modern origin, and are highly esteemed for dairy purposes, and are also good fatteners. They probably are descended partly from Galloway cows imported by Norfolk graziers, and from the old Suffolk Dun, which had a similar origin.

Kerries and Dexters may be taken together as both are improved varieties of the Irish Kerry breed. They are entirely black and horned. They are small in size, and are favourites with those who keep two or three pet cows for domestic uses. The Dexter was produced by Captain Dexter, who crossed Kerry cows with Shorthorn bulls, and afterwards bred the producer *inter se* until the breed became fixed in its characters. The Dexter fattens more easily than the Kerry.

QUALITY OF BEEF.

The quality of beef depends partly upon race, but also upon age, sex and feeding. The best beef is that of steers or castrated males of three years old. Heifer beef is probably equally good, but cow beef is decidedly inferior, as is also the flesh of bulls. Grass fed beef is esteemed as superior to that of winter fed animals fattened upon turnips, oil-cake and other artificial foods. The best beef is red in colour and marbled or mottled, with fat finely intermingled with the lean. The hindquarters of cattle are superior to the fore-quarters, and in fact, necks, shoulders and "crops" of beef are never seen on the best tables, but are sold by contract to shippers, etc., at a low price. The hind-quarters contain the ribs, the sirloins, the rumps, the buttocks and the "rounds." The flank is rolled and used for "corned beef." Beef is highly popular with Englishmen, and is preferred to mutton. It is, however, less easy of digestion, and seems naturally to require mustard or horse-radish as condiments, which are not needed with mutton.

GENERAL OBSERVATIONS ON VEAL

As the calf, at least as far as it is identified with veal, is destined to die young—to be killed in comparative infancy—it may, at first sight, appear of little or no consequence to inquire to what particular variety or breed of the general stock his sire or dam may belong. The great art, however, in the modern science of stock-breeding has been to obtain an animal that shall not only have the utmost beauty of form of which the species is capable, but, at the same time, possess a constitution free from all taint, a frame that shall rapidly attain bulk and stature, and a disposition so kindly that every quantum of food it takes shall speedily, and to the fullest degree, be assimilated and converted into flesh. The breed, then, is of considerable consequence in determining, not only the quality of the meat to the consumer, but its commercial value to the breeder and butcher.

Under the System now adopted in the rearing of domestic cattle and stock in general, to gratify the arbitrary demands of luxury and fashion, we can have veal, like lamb, in the market at all seasons, but English veal is considered to be in season from February to September.

The Cow goes with Young for Nine Months, and the affection and solicitude she evinces for her offspring is more human in its tenderness and intensity than is displayed by any other animal ; and her distress when she hears it lowing, and is not allowed to reach it with her distended udders, is often painful to witness ; and when the calf has died, or been accidentally killed, her grief frequently makes her refuse to give down her milk. In a state of nature the cow, like the deer, hides her young in the tall ferns and brakes, and the most secret places ; and only at stated times, twice or thrice a day, quits the herd, and, hastening to the secret cover, gives suck to her calf, and with the same circumspection returns to the community.

The Weaning of Calves is a process that requires a great amount of care and judgment, for though calves are in reality not weaned till between the eighth and the twelfth week, the process of rearing them by hand commences in fact from the birth, the calf never being allowed to suck its dam. As the rearing of calves for the market is a very important and lucrative business, the breeder generally arranges his stock so that ten or a dozen of his cows shall calve about the same time ; and then, by setting aside a few, to find food for the entire family, gets the remainder of the herd with their full fountains of milk to carry on the operations of his dairy. Some people have an idea that skimmed milk, if given in sufficient quantity, is good enough for the weaning period of calf-feeding ; but this is a very serious mistake, for the cream, of which it has been deprived, contains nearly all the oleaginous principles, and it is found that a calf reared on one part of new milk mixed with five of water, will thrive and look well, while another treated with unlimited skim milk, will be poor, thin, and miserable.

It is sometimes a matter of considerable trouble to induce the calf—whose instinct only teaches him to suck, which he will do at anything and with anything—to acquire the knowledge of imbibition, and for the first few days it is often necessary to fill a bottle with milk, and, opening his mouth, pour the contents down his throat. The manner, however, by which he is finally educated into the mystery of suction, is by putting his allowance of milk into a large wooden bowl ; the nurse then puts her hand into the milk, and, by bending her fingers upwards, makes a teat for the calf to grasp in his lips, when the vacuum created by the suction of the fingers causes the milk to rise along them into his mouth. In this manner, one by one, the whole family are fed three times a day, care being taken that new-born calves are not at first fed on milk from a cow who has calved some days.

As the Calf Progresses towards his Tenth Week, his diet requires to be increased in quantity and quality ; for these objects his milk can be thickened with flour or meal, and small pieces of softened oil-cake are slipped into his mouth after sucking, in order that he may grow familiar with its taste, when it may be softened and scraped down into his milk-and-water. After a time, sliced turnips softened by steam are given to him in tolerable quantities ; then succulent grasses, and finally, hay may be added to the other food. Some farmers, desirous of rendering their calves fat for the butcher in as short a time as possible, forget both the natural weakness of the digestive organs and the limited capacity of the stomach, and allow the animals either to suck *ad libitum*, or give them, if brought up by the pail or by hand, a larger quantity of milk than they can digest. The idea of overloadng their stomach never suggests itself to their minds. They suppose that the more food the young creature consumes, the sooner it will be fat, and they allow it no exercise whatever, for fear it should denude its very bones of their flesh. Under such circumstances the stomach frequently becomes deranged ; its functions are no longer performed ; the milk, subjected to the acid of the stomach, coagulates, and forms a hardened mass of curd, when the muscles become affected with spasms, and death frequently ensues.

Veal.—Veal is, by many, considered both unwholesome and indigestible. The practice, now illegal, of bleeding calves before killing them, until they were actually in a state of disease, had probably some effect in producing a general belief in the unwholesomeness of veal. The flesh of the immature animal is less easily digested because its fibres offer greater resistance to the digestive agents. When its fibres are reduced to a fine state of division by the various processes of mastication, mincing, pounding and sieving, veal is easily digested. Weight for weight, it contains less nourishment than beef, in consequence of having in its composition a higher percentage of water, (78 in 100 parts as compared with 72 per cent. in beef), and a corresponding decrease in the proportion of proteids and fats,

To Choose Veal.—The whiteness of veal is considered a sign of good quality, and animals were bled to make their flesh white. On the Continent calves are killed much younger than is customary in this country, and they are fed on milk and white food, but no feeding will make every calf equally white fleshed. As immature meat keeps badly at all times, it is of importance that the calf should not be bruised in bringing it to market. The fat should be plentiful and very white, especially that surrounding the kidney, which in all animals affords a good indication of quality.

Very young veal is constantly brought to table on the Continent, but no calf may be killed for food less than 14 days old, whereas in England they may be sold when 3 days old. The flesh is in the higher state of perfection when the calf is 8 or 9 weeks old ; after 12 weeks it becomes coarse in texture.

Veal is most plentiful from February to the end of July.

The Several Parts of a Moderate-sized, Well-fed Calf, about 8 weeks old are approximately of the following weights : Loin and chump, 18 lb. ; fillet, 12½ lb. ; hind knuckle, 5½ lb. ; shoulder, 11 lb. ; neck, 11 lb. ; breast, 9 lb. ; and fore-knuckle, 5 lb., making a total of 144 lb. weight. The London mode of cutting the carcass is considered to be the standard. It gives three roasting joints and one boiling joint in each quarter ; the pieces are also more equally divided, as regards flesh, and have a better appearance.

The Manner of Cutting up Veal for the English market is to divide the carcass into four quarters, with eleven ribs to each fore-quarter ; these are again sub-divided into joints, as exemplified in the accompanying illustration.

They are used in the following way :

HIND-QUARTER.

(1) **Loin.**—Prime roasting joint, also for chops.

(2) **Chump end of Loin.**—Roasted.

(3) **Fillet.**—The choicest and least bony roasting joint, also suitable for braising for a small party. Cutlets are sometimes taken from this part.

(4) **Hind Knuckle.**—Low-priced. Fit for boiling or stewing, or for stock.

FORE-QUARTER.

(5) **Fore Knuckle.**—Best stewed or boiled. In the young animal all joints are tender, and can be roasted. When the sinews and tendons have become stiff and hard with age, certain joints are nearly uneatable, except when cooked at a low temperature with moisture.

(6) **Best end of the Neck.**—For small roasting joint or for chops. Too large a proportion of bone to be economical. The other end of the neck is more suitable for stewing.

(7 and 8) **Oyster or Bladebone.**—Often sold in halves for roasting.

(9) **Breast.**—Low in price. Sometimes roasted ; better braised or stewed. Veal tendons, served as an entrée, are cut from this joint.

(10) **Head.**—Eaten hot or cold in a variety of ways. Calves' brains are served as an entrée.

Besides these joints, the following parts of the Calf are sold for food :—

(12) **Sweetbread.**—A delicacy, sold at fancy prices. Cooked in a variety of ways, generally served as an entrée. It is described as heart sweetbread and throat sweetbread, the latter being the thymus gland.

(13) **Liver.**—Often used for frying. As it is very lean, it is usually cooked with some of the inside fat or crow, or with bacon.

(14) **Feet.**—These are sold by tripe-dressers and butchers, and used for jelly-making, in the place of prepared gelatine. They may also be stewed and fried. "Neats' foot" is a common article of food with the poor.

(15) **Heart.**—Can be bought separately, or with the pluck or fry. Liked by many persons ; makes an economical dish either roast or braised, and is less indigestible than bullock's heart.

(16) **Suet.**—Veal suet, sold with the loin, is more delicate for all purposes than beef, and may with advantage be substituted for it in puddings, forcemeat, etc.

(17) **Kidney.**—This is much more delicate than, and is preferred to, beef kidney. It is sold with the loin ; if sold separately an extra price is charged.

According to the calculation in the following table we find that 1s. will buy 1 lb. and 6 oz. of breast of veal at 9d. per lb., or 13 ozs. of veal cutlet at 1s. 2d. In the cheaper joint there may be expected an average of 6 ozs. of bone, leaving exactly 1 lb. of solid meat. In the cutlets there may be no bone, but there will probably be 2 ozs., leaving 10 ozs. of solid meat. The price of the cutlet is not unusual, though it is high. It is easy to see that at the price we have quoted, the breast is the more economical purchase, though it would certainly not be so were the price of both joints the same.

TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF VEAL.

GIVING THE ACTUAL COST OF THE EATABLE PORTION OF THE VARIOUS JOINTS, AFTER DEDUCTING LOSS IN WEIGHT FROM WASTE, BONE, AND DIFFERENT MODES OF COOKING.

Great care has been taken in the preparation of these tables, all the joints having been carefully tested. The result shows that no joint can be reckoned to cost less than 1s. per lb. Veal is not, however, such an extravagant meat as it is generally considered to be, the waste in cooking, as may be seen by the second table, not being excessive.

Name of Joint.	How usually cooked.	Weight before cooking.		Weight when cooked, bone and waste deducted.		Total loss per lb.	Average cost per lb.		Cost per lb. after cooking, bone and waste deducted.	
		lb.	oz.	lb.	oz.	oz.	*s.*	*d.*	*s.*	*d.*
Breast	Roasted .	5	0	3	6	5¼	0	7	0	10
Fillet	Roasted .	9	12	7	0	4½	1	2	1	4¾
Head	Boiled .	12	4	7	8	6	0	6	0	9½
Heart	Baked .	1	0	1	5	1	0	8	0	8½
Knuckle (of shoulder or leg)	Boiled .	5	15	2	12½	8½	0	6	1	1
Leg (in cutlets) . .	Fried .	1	12	1	6¾	2¾	1	2	1	5
Liver	Fried .	1	0	0	15½	½	0	10	0	10½
Loin	Roasted .	7	0	3	13	7¼	0	9	1	4
Neck Best end . .	Roasted .	3	8	2	6½	5	0	9	1	1
Shoulder (part) .	Stewed .	9	0	6	3	5	0	9	1	1
Sweetbread . . .	Fried .	1	4	1	2¾	1	1	6	1	7
Tongue	Boiled .	2	4	1	6½	6	0	8	0	11

TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF VEAL.

Name of Joint.	Weight of joint when bought.		Weight of bone, skin and waste.		Loss of weight by cooking.		Total weight of waste.		Weight of eatable matter.	
	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.
Breast . .	5	0	0	4	1	6	1	10	3	6
Fillet	9	12	0	8	2	4	2	12	7	0
Head . . .	12	4	3	0	1	12	4	12	7	8
Knuckle .	5	15	2	7	0	11½	3	2½	2	12½
Leg (in cutlets)	1	12	0	3¼	0	2	0	5½	1	6¾
Loin .	7	0	1	11	1	8	3	3	3	13
Shoulder	9	0	2	1	0	12	2	13	6	3

GENERAL OBSERVATIONS ON THE CHOICE OF MEAT

Choosing Meat.—Every housekeeper ought to know how to choose a good piece of meat in the butcher's shop, and how to detect a bad piece sent to her kitchen. It is almost needless to say that the first necessity is that the meat should be wholesome, It may be unwholesome from a variety of causes.

Parasites.—It may be infested with parasites, and this condition is known to be without doubt most injurious to the consumer. We shall have to speak again of "measly pork" in another chapter, and of the parasite known as "TRICHINA SPIRALIS," that also frequently infests the pig. The chief, indeed, the only safeguard against this danger lies in the thorough cooking of the meat, every part of which should be raised to the temperature of boiling water, 212 Fahr. This applies particularly to all the visceral organs, where these are eaten, for it is in these parts of the animal that parasites are most often found.

Putrefaction.—Even if the animal be killed in a healthy condition, the meat may become unwholesome by putrefaction. Habit has much to do in accommodating mankind to various kinds of foods. Some American Indians prefer putrid meat, and they bury salmon for some months in order to bring it to what they consider a state of perfection. Until recently Englishmen preferred game in a half-putrid condition, but now the taste for it is rapidly disappearing.

To Choose Good Meat it is necessary to see that it possesses the following qualifications :—

(1) It should have a marbled appearance, from the ramifications of little veins of fat among the muscles ; this is specially characteristic of beef.

Meat may be wholesome, yet not fat, as we shall explain later, but a sickly animal never fattens.

(2) It should be firm and elastic to the touch, and should scarcely moisten the fingers, bad meat being wet, sodden and flabby, with the fat looking like wet jelly or parchment.

(3) It should be neither of a pale pink colour nor a deep purple tint; the former is a sign of disease, the latter indicates that the animal has not been slaughtered, but has died with the blood in it, or has suffered from acute fever. In this case the inside fat surrounding the kidneys and the liver is often suffused with blood, showing plainly that there has been inflammation of those organs.

(4) It should have little or no odour, and the odour should not be disagreeable, for diseased meat has a sickly, cadaverous smell, and sometimes a smell of physic. This is easily discovered when the meat is cut up finely and put into warm water.

(5) It should not shrink or waste much in cooking, though this depends partly on the mode of cooking, as, for instance, roast meat wastes more than baked, and some joints more than others. Badly

fed meat, such as pork fed on nuts and offal instead of meal, wastes much in cooking.

(6) It should not run to water or become very wet on standing for a day or two but should on the contrary be dry upon the surface. Meat however that has been frozen is always damp on the surface, although the quality may be excellent.

Inferior Meat.—Meat may be quite wholesome and yet may be of inferior quality. Ordinary purchasers do not understand this in theory, though they are accustomed to it in practice. An ox that had worked at the plough would be hard and somewhat strong-flavoured ; but suitably cooked it would be unobjectionable from a hygienic point of view. Cow-beef is habitually sold in the markets and the poor gladly buy it at a low price. Even in the best quarters of the town, superior meat hangs side by side with the second quality. Not enough comes to town of the best short-horned beef, or of Southdown mutton, to supply one-tenth of the customers, and in all market-lists the prices at per stone vary according to the breed and the quality. It answers the grazier's purpose to take a lower price per stone for an animal that arrives quickly at maturity, and attains to the greatest weight on a given amount of food. As a rule, the larger the animal, the coarser the flesh. This is markedly true of different varieties of the same species. In providing for a large number of persons, where quantity and cheapness are of more importance than first-rate quality, joints of large, full-flavoured beef and mutton are by far the most advantageous to buy, and for strong soup, stews with vegetables, and such dishes, there is no reason for choosing the most delicate meat.

Fat Meat.—As regards fat, that can be bought more cheaply than on a joint of meat, and many persons object to eat much fat. But it is always risky to buy any part of an unusually lean animal, in case its condition should be due to disease. It is better to buy a lean joint off a fat beast, or to cut off the fat before cooking the meat, as it can be clarified and used for deep frying, plain cakes, pastry, etc. Again, if economy is an object, it is well to buy a cheap part of a first-rate animal rather than a prime joint off an inferior beast. The fore-quarter costs less than the hind ; and in a bullock it is easy to get a solid lump of meat from the fore-quarter with little or no bone ; of course, if a joint is cheap because it is bony, there is no economy in buying it.

A Few Observations on the Nutritive Value of Salted Meat may be properly introduced in this place. Every housewife knows that dry salt in contact with fresh meat gradually becomes fluid brine. The application of salt causes the fibres of meat to contract, and the juice to flow out from its pores; as much as one-third of the juice of the meat is often forced out in this manner. As this juice is pure extract of meat, containing albumin, osmasome, and other valuable principles it follows that meat, which has been preserved by the action of salt, cannot have the nutritive properties of fresh meat.

GENERAL OBSERVATIONS ON BEEF

Buying Beef.—Beef should not be eaten if it is in the least high. In dry weather it will keep some days; but it very soon spoils in damp weather, even if the thermometer is low. At such times joints of meat may often be bought very cheaply, especially in the large markets on Saturday nights. The meat may be quite good at the time it is sold, but it would not be in twenty-four or thirty-six hours. And thrifty housekeepers, having more time than money at disposal, in this way do their marketing to great advantage. It is not wise at such times—perhaps not at any time when economy is studied—to go out with a fixed idea of the joint that is to be bought. A general idea of the relative value of each joint, of its usual price, and its average proportion of bone and fat, is all that is wanted. The prices of meat, and of all perishable articles, are only fixed so long as the circumstances which determine them are fixed, and when there is a glut in the market of anything that cannot be held back, it is sure to be sold for whatever it will fetch.

Foreign Beef is now imported in large quantities, and although it is not, generally speaking, considered so good in flavour or quality as English meat, is nevertheless excellent, and can be usually obtained at a lower price. The best parts only used to be sent to this country, but owing to the great improvement in the means of transport and methods for preserving the meat, carcasses frozen, chilled or refrigerated, arrive in excellent condition, and are cut up and sold in the same manner as English beef, and usually at a lower rate, thus placing good meat within the reach of all classes. The chief supplies are from the United States, Australia, and Argentina. The beef from the United States of the best brands (as those of Swift, Armour and Morris), are not frozen, but refrigerated or chilled, and are sold at a rate within a fraction of our home-raised meat. Argentine beef is not considered to be so good as that from the United States, but is considerably less in price, although it is not so cheap as the beef imported from Australia, which is the cheapest of all. Large quantities of live cattle are now brought over, especially from Argentina, to England, and are slaughtered for the market.

The Larder is the only room in the house that should always face due north, so that the sun never comes in, There should be thorough ventilation, and no direct communication with the drains, an untrapped sink in the floor. The joint should be hung up, not laid on a dish or plate. It should be wiped, and it is a good plan to dust it over with flour or flour and pepper. If placed in a draught, meat will keep for a longer time. The kernel, often seen in the fat of the round or silverside, and the marrow from the backbone should always be removed, as it taints before the joint itself. Meat from a sickly animal, or from one that has been over-driven or bruised, does not keep well. Old meat keeps better than young.

Tainted Meat.—If meat is clammy or musty from being kept, it should be washed in water containing vinegar or some such non-poisonous disinfectant as permanganate of potash. Powdered borax dissolved in water is the best to use. Another plan is to powder the joint with charcoal, and then wash it. In any case it should be roasted, not boiled or stewed, if the meat is really tainted ed enough to give it a flavour. It is much better to half-roast or parboil a joint a day or two before it is eaten than to hang it too long, for it is really not hurt by so doing if it is put down to a very hot fire.

The General Mode of Slaughtering Oxen in this country is by striking them a smart blow with a hammer or poleaxe on the head, a little above the eyes. By this means, when the blow is skilfully given, the beast is brought down at one blow, and, to prevent recovery, a cane is generally inserted, by which the spinal cord is perforated, instantly depriving the ox of all sensation of pain. In Spain, and some other countries on the Continent, and also in some parts of England, it is usual to deprive oxen of life by the operation of pithing or dividing the spinal cord in the neck, close to the back part of the head. This is, in effect, the same mode as is practised in the celebrated Spanish bull-fights by the matador, and it is instantaneous in depriving the animal of sensation, if the operator be skilful.

The Manner in which a Side of Beef is cut up in London is shown in the accompanying engraving. The custom varies in different parts of the country, and in some places no difference is made in price between one joint and another. This, however, is of rare occurrence. Meat is sold wholesale at per stone of 8 lb.

In the Metropolis, on account of the large number of its population possessing the means to indulge in the "best of everything," the demand for the most delicate joints of meat is great ; the price, at the same time, being much higher for these than for the other parts. The consequence is that in London the carcass is there divided so as to obtain the greatest quantity of meat on the most esteemed joints. But in many places, owing to a greater equality in the social condition and habits of the inhabitants, the demand and prices for the different parts of the carcase are more equalized, there is not the same reason for the butcher to cut the best joints so large.

The meat on those parts of the animal in which the muscles are least called into action is most tender and succulent ; as, for instance, along the back, from the rump to the hinder part of the shoulder; whilst the limbs, shoulder and neck are the toughest, driest, and least esteemed.

Amongst the illustrations is given an engraving of the animal, with the parts indicated from whence the different joints are cut, followed by a list of their names.

The Names of the Several Joints are as follows :—

HIND-QUARTER.

1. Sirloin.
2. Rump.
3. Aitchbone.
4. Buttock or Round.
5. Topside.
6. Silverside.
7. Thick flank.
8. Thin flank.
9. Leg.

FORE-QUARTER.

10. Fore rib (6 ribs).
11. Middle rib (4 ribs).
12. Chuck rib (2 ribs).
13. Leg of mutton piece.
14. Brisket.
15. Clod.
16. Neck or Sticking.
17. Shin.
18. Cheek.

These joints are generally cooked in the following ways—

HIND-QUARTER.

(1) **Sirloin.**—Corresponds to loin of mutton, without the chump-end. Two sirloins together correspond to saddle of mutton, and are known as a baron of beef, now very seldom seen. The sirloin is almost invariably roasted, and is considered the best joint for that purpose. Some of the kidney suet is always taken away, and some persons cook the under-cut or roll separately, instead of roasting it with the sirloin. The under-cut is better than any other part for entrées, such as grenadines, olives, fillets of beef, etc.

(2) **Rump.**—Broiling steaks should be cut from here, although very often they are not. For stewing, steak from another part does as well, and costs several pence less. Also roasted. A first-rate joint for any purpose.

(3) **Aitchbone.**—Often salted and boiled.

(4) **Buttock.**—A large lump of solid meat without much fat. The joint is roasted in large establishments where economy is studied, but is better boiled or stewed.

(5) **Topside.**—The top part of buttock, cut into steaks and joints for roasting.

(6) **Silverside.**—The bottom part of buttock, generally salted and boiled.

(7) **Thick Flank.**—Coarser in fibre than some parts, but well flavoured, and generally tender. No bone and little fat, and sold at a reasonable price, so that it is one of the most economical parts to buy, whether for pies and puddings, or for a roast ; also for steaks.

(8) **Thin Flank.**—May be used for stews, but is rather fat. Is always low-priced. Perhaps the best way to use it is to salt or pickle it and eat it cold, when it is a very economical joint.

(9) **Leg.**—Only purchased for soup meat, or the lean part for slow stewing.

FORE-QUARTER.

(10) **Fore Rib.**—The 6 ribs nearest the sirloin are the best for any

purpose. The best end of the ribs, or wing rib, is always to be preferred. The best end of the ribs has a strip of yellow gristle running about an inch from the outer skin. This should always be cut out before it comes to table. It is not necessary to buy all 6 ribs at once, only sufficient to make a piece thick enough to stand up on dish when roasted, or two ribs. It is generally thought more economical to have the bones taken out and the meat rolled round ; the bones then serve for soup. This applies of course to the last 3 or 4 ribs, not the wing ribs.

(11) **Middle Rib.**—Almost always roasted. It is from this part that the top and back ribs are obtained.

(12) **Chuck Rib.**—Cut into steaks, etc., mainly for stewing or puddings. The bladebone steak is also cut from here.

(13) **Leg of Mutton Piece.**—Really part of chuck rib. Solid meat with little fat. The best for pies and puddings, as it is full of gravy. Good steaks are cut from it, and it is very economical to roast.

(14) **Brisket, or Breast.**—Sold at a low price for stewing or salting. Very good for either purpose, but rather fat. It is excellent cold.

(15) **Clod.**—Part of this is often sent if soup meat is ordered. If it is not fat, it makes good pies and puddings, but the meat should be stewed first. It is also suitable for an economical stew.

(16) **Neck.**—Used in the same way as the clod.

(17) **Shin.**—For soups, gravies and cheap stews.

(18) **Ox Cheek.**—This is too bony to be a very cheap joint, although it is sold at a low price, and can be made very palatable by slow stewing, or is good for soup. The brains, well soaked, and boiled or fried, make a good dish.

Besides these joints, the following parts of the ox are sold for food :—

(19) **Cow-heel.**—The feet are boiled and neats-foot oil extracted. These are sold by butchers with the skin on, and are cooked and sold by tripe-dressers or used for soup. They make as good jelly as calves' feet, and what remains of them is very good eating. They can be used for soup in the same way as calves' head.

(20) **Ox-tail.**—For soups and stews. Considered a delicacy, and, therefore, not cheap.

(21) **Heart.**—Generally roasted. Economical, but, on account of the closeness and hardness of the muscular tissue, very indigestible.

(22) **Tongue.**—Can be bought fresh or salted. Is considered a delicacy. Usually boiled and eaten cold, but also stewed as an entrée.

(23) **Liver.**—Very nutritious and very cheap, but coarse flavoured. Finds a ready sale in the poorest quarters. The food known as "faggots," is made of the liver and lights of sheep and bullocks, mixed with some fat.

(24) **Lights, or Lungs.**—Sold for cats' and dogs' food.

(25) **Kidneys.**—For puddings, pies, or stewing. They are cheaper and less delicate than the kidneys of sheep, and are difficult of digestion.

Kidneys need thorough but light cooking, for if they are exposed to a high temperature they dry up and become tasteless and horny.

(26) **Tripe.**—Sold partially cleaned by the tripe-dressers. It is said to be the most digestible of meats, and specially suited for invalids, although rather fat. Sometimes served as an entrée. It consists of the paunch or ruminant stomach of the ox. "Blanket tripe," "honeycomb tripe," and "double tripe," are popular names derived from their respective characteristic conformations.

(27) **Sweetbread.**—Coarser in texture than that of the calf, needing long and careful cooking.

(28) **Suet.**—The inside fat. That which surrounds the kidneys is the firmest and best for all purposes, especially for puddings, but at Christmas time any pieces of white fat are sold in its stead.

(29) **Spleen, or Milt** of bullock, sheep and pig, is sold for food. It is generally stuffed and roasted, or stewed, or boiled for stock.

It is not possible to lay down any exact rule as to the relative cheapness of each joint of meat. The joint itself varies, the prices vary, the tastes of eaters vary, perhaps, most of all. But, by way of a rough calculation, the following may be offered :—

Rumpsteak, beefsteak and bullock's liver are all three without any bone. Spend one shilling, and you will get 2 lb. of liver, 1 lb. of beefsteak, or 12 ozs. of rumpsteak. Of shin of beef cut without a bone, a shilling buys 1½ lb., and of the solid roasting joint cut from the shoulder, about 1 lb. 3 ozs. Among these are the cheapest of animal food. The shin of beef is only capable of satisfactory results in the hands of a good and patient cook. Ribs of beef cost a little less than beefsteak per lb., but then there are 2 ozs. or 3 ozs. of bone in each shilling's worth, besides a quantity of fat. The shoulder costs less than the ribs, and has no bone.

TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF BEEF.

GIVING THE ACTUAL COST OF THE EATABLE PORTION OF THE DIFFERENT JOINTS OF BEEF, AFTER DEDUCTING LOSS OF WEIGHT FROM WASTE AND BONE, BY DIFFERENT MODES OF COOKING.

Great care has been taken in the preparation of these tables ; all the joints have been specially cooked, and the different weights carefully tested. It will surprise many to see the actual relative amount of food obtained, and the doubtful economy of some of the cheaper joints.

Name of Joint.	How usually cooked.	Weight before cooking.		Weight when cooked, bone and waste deducted.		Total loss per lb.	Average cost per lb.		Cost per lb. after cooking, bone and waste deducted.	
		lb.	ozs.	lb.	ozs.	oz.	s.	d.	s.	d.
Aitchbone . . .	Roasted .	8	9	3	5	9¾	0	7	1	7
Brisket	Boiled .	4	13	2	13	6½	0	5½	0	9½
Buttock (in steaks) .		2	4	2	3	½	1	0	0	11¼
Heart	Roasted .	5	0	4	13½	½	0	5	0	6¼
Leg of mutton piece .	Roasted .	6	8	5	0	3¾	0	10	1	1
Ribs (fore) . . .	Roasted .	7	8	4	4	7	0	11	1	7¼
,, (middle) . .	Roasted .	8	4	4	13	6½	0	9	1	6½
Topside	Baked .	5	2	4	7¼	2	0	10½	0	11¼
,, (silver side) .	Boiled .	6	5	5	2	3	0	9	0	11
Rump (steaks) . .	Broiled .	1	8	1	7½	½	1	2	1	2¼
Sirloin	Roasted .	11	8	8	4	4½	0	11	1	3¼
Tongue	Boiled .	6	0	4	0½	4	0	9	0	10½

Note.—The prices quoted are average ones for English beef; Australian beef is cheaper, but wastes a little more in cooking; American, U.S., a fraction lower.

TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF BEEF.

Name of Joint.	Weight of joint when bought.		Weight of bone, skin and waste.		Loss of weight by cooking.		Total weight of waste.		Weight of eatable matter.	
	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.
Aitchbone . . .	8	9	2	3	3	1	5	4	3	5
Brisket	4	13	0	12	1	4	2	0	2	13
Leg of mutton piece .	6	8	0	8	1	0	1	8	5	0
Ribs (fore) . . .	7	8	2	0	1	4	3	4	4	4
,, (middle) . .	8	4	2	1	1	6	3	7	4	13
Round	5	2	0	2	0	8¼	0	10¼	4	7¾
,, (silver side) .	6	5	0	11	0	8	1	3	5	2
Rumpsteak . . .	1	8	None		0	0½	0	0½	1	7½
Sirloin	11	8	1	12	1	8	3	4	8	4
Tongue	6	0	0	1	1	6½	1	7½	4	8½

RECIPES FOR COOKING VEAL

CHAPTER XV

693.—BLANQUETTE OF VEAL. (*See* Veal Stew.)

694.—BOUDINETTES OF VEAL. (*Fr.*—Boudinettes de Veau.)

Ingredients.—6 ozs. of lean cooked veal, 2 oz. of cooked lean ham or tongue, 1 tablespoonful of grated cheese, 2 tablespoonfuls of cream, 1 yolk of egg, salt and pepper, pig's caul, 2 or 3 lb. of spinach, ½ a pint of good gravy, meat glaze.

Method.—Wash, pick, cook and rub the spinach through a fine sieve (*see* Vegetables). Mince the veal and ham very finely, put them into a small stewpan with 1 tablespoonful of the spinach purée, the cheese, cream, and yolk of egg, season to taste, stir and cook very slowly for 3 or 4 minutes, then turn on to a plate to cool. Cut the caul into pieces 3½ inches square, shape the mixture into squares of 1½ inches diameter, fold them in the pieces of caul, and bake them for 7 or 8 minutes in a moderate oven. Put the spinach into a stewpan with 2 tablespoonfuls of gravy, dredge with a little flour, season well with salt and pepper, re-heat, and then arrange in an oblong form in the centre of a hot dish. Brush the boudinettes over with liquid meat glaze, arrange them neatly as squares, or diamond wise on the spinach, and pour round the remainder of the hot gravy.

Time.—20 to 25 minutes, after the spinach is cooked. **Average Cost,** 1s. 10d. to 2s. **Sufficient** for 6 persons.

695.—BRAIN CAKES. (*Fr.*—Gâteaux de Cervelles de Veau.)

Ingredients.—Calf's brains, 1 small onion sliced, 1 bay-leaf, 6 peppercorns, 2 or 3 eggs, breadcrumbs, frying-fat, salt and pepper, vinegar.

Method.—Wash the brains in salt and water, remove the skin and fibres, and let them remain in salt and water until wanted. When the calf's head is cooking they may be tied in muslin and boiled with it for about 20 minutes. When cooked separately, they must be put into a stewpan with as much water as will cover them, 1 teaspoonful of salt, 1 tablespoonful of vinegar, the slices of onion, peppercorns and bay-leaf, and cooked gently for the same length of time, or until firm. When cool, chop finely, season well with salt and pepper, and add as much beaten egg as is necessary to bind the ingredients together. Stir over the fire until the mixture thickens, and when cool form into small round cakes, coat them with egg and breadcrumbs, and fry until lightly browned in hot fat.

Time.—1 hour altogether. **Average Cost,** 5d. or 6d., exclusive of the brains. **Sufficient** to garnish 1 dish, or, when served as a separate dish, for 3 or 4 persons.

696.—VEAL À LA ROMAINE. (*Fr.*—Poitrine de Veau à la Romaine.)

Ingredients.—A breast of veal, 1 lb. of sausage meat, ½ a lb. of Carolina rice, 1 tablespoonful of grated cheese, 1½ pints of stock, 1 large onion sliced, 1 carrot sliced, ½ a small turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, pepper and salt.

Method.—Remove all bones and tendons, trim neatly, and season well with salt and pepper. Spread the sausage meat evenly over the inner surface, roll up lightly, and bind securely with string. Place the bones and trimmings in a stewpan just large enough to contain the meat, add the prepared vegetables, bouquet-garni, peppercorns, and a good seasoning of salt. Place the meat on the top, add water to nearly cover the vegetables, lay a greased paper on the meat, and put on a close-fitting lid. Cook very gently, basting frequently and adding more water or stock when necessary. Boil the rice in salted water for 10 minutes, drain well, replace in the stewpan, and add the BOILING stock. Simmer gently until the stock becomes absorbed, then season to taste. When the meat has cooked for 2 hours remove it from the stewpan, strain and replace the stock, add the prepared rice, and put back the meat. Cover with a greased paper as before, cook gently for 40 minutes longer, then take up the meat and remove the tape. Stir the cheese into the rice, place it on a hot dish, lay the meat on the top, and serve. The appearance of the meat is improved by brushing it lightly over with glaze. Variety may be introduced by forming the rice into croquettes, in which case it should be cooked in stock, mixed with one or two eggs, and when cold, shaped and fried in hot fat.

Time.—About 3 hours. **Average Cost,** 1s., exclusive of the veal. **Sufficient** or 8 or more persons, according to size. **Seasonable** at any time.

697.—BREAST OF VEAL STEWED WITH PEAS. (*Fr.*—Poitrine de Veau aux Petits Pois.)

Ingredients.—Breast of veal, forcemeat balls (see No. 396.), oz. of butter, 1 oz. of flour, 2 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of tomato sauce, 1 tablespoonful of lemon-juice, 1 tablespoonful of finely-chopped onion, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 2 blades of mace, 6 allspice, 6 peppercorns, and a thin strip of lemon-rind (all these should be tied in a piece of muslin), a few rashers of bacon, 1 pint of shelled peas, 1 or 2 ozs. of dripping, salt and pepper.

Method.—Wipe the meat with a clean damp cloth, and cut it into pieces convenient for serving. Melt the dripping in a stewpan, and fry the meat until lightly browned ; fry the onion for 2 or 3 minutes, then drain off all the fat. Have ready as much boiling stock or water as will just cover the meat, put it into the stewpan, with the herbs, cloves, mace, allspice, peppercorns, and lemon-rind, add a liberal seasoning of salt, cover closely, and simmer gently for nearly 2 hours. Meanwhile roll the bacon and run a skewer through it, prepare the forcemeat as directed but make it less moist than when intended for stuffing, shape it into balls the size of a walnut, and either fry or bake them until crisp and brown in a little hot butter or fat ; the bacon may be cooked at the same time. When the meat has stewed for 2 hours put in the peas, cook until nearly tender, then add the butter and flour (kneaded smoothly together), in very small portions. Continue the cooking until the peas are ready, then take out the herbs, etc., put in the ketchup, tomato sauce, lemon-juice, season to taste, and serve garnished with the forcemeat balls and rolls of bacon.

Time.—About 3 hours. **Average Cost,** 10d. per lb. **Sufficient** for 6 or 7 persons.

698.—BREAST OF VEAL, STEWED. (Another Method.)

Ingredients.—Breast of veal, 2 onions, 2 small carrots, 1 very small turnip, 12 peppercorns, salt, parsley or piquante sauce (*see* Sauces).

Method.—Put the veal into a saucepan with as much cold water as will cover it, bring to the boil, skim well, add the vegetables cut into dice, and peppercorns, salt to taste, cover closely, and simmer gently for 2½ or 3 hours. To serve, pour a little sauce over the veal, and send the remainder to table in a tureen.

Time.—From 2½ to 3 hours. **Average Cost,** 9d. to 10d. per lb. **Sufficient,** allow 4 lb. for 8 or 9 persons.

699.—BREAST OF VEAL ROLLED AND STEWED

Ingredients.—A breast of veal, veal forcemeat (*see* Forcemeats), rolls of fried bacon, forcemeat balls, lemon.

Method.—Remove the bones and tendons (boil the former down for gravy (*see* recipes for cooking tendons). Flatten the meat with the cutlet bat or rolling pin, season well with salt and pepper, spread on a thin layer of forcemeat, roll up tightly, and bind firmly with tape. Have ready boiling in a saucepan sufficient stock or water to cover the joint ; if water is used, 1 onion, 1 carrot, ½ a turnip, and a little celery and seasoning should be added when the water boils. Bring to the boil, skim well, and simmer gently for 3 or 3½ hours, according to size. Meanwhile prepare the gravy (*see* Gravies), forcemeat balls, and rolls of bacon. When sufficiently cooked, remove the meat to a hot dish, take away the tapes, and garnish with the forcemeat balls, rolls of bacon and cut lemon. When the veal is not a good colour a little of the brown gravy may be used to partially mask it, otherwise serve the whole in a tureen.

Time.—From 3½ to 4 hours altogether. **Average Cost,** 10d. per lb. **Sufficient,** allow 4 lb. for 5 or 6 persons.

700.—CALF'S BRAINS, FRIED. (*Fr.*—Cervelles de Veau frites.)

Ingredients.—1 or 2 Calf's brains, vinegar, 1 small onion. For the batter : 2 ozs. of flour, 1 tablespoonful of salad oil, ½ a gill of tepid water, the white of 1 egg, salt, frying-fat.

Method.—Remove the skin and fibres, wash the brains in several waters, put them into a stewpan with the onion (sliced), and a tablespoonful of vinegar, bring to the boil, and simmer gently for 10 minutes. Remove from the stewpan, strain, dry well, and cut the brains into rather thin slices. Add a little salt to the flour, mix smoothly with the salad oil and water, whip the white of egg stiffly, and stir it lightly into the batter. Have ready a deep pan of hot frying-fat, dip each slice of brains into the batter, drop these into the hot fat, and fry them until lightly browned. Drain well, dish up, garnish with fried parsley, and serve hot.

Time.—From 30 to 40 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 3 or 4 persons.

701.—CALF'S BRAINS, MILAN STYLE. (*Fr.*—Cervelles de Veau à la Milanaise.)

Ingredients.—2 calves' brains, ¾ of a pint of tomato sauce, ¼ of a pint of well reduced white sauce (*see* Sauces), 2 tablespoonfuls of cream, 4 ozs. of macaroni, 1 small onion, 1 tablespoonful of vinegar, 1 egg, breadcrumbs, frying-fat, salt and pepper, flour.

Method.—Prepare, cook and slice the brains as directed in the preceding recipe ; season a dessertspoonful of flour with salt and pepper, dip each slice of brains in the mixture, brush over with egg, coat with breadcrumbs, and fry until lightly browned in hot fat. Break the macaroni into short lengths, put it into salted boiling water, and boil rapidly until tender, then drain well. Have the white sauce ready, add to it the macaroni and cream, and season to taste. Dish the slices of brains on a potato border, pile the macaroni in the centre, pour round a little of the hot tomato sauce, and serve the remainder in a tureen.

Time.—40 to 45 minutes. **Average Cost,** 1s. 8d. **Sufficient** for 4 to 6 persons.

702.—CALF'S BRAINS WITH MAÎTRE D'HÔTEL SAUCE. (*Fr.*—Cervelles de Veau à la Maître d'Hôtel.)

Ingredients.—Calf's brains, ½ a pint of white sauce (*see* Sauces), 1 teaspooonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, 1 small onion, 1 tablespoonful of vinegar, salt and pepper.

Method.—Prepare and cook the brains as directed in the preceding recipe, and cut them into small thick slices. Have the sauce ready in a stew-pan, add the parsley, lemon-juice, and season to taste. Put in the slices of brain, and, when thoroughly hot, serve.

Time.—About 30 minutes. **Average Cost,** 1s. 6d. **Sufficient,** for 3 or 4 persons.

703.—CALF'S BRAINS WITH BLACK BUTTER SAUCE. (*Fr.*—Cervelles de Veau au Beurre Noir.)

Ingredients.—2 calves' brains, ¾ of a pint of good stock. For the sauce : 1½ ozs. of butter, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of vinegar, salt and pepper.

Method.—Wash the brains in salt and water, remove the skin and fibres, and drain well. Warm the stock in a stewpan, put in the brains, and simmer gently for about 10 minutes, then drain well. Fry the butter in an omelette pan over a quick fire until it acquires a nut-brown colour, then add to it the parsley and vinegar, pour this over the brains, and serve.

Time.—From 20 to 25 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 4 to 6 persons.

704.—CALF'S BRAINS WITH POULETTE SAUCE. (*Fr.*—Cervelles de Veau à la Poulette.)

Ingredients.—2 calves' brains. For the sauce : ½ a pint of stock, 1½ ozs. of butter, 1 oz. of flour, 2 tablespoonfuls of cream, the juice of 1 lemon, 1 shallot, finely-chopped, 1 teaspoonful of finely-chopped parsley. For the rice border : 1 pint of white stock, 4 ozs. of rice, the yolk of 1 egg, salt and pepper, nutmeg.

Method.—Wash the brains in several waters, put them into a stewpan with as much water as will cover them, add a few drops of lemon-juice and a teaspoonful of salt. Boil up slowly, then remove the brains, drain well, and cut them into thick dice. Wash the rice, blanch and drain it well, and cook in the stock until tender. Melt the butter in a small stewpan, fry the shallot until lightly browned, stir in the flour, cook for a few minutes without browning, pour in the stock, and stir until it boils. Simmer the sauce gently for 10 minutes, strain, return to the stewpan, put in the brains, cream, remainder of the lemon-juice, and re-heat gradually. When the rice is tender, season it with salt, pepper, add a pinch of nutmeg and the yolk of egg, cook for a few minutes longer, then turn into a well-buttered border mould. Shake the rice well down, in order that it may fill every part of the mould, then turn it on to a hot dish. Add the parsley to the contents of the stewpan, dish the ragoût in the centre of the rice border, and serve hot.

Time.—About 1 hour. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons.

705.—CALF'S EARS. (*Fr.*—Oreilles de Veau Farcies).

Ingredients.—2 ears, forcemeat, No. 396, 12 small mushrooms, 1 onion stuck with 2 cloves, ½ a pint of milk, ½ a pint of stock, No. 7, 2 tablespoonfuls of cream, 1 yolk of egg, 1 sliced lemon, salt and pepper, peppercorns.

Method.—The ears should be cut as deeply as possible from the head. Wash, blanch, and drain them thoroughly, put them into a stewpan with the milk, a little water and a seasoning of salt, stew gently for 1 hour, then drain and dry well. Fill the insides with veal forcemeat, fold and tie securely, and place them in a stewpan with the stock, onion, cloves, 6 peppercorns, and salt to taste. Cook gently for 1 hour, then strain off the stock, and keep the ears as hot as possible. Meanwhile wash and skin the mushrooms, stew them until tender in a little of the milk in which the ears were cooked, and halve or quarter them. Beat the yolk of egg and cream together, and add the strained stock, stirring meanwhile. Replace in the stewpan, stir by the side of the fire until the yolk of egg thickens, add the prepared mushrooms, and season to taste. Place the ears on a hot dish, pour the sauce round, garnish with sliced lemon, and if liked some small fried forcemeat balls.

Time.—2½ hours. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 4 persons. **Seasonable** at any time.

706.—CALF'S FEET, FRIED. (*Fr.*—Pieds de Veau à l'Horly.)

Ingredients.—2 calves' feet. For the stock : 1 carrot, 1 onion, 6 peppercorns. For the marinade (brine in which meat, etc., is soused) :

2 tablespoonfuls of salad-oil, 2 tablespoonfuls of vinegar, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, salt and pepper. 1 egg, breadcrumbs, frying-fat, flour. Tomato sauce.

Method.—Wash and scald the calves' feet, bone the upper part, remove the shank-bone, split them in two, and soak them in cold water for 2 hours. Put them in a stewpan with some salt, cover with cold water, bring to the boil, and drain. Return to the stewpan with as much cold water as will cover the feet, add the peppercorns, onion and carrot (sliced), and cook slowly until tender. Take away the rest of the bones, press the feet until cold, then slice them, set them in a deep dish, pour over the marinade, and let them remain in it for 1 hour, basting or turning occasionally, in order that both sides may be equally flavoured. Season a heaped teaspoonful of flour with salt and pepper; drain the slices of meat well, dip each piece in the flour, brush over with beaten egg, toss in crumbs, and fry in hot fat until nicely browned. Serve with tomato sauce.

Time.—From 3 to 3½ hours to boil the feet. **Average Cost,** 1s. 6d. **Sufficient** for 3 or 4 persons.

707.—CALF'S HEAD, COLLARED (Cold).
(*Fr.*—Tête de Veau Farcie.)

Ingredients.—A calves' head, 1 lb. of lean uncooked ham, 2 hard-boiled eggs, 2 tablespoonfuls of finely-chopped parsley, ground mace, nutmeg, salt and pepper. For the stock: 1 or 2 onions, 1 carrot, ½ a turnip, 1 strip of celery, a bouquet garni (i.e., parsley, thyme, bay-leaf), 12 peppercorns.

Method.—Cut the head in half, take out the brains, dress and serve them with the tongue as a separate dish. Wash the head in several waters, and afterwards let it soak for 12 hours in salted water, which should be changed several times. Put it into a saucepan with a handful of salt, cover with cold water, bring to the boil, then drain, and wash well in cold water. Return to the saucepan, cover with cold water, boil, skim well, then add the prepared vegetables, bouquet-garni, peppercorns, salt to taste, and cook gently for 1½ to 2 hours, or until the bones can be easily removed. When the head is boned, spread it out on the table, season well with salt and pepper, sprinkle on it a little mace and nutmeg, distribute the narrow strips of ham and slices of boiled egg evenly over the surface, add the parsley and a little more flavouring and seasoning, then roll up tightly, and wrap and tie securely in a pudding-cloth. Have the stock boiling in the saucepan, put in the head, and cook gently for 2 hours. When cool, tighten the cloth, and press between 2 dishes or boards until cold.

Time.—To cook, about 4 hours. **Average Cost,** from 7s. to 9s. 6d.

708.—CALF'S HEAD, COLLARED (Hot).

Ingredients.—A calf's head. For the forcemeat : the calf's brains and tongue, 2 tablespoonfuls of breadcrumbs, 1 dessertspoonful of finely-chopped parsley, 1 level teaspoonful of mixed herbs, the grated rind of a lemon, 2 eggs, salt and pepper. For the sauce : 1 pint of the stock, 1½ ozs. of butter, 1½ ozs. of flour, 1 tablespoonful of cooked coarsely-chopped mushrooms, 1 tablespoonful of coarsely-chopped gherkins, the juice of 1 lemon. For the stock : *see* preceding recipe.

Method.—Prepare blanch, and partially boil the head as directed in the preceding recipe. Boil the tongue in the same saucepan, remove the skin, and chop it finely. Wash the brains in several waters, let them remain in salt and water until wanted, then tie loosely in a piece of muslin, boil with the head for about ½ an hour, and when cool chop coarsely. Mix the tongue, brains, breadcrumbs, parsley, herbs and lemon-rind together, add a liberal seasoning of salt and pepper, and beaten egg in sufficient quantity to thoroughly moisten the whole. Bone, flatten, and season the head, spread on the forcemeat, roll up tightly in a cloth, and cook gently for 2 hours. When nearly ready, melt the butter in a stewpan, stir in the flour, and cook for 5 minutes. Add to the roux or thickening a pint of stock from the saucepan, stir until it boils, simmer gently for 10 minutes, then put in the mushrooms, gherkins, lemon-juice, and seasoning to taste. Serve the head on a hot dish, garnished with cut lemon, and the sauce separately in a tureen.

Time.—About 4 hours. **Average Cost,** from 7s. to 9s. 6d.

709.—CALF'S HEAD, BOILED. (*Fr.*—Tête de Veau Bouillie.)

Ingredients.—A calf's head. For the stock : 1 or 2 onions, 1 or 2 carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, salt. For the sauce : 1½ oz. of butter, 1½ ozs. of flour, ½ a pint of stock, ½ a pint of milk, lemon-juice 1 dessertspoonful of finely-chopped parsley, 1 egg, browned breadcrumbs.

Method.—Prepare and blanch the head in the usual manner, return it to the saucepan, cover with cold water, bring to the boil, skim well, then add the prepared vegetables, herbs, peppercorns, salt to taste, and simmer from 2 to 2½ hours, according to size. Boil the tongue at the same time. Wash the brains in several waters, let them remain in salt and water until wanted, then tie loosely in a piece of muslin, boil with the head for about ½ an hour, and when cool, chop coarsely and use for the sauce. The head may be served plainly-boiled, but it presents a better appearance when it has been coated with egg and brown breadcrumbs, and baked for 20 minutes in the oven, being frequently basted during the time. It is more easily carved, and the various parts are more evenly distributed when the bones are removed, and the head rolled, before baking ; it must be bound with strong tape, and the bare parts under the tape sprinkled with bread-crumbs before serving. About ½ an hour before the head is ready to serve, melt the butter in a stewpan, add the flour and cook for 5 minutes, then pour in the milk and ½ a pint of liquor from the pot in which the head is cooking. Stir until it boils, simmer for 10 minutes, add the prepared brains, parsley, lemon-juice, and seasoning to taste. Remove the skin from the tongue, and cut it into thin slices. Place the head on a hot dish (if not egged and breadcrumbed, brush over with glaze), garnish with slices of tongue and lemon, and serve the sauce in a tureen. A piece of boiled ham or bacon is occasionally served as an accompaniment to this dish.

Time.—To cook, about 4 hours. **Average Cost,** 5s. 6d. to 8s.

710.—CALF'S HEAD, FRIED. (*Fr.*—Fritot de Tête de Veau.)

Ingredients.—The remains of a cooked calf's head. For the marinade : 2 tablespoonfuls of salad oil or melted butter, 1 tablespoonful of lemon-juice or vinegar, 1 teaspoonful of finely-chopped shallot or onion, 1 teaspoonful of finely-chopped parsley, ½ teaspoonful of mixed herbs, salt and pepper. For the batter : 4 ozs. of flour, 2 tablespoonfuls of salad oil, ¼ of a pint of tepid water, the whites of 2 eggs, salt. Frying-fat.

Method.—Cut the meat into strips about 2½ inches long and 1 inch wide, place them in a deep dsh, pour over the marinade, and allow the strips to remain in it for at least 1 hour. Mix the flour, salt, salad-oil, and water smoothly together; whisk the white of egg stiffly, and stir it lightly into the batter. Drain the pieces of meat well, dip them into the batter, and fry in hot fat until nicely browned. Pile on a hot dish, and garnish with fried parsley. When a more elaborate dish is required, the fried strips may be dished in a circle on a border of mashed potato, with the centre filled with a purée of spinach, asparagus points, or whatever may be preferred, and either tomato or a good brown sauce poured round.

Time.—1½ hours. **Average Cost,** 8d., exclusive of the meat.

711.—CALF'S HEAD WITH POULETTE SAUCE. (*Fr.*—Tête de Veau à la Poulette.)

Ingredients.—Some boned boiled calf's head, 1 pint of white sauce (*see* Sauces), 1 tablespoonful of cream, the yolk of 1 egg, 1 dessertspoonful of finely-chopped parsley, lemon-juice to taste, salt and pepper.

Method.—Cut the remains of the calf's head into nice slices. Make the white sauce as directed ; let it cool slightly, then add the yolk of egg and cream, previously mixed together, and stir the mixture by the side of the fire for 2 or 3 minutes, but the sauce must not boil, or the egg may curdle. Put in the meat, parsley, lemon-juice, add seasoning to taste, cover closely, and stand the stewpan in the bain-marie, or in a tin of hot water, until the meat is thoroughly hot, then serve.

Time.—About 30 minutes, after the white sauce is made. **Average Cost,** 7s. 6d. to 8s. 6d.

712.—CALF'S HEAD WITH TOMATO SAUCE. (*Fr.*—Tête de Veau à la Tomate.)

Ingredients.—Half a boned calf's head, ¼ pint of tomato sauce (*see* Sauces), 3 or 4 ozs. of macaroni, salt and pepper.

Method.—Break the macaroni into pieces about ¾ of an inch long, put these into salted boiling water, and boil rapidly until tender. Cut the remains of the calf's head into slices convenient for serving. Have the tomato sauce ready in a stewpan, add to it the macaroni and meat, season to taste, make thoroughly hot, and serve.

Time.—About ½ an hour. **Average Cost,** from 3s. 9d. to 4s. 9d.

713.—CALF'S HEAD WITH MAÎTRE D'HÔTEL SAUCE. (*Fr.*—Tête de Veau â la Maître d'Hôtel.)

Ingredients.—The remains of a calf's head, 1 pint of white sauce (*see* Sauces) 1 tablespoonful of lemon-juice, 1 dessertspoonful of finely-chopped parsley salt and pepper.

Method.—Cut the meat into pieces convenient for serving. Make the sauce as directed put in the pieces of calf's head and let them become thoroughly hot, then add the parsley and lemon-juice, season to taste and serve.

Time.—15 minutes. **Average Cost,** 6d. exclusive of the calf's head.

714.—CALF'S HEAD, HASHED.

Ingredients.—½ a calf's head veal forcemeat (*see* Forcemeats) a few rashers of bacon, 1 pint of liquor in which the head was cooked 1 glass of sherry, 12 button mushrooms, 1 oz. of butter, 1 oz. of flour. For the brain cakes : 2 eggs, breadcrumbs, salt, pepper, mace, herbs. For the stock : 2 onions, 2 carrots, 1 turnip, 2 strips of celery, 10 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt.

Method.—Prepare and blanch the head as directed in "Calf's Head, Collared," return it to the saucepan, bring to the boil, skim well, add the prepared vegetables, herbs, peppercorns, and salt to taste, and simmer gently until the bones can be easily removed. Drain the head, strain the stock, put 1 quart of it into a stewpan, and boil rapidly to reduce. Remove the bones from the head, cut the meat into pieces

1½ inches square, skin the tongue, and cut it into ½ inch dice. Wash the brains in 3 or 4 waters, let them remain in salt and water until wanted, then tie them in a piece of muslin, boil with the head for ½ an hour, and make into cakes (*see* Brain Cakes, No. 695). Make the forcemeat as directed, shape into balls, and either bake or fry them in hot fat for about 15 minutes; roll the rashers of bacon, run a skewer through them, and either fry or bake until crisp. Knead the flour and butter together, add the mixture to the reduced stock, and when smoothly mixed put in the pieces of calf's head, tongue, mushrooms (previously cooked and cut into 2 or 4 pieces, according to their size). Season to taste, cover closely, simmer gently for ½ an hour, then add the sherry, and serve. Garnish with the forcemeat balls, brain cakes, and rolls of bacon.

Time.—2½ to 3 hours. **Average Cost,** 5s. to 6s. **Sufficient** for 6 or 7 persons.

715.—CALF'S HEAD, MOULDED.

Ingredients.—The remains of a calf's head. To 1 lb. allow ½ a lb. of ham or bacon, 3 hard-boiled eggs, the finely-grated rind of 1 lemon, 1 teaspoonful of finely-chopped parsley, ½ a pint (about) of reduced stock in which the head was cooked, a pinch each of nutmeg, ground mace, and ground cloves, salt and pepper.

Method.—Cut the remains of the calf's head and ham or bacon into dice, cut the eggs into sections or slices, and arrange some of them in a pattern on the bottom of a buttered mould or basin; mix the parsley, lemon-rind, flavourings and seasonings together. Cover the bottom of the mould with a thick layer of calf's head, on the top of it place a thin layer of ham or bacon, add a few slices of egg, and sprinkle well with the flavouring mixture. Repeat until the mould is full, pour in the warm stock, cover with a greased paper, and bake for about 2 hours in a slow oven. Add a little more hot stock as soon as the mould leaves the oven. When cold, turn out of the mould, garnish with small tufts of parsley, and serve.

Time.—To cook, about 2 hours. **Average Cost,** 2s. 9d. to 3s. 6d. **Sufficient** for 6 persons.

716.—CALF'S HEAD PIE. (*Fr.*—Pâté de Tête de Veau.)

Ingredients.—The remains of a calf's head, ½ a lb. of raw ham or bacon, forcemeat balls (*see* Forcemeats), 2 hard-boiled eggs, ½ a pint of stock in which the head was cooked, ¼ of a teaspoonful of mixed herbs, the grated rind of ½ a lemon, a pinch of ground mace, a pinch of grated nutmeg, salt and pepper, puff or rough puff paste.

Method.—Cut the meat into small thin slices, cut the ham or bacon into narrow strips, cut the eggs into thin slices, mix the forcemeat rather stiffly with a little raw egg, and shape into small balls. Put a fairly thick layer of calf's head on the bottom of a piedish, cover with a thin layer of ham or bacon, add a few slices of egg, and a good sprinkling of salt, pepper, herbs, mace, nutmeg, and lemon-rind. Repeat until the dish is full, add the stock, and cover with the pastry, Bake in a moderately hot oven for about 1 hour, when cooked pour in, through the hole on the top, a little hot jellied stock, and set aside until cold.

Time.—To bake, about 1 hour. **Average Cost,** 3s. 6d. to 4s. 6d. **Sufficient** for 6 or 7 persons.

717.—CALF'S KIDNEY WITH SCRAMBLED EGGS. (*Fr.*—Rôgnons aux Oeufs Brouillés.)

Ingredients.—1 large or 2 small calf's kidneys, ½ a pint of Espagnole sauce (*see* sauces), ¼ of a pint of gravy or good stock, 1 glass of sherry, 2 ozs. of butter, 1 teaspoonful of finely-chopped parsley, 2 shallots or 1 very small onion finely chopped, 4 eggs, 1 tablespoonful of milk (about), salt and pepper.

Method.—Boil the sauce and gravy together for ½ an hour, then add the sherry. Remove all fat and skin from the kidney, cut it into very thin slices, and season well with salt and pepper. Melt half the butter in a sauté-pan or frying-pan, fry the shallots lightly, add the slices of kidney, and fry quickly on both sides, shaking the pan meanwhile over the fire. Pour the sauce over the kidney, draw the pan to the side of the fire, and cook slowly for 10 or 15 minutes. Beat up the eggs, add to them about 1 tablespoonful of milk and season to taste. Melt the remainder of the butter in a stewpan, pour in the eggs, cook very gently, and stir until they thicken. Arrange the kidney in a circle on a hot dish, pour the sauce round, and pile the scrambled eggs in the centre. Sprinkle the parsley over the whole, and serve.

Time.—From 50 to 60 minutes. **Average Cost,** 2s. **Sufficient** for 4 or 5 persons.

718.—CALF'S LIVER BRAISED. *Fr.*—(Foie de Veau, Braisé.)

Ingredients.—A small calf's liver, a few strips of larding-bacon, ½ a pint of brown sauce (*see* Sauces), ¼ of a pint of good stock, 1 glass of port wine, the juice of ½ a lemon, 1 small onion sliced, 1 small carrot sliced, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 1 bay-leaf, 6 peppercorns, 1 clove, a small slice of ham or bacon cut into strips, 1 oz. of butter.

Method.—Soak the liver in cold water for 20 minutes, then drain, dry well, and insert the strips of bacon, which should be about ⅛ of an inch thick and 1¼ inches long. Melt the butter in a shallow stewpan, add the onion, carrot, and ham, fry slightly, then put in the liver and let it brown. Pour off the fat, add the brown sauce, stock, bouquet-garni, mace, bay-leaf, and simmer gently for about 1 hour. Then add the wine, lemon-juice and parsley, boil, simmer for 10 minutes longer, remove the liver to a hot dish, strain the sauce over, and serve.

Time.—About 1½ hours. **Average Cost,** 2s. to 2s. 6d.

719.—CALF'S LIVER WITH ONION PURÉE.
(*Fr.*—Foie de Veau à la Clermont.)

Ingredients.—¾ lb. of calves' liver, 1 large Spanish onion, 2 ozs. of butter, ½ a pint of Espagnole sauce (*see* Sauces), ¼ of a pint of stock, 1 tablespoonful of flour, salt and pepper, a little finely-chopped parsley.

Method.—Peel and blanch the onion, cut it into very small dice, fry in ½ of the butter until lightly browned, then add the stock, and cook slowly until reduced to a thick purée, adding the brown sauce gradually as the stock boils away. Cut the liver into slices about ⅜ of an inch in thickness, cut off the corners and trim to a uniform oval or round shape. Mix the flour, a teaspoonful of salt, and a ¼ of a teaspoonful of pepper together on a plate, and dip the slices of liver in the mixture. Melt the remaining oz. of butter in a sauté-pan, and fry the liver on both sides until nicely browned and firm to the touch, then drain well. Season the onion purée to taste, spread it lightly on a hot dish, arrange the slices of liver on the top, sprinkle with parsley, and serve.

Time.—About 1 hour. **Average Cost,** 1s. 8d. **Sufficient** for 3 or 4 persons.

720.—CALF'S LIVER AND BACON.
(*Fr.*—Fritot de Foie de Veau.)

Ingredients.—1 lb. of calf's liver, ½ a lb. of bacon, 1 oz. of butter, flour, salt and pepper.

Method.—Wash and dry the liver, and cut it into slices about ⅓ of an inch in thickness ; add a good seasoning of salt and pepper to a dessertspoonful of flour, and dip the pieces of liver in the mixture. Heat the frying pan, put in the bacon, cut into thin slices, fry slowly, remove to a HOT tin, and keep hot until wanted. Fry the liver in the bacon fat until nicely browned on both sides, then remove to a hot dish. Pour away the bacon fat, add the butter (the bacon fat may be used instead when not disliked), sprinkle in about a tablespoonful of flour, stir and fry until brown. Add about ½ a pint of warm water, stir until it boils, and season to taste. Arrange the pieces of liver in a close circle, strain the gravy over, place the slices of bacon on the top, and serve. If preferred, the gravy may be served separately in a tureen, and the rashers of bacon curled before frying, and piled in the centre of the liver.

Time.—About 35 or 40 minutes. **Average Cost,** 1s. 4d. **Sufficient** for 4 or 5 persons.

721.—CALF'S LIVER WITH PIQUANTE SAUCE. (*Fr.*—Foie de Veau à la Sauce Piquante.)

Ingredients.—2 lb. of calf's liver, frying fat. For the sauce : ½ a pint of water, 1 oz. of butter, 1 oz. of flour, 4 shallots or 1 small onion finely-chopped, 2 gherkins coarsely-chopped, 3 tablespoonfuls of vinegar, salt and pepper.

Method.—Wash and dry the liver thoroughly, and cut it into neat slices. Mix 1 tablespoonful of flour, ½ a teaspoonful of salt and ⅛ of a teaspoonful of pepper together, and dip the pieces of liver in the mixture. Place the shallots or onion, gherkins and vinegar in a small stewpan, boil rapidly for 10 minutes, and keep it hot. Fry the liver in hot fat until lightly cooked and nicely browned, then remove and keep it as hot as possible. Pour away any fat that remains in the frying-pan, but leave all the brown sediment, add the butter, and when hot sprinkle in the flour. Stir and fry slowly until well browned, add the water and seasoning to taste, stir until boiling, simmer gently for 5 minutes, then strain and mix with the vinegar, etc. Arrange the liver neatly on a hot dish, pour the sauce round, and serve as hot as possible.

Time.—To fry the liver, 5 minutes. **Average Cost,** 2s. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

722.—CALF'S HEART, BAKED. (*Fr.*—Coeur de Veau Rôti.)

Ingredients.—A calf's heart, veal forcemeat (*see* Forcemeats), a few rashers of bacon, salt and pepper, fat, brown gravy (*see* Gravies).

Method.—Wash the heart in several waters, let it remain in cold water 1 hour, then drain, and dry thoroughly. Fill the inside with forcemeat, tie a piece of oiled or buttered paper round it, and bake in a moderate oven for about 2 hours. Baste well, and about ½ an hour before serving remove the paper and dredge well with flour. The gravy in the tin may be used to enrich or form the basis of the brown gravy. Make this hot and pour round the dish. Garnish with fried bacon.

Time.—About 2 hours. **Average Cost.** 9d. to 1s. 6d. **Sufficient** for 4 or 5 persons.

723.—CRÉPINETTES OF VEAL. (*Fr.*—Crépinettes de Veau.)

Ingredients.—4 ozs. of cooked lean veal, 1 oz. of cooked ham or tongue, 4 preserved mushrooms, 1 small truffle, 6 or 7 tablespoonfuls of spinach purée, 1 egg, a good pinch of grated lemon-rind, a small pinch of nutmeg, salt and pepper, pig's caul, meat glaze, 5 or 6 oval paper cases.

Method.—Prepare the spinach purée (*see* Vegetables), mince the veal and ham very finely, cut the mushrooms and truffles into fine short strips, add the lemon-rind, nutmeg, season to taste, mix well together, and bind with the egg. Cut the caul into pieces about 4 inches long, and 2½ inches wide, shape the mixture into small oval forms, 2 inches long, and nearly 1¼ inches wide, fold them in the caul, and bake in a moderate oven for 7 or 8 minutes. Put the spinach purée into a stewpan, add a tablespoonful of good gravy or cream, dredge in a little flour, season with salt and pepper, and when thoroughly hot, put a tablespoonful into each paper case. Brush the crépinettes over with glaze, place them in the cases, and serve. The crépinettes may also be egged, breadcrumbed, fried, and served on a bed of spinach (*see* Boudinettes of Veal, p. 435).

Time.—20 to 25 minutes, after the spinach is cooked. **Average Cost,** 1s., exclusive of the meat. **Sufficient** for 6 or 7 crépinettes.

724.—CROQUETTES OF VEAL. (*Fr.* — Croquettes de Veau.)

Ingredients.—1 lb. of cold veal, 1 oz. of butter or dripping, ½ an oz. of flour, ¼ of a pint of stock, the rind of ½ a lemon grated, 1 teaspoonful of finely-chopped parsley, a good pinch of nutmeg, 1 egg, breadcrumbs, frying-fat, salt and pepper.

Method.—Chop the meat finely, and boil the bones and trimmings, for the stock. Melt the fat or butter in a stewpan, add the flour pour in the stock, and stir until it boils (this sauce is intended to bind the mixture, when more convenient an egg may be used instead), boil the sauce 2 or 3 minutes, then add the meat, parsley, lemon-rind, nutmeg, salt and pepper to taste, and stir well over the fire. Turn on to a plate, when cool form into cork shaped pieces, brush over with beaten egg, coat well with breadcrumbs, and fry until nicely browned in hot fat.

Time.—From 1½ to 2 hours. **Average Cost,** 4d., exclusive of the meat. **Sufficient** for 4 or 5 persons.

Note.—A properly made croquette or rissole is dry and crisp on the outside, and very moist inside, but the mixture must of necessity be made moderately dry unless the liquid used in its preparation contains the stiffening properties of gelatine, for when it lacks a certain degree of firmness it is moulded with great difficulty. All that is required to obtain a moist, in fact, almost liquid rissole, is to add to the mixture a considerable amount of stock that will form a jelly when cold, and when re-heated will again become liquid.

Names of Calves.—The young male calf, during the period it is dependent upon his mother, is called a bull, or ox-calf; when one year old he is termed a stirk, stot, or yearling. On the completion of his second year he is known as a two-year-old bull or steer—in some counties a stinter—and at four an ox, or a bullock, names which he bears until his death. The term "ox" is used as a general appellation for neat cattle and irrespective of sex, as the British ox, the Indian ox, etc. The female during its first year is termed a cow-calf; at the age of one year a yearling quey; a year later a heifer, or twinter; when three years old a three-year-old quey, or twinter, and on arriving at the age of four and afterwards, a cow. In different districts provincial names are current.

725.—CROUSTADES OF CALF'S BRAINS. (*Fr.*—Croustades aux Cervelles.)

Ingredients.— 1 set calf's brains, a little cooked tongue, ½ a pint of good white sauce (*see* Sauces), 1 tablespoonful of cream, the yolk of 1 egg, a good pinch of mace, a few drops of lemon-juice, vinegar, salt and pepper, 1 small onion, short crust paste.

Method.—Line some small, deep, oval or round moulds, thinly with paste, (dariol moulds may be made to serve), prick the bottoms to prevent them blistering, line them with buttered paper, and fill with rice. Bake in a moderately-hot oven, then remove the paper and rice, take the cases out of the moulds, and return them to the oven until they become crisp and lightly browned. Wash the brains well in salt and water, and boil them until firm in water, to which must be added 1 tablespoonful of vinegar, 1 teaspoonful of salt, and 1 small onion (sliced). Drain well, and cut into small dice, also cut the tongue into dice. Have ready the white sauce, add to it the dice of tongue and brains, cream, lemon-juice, mace, seasoning, yolk of egg, and stir by the side of the fire until the mixture is thoroughly hot and the egg cooked. Fill the pastry cases with the mixture, sprinkle on the top of each a little finely-chopped truffle or a few panurette breadcrumbs, and serve either hot or cold.

Time.—About 1 hour. **Average Cost,** 6d., exclusive of the paste and brains. **Sufficient,** allow 8 croustades for 6 persons.

726.—CURRY OF VEAL. (*Fr.*—Kari de Veau.)

Ingredients.—2 lb. of neck, breast or fillet of veal, 1 pint of stock or water, 2 ozs. of butter, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 teaspoonful of curry-paste, 1 sour apple, 2 small onions coarsely-chopped, 1 teaspoonful of lemon-juice, salt, 4 ozs. of rice.

Method.—Cut the meat into pieces about 1½ inches square, and fry them in the hot butter until lightly browned. Lift the pieces of meat on to a plate, sprinkle in the flour and curry-powder, add the onion, and fry gently for 10 minutes. Add the stock, curry-paste, sliced apple, salt to taste, boil, replace the meat, and cook gently from 2 to 2½ hours. Boil the rice, drain, and dry well. When the meat is tender remove it to a hot dish, season the sauce to taste, add the lemon-juice and strain over the meat. The rice should be served separately.

Time.—From 2½ to 3 hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 5 or 6 persons.

727.—CUTLETS BROILED WITH ITALIAN SAUCE. (*Fr.*—Côtelettes de Veau à l'Italienne.)

Ingredients.—1½ lb. of fillet or neck of veal, ½ a pint of Italian sauce, No. 252, 1 egg, breadcrumbs, salt and pepper, clarified butter.

Method.—Divide the meat into thin slices, which afterwards trim into neat cutlets. Dip them in egg seasoned with salt and pepper, coat with breadcrumbs, and afterwards with clarified butter. Broil the cutlets over a clear fire, brushing them over occasionally with clarified butter, to prevent the breadcrumbs burning. Arrange neatly on a hot dish, pour the sauce round, and serve.

Time.—To broil, from 10 to 15 minutes. **Average Cost,** neck of veal, 10d. to 1s.; fillet, 1s. to 1s. 2d.

728.—VEAL COLLOPS. (*Fr.*—Paupiettes de Veau.)

Ingredients.—1½ lb. of fillet of veal, a few slices of bacon, forcemeat, No. 396, 1 egg, breadcrumbs, fat for frying, 1 oz. of butter, 1 oz. of flour, mace, salt and pepper, lemon-juice.

Method.—Cut the meat into very thin strips 3 inches long and 2 inches wide, cover with thin pieces of bacon the same size, season well with salt and pepper, and spread lightly with forcemeat. Roll up lightly, coat carefully with egg and breadcrumbs, and fry gently in hot fat, turning frequently so as to brown the entire surface. Remove and keep hot, drain away any fat that remains, but preserve the sediment. Put in the butter, and as soon as it is hot sprinkle in the flour, and cook gently until lightly browned. Add ⅓ of a pint of boiling water, 1 tablespoonful of lemon-juice, a pinch of ground mace, salt and pepper to taste, and simmer gently for 5 minutes. Arrange the collops on a hot dish, strain the sauce round, then serve.

Time.—To fry the collops, about 20 minutes. **Average Cost,** 1s. to 1s. 2d. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

729.—FILLETS OF VEAL. (*Fr.*—Filets de Veau.)

Ingredients.—1½ lb. of fillet of veal, a few slices of bacon, 2 ozs. of butter, 1 egg, breadcrumbs, the grated rind of 1 lemon, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of thyme, ½ a pint of tomato sauce, brown sauce, or sauce made with the following ingredients : ½ a pint of white stock, ½ an oz. of flour, 2 tablespoonfuls of cream, ½ a teaspoonful of lemon-juice, a small piece of meat glaze, salt and pepper.

Method.—Cut the veal into slices about ½ an inch in thickness, and each slice into rounds 2¼ or 2½ inches in diameter. Beat the egg, add to it the parsley, thyme, lemon-rind, lemon-juice, dip each fillet in the mixture, coat with breadcrumbs, and fry in hot butter, in a sauté-pan. When nicely browned on both sides take them out of the pan, and keep them hot. Add the flour to the butter in the pan, fry lightly, pour in the stock, stir till it boils, then add the lemon-juice, cream and glaze, season to taste, and simmer for 2 or 3 minutes. The fillets may be dished in a circle on a border of mashed potato, with the rolls of bacon piled in the centre, or in two rows alternately with fried, thin, stamped-out rounds of bacon of equal size. The sauce should be strained and poured round the dish.

Time. About ½ an hour. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 7 to 9 persons.

The Golden Calf.—In the Book of Genesis we are told that Aaron, constrained by the impatient Israelites during the lengthened absence of Moses in the Mount, made a golden calf from the golden earrings presented by the people, to represent the Elohim which brought the Children of Israel out of the land of Egypt. The "Golden Calf" was probably a wooden figure of a calf overlaid with plates of gold, fashioned in a similar manner to the gilded ox covered with a pall, which the Egyptian regarded as the symbol of Osiris, one of the great Egyptian divinities, and the king of the gods and Judge of the Dead. The offerings, dancing, and rejoicings which the Israelites practised were probably identical with the ceremony with which Mnevis, one of the three kinds of sacred bulls, was worshipped in Egypt: hence the punishment inflicted upon the people by Moses.

730.—FILLETS OF VEAL, TALLEYRAND STYLE. (*Fr.*—Filets de Veau à la Talleyrand.)

Ingredients.—1 lb. of fillet or cushion of veal, 1½ ozs. of butter, 2 shallots finely-chopped, 1 dessertspoonful of finely-chopped parsley, 6 preserved mushrooms, the juice of ½ a lemon, ¼ of a pint of white sauce, the yolks of 2 eggs, salt and pepper.

Method.—Cut the meat into 6 or 7 pieces of equal size and thickness, flatten slightly with a cutlet-bat, and trim into a round or oval form. Melt the butter in a sauté or frying-pan, put in the cutlets, and cook them thoroughly, but do not allow them to acquire much colour. Have the white sauce nearly boiling in a small stewpan, put in the fillets, cover, and draw to the side of the stove. Cut the mushrooms into small pieces, add them, together with the shallots, to the butter in the sauté-pan, fry for a few minutes without browning, then turn the contents of the sauté-pan into the stewpan, simmer very gently until the fillets are tender, then cool slightly. Add the lemon-juice, parsley, yolks of eggs, season to taste, and stir gently by the side of the fire until the sauce thickens, but it must not boil, or the eggs may curdle. Dish the fillets in a single row on a foundation of mashed potato, which helps to keep them in position, pour the sauce over them carefully, in order that every part may be equally coated, and serve.

Time.—About 1 hour. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons.

731.—FRICASSEE OF CALF'S FEET. (*Fr.*—Pieds de Veau en Fricassée.)

Ingredients.—4 cooked calves' feet (those which have been boiled down for jelly may be used), 1 pint of white sauce (*see* Sauces), 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, 2 tablespoonfuls of small dice of cooked ham or bacon, salt and pepper, nutmeg.

Method.—Remove all the bones, and cut the meat into pieces of equal size. Make the white sauce as directed, add to it the ham or bacon, the pieces of calves' feet, and let the stewpan stand by the side of the fire until the contents are thoroughly hot; then put in the parsley and lemon-juice, season to taste, and serve.

Time.—10 to 15 minutes. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 6 to 8 persons.

732.—FILLET OF VEAL STEWED. (*Fr.*—Filet de veau étuvé.)

Ingredients.—3 lb. of fillet of veal, forcemeat, No. 396, 1½ ozs. of butter, 1½ ozs. of flour, 1 oz. of dripping, a few fresh mushrooms when obtainable, lemon-juice, mace, salt and pepper, 1 pint of stock or water, vegetables if necessary.

Method.—Flatten the meat well with a cutlet-bat or rolling-pin, spread on the forcemeat, roll up and tie securely with tape. Melt the dripping in a stewpan, fry the meat until the entire surface is nicely browned, then drain off the fat. Add the mushrooms, stock or water, and if using the latter add a little sliced onion, carrot and turnip, and a good seasoning of salt and pepper. Cover closely, simmer gently for 2 hours, taking care that the stock or water is kept just at simmering point. Meanwhile melt the butter in a stewpan, add the flour, stir and cook gently until nicely browned, and when ready, add the strained liquor in which the veal has been cooked. Stir until boiling, simmer gently for 10 minutes, then add the lemon-juice, and season to taste. Serve the meat on a hot dish with a little sauce poured over, and the remainder in a tureen.

Time.—About 2½ hours. **Average Cost,** 4s. **Sufficient** for 10 or 12 persons. **Seasonable** at any time.

733.—FRICANDEAU OF VEAL WITH SORREL. (*Fr.*—Fricandeau de Veau à l'Oseille.)

Ingredients.—3 lb. of fillet of veal, larding bacon, 2 ozs. of butter, 2 onions, 2 carrots, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 2 blades of mace, 6 peppercorns, ½ a pint of stock, glaze, 1½ lb. of sorrel purée.

Method.—Lard the veal in close rows. Put the vegetables and the butter into a stewpan, lay the meat on the top, cover, and fry gently for about 20 minutes ; then add the stock, bouquet-garni, mace, cloves, peppercorns, and salt, cover with a greased paper, put on the lid, and braise for 3 hours, adding more stock as that in the stewpan reduces. When done, put in the oven on a baking-sheet for a few minutes, to crisp the bacon, brush over with glaze, and place on a hot dish. Add a little glaze to the liquor in the stewpan, skim, strain, season to taste, and serve in a sauce-boat, garnish the dish with the sorrel purée, and serve. Spinach may be used instead of sorrel.

Time.—3½ to 3¾ hours. **Average Cost,** about 5s. **Sufficient** for 8 or 9 persons.

734.—FRICASSEE OF CALF'S HEAD. (*Fr.*—Tête de Veau en Fricassée.)

Ingredients.—½ a calf's head, 1 pint of the liquor in which the head was boiled, 1½ ozs. of butter 1½ ozs. of flour, 2 tablespoonfuls of cream, the yolks of 2 eggs, the juice of 1 lemon, a good pinch of mace, salt and pepper, rolls of fried bacon, forcemeat balls (*see* Forcemeats).

Method.—Prepare and boil the calf's head as directed in the recipe for "Calf's Head Collared" (the remains of a calf's head may be used), remove the bones, and cut the meat into pieces 1½ inches square. Melt the butter in a stewpan, fry the flour for a few minutes without browning, then add the stock, stir until it boils, and simmer gently for 10 minutes. Add the mace, seasoning to taste, put in the pieces of meat, cover closely, and draw the stewpan to the side of the stove for about 20 minutes. Shape the forcemeat into small balls, and either fry or bake them until nicely browned. Place the rolls of bacon on a skewer and fry or bake them until crisp. Remove the pieces of meat from the sauce, and arrange them on a hot dish in a pile. Have ready the cream and yolks of eggs mixed lightly together, add these to the sauce, and stir by the side of the fire until they thicken, but the sauce must on no account be allowed to boil. Add the lemon-juice, season to taste, and strain over the meat. Garnish with the forcemeat balls and rolls of bacon, and serve.

Time.—After the calf's head is boiled, nearly 1 hour. **Average Cost,** 4s. to 5s. **Sufficient** for 6 or 7 persons.

735.—GALANTINE OF VEAL. (*Fr.*—Galantine de Veau.)

Ingredients.—A small breast of veal, 1½ or 2 lb. of sausage meat, 2 or 3 rashers of bacon (ham or tongue may be substituted), 1 hard-boiled egg, glaze (*see* p. 137), salt, pepper, a grate of nutmeg, ground mace, ground cloves.

Method.—Bone the veal, and flatten it out on the table. Season well with salt and pepper, spread on ½ the sausage meat in an even layer, distribute narrow strips of bacon and slices of egg over the surface, add mace, nutmeg, and cloves in very small quantities, and a liberal seasoning of salt and pepper, and cover with the remainder of the sausage meat. Roll the meat up tightly, wrap it in a pudding cloth, secure the ends with string, put the roll into boiling stock, or into boiling water, to which has been added the veal bones, 1 or 2 onions, 1 or 2 small carrots, 1 turnip, celery, salt and peppercorns, and cook gently for 3 or 3½ hours. When cooked and nearly cold take off the cloth, which always becomes loose, re-roll, tie tightly as before, and press the galantine between two boards or dishes until cold. Before serving brush over with glaze, and garnish with parsley, and, if liked, some fancifully-shaped, or coarsely-chopped aspic jelly.

Time.—From 3 to 3½ hours, to boil the galantine. **Average Cost,** 1s. per lb.

When Calves should be Killed.—A calf should not be killed under 4 weeks; the flesh prior to that time lacks firmness, due development of muscular fibre, and is deficient in the animal juices on which the flavour and nutritive properties of the flesh depend. The calf is considered to be in prime condition at 10 weeks, and should then weigh from 16 to 18 stone.

736.—GATEAU OF COLD VEAL. (*Fr.*—Gâteau de Veau.)

Ingredients.—½ lb. of cold veal (or veal and ham mixed), 2 tablespoonfuls of white breadcrumbs, 1 teaspoonful of finely-chopped parsley ½ teaspoonful of grated lemon-rind, a pinch of nutmeg, 1 egg, 1 or 2 tablespoonfuls of gravy or milk, a few browned breadcrumbs, ½ pint of gravy.

Method.—Grease a round mould or cake tin, and well cover it with browned breadcrumbs. Put the bones and browned trimmings of the meat into a stewpan with a little salt and pepper, and boil gently until the gravy is required, then strain, and season to taste. Chop the meat finely, add to it the white breadcrumbs, parsley, lemon-rind, nutmeg, the egg beaten, and as much gravy or milk as will thoroughly moisten the whole. Season rather highly with salt and pepper, press the mixture tightly into the cake tin, and bake in a moderate oven for 40 or 45 minutes. Turn out, pour a little gravy round, and serve the remainder separately.

Time.—About 1¼ hours, altogether. **Average Cost,** 3d. or 4d., exclusive of the meat. **Sufficient** for 3 or 4 persons.

737.—GRENADINES OF VEAL. (*Fr.*—Grenadins de Veau.)

Ingredients.—1½ lb. of fillet of veal, a few strips of larding bacon, 1 pint of good stock, 2 ozs. of butter, 1 oz. of flour, 1 onion, 1 carrot, ½ a turnip, 2 strips of celery, 6 peppercorns, 1 clove, a bouquet-garni (parsley, thyme, bay-leaf), meat glaze, salt, pepper.

Method.—Cut the meat into slices about ½ an inch in thickness, and cut each slice into rounds from 2 to 2½ inches in diameter. Lard the grenadines on one side with strips of bacon 1¼ inches long, and about ⅛ of an inch wide. Melt 1 oz. of butter in a stewpan, put in the bouquet-garni, peppercorns, clove, and the vegetables sliced, lay the grenadines on the top of them, cover closely, and fry gently for 10 minutes. Then add as much stock as will nearly cover the vegetables, and the remainder by degrees, to replace that which boils away. Cover the grenadines with a buttered paper, cover closely, and braise for 1 hour. When tender, remove the grenadines from the stewpan, put them in a hot oven for a few minutes, to brown and crisp the bacon, and brush over with meat glaze. Have ready the brown roux, or thickening, made by frying the remaining oz. of butter and the flour together until brown, strain the liquor from the stewpan on to it, boil and stir until smooth, simmer a few minutes, then season to taste, and use. Dish the grenadines in a circle on a border of mashed potato, fill the centre with peas, asparagus points, or any suitable vegetable, pour the sauce round, and serve.

Time.—About 1½ hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 7 or 8 persons.

738.—GRENADINES OF VEAL. (*Fr.*—Grenadins de Veau à la Marchand de vin.)

Ingredients.—1½ lb. of fillet of veal, a few strips of larding bacon, 3 or 4 slices of lean bacon, 2 ozs. of butter, 1 teaspoonful of finely-chopped parsley, 2 finely-chopped shallots, ½ a gill of tomato sauce, ½ a gill of brown sauce, ½ a glass of claret, salt and pepper.

Method.—Prepare and lard the grenadines as directed in the previous recipe. Melt the butter in a small stewpan, fry the shallots in butter without browning them, pour off the butter into a sauté-or frying-pan, add the claret to the shallots, and boil until well reduced. Add the tomato and brown sauces, parsley, season with salt and pepper, and boil rapidly until considerably reduced. Re-heat the butter in the sauté-pan, and fry the grenadines until lightly browned on both sides, then pour off the butter, add the reduced sauce, cover the sauté-pan with a lid, and cook gently for about 15 minutes. Take up the grenadines, arrange them in a circle on a border of mashed potato, fill the centre with strips of lean bacon, previously fried in the butter, strain the sauce over the grenadines, and serve.

Time.—About 1½ hours. **Average Cost,** 3s. to 3s. 3d. **Sufficient** for 6 or 7 persons.

739.—HARICOT OF VEAL. (*Fr.*—Haricot de Veau.)

Ingredients.—2 lb. of neck of veal, 1½ ozs. of butter or dripping, 1½ ozs. of flour, 1½ pints of white stock or water, 1 onion, 1 carrot, 1 turnip, salt and pepper.

Method.—Divide the meat into pieces convenient for serving, cut the vegetables into small dice, which put aside, and preserve the trimmings. Heat the butter or fat in a stewpan, fry the meat lightly on both sides, then remove to a plate. Sprinkle in the flour, fry slowly until well-browned, then add the stock or water, and stir until boiling. Season to taste, add the vegetable trimmings, put in the meat, and cover closely. Simmer very gently for 2 hours, then remove to a hot dish, strain the sauce over, and garnish with the dice of vegetables, previously boiled separately until tender.

Time.—2½ hours. **Average Cost,** 1s. 10d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

740.—KNUCKLE OF VEAL, STEWED.

Ingredients.—A knuckle of veal, 5 or 6 lb. in weight, a piece of ham or bacon to boil, or a few slices to roll and fry, 3 tablespoonfuls of rice, 1 onion, 1 small carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, parsley sauce (*see* Sauces).

Method.—Separate the shank bone, put it with the meat into a saucepan containing sufficient boiling water to cover, bring to the boil, skim well, add the vegetables (cut into dice), the herbs, and salt to taste. The ham or bacon should be boiled separately. The veal must be gently simmered for about 3 hours; at the end of 2 hours the rice should be well washed and added to the contents of the saucepan. Remove the meat from the broth, and keep it hot. Take out the bones and bouquet-garni, season the broth to taste, and serve separately. Pour a little parsley sauce over the meat, and serve the remainder in a tureen. Send the ham or bacon to table on a separate dish.

Time.—About 3 hours. **Average Cost,** 5s. 6d. to 6s. **Sufficient,** for 6 or 7 persons.

741.—LITTLE TIMBALES OF VEAL WITH MUSHROOMS. (*Fr.*—Petites Timbales de Veau aux Champignons.)

Ingredients.—6 ozs. of lean uncooked veal, 2 ozs. of uncooked ham or tongue, 1 oz. of butter, 2 tablespoonfuls of white sauce, 2 tablespoonfuls of cream, 2 eggs, salt and pepper. For the panada: ¼ of a pint of water, 2 ozs. of flour, ½ an oz. of butter. For the mushroom purée : ½ a lb. of fresh mushrooms, 1 oz. of butter, 1 tablespoonful of breadcrumbs, 1 tablespoonful of cream, salt and pepper, white sauce.

Method.—Melt the ½ oz. of butter in a ¼ of a pint of hot water, and, when boiling, stir in the 2 ozs. of flour, and cook over the fire until the panada, or paste, leaves the sides of the stewpan clean, spread it on a plate, and put it aside to cool. Remove the stalks of the mushrooms, skin and chop them coarsely; melt 1 oz. of butter in a stewpan, put in the mushrooms, cover, and let them steam in the butter for 10 minutes, then add the breadcrumbs, cream, seasoning to taste, and let the mixture cool. Pass the meat 2 or 3 times through the mincing machine, pound it well in a mortar with the panada, adding 1 oz. of butter, the cold white sauce, the remaining cream gradually, and the eggs one at a time. When quite smooth, season to taste, and rub through a fine wire sieve. Butter 10 or 12 large-sized timbale-moulds, line them with the meat farce, or stuffing, make a well in the centre of each with the handle of a teaspoon, dipped in hot water to prevent the farce adhering to it, and fill with the mushroom purée. Cover the top of each timbale with a thin layer of farce, place them in a sauté-pan, surround them with boiling water to half the depth of the moulds, cover with a greased paper, and cook for about 25 minutes or until the farce is firm. Turn out, mask with a good white sauce, and serve.

Time.—From 1½ to 1¾ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 10 to 12 timbales.

Note.—If preferred, the mixture may be cooked in one large mould. Cooked veal and ham may be used instead of the raw meat; in that case the cream should be omitted from the farce, and 4 ozs. of flour, 1 oz. of butter, and ½ a pint of water used for the panada, instead of the quantities given above.

742.—LOIN OF VEAL, DAUBE STYLE. (*Fr.*—Carré de Veau à la Daube.)

Ingredients.—The chump end of a loin of veal, forcemeat, No. 396, a few slices of bacon, 1 small onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 10 peppercorns, 1 pint of veal stock or water, ½ a pint of tomato sauce, No. 389, salt and pepper.

Method.—Remove the bones, fill the cavity with forcemeat, and bind or skewer into a good shape. Boil the stock or water in a large stewpan, put in the meat, cover with slices of bacon, and add the onion, mace, bouquet-garni, peppercorns, and a good seasoning of salt. Simmer gently for 2½ hours, basting frequently, but do not add more stock or water until absolutely necessary to prevent the meat from burning. When ready, strain the liquor into a small stewpan, boil rapidly until reduced to a glaze, with which coat the meat thickly. Serve the tomato sauce separately.

Time.—About 3 hours. **Average Cost,** 1s. 4d **Seasonable** at any time.

743.—LOIN OF VEAL, BAKED OR ROASTED. (*Fr.*—Longe de Veau Farcie.)

Ingredients.—4 or 5 lb. of loin of veal, a few slices of bacon, veal forcemeat (*see* p. 281), ¾ of a pint of brown sauce, a little meat glaze, lemons.

Method.—Bone the veal, season the inside with salt and pepper, fill with forcemeat, and skewer or tie it in the form of a roll. Baste well with hot dripping, cover with a greased paper, and either bake or roast from 2 to 2¼ hours, basting frequently. Meanwhile boil the bones for stock for the brown sauce (*see* p. 233). Half an hour before serving remove the paper from the meat and brush it lightly over with the glaze, drain away all the fat in the tin, but leave the brown sediment. Pour the brown sauce into the tin, return to the oven to finish cooking, and baste frequently. (When economy is not an object, the veal should be basted with cream instead of brown sauce, the cream being afterwards slightly thickened, seasoned, and served with the meat). Roll the bacon, put on a skewer, and fry or bake until crisp, or it may be broiled before the fire, and cut into dice. Remove the meat to a hot dish, garnish with rolls of bacon and cut lemon, or little piles of bacon dice and lemon. Strain the sauce, and serve it separately in a tureen.

Time.—To cook the veal, 2 to 2¼ hours. **Average Cost,** 10d. to 11d. per lb.

Note.—The above recipe is equally applicable to a shoulder and fillet of veal; and a loin of veal is not necessarily boned; a little forcemeat may be inserted, and the remainder made into small balls. The bone of the fillet is nearly always removed, and the cavity filled with forcemeat.

744.—LIVER SAUSAGES. (*Fr.*—Sausisson de Foie de Veau.)

Ingredients.—1 lb. of calf's liver, ¾ of a lb. of fat bacon, ½ a lb. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered thyme, ¼ of a teaspoonful of finely-grated lemon-rind, ¼ of a teaspoonful of grated nutmeg, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, 3 eggs, skins.

Method.—Chop the liver and bacon very finely, mix them together, and add the breadcrumbs and the rest of the dry ingredients. Stir in the eggs, and press the mixture into the skins, leaving room for the bread to swell. Put them aside for 5 or 6 hours, then prick well, fry in hot fat until well-browned, and serve either on toast or with mashed potato.

Time.—Altogether, 6 or 7 hours. **Average Cost,** 1s. 8d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

745.—LIVER SAUSAGES. (Another Method).

Ingredients.—2 lb. of calfs' liver, ¾ of a lb. of pickled pork or fat bacon, 1 small onion very finely-chopped, ½ a teaspoonful of powdered sage, salt and pepper, sausage skins.

Method.—Wash and dry the liver, chop it finely, and pass it through a wire sieve. Chop the pork or bacon finely, mix it with the liver, add the onion, sage, and a liberal seasoning of salt and pepper. Mix well together, three-quarters fill the skins with the preparation, place in boiling water, and simmer gently for ½ an hour. The sausages may be used fresh, but if preferred smoked, they should be hung for 2 or 3 days in the smoke of a peat or wood fire. The sausages may be eaten without further cooking, or, if preferred, they may be fried and served hot.

Time.—To boil, ½ an hour; to smoke, 2 or 3 days. **Average Cost,** 2s. 3d. to 2s. 6d. **Seasonable** at any time.

746.—MINCED VEAL. (*Fr.*—Hachis de Veau.)

Ingredients.—1½ lb. of cold veal, 1 pint of white sauce (*see* Sauces), forcemeat balls, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Remove all skin and gristle, cut the meat into very small pieces, but do not chop it. Make the white sauce as directed, add to it the lemon-rind and lemon-juice, season to taste, put in the meat, cover closely, and let it remain in the sauce for ½ an hour WITHOUT BOILING. Serve on a hot dish, garnished with the forcemeat balls and slices of lemon.

Time.—To prepare and cook, from 1 to 1¼ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 4 or 5 persons.

THE CALF A SYMBOL OF DIVINE POWER.—Among the Egyptians the ox was regarded a symbol of the god Osiris, and was represented with a disc symbolical of the sun, one of the forms under which Osiris, the husband of Isis and father of Horus, and the source of all beneficent agencies to mankind, was represented. The sacred bull Apis was supposed to be animated with the soul of Osiris; special reverence being accorded to the Apis for this reason. From the Egyptians the Israelites adopted the worship of the calf, which incurred the displeasure of Jehovah, and drew down upon the people the stern denunciations of the prophets. It has been the subject of considerable controversy whether the Jews intended the golden calf and the calves of Jeroboam as the symbol of Osiris, or as a cherubic representation of the Elohim, the Almighty Intelligence which brought the Israelites out of Egypt.

747.—MINCED VEAL WITH MACARONI. (*Fr.*—Hachis aux Macaroni.)

Ingredients.—¾ of a lb. of cold roast veal finely-minced, 3 ozs. of ham finely-minced, 4 ozs. of breadcrumbs, 4 ozs. of macaroni, 2 tablespoonfuls of good gravy, 1 large or 2 small eggs, butter, nutmeg, salt and pepper, gravy.

Method.—Mix the veal, ham and breadcrumbs together, add salt, pepper and grated nutmeg to taste, moisten with the gravy, and as much beaten egg as is necessary to bind the mixture together. Boil the macaroni in salted water until tender, but not broken, and arrange it at the bottom and sides of a well-buttered mould or basin in some simple form, such as trellis or stripes. Cut the remainder into short lengths, mix them with the meat preparation, and press the whole lightly into the mould or basin. Cover with a greased paper, steam gently for 1 hour, then carefully unmould and serve good gravy, previously made from veal bones and trimmings, separately.

Time.—To steam, 1 hour. **Average Cost,** 6d., in addition to the meat **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

748.—MINCED VEAL WITH POACHED EGGS. (*Fr.*—Hachis aux Œufs pochés.)

Ingredients.—1½ lb. of cold veal, 6 poached eggs, 1 pint of stock or water, 1½ ozs. of butter, 1½ ozs. of flour, 1 small onion, ½ a small carrot, 2 cloves, 1 blade of mace, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Remove the bones and break them into small pieces, trim off the brown outside of the meat, put both bones and trimmings into a stewpan with the onion and carrot sliced, cloves, mace, lemon-rind, and a little salt and pepper, and boil gently for at least 2 hours. Cut the meat into very small pieces, and put them aside until wanted. Melt the butter in a stewpan, stir in the flour, and cook until it acquires a nut-brown colour. Strain the stock from the bones, add it to the butter and flour, stir until it boils, pour half of it into another stewpan, and add the minced veal to the remainder. Season to taste, put in the lemon-juice, cover closely, and draw the stewpan to the side of the stove for ½ an hour. Care must be taken not to let the contents boil, and the preparation must be occasionally stirred. Poach the eggs, and trim them neatly. Arrange the mince in the centre of a hot dish, place the poached eggs round the base, and serve the rest of the brown sauce in a tureen.

Time.—About 2½ hours, altogether. **Average Cost,** 1s. to 1s. 3d., exclusive of the meat. **Sufficient** for 6 persons.

749.—MIROTON OF VEAL. (*Fr.*—Miroton de Veau.)

Ingredients.—1 lb. of cold roast veal, cut into thin slices, ¾ of a pint of stock, ¾ of an oz. of butter, ¾ of an oz. of flour, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, browned breadcrumbs, 1 small onion sliced, salt and pepper.

Method.—Cut the meat into thin slices, and make the stock from the bones and trimmings (see Scotch Collops, No. 760). Melt the butter in a stewpan, fry the onion lightly, then add the flour, and cook gently until well-browned. Add the prepared stock, stir until boiling, season to taste, and simmer gently for 10 minutes. Cover the bottom of the dish in which the miroton is to be served with brown sauce, on the top place the slices of meat, sprinkling each layer with parsley, lemon-rind, salt and pepper, and adding a thin covering of sauce. Cover the top layer thickly with browned breadcrumbs, bake in a moderate oven from 15 to 20 minutes, then serve.

Time.—To bake, from 15 to 20 minutes. **Average Cost,** 2d. or 3d., in addition to the meat. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

750.—MOULDED MINCED VEAL. (*See* Gâteau of Cold Veal.)

751.—NECK OF VEAL, BRAISED. (*Fr.*—Carré de Veau braissé.)

Ingredients.—3 lb. of the best end of the neck, 1 pint of white stock, 2 ozs. of flour, 1 oz. of butter, 1 teaspoonful of lemon-juice, 1 tablespoonful of capers, 2 onions, 2 carrots, 1 very small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, 1 blade of mace, salt and pepper, glaze.

Method.—Saw the bones across, detach the short pieces of the rib bones, and fold the flap under, slice the vegetables, put them together with the bouquet-garni, mace, cloves, and 1 oz. of butter into a shallow stewpan, nearly cover the vegetables with stock, and add the remainder gradually to replace that which boils away. Place the veal on the bed of vegetables, cover with a greased paper, put on the lid, and cook gently for 3 hours. Meanwhile melt the remaining oz. of butter in a small stewpan, add the flour and fry gently until it acquires a nut-brown colour. When the meat is tender, remove it to a hot dish, and brush it over with glaze. Strain the liquor in the stewpan on to the butter and flour, stir until smooth, if necessary reduce with a little stock, add the capers, lemon-juice, season to taste, and serve separately in a tureen.

Time.—About 3 hours. **Average Cost,** 3s. 6d. **Sufficient** for 6 or 7 persons.

752.—NECK OF VEAL, STEWED. (*Fr.*—Carré de Veau étuvé.)

Ingredients.—2 lb. of neck of veal ½ a pint of white stock, 2 or 3 rashers of bacon, crisply fried and cut into dice, 6 SMALL tomatoes, 2 ozs. of butter, ½ an oz. of flour, 1 dessertspoonful of finely-chopped parsley, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper, 2 tablespoonfuls of cream (if liked), meat-glaze.

Method.—Trim the meat, and when the bones are long saw them across and detach the rib bones. Melt the butter in a stewpan, fry the meat lightly on both sides, then add the lemon-rind, parsley, and a good seasoning of pepper, cover closely, and cook very gently for 2 or 2¼ hours. The meat must be well basted, and the stewpan stand on a cool part of the stove to avoid burning the butter. Meanwhile fry or broil the bacon and cut it into dice; bake or broil the tomatoes until tender, but not too soft. Remove the meat from the stewpan, brush it lightly over with meat glaze, and keep it hot. Have ready the flour mixed smoothly with a little cold stock, and the remainder of the stock boiling in a stewpan, add the moistened flour to the stock, stir and boil for 5 minutes, then strain and add the butter in which the meat was cooked, the lemon-juice, and the cream. Season to taste, bring to the boil, and serve in a tureen. Garnish the dish alternately with little bunches of bacon and tomatoes. When economy is an object, dripping may be substituted for the butter, and the tomatoes and meat glaze omitted.

Time.—From 2½ to 2¾ hours. **Average Cost,** 2s. 6d. **Sufficient** for 4 or 5 persons.

753 POTTED HEAD. (*See* Collared Head.)

754.—POTTED VEAL.

Ingredients.—1 lb. of veal finely-chopped, ¼ of a lb. of ham finely-chopped, butter, mace, cayenne, salt and pepper.

Method.—Place both veal and ham in a buttered jar, add 2 tablespoonfuls of cold water, and tie a buttered paper over the mouth. Stand the jar in a saucepan or tin of boiling water, and cook gently for 3 hours either on the stove or in a moderately-cool oven. Pound the meat finely in a mortar, adding gradually the liquor in the jar, and as much oiled butter as is required to reduce the whole to a perfectly smooth paste. Season liberally with cayenne, salt and pepper, add mace to taste, and pass the preparation through a sieve. Press into small pots, cover with clarified butter, and use as required.

Time.—To cook, 3 hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Seasonable** at any time.

755.—PRESSED VEAL. (*Fr.*—Galantine de Veau.)

Ingredients.—A breast of veal, 1 large onion sliced, 1 carrot sliced, ½ a turnip sliced, 2 or 3 strips of celery sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt.

Method.—Remove all bones and tendons, trim neatly, season liberally, roll up lightly, and bind securely with tape. Put the bones and trimmings into a stewpan just large enough to contain the meat, add the prepared vegetables, bouquet-garni, peppercorns, and a good seasoning of salt. Place the meat on the top, add stock or water to the depth of the vegetables, but not enough to touch the meat; cover with a greased paper, and put on a close-fitting lid. Cook very gently for 3 hours, basting frequently, then place the meat between two heavily-weighted dishes, and let it remain until cold. Strain the stock, and on the following day boil it rapidly until reduced to a glaze. Trim the meat to a good shape, brush it over with glaze, and serve as a luncheon or breakfast dish.

Time.—To cook, 3 hours. **Average Cost,** 9d. to 10d. per lb.

756.—QUENELLES VEAL (COLD). (*Fr.*— Chaudfroid Quenelles de Veau.)

Ingredients.—1 lb. of fillet of veal, 1 oz. of butter, 2 ozs. of flour, ¼ of a pint of stock, 2 eggs, Senn's aromatic seasoning, pepper and salt, ¼ pint white sauce, aspic jelly, 4 sheets French leaf gelatine.

Method.—Blend the butter and flour in a stewpan, add the stock, cook until the mixture leaves the sides of the stewpan, and adheres together in a smooth panada, then put aside to cool. Mince the meat, and pound it with the eggs, a pinch of aromatic seasoning, pepper and salt, and the panada. Rub the mixture through a wire sieve. Shape the quenelles in a dessertspoon, poach until firm, and lay them on a sieve to get cold.

Add the French leaf gelatine and a tablespoonful of aspic jelly to the sauce, and when beginning to set coat the quenelles with the preparation. The quenelles may be decorated tastefully with sprigs of chervil, fancifully-cut chilies, or truffles. Serve on a border of aspic, with a nicely-seasoned salad of green peas in the centre.

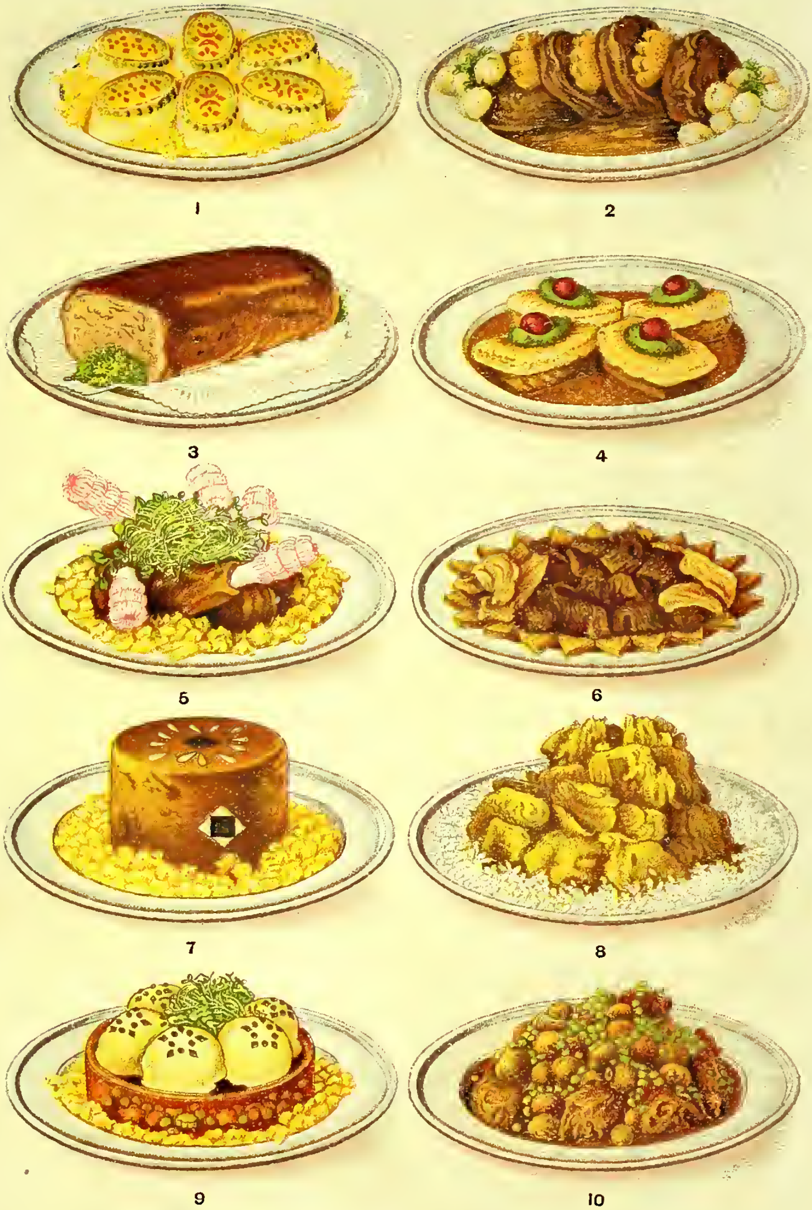
Time. — About 2 hours. **Average Cost,** 2s. 6d. **Sufficient** for 10 quenelles.

757.—QUENELLES OF VEAL. (*Fr.*—Quenelles de Veau.)

Ingredients.—1 lb. of fillet of veal, ¼ of a pint of good stock, 1 oz. of butter, 2 ozs. of flour, 2 eggs, salt and pepper.

Method.—Melt the butter in a saucepan, add the flour and the stock, stir and cook until the mixture forms a compact mass round the bowl of the spoon, then put it aside to cool. Pass the veal 2 or 3 times through a mincing machine, or chop it finely. Pound the panada (flour, butter and stock), and the meat together until smooth. Add the eggs one at a time, season to taste, and pound all well together. Rub the mixture through a wire sieve, and then shape into quenelles. To do this it is necessary to use 2 dessertspoonfuls, or smaller spoons if making quenelles for soup. Dip one spoon into boiling water, fill it with the mixture, press it from the sides and raise it in the centre with a knife dipped in hot water, making it a nice oval shape ; take another spoon, dip it into hot water, scoop the mixture carefully from the first spoon into the second, and place in a buttered sauté-pan. When all the quenelles are in the pan, pour in sufficient boiling water to nearly

ENTRÉES.



1.—Toulouse Pasty. 2.—Fillets of Beef. 3.—Beef Galantine. 4.—Zéphires of Duck.
5.—Mutton Cutlets in Aspic. 6.—Sauté of Veal. 7.—Chartreuse of Pheasant.
8.—Curried Veal. 9.—Chicken Médaillons. 10.—Veal Stew.

cover them ; have ready a sheet of greased paper, place it on the top of the quenelles, and cook them gently for about ½ an hour. Drain, arrange in a circle or straight row, and mask with a good white sauce.

Time.—To make and cook, from 1¼ to 1½ hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 4 or 5 persons.

758.—RECHAUFFÈ OF VEAL. (*Fr.*—Rechauffé de Veau.)

Ingredients.—1 lb. of cold roast veal, forcemeat, No. 369, sippets of toast, 1 tablespoonful of coarsely-chopped gherkin or capers, ¾ of a pint of water, ¾ of an oz. of butter, ¾ of an oz. of flour, 1 small onion, 1 blade of mace, lemon-juice, salt and pepper, fat.

Method.—Cut the meat into thin slices and put them aside. Place the bones and trimmings in a stewpan with the onion, mace, and a little salt and pepper, and cover with cold water. Simmer gently for at least 1 hour, then strain, and add stock or water to make up the ¾ of a pint. Melt the butter in a stewpan, add the flour, stir and cook slowly until it acquires a pale-brown colour, then add the strained stock. Stir until boiling, add the lemon-juice, season to taste, and put in the meat. Stand the stewpan where the contents will be kept just below simmering point, and let it remain for 1 hour, stirring occasionally. Meanwhile make the forcemeat as directed, form into small balls, and fry or bake in hot fat until crisp and brown. Place the meat on a hot dish, strain the sauce, season to taste, add the gherkin, and pour over the meat. Garnish with forcemeat balls, and sippets of toast, then serve.

Time.—About 2 hours. **Average Cost,** 6d. or 7d., in addition to the meat. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

759.—RISSOLETTES OF VEAL. (*Fr.*—Rissolettes de Veau.)

Ingredients.—3 ozs. of lean cooked veal, 1 oz. of lean cooked ham or tongue, ¼ of a pint of white stock, 1 tablespoonful of cream, ½ an oz. of flour, ½ an oz. of butter, the finely-grated rind of ½ a lemon, a pinch of mace, salt and pepper, 1 egg, vermicelli, 4 ozs. of rough puff paste, frying-fat.

Method.—Chop the meat very finely ; make a sauce with the flour, butter and stock, add to it the meat, lemon-rind and mace, season well, and stir over the fire until well mixed. Cool slightly, then add the cream, and turn the preparation on to a plate. Roll the paste out thinly (it must not be thicker than foolscap paper), cut it into rounds of 1¼ or 2 inches diameter, place a little of the meat mixture on one half, moisten the edges of the paste, fold the other halt over, making the croquette half-moon or crescent shape, and press the edges of the paste together. Brush the rissolettes over with beaten egg, roll them in crushed vermicelli (crushed in the hand), and fry them until lightly browned in hot fat. Arrange them in a pyramidal form, on a folded serviette or dish-paper, garnish with fried parsley, and serve.

Time.—From 40 to 50 minutes. **Average Cost,** 6d. to 8d., exclusive of the meat. **Sufficient** for a small dish.

760.—SCOTCH COLLOPS. (*Fr.*—Rechauffé de veau à l'Eccossaise.)

Ingredients.—Cold roast veal, ½ a pint of veal stock, rashers of bacon rolled and fried, ¾ of an oz. of butter, ¾ of an oz. of flour, 1 teaspoonful of lemon-juice, 2 or 3 thin strips of lemon-rind, 1 small onion, mace or nutmeg, salt and pepper.

Method.—Cut the meat into slices ½ an inch thick, and trim them into oval or round pieces from 2 to 3 inches in size. Score them on both sides with a sharp knife, sprinkle them liberally with salt, pepper and powdered mace or nutmeg, and put aside. Place any bones and trimmings there may be in a stawpan with the onion, lemon-rind, a little mace or nutmeg, and a seasoning of salt and pepper. Cover with cold water, simmer gently for 1 hour, then strain and add stock or water to make up the ½ pint. Melt the butter in a stewpan, add the flour, stir and cook the mixture slowly until it acquires a nut-brown colour, then add the strained stock. Stir until boiling, season to taste, and simmer gently for 20 minutes. Meanwhile dip the collops in a little flour seasoned with salt and pepper, fry them lightly in a little hot butter or fat, then drain and arrange neatly on a hot dish. Add the lemon-juice to the prepared sauce, strain round the collops, garnish with the crisply-fried rolls of bacon, and serve.

Time.—About 1½ hours. **Average Cost,** 6d., exclusive of the meat. **Sufficient**—Allow 1 lb. for 3 or 4 persons. **Seasonable** at any time.

761.—SCOTCH COLLOPS. (Another way.)

Ingredients.—1 lb. of lean mutton (chops), 1 oz. of butter, ½ a small onion, 1 teaspoonful of chopped parsley, 1 tablespoonful of flour, stock, salt and pepper, croutons of bread, 1 gill of stock.

Method.—Free the meat from bones and fat, and chop it or mince it evenly, but not too finely. Chop finely the onion, fry, i.e. blend, in the butter, put in the meat and cook quickly over the fire for a few minutes. Sprinkle in the flour, stir for a while and moisten with the stock, boil up, skim and cook gently for about ½ an hour. Season to taste, add the chopped parsley. Dish up, and garnish with croutons of fried bread.

Time.—About $\frac{3}{4}$ of an hour. **Average Cost,** 1s. 2d. to 1s. 4d. **Sufficient** for 3 or 4 persons.

762.—SHOULDER OF VEAL BAKED. (*Fr.*—Epaule de Veau rôtie.)

Ingredients.—A shoulder of veal, a few rashers of bacon (allow 2 to each person), forcemeat (*see* p. 281), salt, pepper, flour, fat for basting.

Method.—Take out the bone (or order it to be sent in already boned). Press the forcemeat tightly inside the shoulder, and fasten the sides with small skewers. Have ready the meat tin, with a sufficient quantity of boiling water in the lower tin, and in the upper 2 or 3 tablespoonfuls of hot fat. Put in the meat, baste well, bake in a hot oven for 10 or 15 minutes, then reduce the temperature by putting in the damper, drawing the fire away, or leaving open the oven door. Baste frequently and bake gently until the meat is done, the time required depending more upon the thickness of a joint than upon its weight ; the rule of so many minutes to each lb. serves as a rough, but not absolutely reliable guide in cooking. Meanwhile prepare the gravy by boiling the bones removed from the meat (*see* Brown Gravy, p. 216), and a few minutes before the meat is ready to serve, roll up the rashers of bacon, put a skewer through them, and bake in the oven until crisp. To serve, remove the skewers from the meat, place it on a hot dish, garnish with the rolls of bacon, and, if liked, slices of lemon. A piece of boiled ham or bacon may be substituted for the rolls of bacon. Serve the gravy separately in a tureen.

Time.—To bake a large shoulder, about 3 hours. **Average Cost,** from 9d. to 10d. per lb.

763.—SHOULDER OF VEAL, STEWED. (*Fr.*—Epaule de Veau étouffée.)

Ingredients.—A small shoulder of veal, 12 ozs. of sausage meat, 6 ozs. of veal forcemeat (*see* Forcemeats), a few slices of bacon, 2 lemons, 2 tomatoes, 1$\frac{1}{4}$ pints of white sauce (made of equal quantites of milk and veal liquor), salt and pepper, 2 onions, 2 small carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns.

Method.—Bone the veal, flatten it on the table, season well with salt and pepper, spread on half the sausage meat, cover with half the forcemeat, then add the remainder of the sausage meat, and cover with forcemeat as before. Roll up tightly, bind with tape, put it with the bones, prepared vegetables, herbs, and peppercorns into boiling water, boil quickly for 10 minutes, add a little cold water to reduce the temperature, and simmer very gently until done (*see* notes on boiling,

p. 404). Remove to a hot dish, pour a little sauce over, garnish with rolls of bacon, and slices of tomato and lemon, and serve the remainder of the sauce in a tureen.

Time.—Allow 25 to 30 minutes to each lb. of veal. **Average Cost,** 2s. exclusive of the meat.

THE FATTENING OF CALVES.—The method adopted for fattening young calves is very simple. Their principal article of diet is milk, with which they are freely supplied. The house or shed where the calves are kept is well ventilated, and the temperature so regulated that the extremes of heat and cold are avoided. A moderate amount of light only is admitted, and lumps of chalk, which calves are fond of licking, are placed within their reach. Thus fed and tended, at the end of 8 or 9 weeks the young animals, frequently attain the weight of 18 to 20 stone.

764. SWEETBREADS, STEWED. (*See* No. 272)

765.—SWEETBREADS (To Blanch.) (*Fr.*—Ris de Veau.)

In whatever form the sweetbreads may be subsequently dressed, they must be first blanched, to render them white and firm. One hour's soaking, at least, in cold water, is necessary to free them from blood, and they may with advantage be allowed to remain longer. They should then be put into a stewpan, covered with cold water, and brought slowly to the boil, and after 2 or 3 minutes' gentle cooking, may be either transferred to a basin of cold water and allowed to remain in it until cold, or well washed in cold water and pressed between 2 dishes until cold.

766.—SWEETBREAD FRIED. (*Fr.*—Fritot de Ris de Veau.)

Ingredients.—1 calf's heart sweetbread, 1 pint of white stock or water (when water is used, add a little onion, carrot, and turnip), 1 egg, breadcrumbs, 1 oz. of butter or frying-fat.

Method.—Blanch the sweetbread (see No. 765), then put it into a stewpan with the stock, add seasoning if necessary, and simmer gently for 40 minutes. Press between 2 plates until cold, then cut into slices, brush over with egg, coat with breadcrumbs, and fry in the butter in a sauté-pan, or in a deep pan of hot fat, until lightly browned. Drain well, and serve on a folded serviette, or dish paper, garnished with fried parsley.

Time.—1¼ hours, after the sweetbread is blanched. **Average Cost,** 3s. 6d. **Sufficient** for 2 or 3 persons.

767.—SWEETBREADS, BRAISED. (*Fr.*—Ris de Veau, braisée.)

Ingredients.—A pair of calf's sweetbreads, ¾ of a pint of stock, 1 small onion, 1 small carrot, ½ a small turnip, 1 strip of celery, 6 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), glaze, 1 croûte of fried bread, ½ a pint of good gravy or tomato sauce (*see* Sauces).

Method.—Blanch the sweetbreads, (*see* No. 765) slice the vegetables, put them into a stewpan with the bouquet and peppercorns, nearly cover them with stock, adding more when required. Wrap the sweetbreads in a buttered paper, place them on the top of the vegetables, put on the lid, and cook gently for ¾ of an hour. In the meantime cut a block (croûte) of bread to fit the dish, and not less than 2 inches in thickness. Fry in hot fat, drain well, place the sweetbreads on the top of the bread, brush them over with glaze, pour round the gravy, or tomato sauce, and serve. If preferred, the dish may be garnished with little groups of green peas, haricots verts, or a macedoine (mixed garnish) of vegetables, either placed at the four corners, or at intervals round the base of the croûte.

Time.—About ¾ of an hour, after the sweetbreads are blanched. **Average Cost,** 5s. to 7s. 6d. **Sufficient** for 6 or 7 persons.

SEASON AND CHOICE OF VEAL.—The best veal and the largest supply is to be had from February to the end of July. It comes principally from the western counties. In purchasing veal, special attention should be given to its closeness of grain and the whiteness of the flesh, the latter being an important consideration. Veal may be bought at all seasons of the year, and of excellent quality, but except during the months when the supply is plentiful, it is higher in price.

768.—SWEETBREADS, CONTÉ STYLE. (*Fr.*—Ris de Veau à la Conté.)

Ingredients.—2 heart sweetbreads, larding bacon, a few slices of tongue, 2 large truffles, ½ a pint of stock, glaze. For the mirepoix (a foundation preparation of vegetables, herbs, and bacon, for brown soups, sauces, or for braised meats): a sliced onion, a sliced carrot, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, a few small slices of bacon, chicken or veal quenelles, ⅓ of a pint of Madere, or demi-glaze sauce (*see* Sauces).

Method.—Blanch and press the sweetbreads (*see* No. 765), lard them on the best side with strips of bacon and tongue, and stud the centre of each with short strips of truffle inserted in small holes made with the point of a knife. Line a sauté-pan with the mirepoix, nearly cover the vegetables with stock, adding more when required, lay the sweetbreads on the top, and cover with a buttered paper. Boil up, then transfer the sauté-pan to a slow oven, cook gently for 45 minutes, basting frequently during that time, and a few minutes before serving brush over with glaze. Meanwhile, shape the quenelles in small teaspoons (see No. 757), and poach them in a little stock. Cut a croûte of bread to fit the dish, and fry it brown in hot fat. Take up the sweetbreads, strain and skim the liquor, reduce by rapid boiling, then add it to the Madere, or demi-glaze sauce. Dish the sweetbreads on the croûte, garnish with the quenelles, decorate with fancifully-cut slices of truffle, pour a little of the sauce round the dish, and serve the remainder in a sauce-boat.

Time.—From 1¼ to 1½ hours, after the sweetbreads are blanched. **Average Cost,** 10s. 6d. to 12s. 6d. **Sufficient** for 6 or 7 persons.

769.—SWEETBREADS, FRIED, AND SPINACH.
(*Fr.*—Ris de Veau Frit aux Epinards.)

Ingredients.—A pair of sweetbreads, ½ pint of spinach purée, ½ pint THICK Béchamel sauce, 1 egg, breadcrumbs, salt and pepper, ½ a pint Madere, Robert, or piquante sauce (*see* Sauces), frying-fat.

Method.—Prepare and blanch the sweetbreads (*see* No. 765), boil them for 10 minutes in slightly salted water, and when cool cut them into slices ¼ of an inch in thickness. Have the Béchamel sauce ready and nearly cold; season each slice with salt and pepper, coat both sides with the sauce, and, if possible, put them on ice until the sauce sets. Now dip the slices into beaten egg, coat them very carefully with breadcrumbs, and fry until lightly browned in hot fat. Dish in a circle on a thin border of mashed potato, fill the centre with the spinach purée (*see* Vegetables as to method of preparation), pour the sauce round the base of the dish, and serve.

Time.—About 2 hours. **Average Cost,** 6s. 6d. to 8s. 6d. **Sufficient** for 6 or 7 persons.

770.—SWEETBREADS FRIED IN BATTER.
(*Fr.*—Ris de Veau frit à la Villeroi.)

Ingredients.—A pair of sweetbreads, ½ a pint of Béchamel sauce, ½ a pint of tomato or piquante sauce (*see* Sauces), frying-fat. For the batter: 4 ozs. of flour, ¼ of a pint of tepid water, 2 tablespoonfuls of salad-oil, the whites of 2 eggs, salt.

Method.—Make a smooth batter of the flour, salad-oil, tepid water, and a little salt, and when ready to use add lightly the stiffly-whipped whites of eggs. Prepare, blanch, cook and coat the slices of sweetbread as directed in the preceding recipe. When the Béchamel sauce is set, dip the slices carefully into the batter, and fry them until golden-brown in a deep pan of hot fat. Drain, sprinkle with salt and pepper, pile them on a hot dish, and garnish with fried parsley. Serve the tomato, or piquante sauce in a sauce-boat.

Time.—About 2 hours. **Average Cost,** 6s. 6d. to 8s. 6d. **Sufficient** for 6 or 7 persons.

771.—SWEETBREADS WITH SUPREME SAUCE.
(*Fr.*—Ris de Veau à la Suprême.)

Ingredients.—2 heart sweetbreads, ¾ pint of suprême sauce (*see*

Sauces), 1 pint of white stock, 12 preserved mushrooms, croûte of fried bread, salt and pepper, frying-fat.

Method.—Prepare and blanch the sweetbreads (*see* No. 765), put them into a stewpan with the stock, and a little sliced onion and carrot, unless the stock is sufficiently flavoured with these, cover with a buttered paper, and simmer gently for 40 minutes. Meanwhile, cut a croûte of bread to fit the dish, and not less than 2 inches in depth, and fry it lightly in hot fat. Prepare the Suprême sauce as directed, cut the mushrooms into slices, and add them to it. Dish the sweetbreads on the croûte of bread, and pour the sauce over. The dish may be garnished with little groups of haricots verts, green peas, or macedoine.

Time.—About ¾ of an hour after the sweetbread is larded. **Average Cost,** 6s. to 8s. **Sufficient** for 6 or 7 persons.

772.—SWEETBREADS WITH ITALIAN SAUCE.
(*Fr.*—Ris de Veau à l'Italienne.)

Ingredients.—2 heart sweetbreads, larding bacon, ½ a pint of Italienne sauce (*see* Sauces), ¾ of a pint of stock, 12 small quenelles of veal or chicken (*see* No. 411), 12 preserved mushrooms, a croûte of fried bread, salt and pepper, a mirepoix of 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, frying-fat, glaze.

Method.—Prepare, blanch and press the sweetbreads (*see* No. 765), and lard them with strips of bacon 1¼ inches long, and about ⅛ of an inch wide. Slice the vegetables, put them into a stewpan with the bouquet-garni and peppercorns, nearly cover with stock, and add the remainder as that in the stewpan boils away. Place the sweetbreads on the top of the vegetables, cover with a buttered paper, and braise either on the stove or in the oven for 40 minutes, basting frequently. When ready, transfer to a baking-tin, and put into a hot oven for a few minutes, to brown and crisp the bacon. Have ready a croûte of fried bread, cut to the size of the dish, and 2 inches or more in depth, place the sweetbreads on the top of it, and brush lightly over with glaze. Pour a little of the sauce round the dish, and serve the remainder separately. Garnish with the quenelles and the mushrooms, previously heated in a little of their own liquor, and serve.

Time.—About 1 hour, after the sweetbreads are blanched. **Average Cost,** 6s. 6d. to 8s. 6d. **Sufficient** for 6 or 7 persons.

773.—SWEETBREADS, DUBARRY STYLE.
(*Fr.*—Ris de Veau à la Dubarry.)

Ingredients.—2 heart sweetbreads, larding bacon, slices of cooked ox-tongue, ¼ of a pint of Hollandaise sauce, ¼ of a pint of Madere sauce (*see* Sauces), ½ a pint of stock, a mirepoix of sliced onion, 1 sliced carrot,

½ a sliced turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 large cauliflower, salt and pepper.

Method.—Blanch, press, and braise the sweetbreads (*see* Nos. 765). Prepare the 2 sauces as directed, cook the cauliflower, divide it into small sprays, re-heat in the Hollandaise sauce, and warm the slices of tongue between 2 plates over a saucepan of boiling water. Remove the sweetbreads from the stewpan, strain the liquor into a smaller pan, boil rapidly, and when sufficiently reduced add to it the Madere sauce, and season to taste. Cut the sweetbreads into slices, arrange them with alternate slices of tongue in a circle on a hot dish, strain the Madere sauce over, and pile the cauliflower in the centre. Serve hot.

Time.—About 1 hour. **Average Cost,** 7s. 6d. to 9s. 6d. **Sufficient** for 7 or 8 persons.

774.—SWEETBREAD, ESCALOPES OF. (*Fr.*—Escalopes de Ris de Veau.)

Ingredients.—A pair of sweetbreads, ½ pint of spinach purée, (*see* Vegetables), ½ a pint of tomato sauce (*see* Sauces), ½ a pint of stock 1 sliced onion, 1 sliced carrot, ½ a sliced turnip, a bouquet-garni (parsley thyme, bay-leaf), 6 peppercorns, meat glaze, 1 truffle, salt and pepper.

Method.—Blanch the sweetbreads (*see* No. 765). Place the vegetables in a stewpan, with the sweetbreads on top, add the peppercorns, bouquet-garni, and stock, cover with a buttered paper and close-fitting lid, and braise gently for 40 minutes (basting occasionally). Take them up, cut into neat slices, place them in a baking-tin, brush over with glaze, surround to half their depth with the stock in which they were cooked, and put them into a moderate oven for 10 minutes. Sprinkle each with a little chopped truffle, dish in a circle on a border of lightly-browned potato, fill the centre with the spinach purée, and pour the sauce round.

Time.—About 1 hour. **Average Cost,** 6s. to 8s. 6d. **Sufficient** for 6 or 7 persons.

775.—SWEETBREAD, ESCALOPES OF AND TOMATOES. (*Fr.*—Escalopes de Ris de Veau à la Tomate.)

Ingredients.—A pair of sweetbreads, 1 lb. of tomatoes, 1 dessertspoonful of cornflour or arrowroot, 1 teaspoonful of lemon-juice, a few drops of carmine or cochineal, ½ a pint of Béchamel sauce (*see* Sauces), ½ pint of spinach purée (*see* Vegetables), a little finely-chopped truffle, ½ a pint of stock, vegetables, salt and pepper, sugar.

Method.—Prepare and cook the sweetbreads as directed in the preceding recipe, and cut them into slices. Rub the tomatoes through a fine hair sieve, put the purée into a small stewpan, add a little salt and pepper, and when hot put in the cornflour (previously mixed smoothly with a little cold water), and stir until the purée thickens. Add to it the lemon-juice, a pinch of sugar, and either carmine or cochineal drop by drop until the desired colour is attained. Spread the purée quickly on one side of each escalop, sprinkle on a little truffle, arrange them in a circle on a border of mashed potato, fill the centre with the purée of spinach (green peas or haricots verts may be substituted), and pour the Béchamel sauce round.

Time. About 1 hour. **Average Cost,** 7s. 6d. to 9s. 6d. **Sufficient** for 6 or 7 persons.

776.—VEAL, ESCALOPES OF, RUSSIAN STYLE. (*Fr.*—Escalopes de Veau à la Russe.)

Ingredients.—2 to 2½ lb. of knuckle of veal, 4 ozs. of pork, 4 ozs. of beef marrow, 3 ozs. of clarified butter, 2 ozs. of anchovy paste, ½ a pint of preserved mushrooms, 1 yolk of egg, 1 teaspoonful of powdered mixed herbs, salt and pepper, breadcrumbs, ¼ of a pint of demi-glaze sauce, fried breadcrumbs.

Method.—Cut the veal into even-sized scallops of 2¼ or 2½ inches diameter, and fry them in 2 ozs. of butter over a quick fire until lightly browned. Press them lightly between 2 dishes until cold, strain the butter, and use it afterwards for sautéing the mushrooms. Cut the pork and marrow into small pieces, pound them in a mortar until smooth, then add the herbs, anchovy paste, the yolk of egg, seasoning to taste, and when thoroughly incorporated rub through a wire sieve. Melt the remaining oz. of butter, spread one side of the scallops thickly with the farce or stuffing, cover with fried breadcrumbs, sprinkle with melted butter, then place them on a buttered baking-sheet, and cook in a moderately-hot oven for about 15 minutes. Re-heat the butter in a sauté-pan, put in the mushrooms (previously well-drained), sauté for a few minutes, then add the demi-glaze sauce, season to taste, and simmer gently for 10 minutes. Dish the scallops in a circle on a hot dish, and place the ragoût of mushrooms in the centre.

Time.—1¼ to 1½ hours. **Average Cost,** 4s. 3d. to 5s. **Sufficient** for 6 or 7 persons.

777.—VEAL, FRICANDELLES OF. (*Fr.*—Fricandeau de Veau.)

Ingredients.—1 lb. of lean veal finely-minced, ½ a lb. of suet very finely-chopped, 1 thick slice of bread, 3 eggs, ½ a pint of brown sauce made from bones and trimmings of the meat (*see* "Scotch Collops," No. 760), $\frac{1}{4}$ of a teaspoonful of finely-grated lemon-rind, nutmeg, salt and pepper, frying-fat, egg and breadcrumbs, milk, lemon.

Method.—Soak the bread in a little milk. Squeeze as dry as possible, and beat out the lumps. Mix the veal, suet, lemon-rind, a good pinch of nutmeg, and a liberal seasoning of salt and pepper well together, stir in the eggs, and shape the mixture into balls about the size of a large walnut. Drop them into fast-boiling stock or seasoned water, cook for 6 minutes, then drain and dry well. Coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Make the sauce as directed, strain and return to the stewpan, season to taste, and add the balls. Stew gently for $\frac{1}{2}$ an hour, and serve garnished with sliced lemon.

Time.—1 hour, after the sauce is made. **Average Cost,** 1s. 8d. to 2s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

778.—VEAL AU GRATIN. (*Fr.*—Hachis de Veau au gratin.)

Ingredients.—$\frac{3}{4}$ of a lb. of cold roast veal finely-minced, 1 oz. of butter, 1 oz. of flour, $\frac{3}{4}$ of a pint of stock, 1 teaspoonful of lemon-juice, 1 small onion, mace or nutmeg, salt and pepper, breadcrumbs.

Method.—Place any bones and trimmings there may be in a stewpan with the onion, a blade of mace or a little nutmeg, and a seasoning of salt and pepper. Cover with cold water, simmer gently for 1 hour, then strain and add stock or water to make up the $\frac{3}{4}$ of a pint. Melt the butter in a stewpan, add the flour, stir and cook slowly until it acquires a pale-brown colour, then add the strained stock. Stir until boiling, add the lemon-juice, season to taste, simmer gently for 20 minutes, and add to the meat. Fill well-buttered scallop shells with the preparation, cover it rather thickly with breadcrumbs, and add a few bits of butter. Bake in a moderate oven until the surface is nicely-browned, then serve.

Time.—To bake, from 10 to 15 minutes. **Average Cost,** 3d., in addition to the meat. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

779.—VEAL CAKE. (*Fr.*—Gâteau de Veau.)

Ingredients.—1 lb. of lean uncooked veal, $\frac{1}{2}$ a lb. of bacon, 3 hard-boiled eggs, 1 teaspoonful of fine-chopped parsley, the grated rind of 1 lemon, salt and pepper, $\frac{1}{4}$ of a pint of stock (about).

Method.—Cut the veal and bacon into dice, cut the eggs into sections or slices, and arrange some of them in a pattern on the bottom of the buttered mould ; mix the parsley, lemon-rind, flavourings and seasonings together. Cover the bottom of the mould with a thick layer of veal, on the top of it place a thin layer of bacon, add a few slices of egg, and sprinkle well with the seasoning. Repeat until the mould is full, pour in the warm stock, cover with a greased paper, place the mould in a tin containing water, and bake for about 3 hours in a slow oven. Add a little more hot stock as soon as the mould is taken out of the oven. When cold, turn out of the mould, garnish with tufts of parsley, and serve.

Time.—To cook, about 3 hours. **Average Cost,** about 2s. **Sufficient** for 5 or 6 persons.

780.—VEAL CUTLETS À LA MAINTENON.
(*Fr.*—Côtelettes de Veau à la Maintenon.)

Ingredients.—1½ lb. of fillet or neck of veal, butter or fat for frying, ¾ of a pint of white stock, 1 oz. of butter, 1 oz. of flour, 1 oz. of ham finely-shredded, 1 shallot finely-chopped, 1 or 2 thin strips of lemon-rind, salt and pepper.

Method.—Cut the veal into thin slices, which afterwards trim into neat cutlets. Fry these until lightly browned in hot fat or butter, and put them aside. Melt the ounce of butter in a stewpan, add the ham and shallot, toss over the fire for a few minutes, and sprinkle in the flour. Stir and cook slowly until a light-brown colour is obtained, then add the stock and lemon-rind, and season to taste. Stir until boiling, simmer gently for 15 minutes, then put in the cutlets, and place the stewpan where the contents will be kept just below simmering point. Stew until tender, which may be ascertained by piercing the meat with a skewer, then take out the cutlets, strain the sauce, and put both aside until cold. Take as many sheets of white paper as there are cutlets, cut away the corners, thus giving them something of the shape of a heart, and brush them over on both sides with oil or clarified butter. Place a cutlet on each paper, cover with sauce, enfold and fasten securely, so that the sauce cannot escape. Broil over a gentle fire, or bake in a moderate oven, and serve in the paper cases.

Time.—To stew the cutlets, 1 hour; to broil, from 12 to 15 minutes. **Average Cost,** 2s. 4d. **Sufficient**—Allow 2 cutlets to each person. **Seasonable** at any time.

781.—VEAL CHOPS. (*Fr.*—Côtelettes de Veau.)

Ingredients.—1½ lb. of loin of veal, crisply-fried rolls of bacon, flour, butter, salt and pepper.

Method.—Cut the meat into chops, and trim them neatly. Run a skewer through the rolls of bacon, fry them lightly, and keep hot until required. Sprinkle the chops with pepper, fry them in the bacon fat slowly, in order that they may be thoroughly cooked without becoming too brown. Keep the chops hot, drain off any fat that remains in the pan, and add a little butter. When melted, sprinkle in a little flour, brown lightly, and add ⅓ of a pint of boiling water. Season to taste, boil up and strain. Arrange the chops on a hot dish, pour the gravy over, and garnish with the bacon.

Time.—To fry, about 20 minutes. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

Note.—For other methods of cooking veal chops, *see* "Haricot of Veal" and "Veal Ragoût."

782.—VEAL CUTLETS. (*Fr.*—Côtelettes de Veau.)

Ingredients.—1½ lb. of fillet or neck of veal, butter or fat for frying, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely grated lemon-rind, salt and pepper, egg, breadcrumbs.

Method.—Cut the meat into thin slices, which afterwards trim into neat fillets. Beat the egg, mix with it the parsley, lemon-rind, and a good seasoning of salt and pepper. Brush the cutlets over with this preparation, coat them carefully with breadcrumbs, and fry in hot butter or fat until nicely browned. Serve with either tomato or piquante sauce, or, when gravy is preferred, brown a little flour in the fat in the frying-pan, add a little salt and pepper, pour in a ¼ of a pint of hot water, boil up, and strain.

Time.—To fry, about 15 minutes. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons.

783.—VEAL CUTLETS, FRENCH STYLE. (*Fr.*—Côtelettes de Veau à la Française.)

Ingredients.—5 or 6 bones of the best end of the neck of veal, 2 ozs. of butter, 1 teaspoonful of finely-chopped lemon-rind, ¼ teaspoonful of fine-powdered lemon-thyme, ½ a teaspoonful of finely-chopped parsley, the yolks of 2 eggs, breadcrumbs, salt and pepper.

Method.—Saw off the chine-bone and the upper part of the rib-bones, leaving the latter about 3 inches long. Divide into cutlets, flatten with a cutlet-bat, trim neatly, and season with salt and pepper. Melt ½ an oz. of butter, add to it the herbs, parsley, lemon-rind, the yolks of eggs, and mix thoroughly. Dip each cutlet in this mixture, and coat with the breadcrumbs. Melt the remainder of the butter in a sauté- or frying-pan, and fry the cutlets until nicely browned on both sides. Drain, dish in a circle, put a frill on each bone, and serve with tomato or demi-glace sauce.

Time.—To cook the cutlets from 15 to 20 minutes. **Average Cost,** 8d., exclusive of the veal. **Sufficient,** allow one cutlet for each person.

784.—VEAL FLADEON.

Ingredients.—½ a lb. of lean veal finely minced, ¼ of a lb. of suet very finely chopped, ¼ of a pint of stock made from bones and trimmings of the meat, 3 eggs, 2 tablespoonfuls of breadcrumbs, a good pinch of finely-grated lemon-rind, gravy or a little milk, nutmeg, salt and pepper.

Method.—Mix the veal, suet and breadcrumbs together, add the lemon-rind, a little grated nutmeg and a good seasoning of salt and pepper. Stir in 1 egg, and as much gravy or milk as will thoroughly moisten the whole. Turn into a buttered piedish which it will half fill, and bake for 1 hour in a moderate oven. Beat the remaining 2 eggs well, add the ¼ of a pint of stock, and season to taste. Pour over the meat preparation, bake until set, and serve in the dish.

Time.—To bake, about 1½ hours. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

785.—VEAL LOAF. (*Fr.*—Pain de Veau.)

Ingredients.—1 lb. of cold roast veal finely-chopped, ½ a lb. of sausage meat, 2 tablespoonfuls of breadcrumbs, a little gravy or stock, 1 egg, salt and pepper.

Method.—Mix the veal, sausage meat and breadcrumbs together, season liberally with salt and pepper, and add the egg. Mix thoroughly, and add gravy or stock gradually until the whole is thoroughly moistened. Form into a short thick roll, cover lightly with flour, or, when economy is not an object, coat with egg and breadcrumbs. Bake in a moderate oven for 1 hour, basting occasionally with hot fat, and serve either hot or cold. When served hot, it should be accompanied by good gravy or some suitable sauce.

Time.—To bake, 1 hour. **Average Cost,** 7d., in addition to the veal. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

786.—VEAL CUTLETS WITH OYSTERS. (*Fr.*—Côtelettes de Veau aux Huîtres.)

Ingredients.—1 lb. of fillet of veal, 12 sauce oysters, 1 oz. of butter, 1 teaspoonful of lemon-juice, ½ a pint of white sauce, 2 shallots, finely-chopped, salt and pepper.

Method.—Cut the meat into 6 or 7 pieces of equal size and thickness, flatten these slightly with a cutlet-bat, and trim them into a round or oval form. Melt the butter in a sautépan or frying pan, put in the shallots and cutlets, and fry thoroughly, but do not allow them to acquire much colour. Have the white sauce nearly boiling in a stewpan, put in the cutlets, shallots, and the butter in which they were fried, cover closely, and simmer gently for ½ an hour. Meanwhile stew the beards of the oysters in oyster-liquor or a little white stock for 20 minutes, then strain, and add to the contents of the stewpan. 5 minutes before serving stir in the oysters and lemon-juice, and season to taste. Arrange the cutlets neatly on a hot dish, pour the sauce over, and serve. The oysters should remain in the hot sauce until they lose their flabbiness, but if overcooked they will become hard and indigestible.

Time.—About ¾ hour. **Average Cost,** about 2s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

787.—VEAL, HAM AND LIVER PIE. *Fr.*—(Pâté de Veau.)

Ingredients.—½ a lb. of cold roast veal finely-chopped, ½ a lb. of cold boiled liver finely-chopped, ½ a lb. of cooked ham finely-chopped, ½ a lb. of sausage meat, ½ a teaspoonful of finely-chopped parsley, ½ a pint of good gravy made from bones and trimmings, puff paste, or rough puff, salt and pepper.

Method.—Pound each kind of meat separately, and season to taste. Place in a piedish in layers, sprinkling each layer with parsley, and add a little of the gravy. Cover with paste, bake in a moderate oven from 35 to 40 minutes, and pour the remainder of the gravy through the hole in the top of the pie. Serve either hot or cold.

Time.—To bake, from 35 to 40 minutes. **Average Cost** 2s. to 2s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

788.—VEAL, LARDED AND ROAST. (*Fr.*—Poitrine de Veau rôti.)

Ingredients.—3 lb. of neck of veal, larding bacon, stock, 1½ ozs. of butter, 1½ ozs. of flour, 1 onion sliced, 2 carrots sliced, 1 small turnip sliced, 2 or 3 strips of celery sliced, bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, fat for basting.

Method.—Saw the bones across, remove the short ends and the skin, and fold the flap under. Lard the upper surface in close rows (*see* No. 737). Place the prepared vegetables in a stewpan, add the bouquet-garni, peppercorns, salt to taste, and stock to barely cover the vegetables. Lay the meat on the top, cover with a greased paper, and put on the lid, which must fit closely. Cook gently for 2 hours, adding more stock when necessary. Have ready a baking-tin containing a little hot dripping, put in the meat, baste, and bake gently for ½ an hour, basting it well. Meanwhile melt the butter in a stewpan, add the flour, stir and cook gently until the mixture acquires a nut-brown colour, then add ¾ of a pint of stock, including that from the stewpan in which the veal was braised. Stir until boiling, simmer gently for a few minutes, and season to taste. Serve the meat on a hot dish, and the sauce in a tureen.

Time.—About 2½ hours. **Average Cost,** 3s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

789.—VEAL MARBLED.

Ingredients.—Remains of a cooked tongue, an equal quantity of cooked veal, a little stock which will jelly when cold, 1 hard-boiled egg, salt and pepper.

Method.—Chop the tongue and veal separately until very fine, and if possible, pound smoothly in a mortar. Season well with salt and pepper. Divide the egg into slices or small sections, and arrange them in some simple pattern on the bottom of a small mould or basin. Place the tongue and veal in the mould in irregularly-shaped pieces, moistening each layer with stock, and allowing it to run between, and thus divide the lumps of tongue and veal. Put aside until set, then turn out and use as a breakfast, luncheon or supper dish.

Time.—2 hours to set. **Average Cost,** 1s. 3d. with ¼ lb. of tongue. **Sufficient** for 4 persons.

790.—VEAL FINGERS. (*Fr.*—Tranchettes de Veau).

Ingredients.—6 ozs. of cold roast veal finely-minced, ½ an oz. of butter, ½ an oz. of flour, ⅓ of a pint of stock, ½ a teaspoonful of lemon-juice, 1 very small onion, a pinch of mace or nutmeg, salt and pepper, a little finely-chopped parsley, fingers of fried or toasted bread.

Method.—Prepare the sauce as directed in "Veal au Gratin," No. 778. Mix the veal, mace or nutmeg, and a good seasoning of salt and pepper well together, add the sauce, spread the mixture on the fingers, and sprinkle with parsley. Make thoroughly hot in the oven, and serve.

Time.—To re-heat, 5 or 6 minutes. **Average Cost,** 2d., in addition to the meat. **Sufficient** for 8 or 10 fingers. **Seasonable** at any time.

791.—VEAL OLIVES. (*Fr.*—Olives de Veau.)

Ingredients.—1½ lb. of fillet of veal, cut in 8 thin slices, an equal number of slices of bacon, veal forcemeat (*see* Forcemeats), 1 pint of brown sauce, 1½ ozs. of butter, salt and pepper, olives.

Method.—The slices of meat and bacon should be about 4 inches long and 3 inches wide. Place a slice of bacon on each piece of meat, spread on a thin layer of forcemeat, roll up tightly, and fasten securely with twine. Melt the butter in a stewpan, put in the olives, and fry until lightly browned. Pour away the butter, add the brown sauce (hot), cover closely, and simmer gently from 1¾ to 2 hours. When done, remove the strings, arrange the olives in 2 rows on a foundation of mashed potatoes, and strain the sauce over. Or, arrange them in a circle on a border of mashed potatoes, and fill the centre with purée of spinach, or any other suitable vegetable.

Time.—To prepare and cook, about 2¼ hours. **Average Cost,** 3s. 4d. **Sufficient,** 8 fillets for 6 persons.

792.—VEAL OLIVES, FRENCH STYLE.
(*Fr.*—Olives de Veau à la Française.)

Ingredients.—1½ lb. of fillet of veal, a few strips of larding bacon, ½ a lb. of pork sausage meat, 2½ ozs. of butter, 1 oz. of flour, 1 pint of good stock, 1 onion, 1 carrot, ½ a small turnip, 2 strips of celery, 6 peppercorns, 2 cloves, a bouquet-garni (parsley, thyme, bay-leaf), meat glaze, a teaspoonful of lemon-juice, 1 tablespoonful of coarsely-chopped gherkins, salt and pepper.

Method.—Cut the meat into thin slices about 4 inches long and 3 inches wide, and lard them on one side with strips of bacon, 1¼ inches long and about ⅛ of an inch wide. On the side not larded spread a thin layer of sausage meat, roll up tightly, and fasten securely with twine. Melt 1½ ozs. of butter in a stewpan, and fry the olives until the entire surface is lightly browned. When sufficiently fried, remove them to a plate, put in the peppercorns, cloves, bouquet-garni, the vegetables sliced, fry 10 minutes, then three quarters cover the vegetables with stock, and add the rest as that in the stewpan boils away. Place the olives on the top of the vegetables, cover with a buttered paper, put on the lid, and braise either on the stove or in the oven for nearly 1 hour. When tender, take them out of the stewpan, put them in a hot oven for a few minutes to brown and crisp the bacon, remove the strings, and brush over with glaze. Have ready the roux, or thickening, made by frying the remaining oz. of butter and the flour together until brown, strain the liquor from the stewpan on to it, stir and boil until smooth, season to taste, and simmer for a few minutes. Dish the olives in a straight row on a foundation of mashed potato; add the lemon-juice and gherkins to the sauce, season to taste, and pour the sauce round the dish.

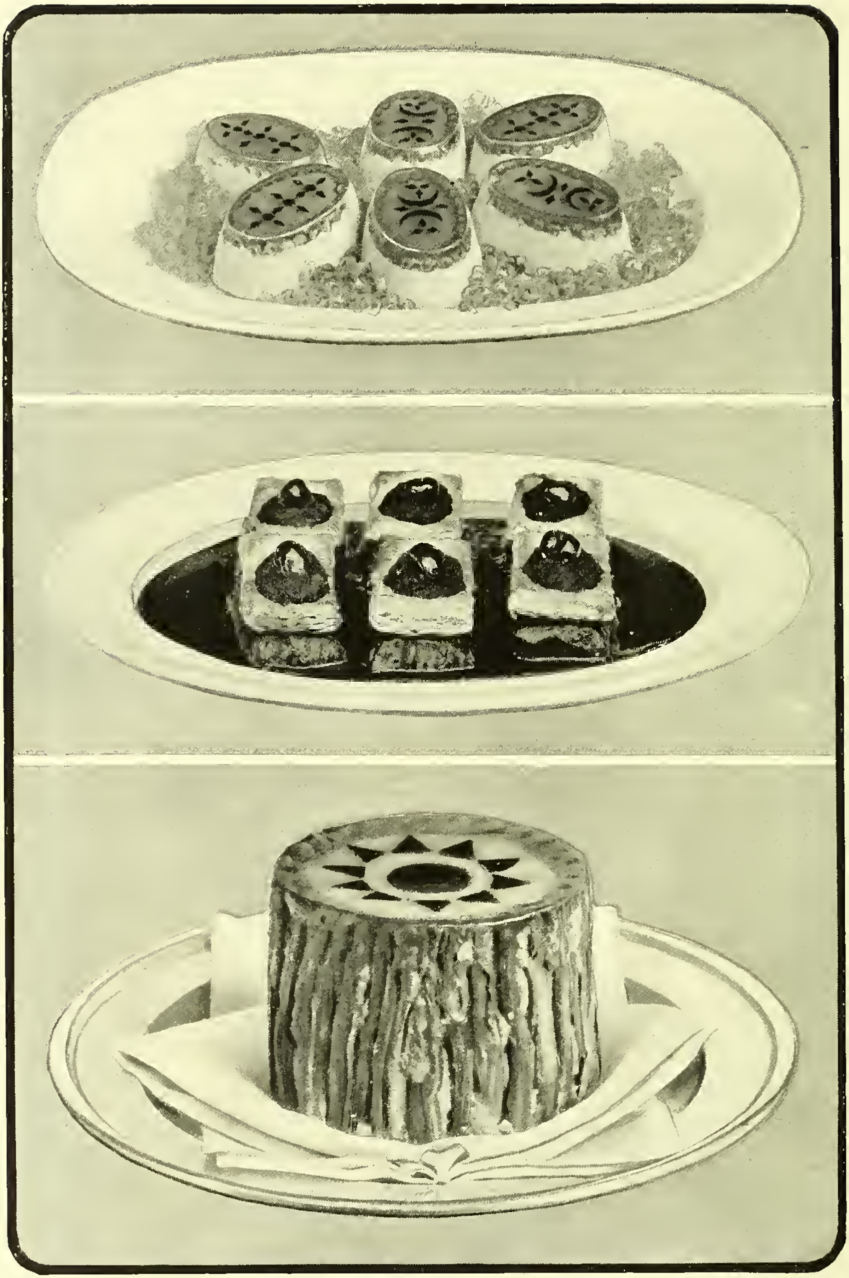
Time.—From 2¼ to 2½ hours. **Average Cost,** 3s. **Sufficient** for 6 or 7 persons.

793.—VEAL OLIVES. (*Fr.*—Olives de Veau.)
(Another way.)

Ingredients.—An equal number of thin slices of cold veal and raw bacon, veal forcemeat (*see* Forcemeats), 1½ ozs. of butter, 1½ ozs. of flour, 1 small onion sliced, ½ a small carrot sliced, 6 peppercorns, 2 cloves.

Method.—Put the bones and trimmings of the meat into a stewpan, cover with cold water, and boil gently for at least 2 hours, then strain, and season to taste. Melt the butter in a stew-pan, fry the vegetables slightly, add the flour and cook until brown, then put in the peppercorns, cloves, salt to taste, 1 pint of the stock, and stir until it boils. The slices of meat must be thin, about 4 inches long and 3 inches wide; spread on each a little forcemeat, roll up

ENTRÉES.



1. Cold Chicken and Veal Timbales. 2. Soufflés of Duck, with Cherry and Spinach. 3. Moulded Sweetbread, with Asparagus.

tightly, wrap a thin slice of bacon round, and tie securely with string. Place the rolls on end in the stewpan, cover with a greased paper, and cook very gently for 1¼ hours. Remove the string, dish in two straight rows, and strain the sauce over.

Time.—1¼ to 1½ hours, after the stock is made. **Average Cost,** 1s. for a dish of 12, exclusive of the meat. **Sufficient** for 5 or 6 persons.

794.—VEAL OLIVE PIE. (*Fr.*—Pâté de Veau.)

Ingredients.—An equal number of thin slices of cold veal and raw bacon, veal forcemeat (*see* Forcemeats), ½ a pint of good gravy, puff paste, or rough puff (*see* pastes), forcemeat balls, 2 hard-boiled eggs, salt and pepper.

Method.—Boil the bones and trimmings down for gravy. Prepare the rolls as directed in the preceding recipe, place them on end in a pie-dish, intersperse slices of hard-boiled egg and forcemeat balls (previously fried), and half fill the dish with well-seasoned gravy. Cover with paste, bake in a moderately hot oven for nearly 1 hour, and as soon as the pie is baked, pour in the rest of the gravy through the hole in the centre. Serve either hot or cold.

Time.—To prepare and bake, about 2 hours. **Average Cost,** 1s. 3d. to 1s. 6d., exclusive of the meat. **Sufficient** for 6 or 7 persons.

795.—VEAL PATTIES. (*Fr.*—Bouchées de Veau.)

Ingredients.—Puff paste. For the mixture : 8 ozs. of lean cooked veal, 2 ozs. of lean cooked ham, 3 or 4 tablespoonfuls of rich stock, 2 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, a pinch of nutmeg, the grated rind of ½ a lemon, salt and pepper.

Method.—Chop the veal and ham very finely, pound it in the mortar with the salt, pepper, nutmeg, lemon-rind, lemon-juice, moisten by degrees with the stock, and when perfectly smooth rub through a fine sieve. Stir in the cream, season to taste, and use. When the paste is ready for the last turn, roll it out to about ⅓ of an inch in thickness, and stamp out 8 or 9 rounds with a hot wet cutter, 2½ inches in diameter. Brush over with beaten egg, then take a cutter 2 or 3 sizes smaller, dip it into boiling water, and make an incision in the centre of each round, to half the depth of the paste. Bake in a hot oven ; when done remove the tops, scoop out the soft inside, fill with the mixture, replace the tops, and serve. They may be served either hot or cold ; if the former, they should first be put into the oven to become thoroughly hot.

Time.—From 1 to 1¼ hours, after the paste is made. **Average Cost,** 1s., exclusive of the meat. **Sufficient** for 8 or 9 patties.

796.—VEAL AND HAM PATTIES. (Economical.)

Ingredients.—12 ozs. of cooked veal, 4 ozs. of either cooked or raw ham, about $\frac{1}{4}$ of a pint of stock or water, the grated rind of 1 lemon, a good pinch of nutmeg, 1 level teaspoonful of salt, 1 level saltspoonful of pepper, puff paste, rough puff (*see* pastes).

Method.—Cut the meat into small dice, add to it the salt, pepper, herbs, and moisten with the stock or water. Make the paste as directed, roll it out thinly, and stamp out with a cutter a little larger than the patty-pans as many rounds as possible, and put 12 aside to form the covers. Roll out the cuttings, stamp into rounds, place one in each patty-pan, fill with meat, moisten the edges with water, and put on the covers. Press the edges together, notch them at regular intervals, make a hole in the centre of the top, and decorate with leaves. Brush over with egg or milk, and bake for about 20 minutes in a moderately hot oven.

Time.—20 minutes to bake. **Average Cost,** 2d. each. **Sufficient** for 12 large patties.

797.—VEAL AND HAM PIE. (*Fr.*—Pâté de Veau.)

Ingredients.—1$\frac{1}{2}$ lb. of lean veal (fillet or cushion part), $\frac{1}{4}$ of a lb. of cooked ham, 2 or 3 hard-boiled eggs, about $\frac{1}{2}$ a teaspoonful of mixed dried herbs, a teaspoonful of chopped parsley, a little stock or water, seasoning, puff or rough puff paste (*see* pastes).

Method.—Cut the veal into neat slices, free from skin, also cut the ham into suitable slices. Arrange a layer of veal in a piedish, then a layer of ham, and next a layer of thin slices of hard-boiled egg. Season each layer with a very little salt and pepper, dried herbs and parsley. Continue thus until the dish is quite full. Pour in about 1 gill of stock, or, failing this, water. Cover with paste in the usual manner, decorate the centre tastefully with paste leaves, brush over with egg, and bake in a moderate oven for about 1$\frac{1}{4}$ hours.

Time to make and cook, 2 hours. **Average Cost,** 3s. **Sufficient** for 7 or 8 persons.

798.—VEAL AND HAM PIE. (*Fr.*—Pâté de Veau.)

Ingredients.—3 lb. of neck or breast of veal, $\frac{1}{4}$ of a lb. of ham or bacon, 2 hard-boiled eggs, forcemeat balls, the grated rind of 1 lemon, a good pinch of ground mace, salt and pepper, puff paste, or rough puff (*see* pastes).

Method.—Cut the meat into pieces 1$\frac{1}{2}$ inches square, put them into a fireproof dish (a jar placed in a saucepan of water may be substituted, season with salt and pepper, cover with cold water, and cook gently either in the oven or on the stove for 2 hours. Meanwhile cut the ham into narrow strips, the eggs into thin slices, make the forcemeat balls, and fry them lightly in a little hot dripping. Make the paste as directed, roll it out to a suitable thickness, invert the piedish in the centre of it, and cut round, leaving a margin of about ¾ of an inch. Line the edge of the piedish with the trimmings (paste is always lighter when not re-rolled). The meat must be allowed to cool slightly, but there is no need to allow it to become quite cold, Cover the bottom of the piedish with meat, add a few strips of bacon and slices of egg, sprinkle lightly with salt, pepper, mace and lemon-rind, and intersperse with forcemeat balls. Repeat until the dish is full, piling the meat high in the centre, for which elevation the ¾ of an inch margin of paste is allowed. Half fill the dish with gravy, put on the cover, moisten and press the edges together, make a hole in the centre of the top, decorate with leaves, brush over with egg, and bake from 45 to 60 minutes in a moderately hot oven. As soon as the pie is baked add a little more well-seasoned gravy through the hole in the top, and when served hot, send a little gravy to table in a tureen : the liquor in which the meat was stewed should provide this. When a pie is intended to be eaten cold, spaces should be left between the meat for the gravy to form jelly.

Time.—About 3 hours. **Average Cost,** 3s. 8d. **Sufficient** for 8 or 10 persons.

799.—VEAL POT PIE. (*Fr.*—Pâté de Veau et Pommes de terre.)

Ingredients.—2 lb. of either raw or cooked veal, ½ a lb. of pickled pork, 1 lb. of potatoes parboiled and thickly sliced, stock made from bones and trimmings (see "Veal au Gratin" No. 778), puff paste, salt and pepper.

Method.—Cut the meat into pieces convenient for serving, and cut the pork into thin small slices. Place the veal and pork in layers in a piedish, seasoning each layer liberally with salt and pepper, and ¾ fill the dish with stock. Cover with an inverted dish, cook in a moderate oven for 1½ hours, and cool slightly. When using cold meat this preliminary cooking is not necessary. Add stock to replace the loss, place the potatoes on the top, and cover with paste. Bake in a moderately hot oven from 40 to 45 minutes, add more hot stock through the hole in the top, and serve (*see* "Veal and Ham Pie").

Time.—To bake, 40 to 45 minutes. **Average Cost,** 2s. 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

800.—VEAL PUDDING. (*Fr.*—Pouding de Veau.)

Ingredients.—2 lb. of veal, ½ a lb. of raw ham, bacon, or pickled pork, suet paste, salt and pepper.

Method.—Cut the meat into rather small neat pieces, and put the bones and trimmings aside. Cut the ham, bacon or pork into narrow strips. Line a well-greased basin thinly with paste, put in the meat, interspersing strips of bacon, and seasoning liberally with salt and pepper. Nearly fill the basin with boiling water, put on a thin lid of paste, and cover with a greased paper (*see* " Beef Steak Pudding "). Place the basin in a steamer, or in a saucepan containing boiling water to half the depth of the basin, and add boiling water as that in the saucepan reduces. Cook for 3 hours, and serve with good gravy made from the bones and trimmings.

Time.—To cook, 3 hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

801.—VEAL RAGOÛT. (*Fr.*—Ragoût de Veau.)

Ingredients.—2 lb. of neck, breast, or knuckle of veal, 1½ ozs. of dripping, 1½ ozs. of butter, 1½ ozs. of flour, 1 onion cut into dice, 1 carrot cut into dice, ½ a small turnip cut into dice, salt and pepper.

Method.—Cut the meat into pieces convenient for serving. Heat the fat in a stewpan, fry the meat until lightly-browned, then drain off the fat. Cover the meat with hot water, add the vegetable trimmings, and keep the carrot, turnip and onion dice in water until required. Season with salt and pepper, cover with a close-fitting lid, and cook as slowly as possible for 2 hours, taking care to keep the water just at simmering point. Meanwhile heat the butter in another stewpan, add the flour, and stir and cook slowly until it acquires a pale-brown colour. When the meat is done, strain the liquor, add stock or water to make up ¾ of a pint, and mix with the blended butter and flour. Stir until boiling, season to taste, add the meat, and simmer gently for ½ an hour. Serve garnished with the vegetable dice, which should be boiled separately.

Time.—About 2¾ hours. **Average Cost,** 1s. 8d. to 2s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

802.—VEAL ROLLS WITH MIXED VEGETABLES. (*Fr.*—Paupiettes de Veau à la Jardinière.)

Ingredients.—An equal number of thin slices of cooked veal and raw bacon, sausage meat, stock, 1½ ozs. of butter, 1½ ozs. of flour, 1 carrot, ½ a turnip, 20 very small button onions, 2 tablespoonfuls of peas, 6 peppercorns, salt and pepper.

Method.—Cut the meat into slices 3½ inches long and 2½ inches wide, and put them aside. Turn the carrot and turnip with a pea-shaped cutter, or cut them into small dice. Put the bones and trimmings of the meat into a stewpan, add the peppercorns and trimmings of carrot and turnip, cover with cold water, boil gently for at least 2 hours, then strain and season to taste. Melt the butter in a stewpan, add the flour, stir and cook slowly until brown, then add the stock, stir until boiling, and simmer gently for 10 minutes. Spread a little sausage meat on each slice of veal, roll up lightly, enclose in thin slices of bacon, and tie securely with string. Place the rolls on end in the stewpan, cover with a greased paper, put on a close-fitting lid, and cook gently for 1 hour, basting occasionally with the sauce. Remove the string, dish in two straight rows, strain the sauce round and garnish with groups of mixed vegetables, previously cooked separately until tender.

Time.—Altogether 3½ hours. **Average Cost,** one dish, about 1s. 6d. **Sufficient**—Allow 2 rolls to each person. **Seasonable** at any time.

803.—VEAL ROLLS. (*See* Veal Olives.)

804.—VEAL SAUSAGES. (*Fr.*— Saucissons de Veau.)

Ingredients.—1 lb. of lean veal, 1 lb. of fat bacon, 1 teaspoonful of finely-chopped fresh sage, salt and pepper, sausage skins, frying-fat.

Method.—Chop both veal and bacon finely, add the sage and a liberal seasoning of salt and pepper. Press lightly into the skins, prick well and fry in hot fat until nicely-browned. If preferred, form into small round cakes, coat with seasoned flour or eggs and breadcrumbs, and fry in hot fat.

Time.—To fry, 10 minutes. **Average Cost,** about 1s. 6d. for this quantity.

805.—VEAU SAUTÉ À LA MARENGO. (*Fr.*—Filets de Veau à la Marengo.)

Ingredients.—1½ lb. of fillet or cushion of veal, ¼ of a pint of salad, oil, ¼ of a pint of tomato sauce, ¼ of a pint of brown sauce (*see* Sauces), 1 glass of sherry, 1 truffle, 8 preserved mushrooms, 1 shallot finely-chopped, poached eggs, fleurons (or little half-moon shapes) of baked puff-paste, salt and pepper.

Method.—Cut the meat into pieces about 2¼ inches square. Make the oil hot in a stewpan, fry the pieces of meat quickly until lightly browned, and remove them as soon as they are fried. Put in the shallot, and fry slightly, then drain the oil into a smaller stewpan. Cut the mushrooms and truffle into slices, add them to the shallots in the stewpan, put in the 2 sauces, the wine and meat, season to taste, cover closely, and cook gently in the oven or on the stove for about 40 minutes. Fry the eggs in the oil, and make them as plump and as round as possible. The fleurons of puff-paste should be stamped out in the form of a crescent, brushed over with egg, and baked in a hot oven. Dish the meat in a pyramidal form, strain the sauce over, garnish with the sliced truffle, mushrooms, poached eggs, and fleurons of puff-paste, and serve hot.

Time.—About 1 hour. **Average Cost,** 3s. 9d. to 4s. **Sufficient** for 5 or 6 persons.

806.—VEAL SOUFFLE. (*Fr.*—Soufflé de Veau.)

Ingredients.—1 lb. of lean uncooked veal, $\frac{1}{4}$ of a pint of white sauce, $\frac{1}{4}$ of a pint of double cream, 2 ozs. of butter, 3 eggs, 1 small truffle, a pinch of nutmeg, salt and pepper, $\frac{1}{2}$ a pint of Béchamel or Suprême sauce.

Method.—Pass the meat 2 or 3 times through the mincing machine, then pound it in a mortar, adding gradually the butter, white sauce (cold), and 3 yolks and 1 white of egg, one at a time. Season to taste, add a little nutmeg, and when the mixture is perfectly smooth rub it through a fine wire sieve. Whip the cream slightly, whisk the remaining 2 whites of eggs to a stiff froth, and mix lightly with the veal purée. Have ready a well-buttered plain mould, decorated or not, according to taste, with sliced or chopped truffles, put in the mixture, cover with a buttered paper, and steam gently for about 1 hour. Serve with the Béchamel or Suprême sauce round.

Time.—To prepare and cook, from 1$\frac{3}{4}$ to 2 hours. **Average Cost,** 2s., exclusive of the sauce. **Sufficient** for 4 or 5 persons.

807.—VEAL, SMALL SOUFFLES OF. (*Fr.*—Petits Soufflés de Veau à la Minute.)

Ingredients.—$\frac{1}{4}$ of a lb. of lean uncooked veal, 3 eggs, $\frac{1}{4}$ of a pint of cream, 1 truffle, salt and pepper, 2 or 3 tablespoonfuls of white sauce (*see* Sauces).

Method.—Butter some small china soufflé cases. Pass the meat 2 or 3 times through a mincing machine, then pound it in a mortar until smooth, adding the yolks of the eggs one at a time, and the cream gradually. Season to taste, and rub through a fine wire sieve. Whip the whites of the eggs stiffly, and stir them lightly into the meat purée. Put a teaspoonful of the white sauce into each soufflé case, and $\frac{3}{4}$ fill with the meat preparation. Sprinkle on the top a little finely-chopped truffle, place the cases in a baking tin, cover with a buttered paper, and bake for 15 minutes in a moderately hot oven. Serve in the cases.

Time.—About 1 hour. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 8 or 10 cases.

808.—VEAL STEW (White). (*Fr.*—Blanquette de Veau.)

Ingredients.—2 lb. of fillet, neck, loin or breast, 2 ozs. of butter, 2 ozs.

of flour, 12 preserved mushrooms, 2 sliced onions, a bouquet-garni, (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, 2 yolks of eggs, 2 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Cut the meat into pieces about 2 inches square, put them into a stewpan with the onions, bouquet-garni and peppercorns, cover with cold water, add a little salt and the lemon-juice, bring to the boil, skim well, cover, and cook gently for 2 hours. Meanwhile cut the mushrooms into slices, and warm them in a little of their own liquor. Melt the butter in a stewpan, add the flour, and cook for 10 minutes without browning. Remove the meat from the stewpan, strain 1 pint of the liquor on to the flour and butter, stir until it boils, add the mushrooms, season to taste, simmer for 10 minutes, then cool slightly. Beat the yolks of eggs and cream together, add them to the sauce, and stir by the side of the fire 2 or 3 minutes. Put in the meat, allow it to become thoroughly hot, without boiling, then season to taste, and serve.

Time.—About 2¼ hours. **Average Cost,** 3s 3d. to 3s. 6d. with fillet. **Sufficient** for 7 or 8 persons.

809.—VEAL, STEWED. (*Fr.*—Ragoût de Veau.)

Ingredients.—2 lb. of the neck or breast of veal, 1 pint of milk, 2 tablespoonfuls of cream, 1 oz. of butter, 1 tablespoonful of cornflour or flour, 1 small onion, 1 blade of mace, salt and pepper.

Method.—Cut the meat into pieces convenient for serving, place them in a fireproof stewing pot, season with salt and pepper, add the onion and mace, pour in the milk, cover closely, and cook gently in the oven or on the stove for 2½ or 3 hours. A few minutes before serving, knead the butter and flour or cornflour smoothly together, divide into very small portions, and stir them into the milk. When flour is used, it must be allowed to cook for at least 10 minutes. Put the meat on to a hot dish, add the cream to the sauce, season to taste, strain over the meat. The sauce is never perfectly white, therefore it is better to add 1 or 2 drops of caramel to make it a pale fawn colour.

Time.—From 2½ to 3 hours. **Average Cost,** 2s. **Sufficient** for 4 or 5 persons.

810.—VEAL, STEWED. (*Fr.*— Ragoût de Veau.)

Ingredients.—2 lb. of loin or neck of veal, 2 or 3 slices of bacon, ½ a pint of shelled peas, ¼ of a pint each of turnip and carrot (scooped out into pea-shaped pieces or cut into dice), 1½ ozs. of butter, 1 tablespoonful of tomato sauce, 1 teaspoonful of lemon-juice, 1 blade of mace, a bouquet garni (parsley, thyme, bay-leaf), pepper and salt.

Method.—Divide the meat into cutlets, and trim them neatly. Melt the butter in a stewpan, and fry the cutlets lightly on both sides. Add the bacon in slices, a few trimmings of turnip and carrot, the meat trimmings, mace, bouquet-garni, salt and pepper, and as much boiling stock or water as will cover the whole. Stew gently for about 2½ hours, keeping the stewpan closely covered. Cook the vegetables separately, and drain them well. When done, remove the meat from the stewpan, strain the gravy, return it to the stewpan, add the bacon cut into dice tomato sauce, lemon-juice, prepared vegetables, and the meat. Season to taste, re-heat, and serve.

Time.—From 2¾ to 3 hours. **Average Cost,** 3s. **Sufficient** for 4 or 5 persons.

COW-POX, OR VARIOLA, the vaccine disease which appears on the teats of cows, accompanied with inflammation. The vesicles of a blue or livid hue contain a colourless, somewhat viscid, fluid, composed principally of bioplasm, which by the medium of vaccination communicates cow-pox to the human subject, and acts as a preventive against the more virulent forms of small pox. The practice of vaccination owes its origin to Dr. Jenner, a native of Berkeley, Gloucestershire, where he was born in 1749. After studying under the celebrated anatomist, John Hunter, Dr. Jenner settled in his native town. Observing that cows were subject to a certain infectious eruption of the teats, and that the persons who were engaged in milking such cattle escaped small-pox, or had it in a less virulent form, he made inquiries into the subject, the result being the introduction of vaccination into England in 1796.

THE CATTLE PLAGUE, OR RINDERPEST.—This terrible disease is of highly contagious and malignant type, attacking animals of the ox tribe, and usually proves fatal. The symptoms are characterized by great depression of the vital powers, frequent shivering, staggering gait, cold extremities, quick and short breathing, drooping head and reddened eyes, high temperature, the discharge of a foetid secretion from the mouth, nose, and eyes, and failure of the heart's action. The attack is generally of seven days' duration. The cattle plague originated in the Asiatic steppes—hence the name by which it is sometimes called, steppe-murrain—where millions of cattle are bred and pastured on the rich pasturage of the plains. Various remedies have been tried for curing the disease, but the only effectual method is "stamping out" the plague, by slaughtering the infected cattle, and prohibiting by an Order in Council the importation of animals from infected districts. It is probable that the disease known in the Middle Ages as "murrain," was identical with the rinderpest. It made its appearance in England in 1865, when nearly 300,000 cattle either died of the plague, or were slaughtered to prevent contagion.

811.—VEAL TENDONS, PALESTINE STYLE. (*Fr.*—Tendrons de Veau à la Palestine.)

Ingredients.—The thick end of a breast of veal, 1 quart of stock, 1 glass of sherry, 1 onion, 1 small carrot, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, ½ a pint of Espagnole sauce (*see* Sauces). For the garnish: 6 small artichoke bottoms, ½ a lb. of Jerusalem artichokes, ½ a pint of milk, ½ an oz. of butter, the yolk of 1 egg, a few white breadcrumbs, 1 tablespoonful of white sauce, salt and pepper.

Method.—Cut the tendons into pieces about 2 inches square, put them into a stewpan with the stock, wine, vegetables, herbs, peppercorns, cloves, and salt, cook gently until tender (from 3 to 4 hours), then remove carefully, and press between 2 dishes until cold. Strain the stock they were cooked in, return it to the saucepan, and boil rapidly to reduce. Wash and peel the Jerusalem artichokes, cut them into thick slices, boil until tender in milk and water, then drain, and rub through a fine sieve. Put the artichoke purée into a stewpan with the butter, white sauce and yolk of egg, season to taste, and stir by the side of the fire until the mixture thickens. Warm the artichoke bottoms, fill them with the artichoke purée, shaping the mixture in the form of a dome, or pyramid, cover lightly with the breadcrumbs, add a few small pieces of butter, and bake in a hot oven for 10 minutes. When the stock has boiled down to a very small quantity, add to it the brown sauce, boil, and reduce until the artichokes are ready for the oven, then put in the tendons to re-heat. When ready, dish in a circle, garnish the centre with the artichokes, pour the sauce round, and serve.

Note.—Spinach, green peas, or any other suitable vegetable may be served instead of artichokes.

Time.—5 to 5½ hours. **Average Cost,** 5s. 6d. to 6s. 6d., exclusive of veal. **Sufficient** for 7 or 8 persons.

812.—VEAL TENDONS. (*Fr.* Tendrons de Veau.)

The tendons of veal are the cartilaginous or gristly portions found at the extremity of the bones towards the thick end of a breast of veal. They may, of course, be dressed with the joint, except when it is roasted or baked. The tendons must first be rendered perfectly tender by long and gentle stewing, and afterwards may be dressed in a variety of ways. They cannot be bought separately, but as they are confined principally to the thicker half of the breast, that part alone should be procured. The meat from which they are removed may be used for many purposes (*see* Nos. 798, 799, 800, 801 and 809).

813.—VEAL TENDONS WITH VEGETABLES. (*Fr.*—Tendrons de Veau à la Jardinière.)

Ingredients.—The thick half of a breast of veal, thin rashers of bacon ½ pint of white stock, ½ an oz. of meat glaze, 1 carrot, 1 onion, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 2 strips of celery, 6 peppercorns, 3 cloves, 1 blade of mace, 1 oz. of butter, salt. For the garnish : peas, beans, cauliflower, carrot, turnip, etc., ¼ pint of white sauce, 1 tablespoonful of cream, salt and pepper.

Method.—Cut the tendon into pieces about 2 inches square, and wrap each piece in a thin slice of bacon. Cut the vegetables into thick slices, put them into a shallow stewpan or sautépan with the stock, butter, herbs, cloves, peppercorns and mace, lay on the pieces of meat, cover closely, and cook very gently for 2 or 3 hours. Remove the tendons, strain the liquor into a small stewpan, skim well, add the meat-glaze, put in the tendons, and allow them to become thoroughly hot, and well coated with the sauce. Have ready a macédoine of vegetables, which may consist of any or all of those enumerated above, with the addition of any other preferred. The cauliflower should be separated into small sprays, the beans cut into short lengths, the turnip and carrot either scooped out with a round cutter or cut into dice ; all must be separately boiled and tender, but not broken. Add the cream to the white sauce, and when thoroughly hot, put in the macédoine of vegetables to reheat. Dish the tendons on a border of mashed potatoes, pour the sauce over them, and serve the jardinière garnish in the centre.

Time.—From 3 to 4 hours. **Average Cost,** 2s. 3d., exclusive of the meat. **Sufficient** for a dish for 7 or 8 persons.

814.—VEAL TENDONS, FRIED. (*Fr.*—Tendrons de Veau Panées.)

Ingredients.—The thick end of a breast of veal, 1½ pints of stock 1 onion sliced, 1 carrot sliced, ½ a turnip cut into small pieces, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, egg, breadcrumbs, frying-fat, salt and pepper, tomato or Espagnole sauce.

Method.—Remove the meat from the tendons, and divide them into pieces about 2 inches square. Put them into a stewpan with the vegetables, bouquet-garni, peppercorns, stock and salt, and cook very gently for 4 hours. Remove them very carefully from the stewpan, press between two dishes until cold, then trim them if necessary, coat with egg and breadcrumbs, and fry in hot fat until nicely browned.

Time.—About 5 hours. **Average Cost,** 1s. 8d., exclusive of the meat. **Sufficient** for 7 or 8 persons.

815.—VEAL TENDONS FRIED IN BATTER. (*Fr.*—Tendrons de Veau à l'Horly.)

Ingredients.—The thick end of a breast of veal. For the marinade 2 tablespoonfuls of salad-oil, 1 tablespoonful of vinegar, 1 teaspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, salt and pepper. For the batter: 2 ozs. of flour, 1 tablespoonful of salad oil, ½ a gill of tepid water, the white of 1 egg, salt, frying-fat.

Method.—Prepare and cook the tendons as directed in the preceding recipe ; when cold, divide the squares into narrow strips, place them in a deep dish, pour over the marinade, and allow them to soak for at least 1 hour. Drain well, dip each piece in the batter, and fry in hot fat until lightly browned. Pile on a hot dish, garnish with fried parsley, and serve. The batter should be allowed to stand for some time before being used. The flour, salt, salad oil and water should be mixed smoothly together, and the stiffly-whipped white of egg added just before using.

Time.—4 to 5 hours. **Average Cost,** from 2s. 6d. to 3s. **Sufficient** for 7 or 8 persons.

816.—VEAL WITH PARSLEY SAUCE. (*Fr.*—Veau à la Poulette.)

Ingredients.—2 lb. of fillet of veal, ¾ of a pint of white sauce, No. 222, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, 1 dessertspoonful of lemon-juice, 1 yolk of egg, salt and pepper.

Method.—If the meat is not one compact piece, bind it into a good shape with tape. Melt the butter in a stewpan, fry the meat gently until the entire surface is lightly browned, then add the white sauce and seasoning to taste. Cover closely, simmer gently from 2 to 2½ hours, then take up the meat and keep it hot. Strain and return the sauce to the stewpan, add the parsley, lemon-juice, and yolk of egg, stir until the sauce thickens, then pour it over the veal, and serve.

Time.—From 2½ to 3 hours. **Average Cost,** 3s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

RECIPES FOR COOKING BEEF.

CHAPTER XVI

817.—BEEF A LA MODE. (*Fr.*—Bœuf à la Mode.)

Ingredients.—3 lb. of rump of beef, larding bacon, 1 quart of stock, 1 glass of claret, 1¼ ozs. of butter, 1 oz. of flour, 2 carrots, 1 finely-chopped small onion, 10 button onions, a bouquet-garni (parsley, thyme, bay-leaf), the juice of ½ a lemon, 2 cloves, salt and pepper.

Method.—Trim, bone and lard the meat, place it in a basin with the wine, lemon-juice, chopped onion, cloves, salt, pepper, and bouquet-garni, and let it stand for 2 hours, basting it frequently. Melt the butter in a stewpan, drain the beef, and fry it brown, and, at the same time, lightly fry the button onions. Remove both from the stewpan, put in the flour, and fry until it acquires a nut-brown colour, then add the stock and the wine-marinade in which the meat was soaked, and stir until boiling. Replace the meat and onions, season to taste, add the carrots thinly sliced, and cook gently for 2½ or 3 hours, stirring and skimming occasionally. When done, place on a hot dish, strain the sauce over, and garnish with little groups of onions and carrot.

Time.—2½ to 3 hours. **Average Cost**, 3s. to 3s. 6d. **Sufficient** for 8 or 9 persons.

Good Meat.—If the animal when slaughtered is in a state of perfect health, the meat adheres firmly to the bones. Beef of the best quality is of a deep-red colour, and if the animal has reached maturity and been well fed, the lean is intermixed with fat, which produces the mottled appearance characteristic of the finer qualities of beef. The juice, which is abundant, resembles claret in colour. The fat of the best beef is firm and wavy, and of the tint of the finest grass butter, bright in appearance, neither greasy nor friable to the touch, but moderately unctuous.

818.—BEEF, BAKED. (*Fr.*—Bœuf cuit au Four.)

Ingredients.—2 lb. of cold roast beef, about 2 lb. of mashed potatoes 2 small onions, 2 small carrots, 1 teaspoonful of powdered mixed herbs, salt and pepper, 1 pint of gravy.

Method.—Remove the bones and the brown outside parts of the meat, simmer them slowly for at least 2 hours, strain, season, and use as gravy. Cut the meat into thin small slices, cook the vegetables and cut them into very thin slices. Spread a thin layer of mashed potato on the bottom of a pie-dish, on the top place a few slices of meat, add a little carrot and onion, sprinkle on some of the herbs, and season well with salt and pepper. Repeat until the dish is full, pour in as much gravy as the dish will hold, cover with the mashed potato, and bake in a moderate oven until the surface is well browned. The potato should be smoothed and shaped by means of a knife to resemble as nearly as possible a paste crust ; and the appearance may be further improved by brushing over the top with beaten egg, or a little milk. Serve the remainder of the gravy separately.

Time.—To bake, about ¾ of an hour. **Average Cost,** 4d., exclusive of the meat. **Sufficient** for 4 or 5 persons.

Beef (Fr. *boeuf*).—The quality of beef is determined by various conditions, such as the age, the sex the breed, and the food upon which the animal has been raised. Bull beef, as a general rule, is dry and tough, and of an inferior flavour. That of the ox is highly nourishing and digestible. The flesh of the cow is also nutritious, but is less palatable than that of the ox ; that of the heifer is greatly esteemed. The flesh of the small sized breeds is much sweeter than that of the larger kinds. It is in the greatest perfection when the animal is about 4 years old.

819.—BEEF CAKE. (*Fr.*—Gâteau de Bœuf.)

Ingredients.—1 lb. of cold roast beef, 4 ozs. of breadcrumbs, 1 small onion chopped finely, 2 ozs. of cooked ham or bacon, 1 teaspoonful chopped parsley, pepper and salt, 1 egg, 1 gill of stock, about 2 ozs. of bread raspings, 1 oz. of butter.

Method.—Grease a plain mould or shallow cake tin, put in the raspings, and turn the mould round until quite covered with the raspings. Melt the butter, fry the onion until slightly brown, mince the beef and bacon finely, and then mix all the ingredients together, using more stock if the mixture is very dry. Then turn into the prepared mould, press carefully into shape, cover with a greased paper, and bake in a moderate oven for about 45 minutes. Turn out carefully, and pour a little brown sauce round.

Time.—To bake, about 45 minutes. **Average Cost,** 6d., exclusive of the meat. **Sufficient** for 3 or 4 persons.

820.—BEEF, COLLARED. (*Fr.*—Bœuf épicé.)

Ingredients.—7 lb. of thin end of the flank of beef, 2 ozs. of coarse sugar, 6 ozs. of salt, 1 oz. of saltpetre, 1 large handful of parsley minced, 1 dessertspoonful of minced sage, a bunch of savoury herbs, ½ a teaspoonful of pounded allspice ; salt and pepper to taste.

Method.—Choose fine tender beef, but not too fat ; lay it in a dish, rub in the sugar, salt and saltpetre, and let it remain in the pickle for a week or 10 days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, seasoning, in the above proportions, taking care that the former are finely minced. Roll the meat up in a cloth as tightly as possible, bind it firmly with broad tape, and boil it gently for 6 hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold.

Time.—6 hours. **Average Cost,** 3s. 6d. to 4s. **Seasonable** at any time.

Note.—During the time the beef is in pickle, it should be kept cool, and regularly rubbed and turned every day.

821.—BEEF COLLOPS. (*See* Scotch Collops.)

822.—BEEF CROQUETTES. (*Fr.*—Croquettes de Bœuf.)

Ingredients.—4 ozs. of lean cooked beef, ½ a pint of gravy or stock, ½ an oz. of butter, ½ an oz. of flour, ½ a teaspoonful of finely-chopped parsley, a pinch of nutmeg, salt and pepper, about 4 ozs. of paste, 1 egg, vermicelli or breadcrumbs, frying-fat.

Method.—Chop the meat very finely. Heat the butter in a small stewpan, fry the onion slightly, stir in the flour, add the stock, and boil well. Now add the meat, parsley, and nutmeg, season to taste, and when well mixed turn on a plate to cool. Roll the paste out to the thickness of foolscap paper, cut it into rounds of 1¼ or 2 inches diameter, place a little of the meat mixture on one half, moisten the edges of the paste, fold the other half over, making the croquette half-moon or crescent shape, and press the edges of the paste together. Brush them over with beaten egg, roll them in crushed vermicelli or breadcrumbs, and fry in hot fat.

Time.—From 40 to 50 minutes. **Average Cost,** 7d., exclusive of the meat. **Sufficient** for 1 dish.

823.—BEEF CROQUETTES. (*Fr.*—*See* Veal Croquettes.)

824.—BEEF GALANTINE. (*Fr.*—Galantine de Bœuf.)

Ingredients.—1 lb. of lean beef, ½ a lb. of bacon, 6 ozs. of breadcrumbs, 2 eggs, ¼ of a pint of stock, salt and pepper.

Method.—Cut the beef and bacon into small pieces, add the breadcrumbs, a liberal seasoning of salt and pepper, and mix well together. Beat the eggs, add to them the stock, and stir into the dry ingredients. Shape the mixture into a short thick roll, tie it in a buttered pudding cloth, boil gently in stock or water for 2 or 2½ hours, then press until cold. Before serving, brush over with dissolved meat glaze, and decorate with creamed butter, or aspic jelly.

Time.—To cook, from 2 to 2½ hours. **Average Cost,** 1s. 9d.

825.—BEEF, HASHED. (*Fr.*—Hachis de Bœuf.)

Ingredients.—1 lb. of cold roast beef cut into slices, 1 onion sliced, 2 ozs. of streaky bacon, 1 oz. of butter, ¾ of a pint of Spanish and Tomato sauces in equal proportions.

Method.—Melt the butter, add the bacon cut into dice, then the onions, and fry a light brown. Now lay in the slices of meat, pour the sauces over, and cook slowly for ½ an hour, without boiling. Dish up neatly with croûtes of bread fried in fat as garnish.

Time.—About ¾ of an hour. **Average Cost,** 1s. 6d. to 1s. 9d.

826.—BEEF, HASHED. (*Fr.*—Hachis de Bœuf.)

Ingredients.—1 lb. of cold roast beef cut into slices, 1 pint of stock, 1½ ozs. of butter, 1½ ozs. of beef dripping, 1½ ozs. of flour, 1 sliced onion, 1 small sliced carrot, ½ a sliced turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt and pepper.

Method.—Trim off the brown outside parts of the meat, remove the bones, and break them into small pieces. Melt the dripping in a stewpan, put in the bones, trimmings of meat, bouquet-garni, and vegetables, fry until well browned, then drain off the fat. Cover with cold water, add the peppercorns and a little salt, boil gently for at least 2 hours, then strain and remove the fat. Melt the butter in a stewpan, put in the flour, and stir over the fire until a brown roux is formed, when add 1 pint of the stock from the bones, and stir until boiling. Let the sauce simmer gently for 20 minutes, then add seasoning to taste, and when slightly cooled lay in the slices of meat, draw the saucepan aside, cover closely, and let it remain for about ½ an hour, where the contents will be kept hot without boiling. Garnish with croûtes of fried bread, or groups of turnips and carrot cut into dice or julienne strips, and boiled separately.

Time.—About 1 hour, after the stock is made. **Average Cost,** 1s. 4d., to 1s. 6d. **Sufficient** for 3 or 4 persons.

827.—BEEF, CURRIED. (*Fr.*—Kari de Bœuf.)

Ingredients.—2 lb. of lean tender uncooked beef, 1¼ pints of stock or water, 2 ozs. of butter, 1 dessertspoonful of flour, 1 dessertspoonful of curry-powder, 1 teaspoonful of curry-paste, 1 sour apple, 2 small onions coarsely-chopped, 1 dessertspoonful of lemon-juice, salt, 4 ozs. of rice.

Method.—Cut the meat into slices about ½ an inch thick and 1 inch square. Melt the butter in a stewpan, fry the meat quickly and lightly, then take it out on to a plate, put in the onion, flour, and curry-powder, and fry gently for 10 minutes. Add the stock, curry-paste, apple sliced, and salt to taste, boil, replace the meat, cover closely, and cook gently for 1½ hours. Boil the rice, drain and dry thoroughly. When the meat is done, remove it to a hot dish, season the sauce to taste, add the lemon-juice, and strain over the meat. The rice should be served separately.

Time.—About 2 hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 5 or 6 persons.

828.—BEEF FRITTERS. (*Fr.*—Beignets de Bœuf.)

Ingredients.—¼ of a lb. of cold roast beef, 6 ozs. of flour, 2 tablespoonfuls of oiled butter, ¼ of a pint of tepid water, the whites of 2 eggs, ½ a teaspoonful of powdered mixed herbs, the rind of ½ a lemon, a good pinch of nutmeg, salt and pepper, frying-fat.

Method.—Chop the meat finely. Mix the flour, tepid water and melted butter into a smooth batter, add to it the meat, herbs, lemon rind, nutmeg, salt and pepper to taste, and lastly the stiffly-whipped whites of eggs. Have ready a deep pan of hot fat, drop in the mixture in tablespoonfuls, and fry until golden-brown. Drain well, dish in a pyramidal form on a folded napkin or dish-paper, and garnish with fried parsley. The mixture may be varied by the addition of a teaspoonful of powdered sage, and a tablespoonful of parboiled and finely-chopped onion, instead of lemon-rind and nutmeg.

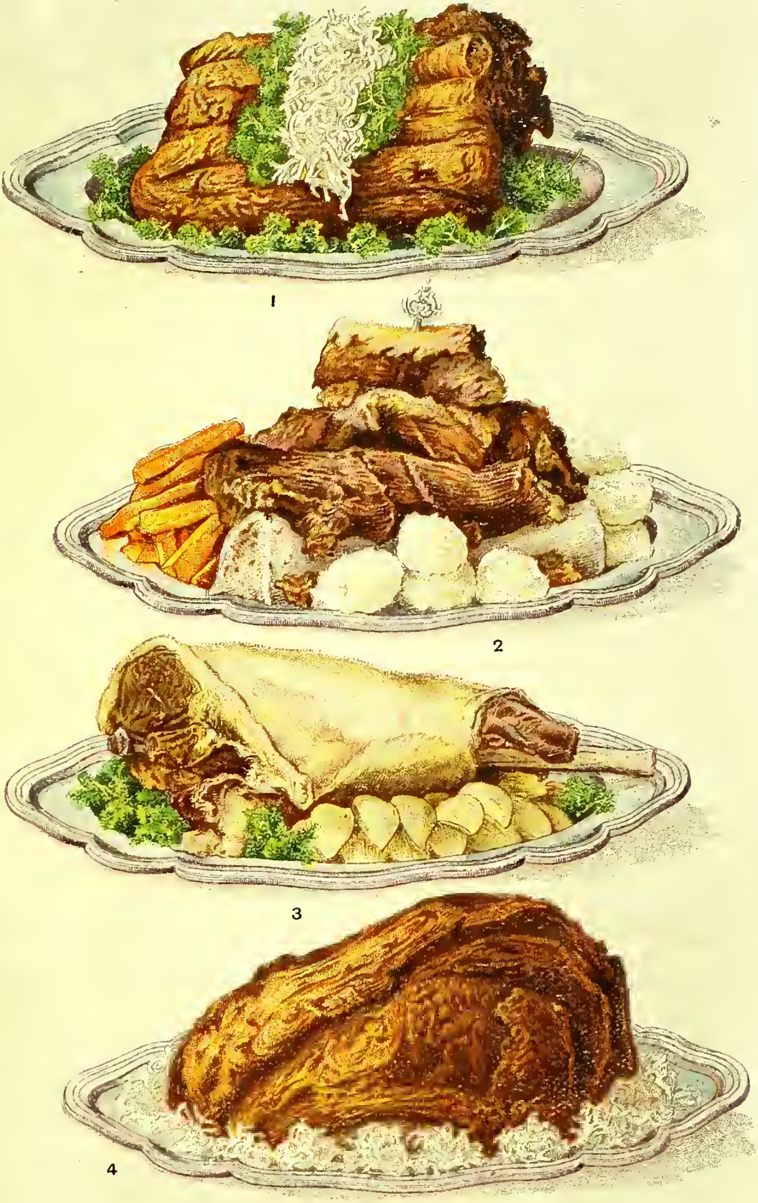
Time.—To prepare and cook, about 1 hour. **Average Cost,** 6d., exclusive of the meat. **Sufficient** for 4 or 5 persons.

829.—BEEF OLIVES. (*Fr.*—Olives de Bœuf.)

Ingredients.—1½ lb. of rump steak, veal forcemeat (*see* Forcemeats), ¾ of a pint of either Espagnole or brown sauce.

Method.—Remove all fat from the meat, cut it into very thin slices, about 4 inches long and 2 inches wide, and flatten them with a wet cutlet-bat or rolling pin. Prepare the forcemeat as directed, spread a little on each slice of meat, roll up tightly, and tie securely with twine. Have the brown sauce ready in a stewpan, bring it to boiling point, put in the olives, and simmer gently for about 1 hour. Remove the strings, arrange the olives in 2 rows on a bed of mashed potato, and strain the sauce over.

JOINTS.



1.—Sirloin of Beef. 2.—Boiled Beef. 3.—Leg of Mutton. 4.—Roast Ribs of Beef.

Time.—1 hour to cook. **Average Cost,** about 2s. 6d. to 3s. **Sufficient** for 6 or 7 persons.

NOTE.—Sausage meat may be used instead of forcemeat in preparing this dish.

830.—BEEF ROLLS OR OLIVES. (Another Method.)

Ingredients.—1½ lb. of rump steak, veal forcemeat (*see* Forcemeats), ¾ of a pint of stock or water, 1½ ozs. of butter, 1 oz. of flour, 1 small onion sliced, a few slices of carrot, salt and pepper.

Method.—Prepare, stuff, and bind the olives as in the preceding recipe. Heat the butter in a stewpan, fry the olives until their entire surface is lightly browned, then remove them from the stewpan. Now put in the carrot and onion, fry quickly for 3 or 4 minutes, then sprinkle in the flour, fry brown, pour in the stock, and stir until boiling. Replace the olives in the stewpan, add salt and pepper, cover with a greased paper and the lid of the stewpan, and simmer slowly for 1½ hours. Remove the strings, dish the olives on a bed of mashed potato, season the sauce to taste, and strain it over them.

Time.—About 2 hours. **Average Cost,** 2s. to 2s. 4d. **Sufficient** for 6 or 7 persons.

831.—BEEF, RIB BONES OF.

Ingredients.—Rib bones, 1 carrot, 1 turnip, 1 onion finely chopped, ¼ of a pint of good gravy, salt and pepper, mashed potato.

Method.—The bones should have on them a slight covering of meat. Peel the carrot and turnip, scoop out small pea shapes with a special cutter, or, if more convenient, cut them into dice. Saw the bones into pieces 3 inches long, place them in a stewpan with the turnip, carrot and onion, add the gravy, and season to taste. Stew very gently until the vegetables are tender, and serve piled within a border of mashed potato.

Time.—About ¾ of an hour. **Average Cost,** exclusive of the bones, 4d. **Seasonable** at any time.

832.—BEEFSTEAK, GRILLED

Ingredients.—1½ lb. of steak cut off the fillet, rump, sirloin or tenderloin, ½ oz. of butter, salt and pepper.

Method.—Grilling is a very simple process in cookery, the success of which depends almost entirely upon the fire being clear bright and free from smoke. A handful of salt will assist in clearing the fire; it should be sprinkled on the top a few minutes before required for use. Before using the gridiron it should be heated and the bars well rubbed with paper, and afterwards with fat or suet, to prevent the meat sticking to them. The chief point in grilling is to quickly harden the outside of the meat, in order to keep in the flavour and goodness, and this result is achieved more quickly if the meat be brushed over with salad-oil or warm butter before grilling. The steak should be turned frequently, by means of steak-tongs, or failing these a fork, which must not, however, be thrust into the lean part of the meat to make holes through which the juices of the meat would escape. A steak cooked to perfection should be very dark on the outside, and the inside red and full of gravy. When done, spread the butter lightly on the surface, sprinkle with salt and pepper, and serve on a very hot dish. If liked, the dish may be garnished with watercress or scraped horseradish. Oyster sauce, grilled or baked tomatoes, or fried onions, are frequently served with beefsteak ; they must always be cooked first, as the shortest possible time must be allowed to elapse between the steak leaving the grill and being served.

Time.—10 to 15 minutes, for steaks of average thickness. **Average Cost,** 1s. 2d. to 1s. 4d. per lb. **Sufficient,** for 4 persons.

DIFFERENT SEASONS FOR BEEF.—The Scots breed of oxen is esteemed the first in quality. Each county has its particular season, and the London and other large markets are supplied by those counties where animals, from local circumstances, are in the best condition. Thus, the season in Norfolk and Suffolk, from whence the Scots come, begins about Christmas and ends about June, their place being then taken by grass fed oxen. A large quantity of most excellent beef is sent from Scotland, and some of the best London butchers are supplied from this source.

833.—BEEFSTEAK, FRIED.

Ingredients.—1½ lb. of rump steak, salt and pepper, butter or frying-fat.

Method.—Although this method of cooking steaks is not to be recommended, it is often more convenient than grilling, and with proper care the tender juicy qualities of the steak may be preserved, but it is less easily digested, in consequence of the fat in which it is fried. Make the butter or fat hot in a frying-pan, have sufficient to barely cover the bottom of the pan, put in the steak, fry one side quickly, then turn and fry the other side. When the entire surface is browned and hardened the cooking should be done a little more slowly, to avoid burning the fat in the pan, the steak being repeatedly turned. The steak may be served with a little butter spread lightly on the surface, or with gravy. To make this, drain off all the fat, add a little boiling water to the sediment in the frying-pan, season with salt and pepper, boil up, skim, strain, and serve round the dish or separately in a sauce-boat.

Time.—From 10 to 15 minutes. **Average Cost,** from 1s. 2d. to 1s. 4d. per lb. **Sufficient** for 4 to 5 persons.

834.—BEEFSTEAK AND FRIED POTATOES.
(*Fr.*—Bifteck aux Pommes de Terre Frites.)

Ingredients.—2 lb. of rump steak, 1½ ozs. of butter, 1 good teaspoonful of finely-chopped parsley, ½ a teaspoonful of lemon-juice cayenne, salt, 4 or 5 potatoes, frying-fat.

Method.—Knead the butter, parsley, lemon-juice, and a little cayenne together, spread the mixture smoothly on a plate, and put it aside, to become firm and cold. Peel the potatoes, cut them across into slices, and dry thoroughly in a cloth. Have ready a deep pan of fat, put the potatoes into a frying-basket, lower them into the fat, and cook until tender. Stand the basket and potatoes on a plate or baking sheet until the fat boils up again, then replace them in the pan, and fry for 2 or 3 minutes to make them crisp. Meanwhile, grill the steak over a clear bright fire (*see* p. 497), and stamp the maître d'hôtel butter into rounds, by means of a small cutter. Serve the steak on a hot dish, garnished with the potatoes, with the pats of butter placed on the top of it.

Time.—7 to 10 minutes to cook the steak, according to thickness. **Average Cost,** 2s. 6d. to 2s. 10d. **Sufficient** for 5 or 6 persons.

835.—BEEFSTEAK PIE. (*Fr.*—Pâté de Bœuf.)

Ingredients.—2 lb. of beefsteak, 1 tablespoonful of flour, 1 level teaspoonful of salt, ½ a teaspoonful of pepper, the yolk of an egg, puff paste or short crust paste.

Method.—Cut the meat into thin slices, about 3 inches in length and width, but of no particular shape. Mix the flour, salt, and pepper together on a plate, dip the slices of meat in the mixture, and place them in a pie-dish, which should be sufficiently small to allow the meat to be well raised in the centre, and thus give to the pie a desirable plump appearance. Sprinkle the rest of the seasoning mixture between the layers of meat, and pour in enough boiling water to ¾ fill the dish. Make the paste as directed, roll it out to a suitable thickness, invert a pie-dish of the same size as the one filled with meat, in the centre of the paste, and cut round, leaving a margin of about ¾ of an inch. Line the edge of the dish with the trimmings, for paste is always lighter when not re-rolled. Put on the cover, ease it well over the raised meat, for which purpose the ¾ of an inch margin was allowed, moisten and press the edges together, and notch them at regular intervals. Make a hole in the centre of the top, decorate with leaves, and brush over with the yolk of egg. The pie must be baked in a hot oven until the paste has risen and set, afterwards it must be cooked more slowly, otherwise the paste will be overbaked before the meat is done. Before serving, pour in through the hole in the top either a little beef gravy, or hot water seasoned with salt and pepper.

Time.—To bake the pie, about 2 hours. **Average Cost,** 2s. 6d. **Sufficient** for 6 or 7 persons.

Note.—If preferred, the meat may be partially cooked before covering with paste. In which case it should be closely packed in a pie-dish or baking-dish, covered with an inverted dish or tin, and gently cooked in the oven for about 1½ hours. A saucepan is not to be recommended for this preliminary process, for unless the meat is closely packed it is apt to curl up and lose its shape. The meat must be transferred to a cold pie-dish, and allowed to cool slightly before being covered with paste.

836.—BEEFSTEAK AND KIDNEY PIE. (*Fr.*—Pâté de Bœuf et de Rôgnon.)

Ingredients.—The same as the preceding recipe, with the addition of 2 sheep's kidneys, or ½ a lb. of ox kidney.

Method.—Cut the kidney into thin slices across, place 1 on each slice of meat, roll up tightly, and put the rolls on end in the piedish. In other respects proceed as directed in the recipe for "Beefsteak Pie."

Time.—About 2 hours. **Average Cost,** 3s. **Sufficient** for 6 or 7 persons.

837.—BEEFSTEAK AND OYSTER PIE. (*Fr.*—Pâté de Bœuf aux Huitres.)

Ingredients.—The same as the preceding recipe, substituting 2 dozen sauce oysters for the kidney.

Method.—Beard the oysters, and blanch the beards in the oyster liquor, which must be re-heated, seasoned, strained and added to the gravy in the pie just before serving. Place an oyster on each slice of meat, roll up tightly, and put the rolls on end in the piedish. See "Beefsteak Pie" for directions for making.

Time.—About 2 hours. **Average Cost,** 4s. 6d., **Sufficient** for 6 or 7 persons.

838.—BEEFSTEAK AND POTATO PIE. (*Fr.*—Pâté de Bœuf et de Pommes de Terre.)

Ingredients.—1½ lb. of beefsteak, potatoes to fill the dish, 1 small onion parboiled and finely-chopped, 1 tablespoonful of flour, 1 teaspoonful of salt, ½ a teaspoonful of pepper, short crust paste.

Method.—Peel the potatoes, and cut them into thick slices. Cut the meat into thin slices, about 2 inches long and an inch wide. Mix the flour, salt and pepper together on a plate, dip the slices of meat in the mixture, and roll them up tightly. Line the bottom of the pie-dish with slices of potato, sprinkle with salt and pepper, cover with rolls of meat, and add a little onion, but use it very sparingly unless the flavour is much liked. Repeat until the dish is full, add boiling water to ¾ fill the dish, and cover with paste (*see* Pastes). Bake for 2 hours in a moderately hot oven, and, before serving, pour a little hot beef gravy, or hot water seasoned with salt and pepper, through the hole in the top.

Time.—To bake, about 2 hours. **Average Cost,** 2s. to 2s. 2d. **Sufficient** for 5 or 6 persons.

839.—BEEF AU GRATIN. (*Fr.*—Bœuf au Gratin.)

Ingredients.—¾ of a lb. of cold beef, very finely minced, 1 oz. of butter 1 oz. of flour, ¾ of a pint of stock, 1 small Spanish onion sliced, 1 small onion, a few slices of carrot, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, breadcrumbs.

Method.—Break up the bones, put them into a stewpan, add the trimmings off the meat, the small onion, bouquet-garni, carrot, and a seasoning of salt and pepper. Cover with cold water, simmer gently for 1 hour, then strain and add stock or water to make up ¾ of a pint. Melt the butter in a saucepan, fry the Spanish onion until lightly-browned, then add the flour and stir and cook slowly until it acquires a nut-brown colour. Put in the stock, stir until boiling, season to taste, simmer gently for 20 minutes, then strain and add to the meat. Fill well-buttered scallop shells with the preparation, cover rather thickly with breadcrumbs, and add a few bits of butter. Bake in a moderate oven until the surface is nicely browned, then serve.

Time.—To bake, from 10 to 15 minutes. **Average Cost,** 1s. 3d.

840.—BEEFSTEAK PUDDING. (*Fr.*—Pouding de Bœuf à l'Anglaise.)

Ingredients.—2 lb. of beefsteak, 1 tablespoonful of flour, 1 level teaspoonful of salt, ½ a teaspoonful of pepper, 1 lb. of suet paste.

Method.—Cut the meat into thin slices, about 3 inches in length and width, but not necessarily uniform in shape. Mix the flour, salt and pepper together on a plate, and dip each slice in the mixture. Make the paste as directed, cut off about ¼ of it, and put it aside for the lid, roll out the remainder to the size of the basin, which must be previously well greased. Line the basin with the paste, put in the meat, sprinkle the rest of the seasoning mixture between the layers, and leave spaces to admit water, thus preventing the pudding becoming too dry. Three-quarters fill the basin with boiling water, which extracts less of the juices of the meat than cold water, put on the cover, and moisten and seal the edges. If the pudding is to be boiled, tie over a scalded and floured pudding cloth. If steamed, cover with a greased paper. Let the water be quite boiling, put in the pudding, and boil for 3½ hours, or steam for 4 hours.

Time.—From 4 to 4½ hours to cook. **Average Cost,** 2s. 4d. **Sufficient** for 5 or 6 persons.

841.—BEEFSTEAK AND KIDNEY PUDDING. (*Fr.*—Pouding de Bœuf et de Rognon.)

Ingredients.—The same as in the preceding recipe, with the addition of 2 sheep's kidneys, or ½ a lb. of ox kidney.

Method.—Cut the kidney into thin slices 3 inches long and 2 inches wide, dip them in the seasoning mixture, place one on each slice of meat, roll up tightly, and place the rolls on end in the basin. In other respects, proceed as directed in the recipe for "Beefsteak Pudding."

Time.—4 to 4½ hours. **Average Cost,** 2s. 6d. **Sufficient** for 5 or 6 persons.

842.—BEEF PALATES, TO DRESS. (*See* Ox Palates Stewed.)

843.—BEEF QUENELLES EN CHAUDFROID. (*Fr.*—Quenelles de Bœuf en Chaudfroid.)

Ingredients.—1 lb. of lean beefsteak, ¼ of a pint of Espagnole sauce, ¼ of a pint of Tomato sauce (*see* Sauces), ¼ of a pint of aspic jelly, (*see* Aspic), ½ an oz. of leaf gelatine, 2 eggs, 2 olives, 2 anchovies, salt and pepper. For the panada 1 oz. of butter, 2 ozs. of flour, ¼ of a pint of stock. For the garnish, hard-boiled white of egg, coarsely-chopped aspic jelly, and salad.

Method.—Make the quenelles according to recipe for veal quenelles, pounding the fillets of anchovy and the stoned olives with the meat. Shape and poach the quenelles, and, when cold, coat 6 of them with the Espagnole sauce, in which 4 or 5 sheets of gelatine have been dissolved, and 6 with tomato sauce, which must also be stiffened with gelatine. Decorate the quenelles with small, fancifully-cut pieces of white of egg, and pour over them the nearly cold liquid aspic jelly. Arrange the quenelles on a bed of crisp salad, alternating the colours, intersperse and garnish with small tufts of endive and chopped aspic jelly, and serve cold.

Time.—2 or 3 hours. **Average Cost,** 3s. **Sufficient** for a dish of 12 quenelles.

844.—BEEF, PICKLE FOR.

Ingredients.—4 quarts of cold water, 1 lb. of common salt, 6 ozs. of brown sugar, $\frac{3}{4}$ of an oz. of saltpetre.

Method.—Boil the above ingredients together for 10 minutes, skimming frequently. Strain into an earthenware vessel ; when cold, put in the meat, and let it remain in the pickle for 10 days. If not completely immersed, it must be turned every day.

845.—BEEF, PRESSED.

Ingredients.—Brisket of beef salted according to recipe 844, 1 onion, 1 carrot, $\frac{1}{2}$ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, glaze.

Method.—Wash the beef well in cold water, put it into a saucepan with sufficient warm water to cover it, boil up, skim well, add the prepared and sliced vegetables, bouquet-garni, and peppercorns, and simmer gently until the bones can be easily removed. Take the meat out of the saucepan, and having removed the bones, press it between 2 boards or dishes until cold. Brush over with glaze before serving.

846.—BEEF, DRY PICKLE FOR.

Ingredients.—1 lb. of common salt, 2 ozs. of brown sugar, $\frac{3}{4}$ of an oz. of saltpetre, $\frac{1}{2}$ a teaspoonful of ground black pepper.

Method.—Pound the above ingredients in a mortar until reduced to a fine powder. Rub them well into the meat, which must be turned and rubbed every day for 7 or 8 days, or until it is sufficiently salt.

Note.—Before applying dry pickling or salting ingredients, it is as well to rub the meat all over with common salt, and allow it to drain for 24 hours.

847.—BEEF, SPICED.

Ingredients.—10 or 12 lb. of pickled beef (*see* recipe No. 844), 1 dessertspoonful of black pepper, $\frac{1}{2}$ a teaspoonful of ginger, 1 saltspoonful of powdered cloves, 1 saltspoonful of grated nutmeg, $\frac{1}{2}$ a saltspoonful of ground mace, 1 glass of claret or port wine.

Method.—Drain the beef from the pickle, mix together the above ingredients (except the wine), and sprinkle them over the entire surface of the meat, which must then be rolled, bound, and skewered into a good shape. Put the meat into an earthenware stewpot with a lid, pour over it the wine, cover the top of the vessel with 2 or 3 thicknesses of greased paper, and put on the lid. As no other liquid than the wine is added, it is absolutely necessary that the steam generated should be kept within the vessel, and for this purpose the lid is frequently covered with a paste of flour and water. The meat should be cooked slowly in the oven for about 4 hours, and then pressed between 2 boards or dishes until cold.

848.—BEEF, SPICED. (Another Method.)

Ingredients.—10 or 12 lb. of thin flank of beef, ½ an oz. of saltpetre, ½ an oz. of bay-salt, ¼ of an oz. of black pepper, ¼ of an oz. of powdered allspice, ½ a teaspoonful of ground ginger, ¼ of a teaspoonful of ground cloves, ¼ of a teaspoonful of ground mace, 3 ozs. of common salt, 3 ozs. of brown sugar.

Method.—Remove any bones, skin, and gristle, and rub the beef well with the bay-salt and saltpetre, previously reduced to a powder and mixed together. On the following day mix the pepper, allspice, ginger, cloves and mace together, and rub them well into the meat. Add the common salt and sugar to the brine in the vessel, turn and baste the meat for a fortnight, then wash it in cold water, roll and bind securely with string, and boil in the usual manner. The aitchbone, round, or any other part may be spiced instead of the flank, and the time allowed lengthened or shortened to suit individual taste.

Baron of Beef.—The name given to two sirloins not cut asunder. It was a favourite dish with our ancestors, and is still served at banquets of a special character.

849.—BEEF SAUSAGES. (*Fr.*—Saucissons de Bœuf.)

Ingredients.—2 lb. of lean beef, 1 lb. of beef suet, ¼ of a teaspoonful of powdered allspice, salt and pepper, sausage-skins, frying-fat.

Method.—Chop both beef and suet as finely as possible, add the allspice, salt and pepper to taste, and mix well. Press the mixture lightly into the prepared skins, prick well, and fry in hot fat until cooked and well-browned. When sausage skins are not available, the mixture may be shaped into small cakes, which should be floured before frying.

Time.—To fry, 10 to 15 minutes. **Average Cost,** 2s. 6d.

850.— BEEF, HUNG, TO PREPARE.

Ingredients.—To a piece of meat weighing from 12 to 16 lb. allow ½ a lb. of bay-salt, ½ a lb. of coarse brown sugar, 1 oz. of saltpetre, ½ an oz. of allspice, ½ an oz. of peppercorns.

Method.—The meat should be hung in a cool dry place as long as is consistent with safety to make it tender, but it must not be allowed to decompose in the least. Pound the above ingredients in a mortar until reduced to a powder, and when the meat is ready, rub the entire surface with the preparation, going carefully between the muscles and under the flaps of the meat. Let it be turned every morning for 14 days; at the end of that time roll it tightly in a cloth, and hang it in a warm (not hot) dry place for 3 weeks. When a smoky flavour is desired, the beef should be hung where it would receive the smoke, but not the heat, from a wood fire. Meat treated in this manner may be kept for a long time.

The pickle, after being boiled and well skimmed, may be used again.

851.—BEEF, BOILED. (*Fr.*—Bœuf Bouilli.)

Ingredients.—Salt beef, turnips, carrots, onions, peppercorns, bouquet-garni (parsley, thyme, bay-leaf), suet dumplings, if liked.

Method.—The aitchbone, round, and brisket are all suitable for boiling. In boiling meat a certain proportion of the nutritive qualities escape into the water, and the liquor should therefore be utilized for soup, when it is not too salt for the purpose. With this end in view the liquor should be reduced to the smallest possible quantity by using a boiling-pot just large enough to contain the joint, with barely sufficient water to cover it. The meat must be skewered, or bound with tape into a compact form. The water in which it is immersed should be warm unless the meat be very salt, then cold water is necessary to extract some of the salt (*see* Notes on Boiling Meat, p. 406). In either case, it should be heated gradually to boiling point, and well skimmed. With a joint weighing from 10 to 14 lb., an allowance should be made of 2 or 3 medium-sized onions, 2 large or 4 small carrots, 1 large or 2 small turnips, and 12 peppercorns. The onions should be kept whole, the turnips cut in thick slices, and the carrots lengthwise into 2 or 4 pieces. They should be added after the liquor has been well skimmed. When suet dumplings form part of the dish, they should be put into the liquor ½ an hour before serving, the liquor being previously brought to the boil. To serve, replace the tapes and skewers with one or 2 silver skewers, pour some of the liquor round the dish, and garnish with the vegetables.

Time.—From 20 to 30 minutes to each lb. (*see* p. 490). **Average Cost,** 8d. to 10d. per lb. **Seasonable** in winter.

The Action of Salt on Meat.—Salt when applied to meat, extracts the juices in large quantities. The salt, and watery juices form a saturated solution or brine, which is absorbed into the tissues of the meat, and being strongly antiseptic preserves it from putrefaction. In addition to its antiseptic action, salt contracts the fibres of the muscles, and excludes the air from the interior of the meat. The astringent action of saltpetre, or nitre, is much greater than that of common salt, and if used too freely renders the meat to which it is applied very hard. In small quantities it intensifies the antiseptic action of salt, and preserves the colour of meat, which the action of salt alone destroys. Salt and saltpetre preserve the fibre of meat from decay, but deprive it to a considerable degree of the nutritive juices ; these antiseptics should, therefore, be used in moderation

Soyer's Recipe for Preserving the Gravy in Salt Meat, when it is to be served cold. Fill 2 tubs with cold water, into which throw a few pounds of rough ice ; when the meat is done, put it into one of the tubs of ice-water, let it remain 1 minute, then take it out, and put it into the other tub. Fill the first tub again with water, and continue this process for about 20 minutes ; then set it upon a dish, and let it remain until quite cold. When cut, the fat will be as white as possible, and the whole of the gravy will have been saved. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

852.—BEEF FILLETS, MIGNONS, NOISETTES, TOURNEDOS and GRENADINES.

A fillet of beef is the undercut of a sirloin, and its weight varies from 7 lb. to 11 lb. Only a part of it can be cut into the small round pieces known respectively as fillets, mignons, noisettes, tournedos and grenadines. As a rule mignons are cut rather thin and small, and tournedos sometimes slightly oval, but otherwise the varieties enumerated are identical except in name, and any directions given for dressing one variety is applicable to all. In the Metropolis the usual charge for fillet of beef is 1s. 2d. per lb. As nearly the whole of it can be utilized, when sliced for grilling, it is almost as economical as many lower-priced joints which contain a large amount of bone; but only a part of it can be used for fillets, and they are therefore expensive. The lean parts, which are too small to cut into fillets, may be made into a pie, pudding, sausages, or "Filets de Bœuf Viennoise," No. 882; it would be a waste of material to put meat of such good quality into the stock-pot. The fillets should always be cut across the grain of the meat, they are usually from 2 inches to 2½ inches across, and ½ an inch to ¾ of an inch in thickness.

853.—BEEF FRIZZLED.

Ingredients.—Slices of cold meat, fat of beef, cold potatoes, 1 finely chopped onion, salt and pepper.

Method.—Cook some pieces of fat very slowly until as much liquid fat as is required is obtained, then strain and return to the frying-pan. Make quite hot, put in the meat, fry quickly until lightly browned on both sides, then remove and keep hot. Put in the onion, fry until nicely-browned, then add the potatoes, and season carefully with salt and pepper. Press them well down in the pan, fry until well browned, then turn and fry the other side. Arrange on a hot dish, place the meat on the top, and serve with a little gravy.

Time.—About 25 minutes.

854.—BEEF GOBBETS.

Ingredients.—1½ lb. of lean tender beef, 2 tablespoonfuls of rice, 1 small carrot shredded, ½ a small turnip shredded, 1 strip of celery shredded, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, 1 blade of mace, sippets of hot buttered toast.

Method.—Cut the meat into small dice, put into a stewpan with just sufficient hot water to cover, and simmer very gently for 40 minutes. Wash and drain the rice, and now add it, with the carrot, turnip and celery, to the contents of the stewpan. Tie the bouquet-garni, peppercorns, cloves and mace in muslin, place in the stewpan, add boiling water to barely cover the whole, and salt to taste. Continue to cook slowly for 40 minutes longer, adding more water if necessary. Remove the muslin and its contents, and serve the gobbets on the sippets of toast, which must be previously arranged on a hot dish.

Time.—About 1 hour 20 minutes, to stew the beef. **Average Cost,** 1s. 9d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

855.—BEEF GOBBETS. (Another Way.)

Ingredients.—1 lb. of lean tender beef, 1½ ozs. of butter, 1 shallot finely-chopped, ½ a teaspoonful of finely-chopped parsley, 1 dessertspoonful of mushroom ketchup, walnut liquor or some sharp sauce, breadcrumbs, ¼ of a teaspoonful of finely-grated lemon-rind, nutmeg, salt and pepper.

Method.—Cut the meat into small dice, and sprinkle rather liberally with grated nutmeg, lemon-rind, salt and pepper. Heat the butter in a stewpan, fry the meat until lightly browned, then season and sprinkle over the shallot and parsley, and cook a few minutes longer. Cover with gravy, stock or water, stew as gently as possible for 1 hour and add the ketchup. Turn into a buttered baking-dish, cover with breadcrumbs highly seasoned with salt and pepper, and add a few bits of butter. Bake in a moderate oven until nicely browned, and serve in the dish with some suitable sauce.

Time.—About 1½ hours. **Average Cost,** 1s. 4d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

856.—BRISKET OF BEEF. (*Fr.*—Poitrine de Bœuf à la Flamande.)

Ingredients.—6 lb. of brisket of beef, slices of bacon, 2 carrots, 1 onion, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, ¼ of a teaspoonful of allspice, 10 peppercorns, salt and pepper, 1 pint of brown sauce, No. 233, stock or water.

Method.—Cover the bottom of a stewpan with slices of bacon, put in the meat, lay slices of bacon on the top of it, and add the bouquet-garni, cloves, mace, allspice, peppercorns and a few vegetable trimmings. Nearly cover with stock or water, cook very gently for 5 or 6 hours, adding more stock or water to replace that which boils away, and taking care to keep the stewpan closely covered. Make the brown sauce as directed, using the stock from the stewpan when none other is available. Cut the vegetable into dice, cook in stock or water until tender, and add them to the sauce. The meat should be glazed, garnished with a little vegetable, and served on a hot dish.

Time.—5 or 6 hours. **Average Cost,** 4s. 6d. **Seasonable** at any time.

857.—BROWN STEW. (*Fr.*—Ragoût brune.)

Ingredients.—1½ lb. of neck of beef, 1½ ozs. of butter or fat. 1½ ozs. of flour, 1 onion sliced, 1 carrot, ½ a turnip, 1 pint of water, 2 tablespoonfuls of vinegar, salt, pepper.

Method.—Cut the meat into pieces convenient for serving, pour over them the vinegar, let them remain for at least 1 hour, turning two or three times, then drain and dry well. Cut some of the carrots into julienne strips, and put aside until wanted. Heat the butter or fat in a stewpan, fry the meat quickly until lightly-browned, then take it out, and put in the onion and the remainder of the carrot and turnip. Fry brown, then sprinkle in the flour, stir and cook until nicely-browned, and add the water. Boil up, stirring meanwhile, simmer gently for 15 minutes, then cool slightly and put in the meat. Season to taste, and cook as slowly as possible for 2½ hours (*see* "Notes on Stewing"). Arrange the meat neatly on a hot dish, strain the sauce over, and garnish with the shredded vegetables, which must be previously cooked until tender in a little stock or water.

Time.—To stew, 2½ hours. **Average Cost,** 1s. 4d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

858.—BUBBLE AND SQUEAK.

Ingredients.—Thin slices of cold roast or boiled beef, cold mashed potatoes, cold greens of any kind, 1 onion shredded, butter or dripping, salt and pepper, vinegar if liked.

Method.—Melt a little butter or fat in a frying-pan, put in the meat, fry quickly until lightly-browned on both sides, then remove and keep hot. Put in the onion, fry until brown, add the potatoes and greens, and season to taste. Stir until thoroughly hot, then add a little vinegar, if liked, and turn on to a hot dish. Place the slices of meat on the top, and serve.

Time.—About 20 minutes.

859.—BEEF BRAISED. (*Fr.*—Bœuf Braisé.)

Ingredients.—4 to 6 lb. of fresh brisket of beef, 2 carrots, 1 turnip, 2 or 3 strips of celery, 1 or 2 leeks, ½ a lb. of button onions, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, salt, stock, a few slices of bacon. For the sauce: 1½ ozs. of butter, 1½ ozs. of flour, stock.

Method.—Turn about a ¼ of a pint each of carrot and turnip with a large-sized, pea-shaped cutter, and put them and the button onions aside. Slice the remainder of the carrot and turnip, the leeks and the celery, and place them in a stewpan just large enough to contain the meat. Lay the meat on the top of the vegetables, cover with slices of bacon, add the bouquet-garni, peppercorns, a little salt, and stock or water to nearly cover the vegetables. Put on a close-fitting lid, and cook as gently as possible for 4 or 5 hours. Meanwhile heat the butter in a smaller stewpan, add the flour, stir and cook slowly until well-browned, and then add the stock, using that from the larger stewpan when none other is available. Stir until boiling. season to taste, boil for at least 10 minutes, then strain and use. The carrot and turnip dice and button onions must be cooked separately in well-flavoured stock until tender, and they may be added to the sauce, or arranged in groups round the dish on which the meat is served.

Time.—From 4 to 5 hours. **Average Cost,** 6s. **Sufficient** for 18 or 20 persons. **Seasonable** at any time.

860.—BEEF, MINCED.

Ingredients.—1 lb. of cold roast beef, 1½ ozs. of flour, 1½ ozs. of butter, 1 onion coarsely-chopped, 1 small carrot, ¼ of a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns.

Method.—Remove the bones, and the brown outside parts of the meat, put them into a stewpan with the herbs, peppercorns and vegetables, cook them slowly for about 2 hours, then strain. Have ready the brown roux (or thickening), made by frying together the flour and butter until brown, add to it the hot stock, stir until it boils, then season to taste, and boil gently for 20 minutes. Chop the meat finely, or cut it into very small dice, put it into the sauce, cover closely, draw the stewpan to the side of the stove, and let it remain for ½ an hour, in order that the flavour of the sauce may be imparted to the meat. Before serving, the mince may be flavoured with mushroom ketchup, walnut liquor, Harvey's or other sauce, but these additions must be determined by individual taste. The mince may be garnished with fried potatoes or croûtons or poached eggs ; if served as a luncheon dish, it may be sent up in a border of mashed potato. For another method of preparing the sauce, *see* " Hashed Beef," No. 826.

Time.—About 1 hour, after the stock is made. **Average Cost,** 3d. exclusive of the meat. **Sufficient** for 3 or 4 persons.

861.—BEEF, POTTED.

Ingredients.—2 lb. of lean beef, 2 ozs. of butter, 1 tablespoonful of water, a few drops of anchovy-essence, a good pinch each of powdered allspice, cloves, and mace, salt and pepper.

Method.—Cut the meat into small pieces, put it into a jar with the water, sprinkle on the cloves, mace, allspice, and a little salt and pepper. Cover with a close-fitting lid and 3 or 4 thicknesses of buttered paper, and place the jar either in a saucepan of boiling water, or in the oven in a baking-tin containing boiling water, which must be replaced as it reduces. Cook gently for about 3 hours, then pound well in a mortar, adding the gravy the meat has yielded, and a few drops of anchovy by degrees. Season to taste, rub through a fine wire sieve, press into pots, and cover with clarified butter.

Time.—To cook, about 3 hours. **Average Cost,** 1s. 10d. **Sufficient** for 4 or 5 small pots.

862.—BEEF, ROAST. (*Fr.*—Boeuf rôti.)

Ingredients.—Beef, beef-dripping.

Method.—*See* notes on "Roasting." The joints usually roasted are the sirloin, ribs, and aitchbones, and sometimes the round. When cooking a large sirloin, it is a good plan to cut off the thin end, and salt, cook, and press it like brisket of beef (*see* p. 845). When the joint to be roasted consists of 1 or 2 ribs of beef off a large animal, it may be made compact and easier to carve by removing the bones, and skewering or tying the meat into a round form. The usual accompaniments to roast beef are gravy and horseradish, or horseradish sauce (*see* No. 198).

863.—BEEF, ROLLED. (*Fr.*—Bœuf Farci, Sauce Piquante.)

Ingredients.—5 lb. of fillet of beef, 2 glasses of port, an equal quantity of vinegar, forcemeat, No. 396, ½ a teaspoonful of pounded allspice, piquante sauce, No. 265, red currant jelly.

Method.—Pour the wine and vinegar over the meat, let the preparation remain for 2 days, basting freqently meanwhile, and turning once at least. Drain well, flatten slightly, cover with forcemeat, roll up tightly, and bind with tape. Place the roll in a baking-dish, add the allspice to the liquor in which the meat was marinaded, and pour the whole into the baking-dish. Cook gently for about 1 hour, basting frequently. Serve with piquante sauce and red currant jelly, or, if preferred, substitute brown sauce or good gravy.

Time.—To cook, about 1 hour. **Average Cost,** fillet of beef from 1s. 1d. to 1s. 2d. per lb. **Sufficient** for 12 or more persons. **Seasonable** at any time.

864.—BULLOCK'S HEART, STUFFED AND BAKED (*Fr.*—Coeur de Bœuf Farci.)

Ingredients.—A bullock's heart, veal forcemeat (*see* Forcemeats), fat for basting, ½ a pint of good stock, red currant jelly.

Method.—Wash the heart in several waters, cut away any cartilage or gristle there may be at the base, remove the lobes and the membrane, separating the cavities inside the heart. Drain and dry the heart thoroughly, make the forcemeat as directed, and put it inside the heart, cover the base with a greased paper to keep in the forcemeat, and tie round securely with tape or twine. Have ready in a deep baking tin 3 or 4 tablespoonfuls of hot fat, put in the heart, baste it well, and repeat the basting frequently during the 3 hours it must be allowed to cook in a moderate oven. Half an hour before serving remove the paper, in order that the base of the heart may brown. Have the stock ready boiling, transfer the heart to a HOT dish, and keep it as HOT AS POSSIBLE. Drain the fat from the tin, sprinkle in a little salt and pepper, pour in the BOILING stock, mix well with the sediment in the tin, bring to the boil, and strain. Serve with red currant jelly, a little gravy poured round the dish, and the remainder in a sauce-boat.

Time.—To cook, 3 hours. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 6 or 7 persons.

865.—BULLOCK'S HEART, BAKED. (Another Method.)

Ingredients.—A bullock's heart, onion stuffing (*see* Forcemeats), fat for basting, brown gravy or brown sauce, apple sauce.

Method.—Proceed as directed in the previous recipe, substituting onion forcemeat for the herb farce.

Time.—About 3 hours. **Average Cost,** from 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons.

866.—CANNELON OF BEEF. (*Fr.*—Cannelon de Bœuf).

Ingredients.—1 lb. of cooked beef finely-chopped, ½ a lb. of cooked or raw ham or bacon finely-chopped, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of finely-grated lemon-rind, a pinch of grated nutmeg, 1 large or 2 small eggs, salt and pepper, gravy.

Method.—Mix the beef, ham or bacon, herbs, lemon-rind, nutmeg, and a good seasoning of salt and pepper well together, and moisten with beaten egg. Form into a short thick roll, enfold in greased paper, and bake in a moderate oven for nearly 1 hour. Remove the paper, place the roll on a hot dish, and pour over and round a little good gravy made from the bones and trimmings of the meat.

Time.—To bake, from 50 to 60 minutes. **Average Cost,** 8d., in addition to the cold beef. **Sufficient** for 6 persons. **Seasonable** at any time.

867.—CANNELONS OF BEEF. (Another Method.)

Ingredients.—½ a lb. of cooked beef finely-chopped, ¾ of an oz. of butter, ½ an oz. of flour, a little gravy or stock, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, salt and pepper, puff paste, 1 egg, vermicelli, frying fat.

Method.—Melt the butter in a stewpan, add the flour, stir and cook, for 3 or 4 minutes, put in a ¼ of a pint of stock, and stir until boiling. Put in the meat, parsley, herbs, and a little salt and pepper, stir over the fire and add as much gravy or stock as is necessary to moisten the whole, but let the mixture be rather stiff. Spread on a plate until cold, then form into cork-shaped pieces, and brush the ends over with beaten egg. Roll the paste out very thinly, and cut it into 2½ inch squares. Enclose a roll of meat in each piece of paste, coat with egg and crushed vermicelli, and fry in a deep pan of hot fat. Drain well, and serve garnished with crisply-fried parsley.

Time.—To fry, about 10 minutes. **Average Cost,** 5d. or 6d., in addition to the meat. **Sufficient**—Allow 2 or 3 to each person. **Seasonable** at any time.

868.—CHATEAU BRIAND STEAK. (*Fr.*—Châteaubriand grillé.)

Ingredients.—A double fillet steak, not less than 1½ inches in thickness, salad-oil or melted butter.

Method.—Beat the fillet a little, trim it, brush over with salad-oil or warmed butter, sprinkle on a little pepper, and let it remain 1 hour before cooking. Grill over a clear fire, and serve with maître d'hôtel butter and potato straws, or with gravy, demi-glace, tomato, or other suitable sauce.

Time.—To cook 12 minutes. **Average Cost,** 1s. 2d. to 1s. 4d. per lb.

869.—CORNED BEEF. (*Fr.*—Bœuf salé.)

Ingredients.—Pickled round of beef,

Method.—The beef may be bought ready pickled, or pickled and, if liked, afterwards smoked according to directions given on pp. 503, 504. Put it into a stewpan with sufficient warm water to cover it (*see* "Notes on Boiling") boil up, and afterwards simmer very gently until done. If required for immediate use, allow it to remain in the water until cold, as this will improve the flavour and render the meat more juicy, but it will not keep fresh quite so long.

Time.—To cook, 8 or 10 lb., about 3½ hours. **Average Cost,** 10d. per lb.

870.—COW HEEL, BOILED.

Ingredients.—1 cow-heel, 1 oz. of butter, 1 oz. of flour, 1 dessertspoonful of finely-chopped parsley, salt and pepper.

Method.—Wash the heel, put it into a saucepan, cover with cold water, and cook gently for 2 or 3 hours. Fry the flour and butter together, but do not let them brown, strain on to them ¾ of a pint of the liquor in which the cow-heel is cooking, stir until boiling, simmer for a few minutes, then add the parsley, and salt and pepper to taste. When sufficiently cooked, remove the bones, arrange the pieces of meat on a hot dish, and pour the sauce over.

Time.—About 3 hours. **Average Cost,** 1s. 3d. **Sufficient** for 4 persons.

871.—COW HEEL, FRIED. (*Fr.*—Pied de Bœuf frit.)

Ingredients.—1 cow-heel, 1 teaspoonful of finely-chopped parsley, the grated rind of ½ a lemon, 1 egg, breadcrumbs, 1 dessertspoonful of flour, ¼ of a teaspoonful of salt, ¼ of a teaspoonful of pepper, frying fat.

Method.—Wash the cow-heel, and simmer it gently in stock or water for about 3 hours, or until the bones can be easily separated from the meat. Remove the bones, press the meat between 2 plates until cold, then cut it into pieces 1½ inches square. Mix the flour, salt and pepper together on a plate; beat the egg, and add to it the parsley and lemon-rind. Dip each piece of meat in the flour mixture, coat thickly with egg, toss in breadcrumbs, and fry until nicely browned in a deep pan of hot fat. Arrange neatly on a folded napkin or dish-paper, garnish with fried parsley, and serve with piquante, tomato, or other suitable sauce.

Time.—3½ hours. **Average Cost,** 1s. 3d. to 1s. 10d. **Sufficient** for 4 persons.

872.—CURRY OF COLD BEEF. (*Fr.*—Rechauffé de Bœuf en Kari.)

Ingredients.—1½ lb. of cold roast beef, 1 pint of stock, 1½ ozs. of butter, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 teaspoonful of curry-paste, 1 sour apple, 2 onions coarsely-chopped, 1 teaspoonful of lemon-juice, salt, 4 ozs. of rice.

Method.—Put the bones and brown outside parts of the meat into a saucepan, cover with cold water, and boil for at least 2 hours, then strain and use. Cut the meat into slices about ½ an inch thick and 1 inch square. Melt the butter in a stewpan, fry the onions for 2 or 3 minutes, then add the curry-powder and flour, and fry gently for 5 minutes. Add the stock, curry-paste, sliced apple, and salt to taste, stir until the sauce boils, and simmer gently for ½ an hour. Now put in the meat, cover closely, draw the stewpan aside to prevent the contents boiling, and let it remain ½ an hour for the meat to become impregnated with the flavour of the sauce. Arrange the meat in a pyramidal form in the centre of a hot dish, season the sauce to taste, add the lemon-juice, and strain over the meat. Serve the rice separately.

Time.—1¼ hours. **Average Cost,** 6d. to 8d., exclusive of the meat. **Sufficient** for 4 or 5 persons.

873.—EXETER STEW.

Ingredients.—2 lb. of lean beef, 1½ pints of water, 1½ ozs. of dripping 1½ ozs. of flour, 2 or 3 onions, 2 tablespoonfuls of vinegar, salt and pepper. For the savoury balls : 4 ozs. of flour, 1½ ozs. of finely-chopped suet, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 teaspoonful of salt, ¼ of a teaspoonful of baking powder, ½ a saltspoonful of pepper.

Method.—Remove all the fat from the meat, cut the meat into 8 or 10 pieces, put them into a stewing-jar with the vinegar, and place the jar in a cool oven. Make the fat hot in a frying-pan, fry the sliced onions and flour until brown, add the water, boil up, and pour it over the meat in the jar. Season, cover closely, and cook gently either in the oven or on the stove for 3 hours. Mix the ingredients for savoury balls together, add water to bind these into a stiff mixture, and separate into 12 balls. About 40 minutes before serving, bring the stew to boiling point ; drop in the balls, and simmer for 40 minutes. To serve : pile the meat in the centre of a hot dish, strain the gravy over and arrange the balls neatly round the base.

Time.—From 3¼ to 3½ hours. **Average Cost,** about 2s. **Sufficient** for 5 or 6 persons.

874.—FILLETS OF BEEF, SMALL, RICHMOND STYLE (*Fr.*—Filets Mignons à la Richmont.)

Ingredients.—2 lb. of fillet of beef, 2 ozs. of butter, 24 preserved mushrooms, 2 truffles, salt and pepper, lemon-juice, Madeira sauce.

Method.—Cut the fillet into 6–7 slices of even size and thickness, trim each neatly, and season with pepper and salt. Melt 1 oz. of butter in a sauté-pan ; when hot, put in the fillets and fry them on one side, then turn them, and cover the fried side with finely-chopped mushrooms, seasoned with a little sauce and lemon-juice. Place the remainder of the butter on top, and cover with a buttered paper. Put the pan in the oven, and cook gently for another 10 minutes. Take up the fillets and range them on a hot dish, place a slice of truffle on the top of each, in the centre of the mushroom purée, pour enough hot Madeira sauce round the base of the dish, and serve hot.

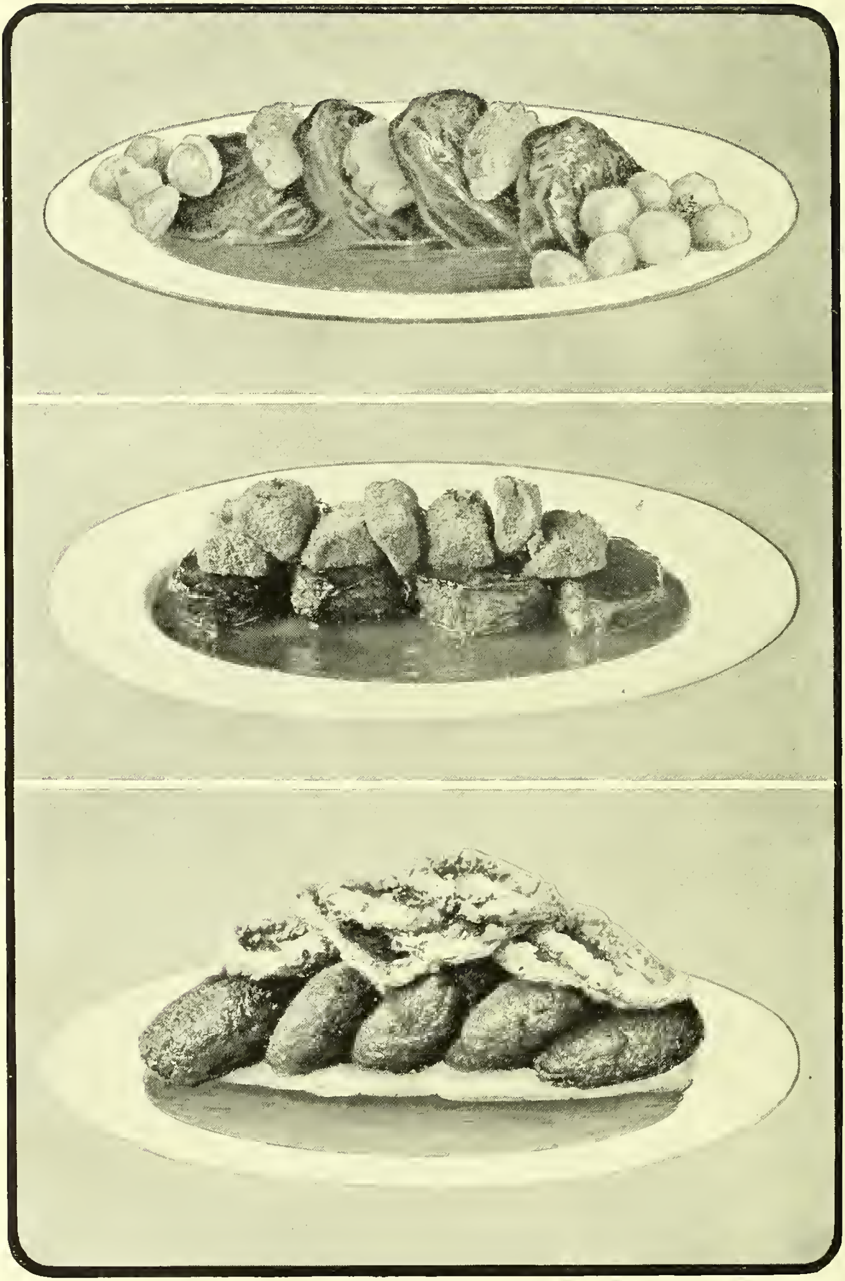
Average Cost, 4s. **Sufficient** for 6 or 7 persons. **Time.**—15 to 30 minutes.

875.—FILLETS OF BEEF, TRIANON STYLE. (*Fr.*— Noisettes de Filets à la Trianon.)

Ingredients.—2 to 2½ lb. of fillet of beef, ¼ of a pint of sherry, 4 table spoonfuls of sour cream, 2 ozs. of butter, fried croûtons, meat glaze.

Method.—Cut the meat into small plump round fillets, put them on a dish and sprinkle with salt and pepper, pour over them the sherry, cover, and let them remain for 2 hours, turning them occasionally. Drain the fillets, and dry them well in a cloth. Heat the butter in a sauté-pan, skim well, then put in the fillets and fry them quickly and lightly, as they should be served rather underdone. Pour off the butter, put into the sauté-pan ½ a gill of sherry used for marinading the fillets, 3 tablespoonfuls of dissolved meat glaze, and reduce to about ⅓ the original quantity. Have ready the bread croûtons corresponding

BEEF ENTRÉES.



1. Fillets of Beef (Parisienne). 2. Fillets of Beef (Pompadour).
3. Fillets of Beef (Viennoise).

in size and number with the fillets, and fry them golden-brown either in hot fat or the butter used for frying the fillets. Brush one side of them over with meat glaze, place a fillet on each, and arrange neatly on a hot dish, pour a little of the reduced sauce round the dish, add the sour cream to the remainder, re-heat quickly, put a tablespoonful on each fillet, and serve.

Average Cost, 5s. **Sufficient** for 7 or 8 persons.

Time.—To marinade, 2 hours. To cook 10 minutes.

876.—FILLETS OF BEEF, À LA POMPADOUR.

(*Fr.*—Filets de Bœuf à la Pompadour.)

Ingredients.—1½ lb. of fillet of beef, ¼ of a pint of Espagnole sauce, 3 ozs. of butter, 2 tomatoes, 1 teaspoonful of lemon-juice, 1 teaspoonful of finely-chopped parsley, pepper and salt, cayenne.

Method.—Cut the beef into rather thick round fillets of equal size, cut the same number of rounds of fat about 1 inch in diameter, also an equal number of slices of tomato. Mix the parsley, lemon-juice, cayenne, and ½ the butter smoothly together, spread the preparation on a plate, and put it aside to become very cold and firm. Cook the rounds of fat, and warm the slices of tomato in the oven. Heat the remainder of the butter in a sauté-pan, and fry the fillets quickly, browning them on both sides. Place a slice of tomato on each fillet, and a round of fat on the tomato. Dish neatly on a bed of mashed potato, either in a circle or in 2 rows, and just before serving place a small pat of the maître d'hôtel butter on each fillet, and pour the Espagnole sauce round the dish.

Time.—About 45 minutes to prepare and cook. **Average Cost,** 2s. 9d. to 3s. **Sufficient** for 6 persons.

877.—FILLETS OF BEEF À LA GARIBALDI.

(*Fr.*—Filets de Bœuf à la Garibaldi.)

Ingredients.—2 lb. of fillet of beef, 2 ozs. of beef marrow, thin slices of ham or bacon, 1 oz. of butter, 1 egg, potato border, macaroni croquettes, tomato or piquante sauce, nutmeg, salt and pepper, 2 large truffles.

Method.—Cut the meat into round fillets 2 inches across and about ¼ of an inch in thickness. Cut half as many slices of truffle, rounds of ham or bacon, and thin rounds of marrow as there are fillets, and blanch the marrow. Pound the lean trimmings of the meat, add the remainder of the marrow, the yolk of the egg, a pinch of nutmeg, a seasoning of salt and pepper, and pass the mixture through a wire sieve. Spread a little of this farce on half the fillets, cover with a slice of marrow, add a little more of the farce, then the truffle, again a little farce, and lastly the rounds of ham or bacon. Spread a little farce on the remaining fillets, lay them on the top of the others, and press lightly together. Cover the surface with a thin layer of farce, brush over with white of egg, and sprinkle liberally with chopped truffle. Melt the butter in a sauté-pan, fry the fillets without turning for a few minutes, then cover with a buttered paper, and finish cooking in the oven. Serve on a border of mashed potato, strain the sauce over, and garnish with nicely-prepared macaroni croquettes.

Time.—To cook, 15 to 20 minutes. **Average Cost,** 4s. 6d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

878.—FILLETS OF BEEF À LA BEAUFFREMONT.
(*Fr.*—Filets de Bœuf à la Beauffremont.)

Ingredients.—2 lb. of fillet of beef, ¼ of a lb. of macaroni, 1 table-spoonful of grated cheese, a few fine strips of truffle, 1 oz. of butter, 1 oz. of meat glaze, stock, ¾ of a pint of tomato sauce, No. 281, ¼ of a pint of Madère Sauce, No. 255, 1 egg, breadcrumbs, salt and pepper.

Method.—Cut the fillet into rounds about ½ an inch thick and 2½ inches in diameter. Season them with salt and pepper, and coat them with egg and breadcrumbs. Blanch the macaroni, drain it well, replace in the stewpan, cover with well-flavoured stock, and boil until tender. Drain and return to the stewpan, stir in the cheese and ½ a pint of tomato sauce, and keep hot until required. Add the Madère Sauce and glaze to the remainder of the tomato sauce, and boil gently until required. Heat the butter in a sauté-pan, put in the fillets, and fry quickly until done. Arrange the fillets in a close circle on a hot dish, place the macaroni in the centre, garnished with shredded truffle, and pour the sauce round.

Time.—To fry the fillets, 6 to 8 minutes. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

879.—FILLETS OF BEEF À LA GENOISE.
(*Fr.*—Filets de Bœuf à la Génoise.)

Ingredients.—2 lb. of fillet of beef, 3 or 4 ozs. of marrow, 1½ ozs. of butter, meat-glaze, ½ a pint of turned potatoes, a little finely-chopped parsley, potato border, ⅔ of a pint of Genoise Sauce, salt and pepper.

Method.—Cut the fillet into ½-inch slices, which afterwards cut into rounds about 2½ inches in diameter, and season them with salt and pepper. Turn the potatoes with a large-sized, pea-shaped cutter, parboil them, and afterwards fry in hot fat until nicely browned, or finish cooking in the oven with a little butter. Cut the marrow into rather thin rounds a fourth the size of the fillets, blanch and broil them, and keep hot until required. Melt the butter in a sauté-pan, fry the fillets quickly until nicely browned on both sides, then brush them over with meat-glaze. Arrange in a close row on a bed of mashed potato, place a round of marrow on each fillet, strain the Genoise Sauce over, garnish with groups of potato, over which sprinkle the parsley, then serve.

Time.—To fry, 6 to 8 minutes. **Average Cost,** 4s. to 4s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

880.—FILLETS OF BEEF A LA ROSSINI. (*Fr.*—Filets de Bœuf à la Rossini.)

Ingredients.—2 lb. of fillet of beef, ½ a lb. of chickens' livers, 2 ozs. of butter, 2 ozs. of foie gras, slices of truffle, 1 finely-chopped shallot, 1 tablespoonful of brown sauce, 1 tablespoonful of salad-oil, meat-glaze, demi-glace sauce, No. 242, salt and pepper, fried croûtes of bread.

Method.—Cut the meat into rounds 2½ inches in diameter and ½ an inch thick. Wash, dry and slice the liver. Melt 1 oz. of butter in a sauté-pan, fry the shallot slightly, add the liver, and toss over the fire for a few minutes. Drain off the butter, pound the liver in a mortar with the foie gras, the brown sauce, and a liberal seasoning of salt and pepper until smooth, then pass through a wire sieve. Heat the remaining oz. of butter and the salad-oil in the sauté-pan, fry the fillets quickly until browned on both sides, then take them up and cover one side of them with the liver farce. Brush over with meat-glaze, place on the prepared croûtes, and make thoroughly hot in the oven. Lay a slice of truffle on the top of each fillet, arrange them neatly on a hot dish, pour the demi-glace sauce round, and serve.

Time.—To fry the fillets, 5 to 8 minutes. **Average Cost,** 5s. to 5s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

881.—FILLETS OF BEEF, LARDED. (*Fr.*—Petits Filets de Bœuf Piqués.)

Ingredients.—2 or 2½ lb. of fillet of beef, larding bacon, 3 ozs. of butter ⅓ of a pint of either Espagnole or demi-glace sauce, 24 button onions, glaze.

Method.—Cut the meat into round, even-sized fillets about ½ an inch in thickness, and lard them on one side in close rows. Heat 2 ozs, of butter in a sauté-pan, put in the fillets, fry the under side for 5 minutes, then transfer the pan to a moderately hot oven, and cook for 10 minutes longer, basting well during the time. In the meantime melt the remaining oz. of butter in a small stewpan, and fry the onions brown, and just before serving mix with them 2 tablespoonfuls of either Espagnole or demi-glace sauce. Brush the fillets over with glaze, arrange them in a circle on a border of mashed potato, serve the onions in the centre, and pour round the sauce.

Time.—About 15 minutes. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

882.—FILLETS OF BEEF, À LA VIENNOISE.
(*Fr.*—Filets de Bœuf, à la Viennoise.)

Ingredients.—1 lb. of lean tender beef, 2½ ozs. of butter, ⅓ of a pint of Espagnole sauce (*see* Sauces), 1 whole egg, 1 white of egg, 2 onions, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, nutmeg, cayenne, salt, pepper and flour.

Method.—Pass the meat twice through the mincing machine, add to it the herbs and parsley, season with salt, pepper, and a pinch of cayenne, and mix with 1 egg. Divide the mixture into 8 pieces, shape them into round fillets, and dredge them lightly with flour. Cut the onion ACROSS into slices, remove and reserve 8 of the large outer rings, and chop the remainder finely. Melt 1 oz. of butter in a stewpan, fry the chopped onions lightly, then add a tablespoonful of Espagnole sauce, season to taste, and simmer for 20 minutes. Melt the remaining 1½ ozs. of butter in a sauté-pan, and fry the fillets. Dip the rings of onion into flour, then into white of egg, again into flour, and fry in deep fat until nicely browned. Dish the fillets with a little of the stewed onion on the centre of each, garnish with the fried rings of onions, and pour round the remainder of the Espagnole sauce.

Time.—About 1 hour. **Average Cost,** 2s. **Sufficient** for 6 persons. **Seasonable** at any time.

883.—FILLET OF BEEF WITH TOMATOES.
(*Fr.*—Filet de Bœuf aux Tomates.)

Ingredients.—3 lb. of fillet of beef, 6 or 8 small tomatoes, 2 ozs. of butter, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 moderate-sized onion (sliced), 1 teaspoonful of flour, ½ a pint of beef stock, salt and pepper.

Method.—Trim and bind or skewer the fillet into a good shape. Heat the butter in a stewpan, put in the fillet, and fry it until the entire surface is well browned, then add the onion, parsley, herbs, and ½ a saltspoonful of pepper, cover closely, and let the meat cook AS SLOWLY AS POSSIBLE for 2 hours, basting frequently. Boil up the stock, mix the flour smoothly with a little cold stock or water, pour on to it the hot stock, return to the saucepan, simmer for 10 minutes, and ½ an hour before serving pour it into the stewpan containing the meat. The tomatoes may be plainly baked or stuffed with either mushrooms or meat farce (*see* stuffed tomatoes). When the meat is cooked, remove the strings or skewers, place it on a hot dish, and garnish with the tomatoes. To the gravy add seasoning to taste, deepen the colour by adding a few drops of caramel browning, Lemco, or a piece of meat glaze, and strain into a sauceboat.

Time.—2½ hours. **Average Cost,** 4s. 6d. **Sufficient** for 8 or 10 persons. **Seasonable** at any time.

884.—FILLET OF BEEF, LARDED. (*Fr.*—Filet de Bœuf Piqué.)

Ingredients.—3 lb. of fillet of beef cut in 1 piece, larding bacon, ½ a pint of stock, ½ a pint of brown sauce, 2 ozs. of butter, 2 onions, 1 large carrot, 1 small turnip, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, glaze.

Method.—Skewer the fillet into a good shape, and lard it in close rows with strips of bacon about 2 inches in length. Put the butter, sliced vegetables, herbs, and peppercorns into a stewpan, place the fillet on the top of them, and fry for ½ an hour, then add stock to nearly cover the vegetables, and replenish as it becomes reduced. Cover the fillet with a buttered paper, put on the lid, and cook slowly for about 2 hours, basting frequently. When cooked, brush over with glaze, and put it into the oven for a few minutes for the bacon to crisp. Strain the liquor from the stewpan, add to it the brown sauce, boil up, and serve in a sauce-boat. Garnish with tomatoes, mushrooms, olives, or fancifully-cut turnip and carrot.

Time.—2½ hours. **Average Cost,** 4s. 6d. to 5s. 6d. **Sufficient,** 3 lb. for 6 or 7 persons. **Seasonable** at any time.

885.—ROAST FILLET OF BEEF. (*Fr.*—Filet de Bœuf rôti.)

Ingredients.—4 lb. of fillet of beef, ⅓ of a pint of beef gravy, or demi-glace sauce, horseradish sauce. For the marinade : 3 tablespoonfuls of salad-oil, 1 tablespoonful of lemon-juice, 1 teaspoonful of chopped onion, 1 teaspoonful of chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of pepper, a pinch of ground cloves.

Method.—Tie the meat into a good shape, place it on a dish, pour over the marinade, and let it remain in it for 3 hours, turning and basting frequently. Have ready a sheet of stout, well-greased paper, drain away half the liquid part of the marinade, fold the remainder and the meat in the paper, and fasten the ends securely. Roast or bake for 1½ hours, basting frequently with butter or dripping. Half an hour before serving remove the paper, and when the meat is nicely browned brush it over with meat glaze and place it on a hot dish. The demi-glace sauce may be poured round the dish or served separately, the horseradish sauce being served in a sauce-boat.

Time.—1½ hours to cook. **Average Cost,** 6s. **Sufficient,** 4 lb. for 8 or 9 persons.

MEMORANDA.—The proper management of the fire is of first importance in roasting. To insure a satisfactory result, it is essential to maintain a radiant fire during the operation. If the article to be dressed is thin and delicate a small fire is sufficient, but if the joint be large the fire should fill the grate. Meat must never be put down in front of a fire which has become hollow or exhausted. If, on the other hand, the heat of the fire become too fierce, the meat must be removed to a considerable distance until the temperature has somewhat abated. Some cooks always fail in their roasts, although they succeed in nearly everything else, owing to their disregard of the rule which should govern roasting. A French chef declared that anybody can learn how to cook, but that one must be born a "roaster." Beef or mutton are not sufficiently roasted until they have acquired throughout the whole mass a temperature of 158° F., but poultry is well cooked when the inner parts have attained a temperature of 130° to 140° F.

886.—FRICASSEÉ OF TRIPE. (*Fr.*—Fricasseé de Tripe.)

Ingredients.—1½ lb. of dressed tripe, 2 Spanish onions cut into dice, ½ a teaspoonful of finely-chopped parsley, 1 oz. of butter, 1 oz. of flour, salt and pepper, milk.

Method.—Wash and dry the tripe, cut it into pieces about 2½ inches square, place them in a stewpan, and cover with equal parts of milk and water. Add a little salt and pepper, and when boiling, put in the onions and parsley, and simmer gently. Knead the butter and flour smoothly together, and add it, in small pieces, to the contents of the stewpan when they have cooked 1 hour. Stir until the flour becomes smoothly mixed with the milk, continue cooking for about ¾ of an hour longer, then season to taste, and serve.

Time.—About 2 hours. **Average Cost,** 1s. 5d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

887.—HOT POT.

Ingredients.—2 lb. of lean beef, 2 or 3 lb. of potatoes, ½ lb. of onions, salt and pepper.

Method.—Remove the fat from the meat, and cut it into 8 or 10 pieces, cut the onions into very thin slices, and divide each potato across into 3 or 4 pieces. Put a layer of potato at the bottom of an earthenware dish, then a layer of meat, add a few slices of onion, and season well with salt and pepper. Continue until all the material is used, potato forming the top layer. Fill the dish 3 parts full with cold water, adding more later if the hot pot appears at all dry. Cover with a greased paper, and bake slowly for 2 hours. Serve in the dish in which it is cooked.

Time.—2 hours to bake. **Average Cost,** 1s. 10d. **Sufficient** for 7 or 8 persons.

888.—HUNTER'S BEEF. (*Fr.*—Bœuf à la Chasseur.)

Ingredients.—For a round of beef weighing about 24 lb., allow 3 ozs. of saltpetre, 3 ozs. of coarse sugar, 1 oz. of cloves, 1 grated nutmeg, ½ an oz. of allspice, 1 lb. of salt, ½ a lb. of bay-salt.

Method.—Let the beef hang for 2 or 3 days, and remove the bone. Pound the spices, salt, etc., in the above proportions, and let them be reduced to the finest powder. Put the beef into an earthenware pan, rub all the ingredients well into it, and turn and rub it every day for a little over a fortnight. When it has been sufficiently long in pickle, wash the meat, bind it up securely with string, and place it in a pan with ½ a pint of water at the bottom. Mince some suet, cover the top of the meat with it, and over the pan put a common crust of flour and water ; bake for 6 hours, and when cold, remove the paste. The gravy that flows from it should be saved, as it adds greatly to the flavour of hashes, stews, etc. The beef may be glazed and garnished with aspic jelly.

Time.—6 hours. **Average Cost,** from 16s. 6d. to 17s. 6d. **Seasonable** all the year.

Note.—In salting or pickling beef or pork for family consumption, when it is not to be kept for a great length of time, a smaller quantity of salt, and a larger quantity of other matters more adapted to retain mellowness in meat, may be employed. Sugar, which is well known to possess antiseptic principles in a very great degree, without the pungency and astringency of salt, is, very generally used in the preserving of meat for family consumption. Although it acts without hardening or contracting the fibres of meat, as is the case with salt, and, therefore, does not impair its mellowness, yet its use in sufficient quantities for preserving effect without the addition of other antiseptics, would impart a flavour not agreeable to the taste of many persons. It may be used, however, with salt, in a proportion of 1 part by weight to 4, to impart mildness and mellowness to cured meat.

889.—KIDNEY, STEWED. (*Fr.*—Ragoût de Rôgnon.)

Ingredients.—1 lb. of ox kidney, 1 pint of water, 1 oz. of beef dripping, 1 oz. of butter, 1½ ozs. of flour, 1 finely-chopped small onion, salt and pepper, flour.

Method.—Cut the kidney into slices about ¼ inch thick, and remove the core. Make the dripping hot in a stewpan, season a tablespoonful of flour with ½ a teaspoonful of salt, and a ¼ of a teaspoonful of pepper, dip the slices of kidney in the mixture, and fry them in the hot fat until browned on both sides, and at the same time fry the onion. Drain away the fat, add 1 pint of nearly boiling stock or water, a little salt and pepper, cover closely, and simmer very slowly for 1 hour. Knead the butter and flour smoothly together, add it in small portions to the contents of the stewpan, cook for 20 minutes longer, or until the kidney is perfectly tender. Arrange the slices of kidney neatly on a hot dish, season the sauce to taste, and strain it over. When intended for luncheon the kidney may be served within a border of mashed potato, and the dish garnished with small cooked tomatoes. For breakfast it may be varied by the addition of small rolls of fried bacon, poached eggs, or sippets of either toasted or fried bread.

Time.—About 1½ hours. **Average Cost,** 1s. 2d. **Sufficient** for about 4 persons.

890—KIDNEY, FRIED. (Rôgnon frit de Bœuf.)

Ingredients.—1 lb. of ox kidney, 2 ozs. of butter, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt, cayenne, flour.

Method.—Cut the kidney into slices about ¼ of an inch thick, and remove the core. Make the butter hot in a sauté-pan, mix 1 tablespoonful of flour, ½ a teaspoonful of salt, and ¼ of a teaspoonful of pepper together on a plate, dip the slices of kidney in the mixture, and fry them gently in the butter for about 20 minutes, turning them 2 or 3 times, and keeping the sauté-pan covered. Have ready a very hot dish, arrange the kidney neatly in 2 rows ; add the lemon-juice, parsley and a pinch of cayenne to the butter in the sauté-pan, and pour over the kidney. Serve as hot as possible.

Time.—From 30 to 35 minutes, to prepare and cook. **Average Cost,** 1s. 3d. **Sufficient** for 4 or 5 persons.

891.—KIDNEY WITH ITALIAN SAUCE. (*Fr.*—Rôgnon de Bœuf à l'Italienne.)

Ingredients.—1 lb. of ox-kidney, 1 pint of water, 2 ozs. of beef dripping, 1½ ozs. of butter, 1½ ozs. of flour, 6 preserved mushrooms, 1 finely-chopped small onion, ½ a glass of sherry, salt and pepper.

Method.—Cut the kidney into slices nearly ½ an inch thick, and remove the core. Make the dripping moderately hot in a sauté-pan, season 1 tablespoonful of flour with ½ a teaspoonful of salt, and a ¼ of a teaspoonful of pepper, dip the slices of kidney in the mixture and fry them for about 20 minutes very slowly in the moderately hot fat; fry the onion at the same time, and keep the sauté-pan covered. In another pan fry the butter and flour together until a nut-brown roux, or thickening, is formed, then add the stock or water, stir until it boils, and simmer for at least 20 minutes. Remove the slices of kidney, and drain carefully from fat ; add them, together with the sliced mushrooms and sherry, to the sauce, and, when hot, season to taste, and serve.

Time.—About 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons.

892.—LEG OF BEEF STEW.

Ingredients.—1 lb. of leg or shin of beef, ¾ of a pint of water, 2 tablespoonfuls of vinegar, 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), pepper and salt.

Method.—Cut the meat into 5 or 6 pieces, put them in a dish, pour the vinegar over, and let them remain at least 1 hour, turning them 2 or 3 times. When ready, put the pieces with the vinegar into a jar with a close-fitting lid, add a good seasoning of salt and pepper, the herbs, and the vegetables cut into thick slices. Put on the lid, cover with 2 or 3 thicknesses of greased paper, stand the jar either in a cool oven or in a saucepan of boiling water, and simmer slowly for 3 hours. When done, remove the bouquet-garni, and serve the stew in a hot dish with its gravy.

Time.—3 hours to stew. **Average Cost,** 9d. or 10d. **Sufficient** for 3 or 4 persons.

893.—LIVER AND BACON. (*Fr.*—Foie de Bœuf a l'Anglaise.)

Ingredients.—2 lb. of liver, ½ lb. of bacon, 1 tablespoonful of flour, salt and pepper.

Method.—Rinse the liver in cold water, put it into a basin, cover with BOILING water, let it remain immersed for about 15 minutes, then drain, dry, and cut it into slices about ⅓ of an inch in thickness. Also cut the bacon into very thin slices. Add a good seasoning of salt and pepper to the tablespoonful of flour, and dip the liver in the mixture. Heat the frying-pan, put in the bacon, fry slowly, remove to a HOT dish, and keep hot until wanted. Fry the liver in the bacon fat until nicely browned on both sides, then remove and keep hot. Sprinkle the flour on the bottom of the pan, stir and fry until brown, add about ½ a pint of warm water, stir until boiling, and season to taste. Arrange the pieces of liver in a close circle, strain the sauce over, place the slices of bacon on the top, and serve.

Time.—35 to 40 minutes. **Average Cost,** 1s. 10d. **Sufficient** for 6 persons.

894.—LIVER, SAVOURY. (*Fr.*—Foie de Bœuf à la Française.)

Ingredients.—1½ lb. of liver, as many thin slices of bacon as there are slices of liver, veal-forcemeat (*see* Forcemeats), 1 tablespoonful of flour, salt and pepper.

Method.—Prepare and slice the liver as directed in the preceding recipe. Spread each slice with a thin layer of forcemeat, and cover with bacon. Lay them on the bottom of a large baking-tin, surround to about ½ the depth of the liver with boiling water, cover with a buttered paper, and bake slowly for about ½ an hour. Arrange the liver in a close circle on a hot dish, and keep it hot. Mix the flour smoothly with a little cold water, add ¼ of a pint of boiling water, pour into the tin, boil up, season, and strain round the liver.

Time.—½ an hour. **Average Cost,** 1s. 8d. **Sufficient** for 5 or 6 persons.

MARROW BONES.—Bone is composed of a close, hard material, and a softer reticulated substance called spongy or cancellous tissue. All bone is more or less porous, the difference between the hard and the spongy portions being one of degree only, as may be seen when it is viewed under the lens of a microscope. The surface of bones is the densest portion, the inner parts are more cellular, and are filled with a fatty tissue, called *medulla*, or marrow, the vascular connective tissue interspersed with fat-cells, which support the fine blood vessels forming the centre of nourishment for the inner surface of the bones. The rigidity of bones is due chiefly to the presence of phosphate of lime, and carbonate of lime, which constitute about two-thirds of the substance of bone. The remaining one-third consists of animal matter, chiefly gelatine. Hollow cylindrical bones possess the qualities of strength and lightness in a remarkable degree, thus adapting them for their special function in animal life. Bones also possess a certain degree of elasticity as, for example, those of the ribs.

895.—MARROW BONES.

Ingredients.—Marrow bones, flour, dry toast.

Method.—Saw the bones into short lengths, cover the ends with a paste made of flour and water, tie them in a floured cloth, and boil from 1¾ to 2 hours. Remove the cloth and crust, set the bones upright on a dish covered with a hot napkin, and serve with dry toast.

Time.—To boil, 1¾ to 2 hours. **Average Cost,** 9d. to 1s.

896.—MARROW TOAST.

Ingredients.—Marrow bones, flour, salt and pepper, dry toast.

Method.—Prepare the bones as directed in the preceding recipe, and, when cooked, scoop out the marrow. Season to taste, spread on hot toast, and serve as hot as possible.

Time.—To boil, 1¾ to 2 hours. **Average Cost,** 9d. to 1s.

897.—MIGNONS OF BEEF, PARMENTIER STYLE.
(*Fr.*—Mignon de Bœuf à la Parmentier.)

Ingredients.—3 lb. of fillet of beef, butter for frying, crisply-fried potato straws, gravy or sauce.

Method.—Cut the fillet into rather thick neat round fillets, and season them with salt and pepper. Peel the potatoes and cut them into dice shapes, then fry and drain them well, sprinkle with a little salt and pepper, and keep them hot. Heat about 1 oz. of butter in a sauté-pan, fry the mignons quickly, turning them 2 or 3 times during the process, and drain. Arrange them in a close row down the centre of a hot dish, pile the potato straws lightly on either side of the mignons, and serve with a little good gravy or sauce.

Time.—To fry, 6 or 7 minutes. **Average Cost,** 4s. to 4s. 6d. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

898.—MIGNONS OF BEEF, MILANAISE STYLE.
(*Fr.*—Mignons de Bœuf à la Milanaise.)

Ingredients.—3 lb. of fillet of beef, butter for frying, ½ a pint of brown sauce, No. 233, 4 ozs. of macaroni, boiled and cut into ½-inch lengths, 1 tablespoonful of shredded ham or tongue, 1 shallot finely-chopped, ½ a clove of garlic bruised, ½ a tablespoonful of shredded champignons, 1 dessertspoonful of Parmesan cheese, salt and pepper.

Method.—Cut the meat into small round fillets, and trim them neatly. Heat a little butter in a sauté-pan, fry the mignons quickly for 6 minutes, turning them once, and keep them hot. Drain away any excess of butter there may be, put in the ham or tongue, shallot, garlic, champignons, and a little salt and pepper, toss over the fire for a few minutes, then add the brown sauce. Stir until boiling, add the macaroni, simmer gently for 10 minutes, then stir in the cheese. Meanwhile place the mignons separately in small casseroles, cover with sauce, put on the lids, and cook gently on the stove or in a moderate oven for about 20 minutes. Serve in the casseroles.

Time.—About 1 hour. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 8 to 9 persons. **Seasonable** at any time.

899.—MIGNONS OF BEEF, BOURGEOISE STYLE.

(*Fr.*—Mignons de Bœuf à la Bourgeoise.)

Ingredients.—3 lb. of fillet of beef, ⅓ of a pint of brown sauce, 2 tablespoonfuls of tomato purée, 36 very small button onions, an equal quantity of turned carrot and turnip, butter for frying, stock, salt and pepper.

Method.—Turn the carrot and turnip with a large-sized, pea-shaped cutter, and cook them and the onions separately in strong stock until about half done. Have the brown sauce ready in a stewpan, add the tomato purée, boil up, season to taste, and pass through a tammy-cloth or fine strainer. Fry the mignons for 6 minutes in hot butter, place them in one large casserole or separately in small ones. Cover with vegetables, add the sauce, and cook gently on the stove or in the oven for about 20 minutes. When casseroles are not available, drain the butter from the mignons when cooked, add the sauce and vegetables, cover the sauté-pan, and finish cooking on the stove or in the oven. In the latter case, the mignons must be neatly arranged on a dish, the sauce strained over them, and the vegetables placed in groups round the base.

Time.—To cook the fillets, about 25 minutes. **Average Cost,** 5s. **Sufficient** for 8 persons. **Seasonable** at any time.

900.—MINCED COLLOPS.

Ingredients.—1 lb. of rump steak, 1½ ozs. of butter, 1 small onion or 2 shallots finely-chopped, a bouquet-garni (parsley, thyme, bay-leaf), 1 tablespoonful of mushroom ketchup or walnut liquor (lemon-juice or vinegar may be substituted), 1 tablespoonful of flour, ¼ of a pint of stock or water, salt and pepper, toast.

Method.—Mince the meat very finely by hand. Heat the butter in a sauté-pan or frying-pan, fry the onion until lightly browned, then add the flour and fry a little; next put in the meat, and stir over the fire for a few minutes. Add the stock or water, bouquet-garni, and mushroom-ketchup, and season to taste with salt and pepper. Cook very slowly for 15 minutes, then serve garnished with sippets of toasted bread.

Time.—To cook, altogether about 25 minutes. **Average Cost,** 1s. 6d. **Sufficient** for about 3 persons. **Seasonable** at any time.

901.—MINIATURE ROUND OF BEEF.

Ingredients.—1 large rib of beef, peppercorns. For the brine: 1 gallon of soft water, 3 lb. of coarse salt, 6 ozs. of brown sugar, ½ an oz. of saltpetre. For garnish: carrots, turnips, onions.

Method.—Boil the water, salt, sugar and saltpetre together for ½ an hour, skimming when necessary, and put the mixture aside until cold. Bone the meat, rub it well with salt, roll up lightly, and bind with string. Place it in the brine when cold, let it remain for 6 days, turning it daily, then drain well. Have ready a stewpan of water nearly boiling, put in the meat with 12 peppercorns, bring to the boil, cook rapidly for 15 minutes, and afterwards simmer gently until done (*see* "Notes on Boiling," p. 430). Cut the vegetable into dice, and add trimmings of the same to the contents of the stewpan. Serve garnished with dice of vegetables, which should be boiled separately.

Time.—From 2½ to 3 hours. **Average Cost,** 9d. to 10d. per lb. **Seasonable** at any time.

902.—MIROTON OF BEEF. (*Fr.*—Miroton de Bœuf.)

Ingredients.—1 lb. of cold roast beef cut into thin slices, 1 pint of good brown sauce (*see* Hashed Beef, No. 826, 2 Spanish onions, 1 teaspoonful of vinegar, 1½ ozs. of butter, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, browned breadcrumbs.

Method.—Make the brown sauce from the bones and trimmings of the meat. Chop the onions coarsely, and fry them together with the bouquet-garni in the hot butter until nicely browned, then add the brown sauce, and vinegar, and season to taste. Simmer gently for ½ an hour, stirring and skimming occasionally, then pass the sauce through a tammy-cloth or fine hair sieve. Cover the bottom of the dish in which the miroton is to be served with brown sauce, on the top place the slices of meat in neat layers, cover with sauce, and sprinkle with the browned breadcrumbs. Stand the dish in a baking-tin containing boiling water, and put it in a moderate oven for about 15 minutes. The miroton may be garnished with croûtons of fried bread, or groups of cooked sprays of cauliflower, peas, haricots verts, or julienne strips of turnip and carrot.

Time.—About 1 hour, after the brown sauce is made. **Average Cost,** 6d., exclusive of the meat. **Sufficient** for 3 or 4 persons.

903.—MOULDED MINCEMEAT. (*See* Beef Cake.)

904. NOISETTES OF BEEF WITH PARSLEY BUTTER. (*Fr.* Noisettes de Bœuf à la Mâitre d'Hôtel.)

Ingredients.—2 lb. of fillet of beef, salad-oil or oiled butter, 1 oz. of fresh butter, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, cayenne, salt and pepper, fried potato ribbons.

Method.—Knead the butter, parsley, lemon-juice, and a little cayenne well together, form into a flat cake, and keep on ice until firm. Cut the meat into round fillets, trim neatly, brush over with salad-oil or oiled butter, and grill over a clear fire. Turn them two or three times during the process, and each time brush the fillets over with oil, and sprinkle lightly with salt and pepper. Place them in a nearly upright position down the centre of a hot dish, put a small pat of the prepared butter on the top of each fillet, garnish with crisply-fried potato ribbons, and serve very hot.

Time.—To grill, 8 to 10 minutes. **Average Cost,** 3s. 3d. **Sufficient** for about 6 or 7 persons. **Seasonable** at any time.

905.—NOISETTES OF BEEF WITH MUSHROOMS. (*Fr.*—Noisettes de Bœuf aux Champignons.)

Ingredients.—2 lb. of fillet of beef, 2 fresh mushrooms, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, 2 ozs. of butter, ⅓ of a pint of brown sauce (No. 250), salt and pepper.

Method.—Cut the meat into fillets of even size, not less than ½ an inch in thickness, and as round as possible, chop the mushrooms finely, add to them the shallot, parsley, and a little salt and pepper, and mix well together. Place a little of the mixture, in the form of a round pat, in the centre of each fillet. Heat the butter in a sauté-pan, put in the fillets THE FARCED SIDE DOWN, fry quickly, then turn and fry the other side rather more slowly. To serve, arrange the noisettes in 2 rows on a bed of mashed potato (spinach may be used instead), and pour the hot sauce round.

Time.—About 10 minutes. **Average Cost,** 4s. **Sufficient** for 6 or 7 persons.

906.—OX-CHEEK, STEWED. (*Fr.*—Tête de Bœuf en ragoût.)

Ingredients.—1 ox-cheek, 2 ozs. of butter, 2 ozs. of flour, 2 onions 2 small carrots, 1 turnip, 2 strips of celery, a bouquet-garni (parsley thyme, bay-leaf), 12 peppercorns, 2 cloves, a glass of sherry, if liked 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Wash the cheek in several waters, remove the splintered bones, if any, and soak for at least 12 hours in salt and water, changing the water 2 or 3 times. When sufficiently soaked, wash it well in warm water, put into a boiling-pot, cover with cold water, bring to the boil, and skim well. Now add the vegetables cut into thick slices, peppercorns, cloves, bouquet-garni, and a heaped teaspoonful of salt, and cook slowly for about 4 hours, or until the bones may be easily removed. Have ready the brown roux (or thickening), made by frying the butter and flour together until they acquire a nut-brown colour, strain on to it rather more than 1 pint of liquor from the boiling pan, stir until it boils, and simmer for at least 10 minutes. In the meantime bone the cheek, and cut it into pieces convenient for serving. Add the sherry and lemon-juice to the sauce, season to taste, put in the slices of cheek, and, when hot, serve. The dish may be garnished with dice or julienne strips of turnip and carrot cooked separately. The liquor in which the cheek has been cooked makes excellent soup.

Time.—To cook, 4½ to 5 hours. **Average Cost,** 2s. 6d. **Sufficient** for 7 or 8 persons.

907.—OX-CHEEK MOULD. (*Fr.*—Tête de Bœuf en gelée.)

Ingredients.—Cooked ox-cheek. To 1 lb. allow ¼ of a lb. of cooked tongue, ham or bacon, 3 hard-boiled eggs, 1 teaspoonful of finely-chopped parsley, the grated rind of ½ a lemon, ¼ of a teaspoonful of powdered mixed herbs, ½ a pint of liquor in which the cheek was cooked, 3 or 4 sheets of gelatine, salt and pepper.

Method.—Cut the cheek and tongue or ham into small pieces, cut the eggs into slices or sections, and arrange some of them in a pattern on the bottom, and round the sides of a plain mould or basin. Mix the parsley, lemon-rind, herbs, salt and pepper together. Cover the bottom of the decorated mould with a thick layer of ox-cheek, on the top of it place a thin layer of bacon, add a few slices of egg, and sprinkle well with the flavouring mixture. Repeat until the mould is full, pour in a little warm stock in which the gelatine has previously been dissolved, cover with a greased paper, stand in a tin containing water, and bake for 1¼ hours in a moderate oven. Pour in the remainder of the stock, and when cold turn out and garnish with parsley.

Time.—To cook, from 1 to 1½ hours. **Average Cost,** 8d., exclusive of the ox-cheek.

908.—OX-CHEEK, STUFFED. (*Fr.*—Tête de bœuf farci.)

Ingredients.—1 ox-cheek, veal forcemeat (*see* Forcemeats), 2 ozs. of butter, 2 ozs. of flour, 2 onions, 2 small carrots, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, salt and pepper, 1 egg, browned breadcrumbs.

Method.—Prepare and cook the cheek as directed in recipe for "Ox Cheek, Stewed." As soon as the bones can be easily separated from the meat, take the cheek out of the boiling-pot, remove the bones, flatten the cheek on the table, season it well with salt and pepper, spread on the forcemeat, roll up tightly and bind securely with string

Coat the rolled cheek thickly with egg and browned bread crumbs, and bake in a moderate oven for 1½ hours, basting frequently with hot fat. Fry the butter and flour together until a brown roux (or thickening) is formed, strain on to it 1 pint of liquor from the boiling pot, stir until boiling, simmer for about ½ an hour, then season to taste, and when ready to serve strain it into a sauce-boat. If liked, the dish may be garnished with small rolls of fried bacon and slices of lemon.

Time.—From 4 to 4½ hours. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 7 or 8 persons.

909.—OX LIVER ROASTED. (*Fr.*—Foie de Bœuf.)

Ingredients .—2 lb. of liver, ¼ of a lb. of fat bacon, salt and pepper, flour.

Method.—Wash and dry the liver, place it in a deep baking-dish, surround it to ½ its depth with hot water, and cover with slices of bacon. Bake gently for 1½ hours, basting well, and dredging frequently with flour highly seasoned with salt and pepper, during the process. (The bacon may be cut into dice and served as a garnish, in which case it must be kept covered with two or three thicknesses of greased paper while cooking, otherwise it will become too crisp.)

Time.—1½ hours. **Average Cost,** 1s. 2d. to 1s. 4d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

910.—OX PALATES, STEWED. (*Fr.*—Palais de Bœuf.)

Ingredients.—4 ox-palates, 1½ pints of stock, 1½ ozs. of butter, 1½ ozs. of flour, 1 onion, 1 small carrot, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt.

Method.—Soak the palates for several hours in salt and water, and press them frequently with the fingers to draw out the mucus. Wash well in 2 or 3 waters, then put the palates into a stewpan with cold water to completely cover them, heat gradually, and, before the water boils, drain, and scrape off the rough skin which covers one side, leaving them white and clear. If the water is allowed to boil this skin is removed with great difficulty. Replace the palates in the stewpan, add the stock, herbs, peppercorns, sliced vegetables, and salt, and simmer gently for 4 hours. Press between 2 dishes until cold, then cut into 2-inch squares. Fry the butter and flour in a stewpan until a brown roux is formed, strain on to it the stock in which the palates were cooked (if reduced to less than ¾ of a pint, add more to make up this quantity), put in the pieces of palate, and when hot serve, garnished with fancifully-cut vegetables.

Time.—20 minutes after the palates are cooked. **Average Cost,** 2s.

Note.—The palates, after being either braised or stewed until tender, and pressed until cold, may be marinaded (soused in brine), and, after being drained, dipped in butter coated with egg and breadcrumbs and fried, cut into rounds, re-heated, glazed, and dished alternately with slices of cooked tomato, or stuffed with meat farce, and dressed as olives.

911.—OX-TAIL BROILED. (*Fr.*—Queux de Bœuf grillés.)

Ingredients.—2 tails, 1½ pints of stock, 1 egg, breadcrumbs, salt and pepper, piquante sauce or good gravy, oiled butter or salad oil.

Method.—Wash and dry the tails, and divide them at the joints. Put them into a stewpan with the stock, which should be highly-flavoured, otherwise vegetables and herbs must be added. Simmer gently for 2½ hours, then drain and put aside until cold. When ready, coat carefully with egg and breadcrumbs, dip into oiled butter or salad-oil, and broil over a clear fire. Serve with sauce or gravy. Cold remains may be utilized in this manner.

Time.—To stew, 2½ hours; to broil, 10 minutes. **Average Cost,** 1s. 8d. to 2s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

912.—OX-TAIL, STEWED. (*Fr.*—Queux de Bœuf.)

Ingredients.—1 ox-tail, 2 ozs. of butter, 1½ ozs. of flour, 1 pint of stock or water, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1 sliced onion, 1 tablespoonful of lemon-juice, salt and pepper.

Method.—Wash the tail, cut it into pieces about 1½ inches long, and divide the thick parts in half. Make the butter hot in a stewpan, dry the pieces of tail thoroughly, and fry them brown in the butter. Take them out of the stewpan, put in the sliced onion and flour, fry until well browned, then add the stock, bouquet-garni, cloves, mace, salt and pepper, and stir until boiling. Replace the pieces of tail, cover closely, and simmer gently for 2½ to 3 hours. Arrange the pieces of tail on a hot dish, season the sauce to taste, add the lemon-juice, and strain over them. Garnish with croûtons of fried bread, or groups of cooked turnip and carrot, cut either into dice or julienne strips.

Time.—From 2¾ to 3 hours. **Average Cost,** 2s. to 2s. 9d. **Sufficient** for 5 or 6 persons.

The Tails of Animals.—The vertebral column, or backbone of the Mammalia, presents only slight modifications, and everywhere shows the same characteristics as in man, who stands at the head of this division of the animal kingdom. The length of this column, however, varies much, and the number of vertebrae of which it is composed is far from being uniform. These numerical differences principally depend on the unequal development of the caudal appendage, or tail-end, of the column. Thus, the tail-forming vertebrae sometimes do not exist at all—amongst certain bats, for example, in other examples forty, fifty, and even sixty of these bones may be reckoned. Among the greater number of mammals, the tail is of little use for locomotion, except that in many cases it performs the function of a rudder, steadying the animal in his rapid movements, and enabling him to turn more easily and quickly. Among some animals it is a very powerful aid to progression, as in the case of the kangaroos and jerboas, the tail forming, with the hind feet, a kind of tripod from which the animal makes its spring. With most of the American monkeys, the tail is prehensile, and serves the animal as a fifth hand to suspend itself from the branches of trees; and lastly, among the whales, it grows to an enormous size, and becomes the principal agent for swimming.

913.—PICKLED ROUND FOR HANGING. (*Fr.*—Bœuf Mariné.)

Ingredients.—14 or 16 lb. of round of beef. For the brine 1 lb. of coarse salt, ½ a lb. of coarse brown sugar, ½ an oz. of saltpetre.

Method.—Mix the salt, sugar and saltpetre together, and rub the mixture well into the meat. Keep it in an earthenware pan, turn twice a week for 3 weeks, then drain and bind into shape with strong tape. The meat may be at once cooked, or, if preferred, it may be hung in a kitchen, in which a fire is constantly kept, for 3 weeks. Pork, hams and bacon may be similarly treated, but will require double the quantity of brine, and after being hung for 3 weeks they should be either smoke-dried or placed in tubs filled with dry oat-rusks.

Time.—3 weeks in the brine, 3 weeks hung. **Average Cost,** 8d. to 10d. per lb. **Seasonable** at any time.

914.—POTTED OX-TONGUE.

Ingredients.—Cooked ox-tongue. To each lb. allow 3 ozs. of butter, powdered mace, cloves, nutmeg, cayenne.

Method.—Chop the tongue finely, then pound it well in a mortar, gradually adding clarified butter, and the above flavourings until the whole is reduced to a moist smooth paste. Rub through a fine sieve, press into pots, and cover with the remainder of the clarified butter.

The Tongue of Animals.—The tongue in most vertebrate animals is the organ of taste. It is composed of fleshy muscular tissue, and in man is attached by its base to the hyoid bone, but is free at its other extremity. In many fishes the muscular tissue is absent. The tongue of the parrot tribe is fleshy, but in some birds, as the wood-pecker, it serves the purpose of a dart in capturing insects, which it transfixes. The characteristic roughness of the tongue is caused by the presence of *papillae*, or minute spots protruding from the surface of the skin; and these in the carnivora, as the lion, tiger, etc., are large and horny, and act like a rasp in tearing off the flesh from the bones of their prey. A curious solid body is found in the under surface of the tongue of the dog, called the "worm," or "lytta." The top and edges are the most sensitive portions of the tongue, and the sense of touch, as well as that of taste, is highly developed. Three main sets of nerves are situated in the tongue, the gustatory and the lingual nerves, which are connected with the sense of feeling and taste, and the hypo-glossal nerve, which acts upon the motor nerves of the muscles of the tongue. The tongue of the ox somewhat resembles that of the horse, which is sometimes substituted by dishonest dealers for the former. The deception may, however, be detected by observing the spoon-like expansion which characterizes the tongue of the horse.

915.—POTATO PASTY. (*Fr.*—Pâté de Pommes de terre.)

Ingredients.—½ a lb. of paste, ¼ of a lb. of raw lean beef cut into dice, ¼ of a lb. of parboiled potatoes cut into dice, 1 very small onion cooked and finely-chopped, pepper and salt, gravy or water.

Method.—Make the paste as directed, roll it out, keeping it as round as possible. Mix the meat, potato and onion together, season well, and moisten with 2 or 3 tablespoonfuls of gravy or water. Place the meat preparation on one half of the paste, wet the edges, fold the other half over, and join neatly and securely. Prick, and bake in a moderate oven for nearly 1 hour, and serve either hot or cold.

Time.—To bake, from 50 to 60 minutes. **Average Cost,** 8d. or 9d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

916.—PORTERHOUSE STEAK. (*Fr.*—Entrecôte Double.)

Ingredients.—A steak about 1½ inches in thickness, cut from a well-hung sirloin of beef, warm butter or salad-oil.

Method.—Brush the steak over on both sides with salad-oil or warm butter, sprinkle with pepper, and when convenient let it remain for 1 hour before cooking. Grill over a clear fire (*see* Grilling), and serve with maître d hôtel butter, groups of button onions fried in butter and glazed, small stuffed tomatoes, horseradish sauce, or suitable accompaniment.

917.—PYRAMIDS OF BEEF. (*Fr.*—Pyramides de Bœuf.)

Ingredients.—6 ozs. of finely-chopped underdone beef, 1 egg, a little sauce, either brown or white, 1 shallot finely-chopped, 1 tablespoonful of finely-chopped mushrooms, ¾ of an oz. of butter, finely-chopped parsley, salt and pepper, round croûtes of fried or toasted bread, about 2 inches in diameter.

Method.—Melt the butter in a stewpan, fry the shallot and onion until the former is well-browned, then put in the prepared meat, moisten with a little sauce, add the beaten egg, season rather liberally with salt and pepper, and stir over the fire for 10 or 15 minutes. If the mixture becomes too stiff add more sauce; if not stiff enough to be piled high on the croûtes, cook a little longer, in order that the egg may bind more firmly. Have the croûtes ready, pile the mixture upon them, tapering to a point. Sprinkle lightly with parsley, and serve as hot as possible.

Time.—To cook, 10 or 15 minutes. **Average Cost,** 7d. or 8d., in addition to the meat.

918.—RAGOÛT OF BEEF. (*Fr.*—Ragoût de Bœuf.)

Ingredients.—1½ lb. of cold roast beef (preferably underdone), 2 ozs. of butter or fat, 1½ ozs. of flour, 2 onions coarsely-chopped, 1 carrot cut into dice, ½ a turnip cut into dice, 1 pint of stock made from bones and trimmings, salt and pepper.

Method.—Cut the meat into neat slices, put them aside, and boil the bones and trimmings at least 2 hours for stock. Melt the butter in a stewpan, add the onion and trimmings of carrot and turnip, fry until lightly browned, then sprinkle in the flour. Stir and cook slowly until well-browned, put in the stock, season to taste, and stir until boiling. Boil gently for 15 minutes, then cool slightly, put in the meat, cover closely, and cook very gently for 1½ hours, taking care to keep the temperature just below simmering point. Place the slices of meat on a hot dish, strain the sauce over, and garnish with the vegetable dice cooked separately. A tablespoonful of mushroom ketchup, walnut liquor, sharp sauce or vinegar, may be used to give additional flavour to the sauce.

Time.—To stew, 1½ hours. **Average Cost,** 4d., exclusive of the meat. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

919.—ROAST BEEF PUDDING.

Ingredients.—½ a lb. of cold roast beef finely-chopped, 3 ozs. of flour, 1 egg, ½ a pint of milk, ½ a teaspoonful of powdered mixed herbs, salt and pepper, dripping.

Method.—Make the batter as directed for frying batter, season it with salt and pepper, and add the herbs and meat. Melt a little dripping in a piedish or deep baking-tin, put in the preparation, bake until set and nicely browned, then serve.

Time.—To bake, about 40 minutes. **Average Cost,** 3d., in addition to the meat. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

Note.—The beef may also be prepared as for "Beef au Gratin," and instead of using scallop shells, place the meat in a basin lined with suet paste crust, cover with paste, and steam for 2 hours (*see* "Beef Steak Pudding.").

920.—RIBS, ROAST. (*See* Roast Beef.)

921.—SCOTCH COLLOPS.

Ingredients.—1 lb. of lean beefsteak, 1½ ozs. of butter, 1 teaspoonful of flour, ½ a teaspoonful of finely-chopped onion, ¼ of a pint of stock, salt and pepper.

Method.—Cut the meat into very small pieces, but do not chop it. Make the butter hot in a stewpan, fry the onion lightly, stir in the flour and cook a little longer, then add the meat and the stock, and simmer slowly for 40 minutes. Surround the dish with sippets of fried or toasted bread, and serve hot.

Time.—To cook, 1 hour. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 2 or 3 persons.

922.—SIRLOIN, ROAST. (*See* Roast Beef.)

Origin of the Word Sirloin.—The loin of beef is popularly supposed to have received the name of "Sirloin" from the tradition that it was knighted by King Charles II at Friday Hall, Chingford, on the Merry Monarch's return from Epping Forest, when, "hungry as a hunter," he beheld with delight a huge loin of beef smoking upon the table. "A noble joint," cried the king. "By St. George, it shall have a title." Then drawing his sword, he raised it above the meat, and exclaimed with mock dignity, "Loin, we dub thee knight; henceforth be Sir Loin!" Alas for the ingenuity of the inventor of the story, the plain facts of philology are against him, the word *surloyn* being found in Middle English in the fifteenth century, derived from Old French, *surlonge*, fourteenth century, *sur*, above, and *longe*, loin.

923.—SEA PIE.

Ingredients.—1 lb. of beefsteak, ¾ of a lb. of suet paste (*see* pastes), 1 small onion, 1 carrot, pepper and salt.

Method.—Cut the steak into thin slices about 3 inches square, put them into a shallow stewpan, season with salt and pepper, barely cover the slices with boiling water, put on the lid, and simmer gently. Slice the carrot thinly, cut the onion into small pieces, and add them to the meat. Make the paste as directed, roll it into a round rather less than the top of the stewpan. Lay this on the top of the meat when it has simmered for ½ an hour, replace the lid, and continue the cooking for 1½ hours longer. When the pie is done, cut the paste into 4 pieces, and remove them carefully from the stewpan to a plate ; arrange the meat and vegetables neatly on a hot dish, and place the crust on the top.

Time.—About 2¼ hours. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 4 persons.

924.—SLICED AND BROILED BEEF. (*Fr.*—Bœuf Grillé aux Pomme de Terre.)

Ingredients.—Slices of cold roast beef, potato ribbons, frying-batter, frying-fat, salad-oil or oiled butter, salt and pepper.

Method.—Brush the slices of meat over with salad oil or oiled butter, broil over a clear fire, and season carefully with salt and pepper. Dip the potato ribbons into the prepared batter, fry them rather slowly in a deep pan of hot fat until crisp and nicely browned, and drain well. Place the meat on a hot dish, garnish with the potato ribbons, then serve.

Time.—To broil the meat, 5 minutes. **Seasonable** at any time.

925.—SMOTHERED BEEFSTEAK.

Ingredients.—1 lb. of rump steak, 3 or 4 Spanish onions, flour, salt and pepper, dripping.

Method.—Cut the onions across the stalk into rings, put them into a frying-pan in which a little dripping has been melted, and season liberally with salt and pepper. Dredge well with flour, fry until crisp and lightly-browned, then remove and keep hot. Strain the fat and return it to the frying-pan, adding more if necessary, let it become very hot, and put in the steak. Fry according to taste, turning 2 or 3 times during the process, and, when done, remove and keep hot. Drain off nearly all the fat, add to the rest as much flour as it will absorb, brown nicely, and add a little boiling water. Boil up, season to taste, simmer for 2 minutes, and strain. Place the meat on a hot dish, cover with onion, pour the gravy over, then serve.

Time.—To fry, from 10 to 15 minutes. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

926.—STEAK PUDDING, BAKED.

Ingredients.—1 lb. of beef steak, ½ a lb. of ox kidney, 6 ozs. of flour, 2 eggs, ¾ of a pint of milk, salt and pepper, dripping.

Method.—Cut the steak into finger-shaped pieces, fry for a few minutes in dripping, and the kidney into rather thin slices, and season liberally with salt and pepper. Mix the eggs, milk and flour into a smooth batter (*see* Pastes), and season to taste with salt. Melt a little dripping in an earthenware baking-dish or pie-dish, put in ½ the batter, and bake until set. Place the partially fried steak and kidney on the top of the batter, fill up the dish with the remainder of the batter, and bake until set and well-browned.

Time.—To bake, about 1¼ hours. **Average Cost,** 1s. 6d. to 1s. 10d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

927.—STEAK, ROLLED. (*Fr.*—Tranche de Bœuf roulé.)

Ingredients.—2 lb. of steak, cut in 1 piece, ¾ of an inch in thickness, 6 to 8 ozs. of veal forcemeat (*see* Forcemeats), 1 pint of stock or water, 1½ ozs. of butter, 1 tablespoonful of flour, salt and pepper.

Method.—Flatten the meat with a cutlet-bat or rolling-pin. Let the forcemeat be rather highly seasoned, spread it on the meat, roll up tightly, and bind with tape. Heat the butter in a stewpan, put in the meat, and fry quickly until the whole surface is browned, then add the hot stock or water, cover closely, and cook slowly for about 2 hours. When done, place on a hot dish, thicken the gravy with the flour, boil for 3 or 4 minutes, season to taste, and strain over the meat.

Time.—About 2 hours, to cook. **Average Cost,** 2s. 9d. to 3s. **Sufficient** for 4 or 5 persons.

Note.—The roll may also be baked in the oven, but it must be well basted either with stock or fat.

928.—STEWED BEEF WITH OYSTERS. (*Fr.*—Bœuf aux Hûitres.)

Ingredients.—Thick slices of tender underdone cold beef, 12 sauce oysters, 1½ ozs. of butter, 1 oz. of flour, 1 small onion or 2 shallots finely-chopped, ¾ of a pint of stock, salt and pepper.

Method.—Cut the meat into pieces the size and shape of fillets of beef (*see* No. 874). Heat the butter in a stewpan, fry the meat quickly until lightly browned on both sides, then remove and keep hot. Fry the onion or shallots until lightly browned, then sprinkle in the flour, stir and cook slowly until well-browned, and add the stock. Season to taste, boil gently for 15 minutes, then cool slightly and put in the meat. Cook very slowly for 1 hour, keeping the temperature just below simmering point, then add the flavoured oysters and their strained liquor. Cook for a very few minutes longer to plump the oysters, and serve immediately, otherwise the oysters will harden.

Time.—1½ hours. **Average Cost,** 1s. 6d., in addition to the meat. **Sufficient**—Allow 1 lb. to 3 persons. **Seasonable** from September till March.

929.—STEWED BRISKET OF BEEF. (*Fr.*—Poitrine de Bœuf à la Bourgeoise.)

Ingedients.—6 or 7 lb. of fresh brisket of beef, vinegar, 2 carrots ½ a turnip 2 onions, 2 or 3 strips of celery, 1 blade of mace, 10 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), 1½ ozs. of butter, 1½ ozs. of flour, stock, salt and pepper.

Method.—Rub the meat over with vinegar and salt, and let it remain 2 or 3 hours before dressing. Put it into a stewpan just large enough to contain it, barely cover with stock, or water when stock is not available, bring to the boil and skim well. Simmer gently for 1 hour, then add the prepared vegetables, mace, peppercorns, bouquet-garni, and salt if required, and continue to cook as slowly as possible for 2½ hours longer, keeping the stewpan closely covered meanwhile. During the preparation of the above heat the butter in a smaller stewpan, add the flour, stir and cook slowly until it acquires a nut-brown colour, then put aside until wanted. When ready, take up the meat remove the bones, strain the stock, and add to it either stock or water to make up 1 pint. Add this to the prepared butter and flour, stir until boiling, boil gently for a few minutes, and season to taste. Serve the meat garnished with the vegetables, and the sauce separately.

Time.—To stew, 3½ hours. **Average Cost,** 3s. 8d. to 4s. **Seasonable** at any time.

930.—STEWED STEAK.

Ingredients.—1lb. of beefsteak, ¾ of a pint of stock or water, 1 oz. of butter, 1 oz. of flour, 1 onion, 1 carrot, ½ a turnip, pepper and salt.

Method.—Remove the fat from the steak and put it aside until wanted, divide the lean into 5 or 6 pieces. Cut the vegetables into dice, or julienne strips, and keep them in water until required. Heat the butter in a stewpan, fry the steak quickly until browned on both sides, remove it, put in the trimmings of the vegetables and the flour, fry brown, then add the stock or water and stir until boiling. Replace the meat, season to taste, cover closely, and cook gently for about 2 hours. When done, have ready the dice or strips of vegetables boiled until tender in salted water, and the fat of the meat fried and nicely browned. Arrange the pieces of steak neatly on a hot dish, strain the sauce over, place the fat on the top, and garnish the base with groups of the prepared vegetables.

Time.—From 2¼ to 2½ hours. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 3 or 4 persons.

931.—TENDERLOIN OF BEEF.

Ingredients.—A thick slice off a well-hung sirloin, salad-oil or oiled butter, salt and pepper.

Method.—Brush the meat on both sides with salad-oil or oiled butter, grill over a clear fire until done, turning two or three times, and repeatedly brush it over with oil or butter. Season with salt and pepper, and serve with fried potatoes and Maître d'Hôtel butter, or any other accompaniments preferred.

Time.—10 to 15 minutes, according to thickness. **Average Cost,** 1s. 2d. to 1s. 4d. per lb.

932.—TOAD-IN-THE-HOLE.

Ingredients.—1 lb. of beef steak (cut up small), 4 ozs. of flour, ½ a pint of milk, 1 egg, salt, dripping.

Method.—Mix the flour, milk, egg, and a little salt into a smooth batter. Put into a Yorkshire pudding tin sufficient dripping to form a thin layer when melted, pour in about ¼ of the batter, and bake until set. Then add the meat, season it with salt and pepper, pour in the remainder of the batter, bake quickly until it has risen and set, and then more slowly until sufficiently cooked. Serve in squares arranged neatly overlapping each other on a hot dish.

Time.—To bake, about 1 hour. **Average Cost,** 1s. 3d. to 1s. 5d. **Sufficient** for 3 or 4 persons. Seasonable at any time.

933.—TONGUE BOILED. (*Fr.*—Langue de Bœuf.)

Ingredients.—1 tongue, a bunch of savoury herbs, water.

Method.—In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for 12 hours previous to cooking it ; if, however, the tongue is fresh from the pickle, 2 or 3 hours will be sufficient for it to remain in soak. Put the tongue into a stewpan with plenty of cold water and a bunch of savoury herbs, let it gradually come to a boil, skim well, and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or Brussels sprouts, and serve. Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is preferred by many. If the tongue is to be served cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top to straighten it. When cold, glaze it, put a paper ruche round the root, and garnish with tufts of parsley.

Time.—A large smoked tongue, 4 to 4½ hours ; a small one, 2½ to 3 hours. A large unsmoked tongue, 3 to 3½ hours ; a small one, 2 to 2½ hours. **Average Cost,** for a moderate-sized tongue, 5s. to 6s. 6d.

934.—TONGUE TO CURE. (*Fr.*—Langue de Bœuf Salé.)

Ingredients.—For a tongue of 7 lb., 1 oz. of saltpetre, ½ an oz. of black pepper, 4 ozs. of sugar, 3 ozs. of juniper berries, 6 ozs. of salt.

Method. — Rub the above ingredients well into the tongue, let it remain in the pickle for 10 or 14 days, then drain it, tie it up in brown paper, and have it smoked for about 20 days over a wood fire. It may be boiled without smoking if liked.

Time.—From 10 to 14 days, to remain in the pickle ; to be smoked 24 days.

Average Cost, for a medium-sized uncured tongue, 3s. 6d.

935.—TOURNEDOS OF BEEF À LA COLBERT. (*Fr.*—Tournedos à la Colbert.)

Ingredients.—2 lb. of fillet of beef, 1 oz. of butter, 2 tablespoonfuls of salad-oil. For the Eschalot sauce : ⅓ of a pint of good gravy or demi-glace sauce (No. 242), 6 finely-chopped shallots, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of lemon-juice, 1 glass of sherry. For the garnish : small rounds of potato fried, and fried croûtons of bread.

Method.—Cut the meat into rounds, both smaller and thinner than fillets of beef. Melt the butter in a sauté-pan, fry the shallots lightly, let the butter cool slightly, then strain, leave the shallots to drain, and return the butter to the sauté-pan. Into a small stewpan put the gravy or demi-glace sauce, sherry, parsley, lemon-juice, the shallots when sufficiently drained, and boil until well reduced, then season to taste, and keep hot until required. Add the salad-oil to the butter in the sauté-pan, and when hot put in the tournedos and fry them quickly until nicely browned. Arrange them in a circle on a border of mashed potato, put the fried rounds of potato in the centre, garnish with the croûtons of fried bread, and serve the Echalot sauce in a sauce-boat, or pour round the crust.

Time.—½ an hour. **Average Cost.**—4s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

936.—TOURNEDOS OF BEEF À LA SICILIAN.
(*Fr.*—Tournedos de Bœuf à la Sicilienne.)

Ingredients.—2 lb. of fillet of beef, ¾ of a pint of Espagnole or brown sauce, No. 244, or 233, 1 glass of Marsala, butter for frying, 1 heaped tablespoonful of shredded onion, cayenne pepper, pepper and salt, potato border.

Method.—Cut the fillets into rounds 2½ inches across and about ½ an inch in thickness, and season with salt and pepper. Brown the shredded onion in a little hot butter, drain free from fat, mix with the prepared sauce, and add the Marsala. Season to taste, and simmer gently until required. Broil the fillets over a clear fire, or fry them in a little hot butter, and arrange them in a close row on a border of potato. Pour a little sauce round, and serve the remainder separately.

Time.—To broil or fry the fillets, from 5 to 8 minutes. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

937.—TOURNEDOS OF BEEF À LA BEARNAISE.
(*Fr.*—Tournedos de Bœuf à la Béarnaise.)

Ingredients.—2 lb. of fillet of beef, ⅓ of a pint of Béarnaise Sauce, No. 176, ¼ of a pint of demi-glace sauce, No. 242, butter if fried, salt and pepper, mashed potato.

Method.—Cut the fillet into ½-inch slices, trim them into round or oval shapes 2½ inches across, and season with salt and pepper. Grill over a clear fire, or, if preferred, fry in hot butter. Cover one side with Béarnaise Sauce, arrange neatly on a potato border, and pour the demi-glace sauce round.

Time.—To fry or grill, 6 to 8 minutes. **Average Cost,** 3s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

938.—TOURNEDOS OF BEEF À LA VENETIENNE.
(*Fr.*—Tournedos de Bœuf à la Venetienne.)

Ingredients.—2 lb. of fillet of beef, 6 or 8 very small tomatoes, 6 or 8 round croûtes of fried bread, 2 or 3 tablespoonfuls of spinach or green pea purée, slices of hard-boiled white of egg, slices of truffle, ¼ of a pint of demi-glace sauce, No. 244, salt and pepper, potato border.

Method.—Scoop out a little of the pulp of the tomatoes, and squeeze away some of the juice. Season with salt and pepper, fill with the prepared vegetable purée, piling it high, and make thoroughly hot in the oven. Prepare the tournedos as directed in preceding recipes, grill over a clear fire, or fry in hot butter, then season them with salt and pepper, and arrange neatly on a potato border. Place the tomatoes on the croûtes, lay on the top first a slice of white of egg, and then a much smaller slice of truffle. Pour the sauce round, and serve.

Time.—To grill or fry, from 6 to 8 minutes. **Average Cost,** 4s. 6d. to 4s. 9d. **Sufficient** for 6 persons. **Seasonable** at any time.

939.—TOURNEDOS OF BEEF A LA NELSON.
(*Fr.*—Tournedos de Bœuf à la Nelson.)

Ingredients.—2 lb. of fillet of beef, ⅓ of a pint of small button onions, ⅓ of a pint of potato dice, ½ a pint of Espagnole or brown sauce, No. 244, or 233, 1 glass of Madeira, butter for frying, frying-fat, salt and pepper.

Method.—Parboil the onions in strong stock, then drain them. Cut the meat into fillets ½ an inch thick and 2 inches in diameter, fry lightly in hot butter, then drain and place them separately in small casseroles, season with salt and pepper, and add the onions. Have the sauce ready in a stewpan, add the wine, season to taste, fill up the casseroles, and cook gently for about 40 minutes. Fry the potato dice in hot fat until well-browned, drain well, and add them to the contents of the casseroles 10 or 15 minutes before serving.

Time.—To fry, 3 or 4 minutes; to stew, 40 minutes. **Average Cost,** 3s. 6d. to 3s. 9d. **Sufficient** for 6 persons. **Seasonable** at any time.

940.—TRIPE AND ONIONS.

Ingredients.—2 lb. of dressed tripe, 2 large onions, ½ a pint of milk, ½ a pint of water, 1 tablespoonful of flour, 1 teaspoonful of salt and pepper.

Method.—Cut the tripe into 3-inch squares ; put them into a stewpan, cover with cold water, bring to boiling point, and strain. Replace the tripe, add the milk, water and salt, boil up, put in the thinly-sliced onions, and simmer for 3 hours. 20 minutes before serving have the flour mixed smoothly with a little milk, pour it into the stewpan, stir until boiling, and simmer for 15 minutes. Season to taste, and serve.

Time.—About 3½ hours. **Average Cost,** 1s. 8d. **Sufficient** for 4 or 5 persons

941.—TRIPE A LA LYONNAISE.

Ingredients.—1 lb. of cold boiled tripe, 2 ozs. of butter, 1 large onion sliced, 1 heaped teaspoonful of finely-chopped parsley, 1 dessertspoonful of vinegar, salt and pepper.

Method.—Cut the tripe into pieces 2 inches square. Heat the butter in a frying-pan, fry the onion until tender and lightly-browned, then add the prepared tripe, parsley, vinegar, and salt and pepper to taste. Toss over the fire for a few minutes, and serve as hot as possible.

Time.—About 15 minutes. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

942.—TRIPE, FRIED. (*Fr.*—Tripe Frite.)

Ingredients.—2 lb. of dressed tripe, 3 tablespoonfuls of flour, about ¼ of a pint of milk or water, salt and pepper, dripping.

Method.—Mix the milk and flour into a smooth batter, adding a little more milk if the batter is too stiff to run readily from the spoon, and a liberal seasoning of salt and pepper. Cut the tripe into 3-inch squares, dip them into the batter, and fry them until crisp and brown in a little hot dripping in a frying-pan. Onions sliced and fried are frequently served as an accompaniment to this dish.

Time.—About ½ hour, to prepare and fry. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons.

943.—TRIPE, TO DRESS.

Ingredients.—Tripe, water.

Method.—The paunch is always emptied and cleansed in the slaughter house, and seldom offered for sale in an entirely untrimmed condition. When bought in its natural state, it must be repeatedly washed, and afterwards boiled for ten hours or more, during which time the water should be changed at least three times.

944.—TO CLARIFY BEEF SUET OR FAT.

Ingredients.—6 lb. of beef fat, 1 pint of cold water.

Method.—Remove skin and sinews of the fat, then cut it into small pieces ; put them with the water into an old iron saucepan, and boil until all the water has evaporated and the liquid becomes clear, and the pieces of fat light-brown and shrivelled in appearance. Stir frequently to prevent the fat sticking to the pan. When cool, strain. This amount of fat should produce 4 lb. of clarified fat. The fat may be cooked or uncooked, and a small quantity may be more conveniently clarified in a jar in the oven.

Time.—From 2 to 3 hours. **Average Cost,** from 4d. per lb. **Quantity,** 6 lb. yields 4 lb. of clarified fat.

945.—TO CLARIFY BEEF DRIPPING.

Put the dripping into an old iron saucepan, cover with boiling water, and boil uncovered for ½ an hour. Cool slightly, then pour into an earthenware vessel, and as soon as it is cold and firm scrape the impurities from the under surface, and re-heat, to evaporate all water. If the fat is left on the water, after it is set, it will absorb some of the water.

946 TO SALT BEEF. (*See* Recipe No. 913.)

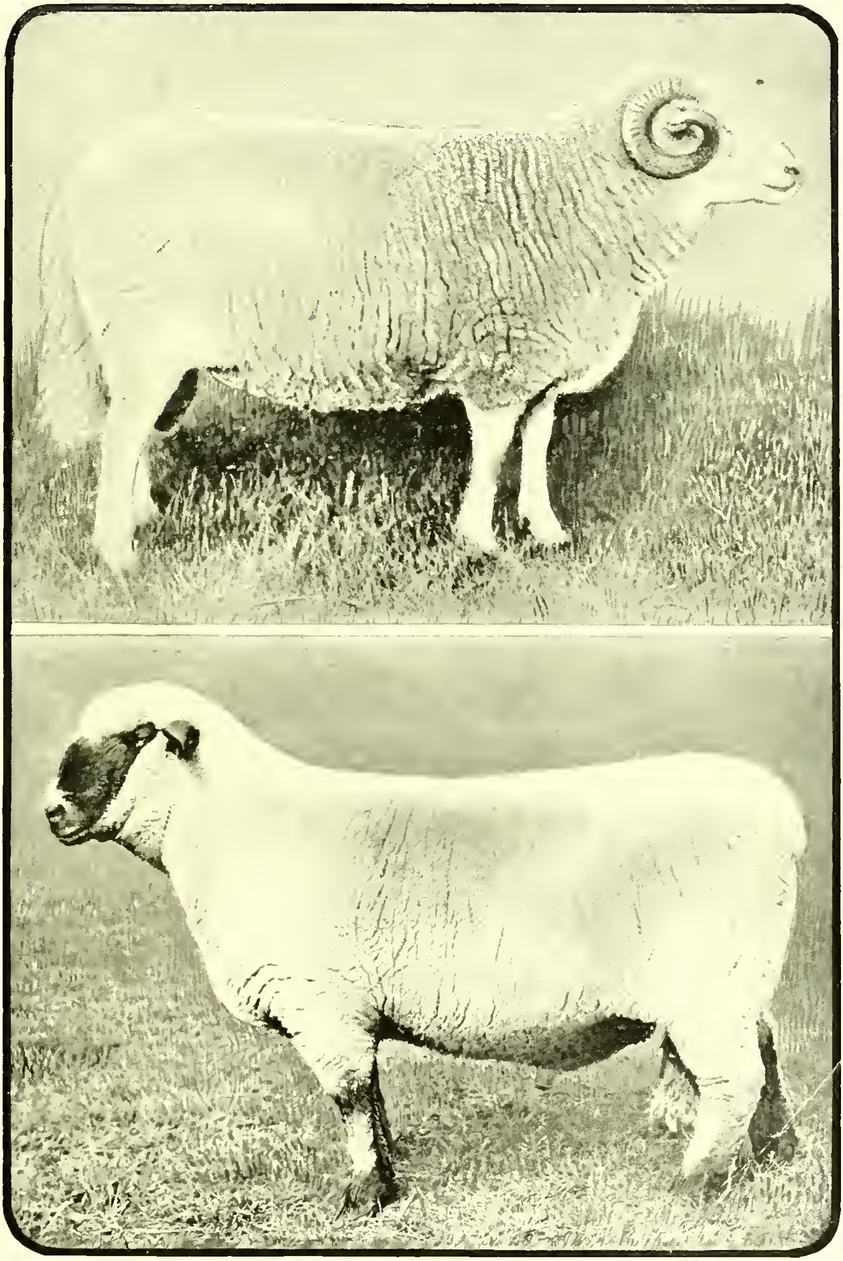
947.—TO SALT BEEF, DUTCH WAY. (*Fr.*—Bœuf Salé, à la Hollandaise.)

Ingredients.—10 lb. of round or brisket of beef, 1 lb. of common salt 1 lb. of treacle, 1 oz. of saltpetre.

Method.—Rub the beef well with the treacle, let it remain for 3 days, meanwhile turning and rubbing it frequently, then drain and wipe dry. Mix the salt and saltpetre together, rub the mixture well into the meat, and turn it daily for 10 days. Roll tightly in a coarse cloth, place under heavy pressure for 2 days, and afterwards let it hang in the smoke from a peat or wood fire for 14 days. Boil or braise in the usual way, press until cold, then glaze and serve.

Time.—29 days. **Average Cost,** 6½d. to 9d. per lb. **Seasonable** at any time.

SHEEP.



1. Welsh Mountain Ram. 2. Hampshire Ram.

SHEEP AND LAMB.

CHAPTER XVII

General Observations on the various breeds, Colonial Sheep, manner of cutting up, table of prices, etc.

The origin of domesticated sheep is by no means clear, although much pains has been taken by naturalists to trace their history. In the exhaustive treatise on sheep by William Youatt, published in 1837, an interesting account is given of both wild and domesticated sheep, and the reader is carried back to the time of Abel, who sacrificed "the firstlings of his flock." The constant allusions to sheep in the book of Genesis are remarkable, and the patriarch Jacob was a successful breeder. The whiteness of the wool is emphasized in several passages of the Old Testament, and Gideon's fleece was used as a prophetic sign. Homer sang of sheep, and Moses attended the flocks of Jethro. The shepherd kings conquered Egypt, and the patriarchs were warned by their brother Joseph to speak of themselves to Pharaoh as understanding "cattle" because "every shepherd is an abomination unto the Egyptians." Nevertheless a few verses on we read that when Pharaoh asked "What is your occupation?" the honest reply was "Thy servants are shepherds, both we and also our fathers." Sheep in that early period were in many respects similar to what they are now. The most esteemed wool was white, the lambs and rams were fat, the flocks were tended, washed, shorn and milked. Lambs without spot or blemish were sacrificed to Jehovah, and rams' skins dyed red were used in embellishing the Tabernacle of the congregation.

WILD SHEEP.

Truly wild sheep such as *Ovis ammcn* or *argae*, *Ovis musmon, etc.*, do not appear to be the progenitors of *Ovis aries* or the domesticated sheep, the wild types of which seem to have disappeared completely. The great naturalist Darwin was unable to throw any light on the origin of our sheep, and despairingly remarks: "Most authors look at our domestic sheep as descended from several distinct species. Mr.

Blyth, who has carefully attended to this subject, believes that fourteen wild species now exist, but that not one of them can be identified as the progenitor of any one of the interminable domestic races. M. Gervais thinks that there are six species of Ovis, but that our domestic sheep form a distinct genus now completely extinct. Dr. L. Fitzinger believes that our sheep descend from the aboriginally distinct species, of which only one is now living in a wild state. Another ingenious observer, though not a naturalist, with a bold defiance of everything known on geographical distribution, infers that the sheep of Great Britain alone are the descendants of eleven endemic forms" (Darwin's "Animals and plants under Domestication").

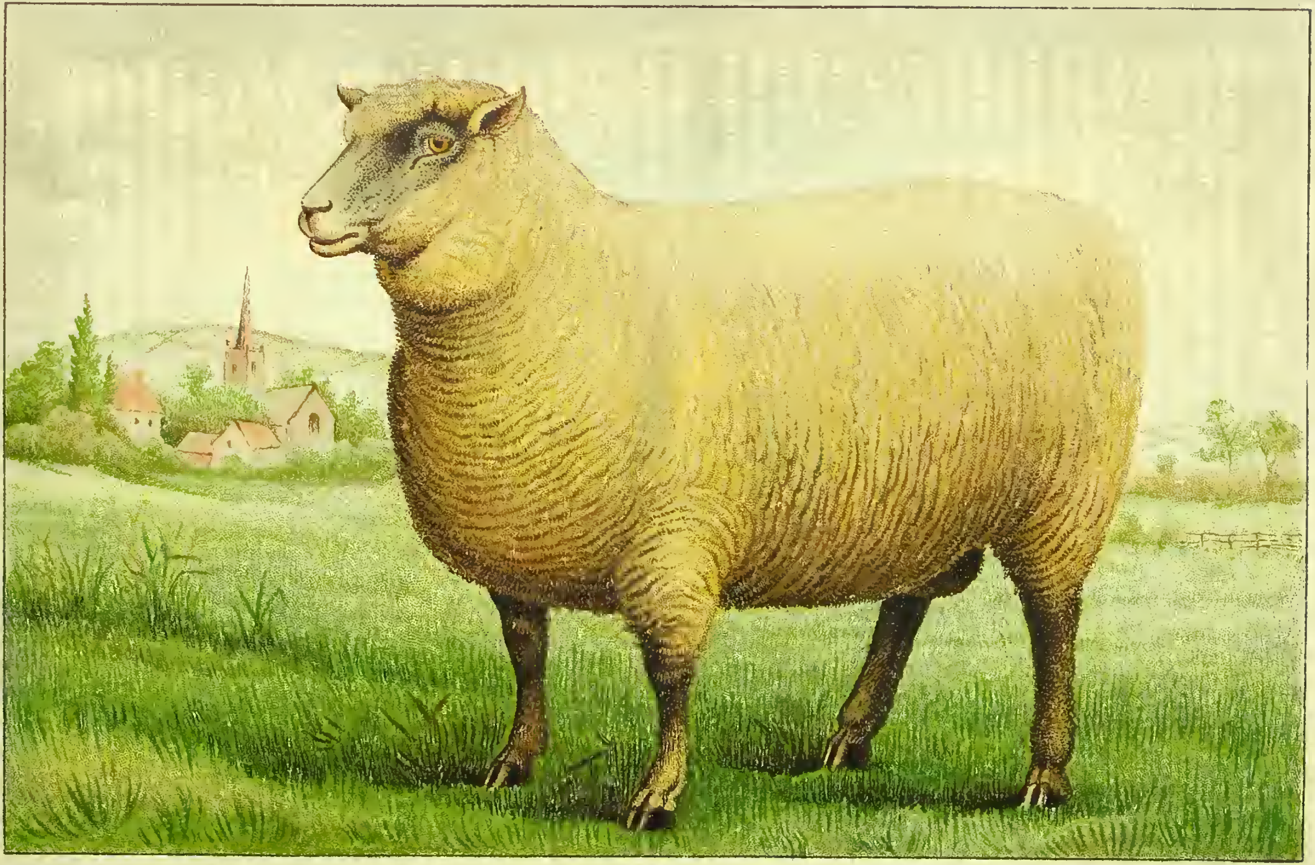
It would evidently be foreign to our present object to describe any truly wild sheep, as they are not known to be in any way connected with domestic sheep, except biologically or generically.

DOMESTICATED SHEEP.

No doubt these are descended from wild forms, which at an early period in human history were reclaimed and domesticated, and it is probable that the original types were fitted for the purposes of man and capable of improvement. Zoologically, they belonged to the great natural order RUMINANTIA, and to the division of the hollow-horned ruminants, among which are to be found oxen, antelopes and goats (capridae). The Ovidae are closely related to the Capridae, but have no beard, and differ in voice and habits. The peculiar bleat of the sheep is common to all races, as is also their dense covering of wool. In some races the wool is largely mingled with hair, and it is certain that the fineness and whiteness of the wool is the result of careful breeding for probably thousands of years. Many unimproved breeds are parti-coloured, as was evidently the case in the time of Jacob, where we read of "ring-straked, spotted and speckled." It is proverbial that there is a black sheep in every flock, and the constant recurrence of black, grey and reddish fleeces even in the most carefully bred flocks attests the fact that at one time they were much more common than now. Many lambs are born black or dark in colour, although they grow white later in life, and this is in accordance with the observation that young animals often exhibit markings and peculiarities of very remote ancestors.

If we confine ourselves to British races of sheep we shall find among them almost every characteristic of the domesticated animal. Many of them are horned, as in the cases of the Highland black-faced breed, the Lonk, the Crag or Limestone, the Dorset and the old Wiltshire breed. Others are hornless, like the Leicesters, Lincolns, Downs, Oxfords and Shropshires, but in all breeds there are occasional rudimentary or defective horns known as "snags." There can be no doubt that all our breeds were originally horned. The faces and shanks are white, black, piebald, grey or russet, according to race,

A SOUTHDOWN WETHER.



and the fleeces are long, medium, short, close or open, fine or coarse.

THE PRINCIPAL BREEDS.

If we take a survey from the extreme north to the south coast, we shall find the following races of sheep in possession. The remoter parts of Scotland, such as the islands of Arran, Islay, Jura, the Orkneys and Shetlands are still inhabited by sheep of small size of various colours, some being dun-faced, others white-faced and horned, others dark, black, or russet in colour. These are apparently indigenous, or, as in the case of **Shetland** sheep, derived from Scandinavia. Shetland wool is well known for its fineness, and is esteemed for the manufacture of shawls, stockings, and for all light woollen manufactures. Argyleshire and most of the black or heath lands of the Highlands, are now stocked with the **Heath** or **Black-faced** breed, which is armed in both sexes with horns. The faces and legs are black and white, clearly defined ; the fleece is long and mixed with hair along the back ; the form is short and the general character active, bold and hardy. They live on grass and heather, and the flesh derives a pleasant flavour from the latter. The black-faced sheep has displaced the original smaller breeds throughout the Highlands, and as far south as Dumfriesshire. It occupies the extensive moors of Northumberland, and extends into Derbyshire, and it is highly esteemed in the mountainous regions of N. Wales.

The **Cheviot** breed of sheep is short woolled and usually hornless. Its original home is the Great Cheviot, but it is largely kept on the Lowlands, both north and south of Cheviot. This sheep is extremely hardy, and does well upon the lower ranges of the Scotch Highlands wherever grass abounds ; but when heather takes the place of grass the black faces predominate. A cross between Cheviot and Border-Leicester is much in favour throughout the Lowlands, and in the northern counties of England.

The **Border-Leicester** is well known in Berwickshire, Roxburgh and Northumberland, both as a pure breed and for crossing with both Cheviot and black-faced ewes. The former gives an excellent "teg," which fattens more rapidly than the Cheviot. The latter gives the "mule" or Masham sheep, which thrives well upon the poorer classes of grass land in Yorkshire, Durham and Northumberland.

In Yorkshire the true **Leicester** occurs in perfection, but this breed is also found in its native county, and is the premier breed of the country in point of age as its improvement was carried out by Robert Bakewell of Dishley, Loughborough, in the middle years of the eighteenth century. The Improved Leicester breed has been more extensively used than any other long woolled race in improving other breeds of similar character of wool. The improved Lincoln, Romney Marsh, Kentish long-wools, Devon long-wools and Cotswolds were all crossed with Leicesters in the earlier years of the last century or previously.

The mutton is rather coarse and the fat is laid on too thickly ; but for crossing purposes the breed has been very useful.

In Lincolnshire the **Improved Lincoln** is the predominant breed, especially in the low-lying rich lands of the south. It is a white-faced hornless breed, and in this respect closely resembles the Leicester. It is of much larger size, and is probably the heaviest sheep in the world. Lincoln sheep have often attained a weight of 90 lb. a quarter or 360 lb. carcass weight, while their wool has been known to measure 23 inches in length, and the fleeces have scaled as heavy as 23 lb. of wool. This sheep is adapted for the rich marshes of the fen districts, and requires good land. Its wool has received the appellation of "lustre," from its glistening brilliance where severed from the body. The Lincoln sheep is too heavy in the carcass and too fat to please the taste of epicures. In the days when wool sold at 1*s*. 6*d*. to 2*s*. a pound, a Lincoln teg in his wool was worth £5, and even now Lincoln rams from the best flocks have been sold for hundreds of pounds each. There is a great export trade for the rams to Argentina and Australia, as the Lincoln-Merino is a profitable cross, combining the properties of both flesh and wool to a high degree.

In the Midlands of England **Shropshire** sheep are the favourite breed. They are of composite origin, being derived from Shropshire ewes crossed successively with Leicester and South Downs. They now constitute an established race of medium woolled, dark-faced, hornless sheep, of thick and substantial form, and yielding mutton of superior quality.

The **Oxford** breed was originally derived by crossing Cotswolds and Hampshire Downs, and the produce were long known as cross-breds. The credit is due to the late Mr. John Twynam, and the Messrs. Druce of Eynsham. The Oxfords are not so widely distributed as the Shropshires, but they breed largely in Oxfordshire and contiguous counties. In many respects they resemble Shropshires, but are easily distinguished by their longer ears and freedom from wrinkles on the neck and around the under-jaw.

The **Cotswold** breed of sheep has long been associated with the Cotswold hills, which rise above Cheltenham and extend through north Gloucestershire into Oxfordshire and Worcestershire. It is an upstanding, white-faced, hornless sheep, with a boldly curling fleece, and, like all the heavy breeds of long-woolled sheep, its mutton does not command the highest price. It is however highly esteemed upon its native hills, and is no doubt the result of Leicester crosses upon the older breed which occupied Cotswold.

Among other long-woolled sheep, the Devon long wools, the Kentish long wools, the Romney Marsh and the Worsleydale all deserve notice, and all three closely resemble Lincoln sheep.

DOWN BREEDS.

The **South Down** or **Sussex Down** stands out pre-eminently as the best known of all the Down races of sheep. It was improved by the elder and younger Ellmans of Glynde, and was considered in the time of George III to be a perfect sheep for wool and mutton, size and quality. Four-year-old South Down mutton was the food of kings and nobles, and is still unrivalled except by some of the smaller Welsh and Devon breeds. The South Down is a hornless sheep with fawn-coloured face and legs. His form is singularly compact, and his carcass is always heavier than it looks. His original home is the Sussex Downs, north of Brighton, and it is there that he attains the highest perfection. The breed has always been a favourite, and King Edward VII is a breeder of excellent South Downs. So was the late Duke of Richmond, the present Lord Walsingham, and many distinguished gentlemen. After the Ellmans, the late Jonas Webb, of Babraham, Cambridgeshire, deserves special notice as an improver of this invaluable breed of sheep. What the Leicester sheep was to the older long-woolled races of sheep, the South Down has been to the numerous Down breeds, which in the time of Youatt occupied every chalk county in England. At that time Kent, Essex, Bucks, Berks, Surrey, Sussex, Hants, etc., all boasted breeds of Down sheep, but the South Down left an impress which obliterated most of these distinctions. He was crossed repeatedly upon the flocks of these counties, including Hampshire and Wilts, and the consequence is that at the present time there are only three types of Downs, namely, the Sussex Down, the Hampshire Down, and the Suffolk Down, all of which owe their perfection to crosses with the South Down. The same is true of Shropshire and Oxford sheep, so that the Sussex Down must be credited with having improved all the Down breeds of the country.

Hampshire Downs.—These were formerly called West-country Downs, because they were originally found west of the South Downs upon the chalk hills of Hampshire. They were freely crossed with South Downs, and notably by Mr. Humphries of Oakash, Berks, who is looked upon as the immediate founder of the **Improved Hampshire Down.** This sheep is of larger build than the South Down and darker features. The best types are almost black in face and legs, hornless (as every breed in in this review not described as horned may be assumed to be), and well covered upon the head with white wool. "Well coloured and well covered" is one of the watchwords of the Hampshire Down breeder ; and sheep which can be so described are always admired. They are very hardy and well suited for the high and exposed uplands of Wilts and Hants. They are however by no means confined to those counties, but are found either pure or crossed in all parts of the country. Hampshire rams have recently made 100 guineas each, and deserve a higher price. They yield good fleeces and first-rate mutton, and are every year gaining in favour for exportation.

Suffolk Downs.—The Suffolk men are justly proud of their county breed, which, although there can be little doubt that it was crossed with the Sussex Down, is now a distinct or constituted breed. The distinguishing features are black faces and black shanks, and the head is bare of wool even behind the ears. This at once distinguishes them from Hampshire Downs. They have no horns, and the wool and mutton are of excellent quality. There is no better breed, but space scarcely allows of extended remarks upon this, the third true Down sheep requiring notice.

The Dorset Horn.—The Dorset horned sheep is chiefly found in South Hants, the Isle of Wight and on the south coast. It is a white-faced breed, horned in both sexes, and covered with fine white wool. Its chief distinction lies in the fact that it produces the earliest lamb for the London market. The ewes drop their lambs in September and later, and the greatest pains is taken in order to provide fat lambs about Christmas. This form of sheep-farming requires a breed adapted to the purpose and a favourable climate, and both these conditions are supplied by the Dorset sheep and the Dorsetshire soil.

MOUNTAIN AND FOREST BREEDS.

The Scotch black faces have already received attention, and must rank as the widest in distribution of any mountain or forest breed. As, however, several of the less known breeds are highly appreciated for the fineness of their flesh, and its delicate and close-grained quality, a short space must be devoted to them. Welsh mutton stands high in public estimation, and is furnished by the small white-faced hornless sheep of the Principality, which attains a weight of 9 to 10 lb. a quarter.

Dartmoor and Exmoor Sheep.—Although the sheep of Dartmoor and Exmoor have been modified by Leicester crosses, there still remains the original small-horned white-faced sheep, which resembles a diminutive Dorset, weighing 9 to 12 lb. per quarter. This produces the celebrated Okehampton mutton, which always commands a high price in London.

Clun Forest Sheep, etc.—These are a white-faced hornless breed of small size, and may be named in connexion with the black-faced horned Long Mynd breed, and fine-woolled Morfe common horned, speckled-faced sheep, which is said to have been used in bringing out the better known Shropshire breed of sheep.

The Herdwick Sheep.—This is a race which is cultivated in Westmoreland, Cumberland and the Lake district. It is highly popular in these districts, and the lambs are born with black heads and feet, but gradually become white as they grow older. Horns are not essential, although they are frequent in the rams, but the ewes are hornless. The Herdwick sheep exhibited at Chester in 1893 were often dark in the wool, and the second prize ram was nearly black. Swarthiness in the wool did not appear to disqualify in the eyes of the judges.

Lonk Sheep.—These sheep resemble the Scotch black-faced breed, but their wool is much finer, probably due to South Down crosses at an early period.

Crag or Limestone Sheep.—Both sexes are horned, and the faces, shanks and fleeces are white. They stand drought remarkably well, and do not require water. They are found upon the mountain limestone tracts of West Yorkshire and East Lancashire, and form a striking contrast to the Lonks, which do better upon the damper and lower grounds of these dales.

Welsh Sheep.—These are very various in character. Some are white-faced and furnished with horns, while others are hornless. The best type of Radnors are black-faced, and the rams are horned. They are all of small size, and are esteemed for the superior quality of their mutton. Small joints and a weight of from 9 to 14 or 15 lb. a quarter, coupled with meat of a fine grain and dark colour, are their principal attractions.

Reviewing these numerous breeds of sheep, it is interesting to inquire the reasons why they differ from each other so widely. There can be no doubt that several of these races spring from distinct species which at one time existed in the wild state. Domestication, however, always tends to variation of type, as was originally pointed out by the naturalist Pallas. No sooner is an animal or plant placed under artificial conditions than it ceases to breed true. This fact is proved by every domesticated animal and cultivated plant. Even our pets, such as cage-birds, pigeons, poultry, dogs, cats, rabbits, mice, rats, etc., produce young which break into new colours and new properties. The uniformity of Nature is disturbed and variation is the result, and that in almost every conceivable direction. It is the same with cultivated plants, and is due, in a word, to artificial conditions. Still, the natural disposition of like to produce like holds good, and as a consequence the peculiarity or variation is continued and may be exaggerated by selection. In the next place, crossing established, sub-varieties, producing still more forms, and the breeder's art assisted in developing those characters which he desired to see perpetuated.

Selection and crossing are answerable for a large number, if not all, of our races, but soil and climate are still always acting in further modifying types. It is remarkable that domesticated animals as well as plants which have escaped from artificial restraint, gradually return to their original type, or at least to uniformity of colour, size and habits. In sheep the principal objects of the breeder are the development of flesh and wool, but in this treatise meat is of the greater importance.

Quality of Mutton.—The best mutton is generally associated with the smaller breeds of sheep, on account of the finer texture of the muscular fibres which constitute the lean meat. These small sheep are found where the herbage is short, sweet and varied, and where the animal must exert itself to find its food. Exercise leads to muscular development, and is unfavourable to the accumulation of mass of fat. The flesh closely resembles venison or game, and is rich in muscle (lean), and not disfigured by fat. Hence all mountain and heath sheep produce a high quality of mutton. Short wool and fine mutton generally go together, and in most of the best mutton races the face and shanks are coloured black, brown or grey. The Down breeds have all roamed over sweet and scant herbage for centuries, and have acquired a muscular development and fineness of fibre common to them all. The long-woolled races above described have developed heavier fleeces, larger frames, and coarser flesh by grazing on rich lowlands, and by artificial feeding in winter. They lay their fat on externally on their backs and loins, and never handle so firmly as Down or Forest-bred sheep. The two classes of long-woolled and short-woolled sheep differ in the following points :—

Long-Woolled Sheep.	**Short-Woolled Sheep.**
Heavier carcasses.	Lighter carcasses.
Longer wool.	Shorter wool.
White faces and shanks.	Brown faces and shanks.
Coarser mutton.	Finer mutton.
Fat, external and unduly developed.	Fat, internal and better mixed with the lean.
Adapted for lowlands.	Adapted for highlands.

Age has a great deal to do with the quality of meat, as is well shown by the expression "four-year-old mutton." This is considered the age for producing the highest quality of dark-grained tender flesh, but the exigencies of modern farming have rendered it necessary to lower the age, and most mutton is now killed at from ten to sixteen months old. In parks and demesnes it is still usual to hold back the smaller wethers to grow slowly into mutton for the private table of their wealthy owners.

Sex too is important. Wether mutton, or the flesh of the castrated male, is in the highest repute, although scarcely superior to young female mutton. Rams are always coarse in flesh and of inferior value after six months old, and acquire a strong flavour. Ewe mutton is also inferior, not on account of its age, which is generally only three or four years, but because bearing and suckling lambs dries the flesh and renders it less juicy and palatable.

Feeding exercises a very marked effect upon the meat. Turnips and oil-cake develop fat to an undue degree, and impart a coarseness not found in grass- or mountain-fed meat.

Lamb is always highly esteemed and commands a high price. It should be milk-fed and fattened while with the dam. The fat of lambs is never distasteful.

The best weight for carcasses is from 16 to 20 lb. per quarter, and heavy mutton is always less saleable. Some of the most esteemed mutton is from the smaller breeds, which only scale from 9 to 15 lb. per quarter, and the legs only about 4½ lb.

Foreign Mutton.—New Zealand Mutton and Canterbury Lamb are now sold everywhere at prices much below English-grown meat. The freezing process to which the carcasses are subjected does not improve the quality of the meat, and there is a good deal more shrinkage in cooking. There is some prejudice among many people against it, which may be well-founded. It certainly is cheap, while the best qualities of English mutton maintain their price. The effect upon the price of second and third qualities of home-produced meat has been more pronounced.

GENERAL OBSERVATIONS ON LAMBS.

The lambing season in this country commences with the new year. In all high-class flocks where rams are bred, and in all flocks where the production of fat lamb is a principal object, lambing must be early, and in some cases is well forward by Christmas. The natural disposition is, no doubt, for ewes to produce young in the spring, but in the artificial conditions in which domestic sheep are placed, some breeds will lamb as early as September and October. Among these, Dorset ewes are the best known, and are the source of the earliest lamb which supplies the London market. Lambs are wonderfully hardy, and upon the Wiltshire and Hampshire Downs are to be seen playing around the lambing pens in large numbers in January and February. For the first three weeks or so they require shelter from bitter winds and driving snow, and this is easily provided by thatched hurdles and ricks of straw or hay, conveniently placed to give the necessary "succour." This in fact constitutes the "lambing pen," which is a temporary erection of the nature indicated. It is often of large size and divided into straw-littered courts for the latest dropped and the stronger lambs, according to age. The twin lambs require more shelter and care than the robuster single lambs. When fat lambs are the object, the ewes are liberally supplied with oil-cake and corn, in order to stimulate the flow of milk, and at the earliest possible age the lambs are encouraged to feed out of small troughs upon finely-ground linseed cake and split peas or beans. They are also allowed to run forward through lamb creeps, in order to crop the turnip greens, early rye, and other succulent herbage. Everything is done to develop flesh, and at this stage lambs will increase in weight at the rate of 1 lb. per day. At ten or twelve weeks old such lambs will weigh of dressed carcass about 10 to 12 lb. per quarter. Hampshire Down lambs are well suited for the purpose of providing early lamb, but several other breeds may be successfully employed for the same purpose. On the south coast and in the Isle of Wight the raising of fat lambs is a special industry, and the ewes are timed to drop their lambs in September. In many cases the lambs are placed in houses, and the ewes are allowed frequent access to the lambs, but do not remain constantly with them. Lambs command a high price in the early months of the new year, but as the season progresses they gradually approximate to mutton price, so that the great object of the producer of fat lambs is to market his lambs as soon as possible.

In the early part of the season, however reared, lamb is, in London, and indeed generally, sold in quarters, divided with 12 ribs to the forequarter ; but, as the season advances, these are subdivided into two, and the hind-quarter in the same manner ; the first consisting of the shoulder and the neck and breast, the latter of the leg and the loin—as shown in the cut illustrative of mutton. As lamb, from the juicy nature of its flesh, is especially liable to spoil in unfavourable weather, it should be frequently wiped, so as to remove any moisture which may have formed on it.

Price of Meat.—In calculating the selling price of any meat, what is called the "offal," i.e., the skin and inside, are calculated into the price of the animal. The price of any commodity, and of meat dead or alive, may be seen quoted every day in the newspaper market lists ; and it would be well if consumers studied and understood these a little better than is usually the case. Another fact they might learn with advantage is the difference of price between the best meat and the second or third quality. Very few persons eat always the best meat, for the reason that it is not sufficiently plentiful, and perhaps even fewer people pay second-best prices or expect to pay them.

As already pointed out, second quality meat does not necessarily mean unwholesome meat, or indeed worse meat than most people are contented with.

Season for Mutton.—Mutton is in season all the year round, different counties producing sheep for the market at various seasons; but just as beef is said to be in its prime when French beans are in, i.e., when the pastures are greenest and freshest, so mutton is in best condition when grass is plentiful, rather than when it is fattened entirely on roots and cake.

Mutton is often thought more digestible than beef, and is therefore prescribed for invalids, but a matter such as this must be decided by individual idiosyncrasy rather than rule. It is always thought to be less satisfying, and as it is impossible to buy a solid lump of boneless mutton, it is no doubt, on that account also, less economical.

Relative Cost.—In reckoning the cost of various joints as compared with one another, we have assumed that leg and loin are the same price, and that 18 ozs. of either can be bought for a shilling, and that the shoulder and best end of the neck are both sold at 20 ozs. (1¼ lb.) for a shilling. The loin has more bone than the leg, 3 ozs. instead of 2½ ozs. in each shilling's worth of meat, and the loin also is very fat, so that although it is nice it is not cheap. The shoulder has the same proportion of bone as the loin, and the neck most of all, 4 ozs. in every shilling's worth of meat, and is even fatter than the loin. Boiled or roasted, the neck is not a very cheap joint ; but trimmed into cutlets, with all the fat removed, it is probably the dearest butchers' meat that can be eaten.

Competition remains at length between 15½ ozs. of leg against 17 ozs. of shoulder. The shoulder is fatter, it is true, and if it is sold at the same price as the leg, is dearer in every way. Sold at the price we have quoted, it appears to be as cheap as, or cheaper than, the leg if the fat is eaten. Children often dislike fat, and so it is cheaper to pay a little more for a lean joint for children. On the other hand, many people dislike a shoulder of mutton, and prefer a leg.

TABLE OF RELATIVE PRICES OF BEEF AND MUTTON.

At per Stone Wholesale, and per Pound Retail.

Price per Stone.	Mutton.			Beef.		
	Third Quality.	Second Quality.	First Quality.	Third Quality.	Second Quality.	First Quality.
s. d.	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*	*s. d.*
4 2	0 6¼	0 8¼	0 9¼	0 4¼	0 7¼	0 10¼
4 4	0 6½	0 8½	0 9½	0 4½	0 7½	0 10½
4 6	0 6¾	0 8¾	0 9¾	0 4¾	0 7¾	0 10¾
4 8	0 7	0 9	0 10	0 5	0 8	0 11
4 10	0 7¼	0 9¼	0 10¼	0 5¼	0 8¼	0 11¼
5 0	0 7½	0 9½	0 10½	0 5½	0 8½	0 11½
5 2	0 7¾	0 9¾	0 10¾	0 5¾	0 8¾	0 11¾
5 4	0 8	0 10	0 11	0 6	0 9	1 0
5 6	0 8¼	0 10¼	0 11¼	0 6¼	0 9¼	1 0¼
5 8	0 8½	0 10½	0 11½	0 6½	0 9½	1 0½
5 10	0 8¾	0 10¾	0 11¾	0 6¾	0 9¾	1 0¾
6 0	0 9	0 11	1 0	0 7	0 10	1 1
6 2	0 9¼	0 11¼	1 0¼	0 7¼	0 10¼	1 1¼
6 4	0 9½	0 11½	1 0½	0 7½	0 10½	1 1½
6 6	0 9¾	0 11¾	1 0¾	0 7¾	0 10¾	1 1¾
6 8	0 10	1 0	1 1	0 8	0 11	1 2
6 10	0 10¼	1 0¼	1 1¼	0 8¼	0 11¼	1 2¼
7 0	0 10½	1 0½	1 1½	0 8½	0 11½	1 2½
7 2	0 10¾	1 0¾	1 1¾	0 8¾	0 11¾	1 2¾
7 4	0 11	1 1	1 2	0 9	1 0	1 3
7 6	0 11¼	1 1¼	1 2¼	0 9¼	1 0¼	1 3¼
7 8	0 11½	1 1½	1 2½	0 9½	1 0½	1 3½
7 10	0 11¾	1 1¾	1 2¾	0 9¾	1 0¾	1 3¾
8 0	1 0	1 2	1 3	0 10	1 1	1 4

The prices of meat per pound, in relation to the market price per stone of 8 lb., may be calculated sufficiently near to give a tolerably correct idea what the buyer should pay for meat from different parts of the ox or sheep, according to the market price. The butcher pays a certain price per stone for the whole carcass ; but as the different joints of the sheep or bullock differ considerably in quality, and are classed respectively as PRIME, MIDDLING and INFERIOR parts, the prices of the several parts are raised or lowered by the butcher, above or below the average market price per stone, so that all classes of purchasers may be suited, and the sale of all parts of the animals secured. Of course, the butcher takes care to regulate his prices so as to secure a remunerative profit on his outlay. PRIME parts of beef are sirloins, ribs and rounds ; of mutton, legs and loins. MIDDLING pieces of beef are top ribs, back ribs, and silverside ; of mutton, shoulders. INFERIOR pieces of beef are shins, brisket and flank, clod, or shoulder, sticking piece, or neck ; of mutton, necks and breasts. The prices given in the table are such as would be paid for meat of the best quality. The table is constructed so as to range from 4s. 2d. to 8s. per stone inclusive at an increase of 2d. per stone, or ¼d. per pound on the wholesale market prices.

The Mode of Slaughtering Sheep is, perhaps, as humane and expeditious a process as could be adopted to attain the objects sought ; the animal being laid on its side in a sort of concave stool, the butcher, while pressing the body with his knee, transfixes the throat near the angle of the jaw, passing the knife between the windpipe and bones of the neck, thus dividing the jugulars, cartoids, and large vessels, death taking place very rapidly from the haemorrhage which follows.

Manner of Cutting up.—Almost every large city has a particular manner of cutting up, or, as it is called, dressing the carcass. In London this process is very simple, and as our butchers have found that much skewering back, doubling one part over another, or scoring the inner cuticle or fell, tends to spoil the meat and shorten the time it would otherwise keep, they avoid all such treatment. The sheep then is hung up and the carcass flayed (which operation is performed while yet warm). After separating the hind from the fore quarters, with eleven ribs to the latter, the quarters are usually subdivided in the manner shown in the accompanying illustration.

HIND-QUARTER.
1 Leg.
2. Loin.
3. Chump end of loin.

FORE-QUARTER.
4. Best end of neck.
5. Scrag end of neck.
6 and 8. Shoulder and blade-bone.
7. Breast.

(1) **Leg.**—This is the most economical joint for a family if it is sold, as is usual, at only one penny a pound more than the shoulder, for unless there is a considerable difference in price, it does not compensate

for the greater proportion of bone in other joints. The leg of a sheep is roughly reckoned to weigh as many pounds as the whole sheep weighs in stones. Legs can be bought of all weights, from about 5 lb. to 6 lb. Mutton steaks are cut from the leg.

(2) **Loin.**—This is considered the best roasting joint. Two loins together make a saddle ; rather a wasteful joint, because of the way it is carved. The upper part of the loin and leg together form a haunch. Chump chops are cut near the tail, where the proportion of bone is greater.

(3) **Chump end of Loin.**—Cut with the loins for a saddle, always roasted, or in chops for broiling.

(4) **Best end of the Neck.**—Roasting, boiling, or for mutton cutlets. Small mutton is best for cutlets.

(5) **Scrag end of the Neck.**—Broth, stews, or boiling. A low-priced joint, not very fat, but very bony and wasteful.

(6 and 8) **Shoulder.**—Often sold divided, for roasting. It is preferred by many persons to the leg, but is not so economical, and is fatter.

(7) **Breast.**—Often sold at a cheap rate for stewing or boiling. Too fat for many persons, but often economical.

Besides these joints, the following parts of the sheep are sold for food :—

(9) **Head.**—Sometimes sold with the pluck, but more often alone. Can be boiled, and made into most excellent broth—Scotch people generally use it for this—or braised, and is usually an economical dish, but its price varies very greatly.

(10) **Heart.**—Sometimes sold separately, and sometimes with the rest of the "pluck," consisting of liver, lights and heart. Sheep's liver can be fried or made into soup. The heart is best roasted. The whole of the pluck is frequently eaten. In Scotland it is made into "haggis." Probably the cheapest form of butcher's meat.

(11) **Kidneys.**—Broiled or stewed. A very common breakfast dish. The kidney is often sold with the loin.

(12) **Feet,** or "trotters," as they are generally called in London, where they are bought in the markets at 4 a penny, and after being cleaned and boiled are retailed at a halfpenny and a penny each. Seldom eaten in the south of England except by the very poor.

(13) **Mutton suet** is better than beef for frying, because it is less likely to burn, but it is not so good for puddings.

Mode of Cutting up Lamb.—Lamb, when large, is cut into the same joints as mutton ; when small, it is sold in quarters ; the leg and loin to the hind, and the shoulder, breast and neck to the fore-quarter.

Lambs' sweetbreads are considered a delicacy, and are expensive. Lambs' fry consists of the liver, sweetbread, some of the inside fat or "leaf," and the heart.

Lamb's kidney, lamb's head and lamb's trotters are also eaten.

The fore-quarter of lamb is, by many persons, preferred; but the leg, here, as in mutton, is more economical. However, few persons eat lamb except as a luxury, and so questions of economy are more or less out of place.

A good deal of lamb is now imported from New Zealand, and is slightly cheaper than the home grown. The brand known as "Canterbury" is the best. Lamb is to be had in London from Christmas until late autumn. It is dear and scarce from January to March, gets cheaper through the summer months, from Easter to July or August ; and late in the season, as far on as October, lamb is still sent southwards from Scotland.

All young meat is less nourishing, and is said to be less digestible than that which is full-grown ; but lamb has a better reputation in this respect than veal.

Lamb should not be in the least high; and if, therefore, it has to be kept, it should be partly cooked, such being the most certain way to preserve it from taint.

TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF MUTTON.

Giving the Actual Cost of the Eatable Portions of the Various Joints after deducting Loss in Weight from Waste and Bone by Different Modes of Cooking.

Mutton will be seen to waste more in cooking than other meats. Some of the larger joints are the cheapest, the saddle losing less than the loin, while the leg is one of the most economical.

Name of Joint.	How usually cooked.	Weight before cooking.		Weight when cooked, bone and waste deducted.		Total loss per lb.	Average cost per lb.		Cost per lb. after cooking, bone and waste deducted.	
		lb.	oz.	lb.	oz.	oz.	*s.*	*d.*	*s.*	*d.*
Breast	Roasted .	3	0	2	1	5	0	8	0	11½
Chump chop . .	Grilled .	0	12	0	8¼	5	1	1	1	7
Haunch	Roasted .	13	12	9	4	5¼	0	11	1	4½
Head	Stewed .	2	8	1	4	8	0	5	0	10
Heart	Baked .	1	0	0	14	2	0	9	0	10¼
Kidneys	Grilled .	0	12	0	9	3	1	2	1	5¼
Leg	Boiled .	10	0	7	0	4¾	0	10	1	2
Leg	Roasted .	8	2	5	7	5¼	0	10	1	3
Loin	Roasted .	5	13	4	0	5	0	10	1	2½
,, (chop)	Grilled .	0	12	0	8¾	4	1	1	1	5¼
Neck (best end) . .	Boiled .	2	8	1	14	4	0	10	1	1¼
,, (scrag end) .	Stewed .	1	12	0	14	8	0	7	1	2
Saddle	Roasted .	10	4	7	12	3¾	0	10	1	1
Shoulder	Roasted .	7	1	4	0	7	0	9	1	4
Tongue	Boiled .	1	5	0	14	5	0	8	0	11½

NOTE.—For the purpose of the table the prices per lb. for head, heart, kidneys and tongue is given. These parts are, however, nearly always sold irrespective of weight, and the following are average prices :—Head, 8d. each ; heart, 5d. (frozen), 1d. each ; kidneys, 4d. (frozen), 1d. each ; tongue, 4d. each.

By most butchers the shank-bone of a leg of mutton is weighed with the joint, the result being an increase of weight without value, but it is nevertheless an economical joint, as there is no waste in its carving, whereas against a loin must be reckoned the loss of meat left upon the bones, and that so often caused by an undue preponderance of fat.

TABLE GIVING WEIGHT OF BONE, SKIN, AND WASTE IN JOINTS OF MUTTON.

Name of Joint.	Weight of joint when bought.		Weight of bone, skin and waste.		Loss of weight by cooking.		Total weight of waste.		Weight of eatable matter.	
	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.
Haunch	13	12	1	8	3	0	4	8	9	4
Leg (boiled) . . .	10	0	1	6	1	10	3	0	7	0
,, (roasted) . .	8	2	1	7	1	4	2	11	5	7
Loin	5	13	0	12	1	1	1	13	4	0
Saddle	10	4	0	12	1	12	2	8	7	12
Shoulder	7	1	1	6	1	11	3	1	4	0

TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF LAMB.

GIVING THE ACTUAL COST OF THE EATABLE PORTIONS OF THE DIFFERENT PARTS, AFTER DEDUCTING LOSS OF WEIGHT FROM WASTE AND BONE, BY DIFFERENT MODES OF COOKING.

Name of Joint.	How usually cooked.	Weight before cooking.		Weight when cooked, bone and waste deducted.		Total loss per lb.	Average cost per lb., uncooked or raw.		Cost per lb. after cooking, bone and waste deducted.	
		lb.	oz.	lb.	oz.	oz.	s.	d.	s.	d.
Breast	Stewed .	2	0	1	6	5	0	10	1	2½
Fore-quarter . .	Roasted .	11	0	7	12	4	1	0	1	5
Hind-quarter . .	Roasted .	9	0	7	4	3	1	1	1	4¼
* Leg	Roasted .	4	8	2	12	5¼	1	1	1	9¼
Loin	Roasted .	4	3	3	0	4½	1	0	1	4¾
Neck (in cutlets) .	Fried .	1	3	0	9½	7	1	1	1	8
,, (scrag) . . .	Stewed .	1	2	0	10	6	0	8	1	2¼
Shoulder . . .	Roasted .	4	5	2	11	5½	1	0	1	7

* The foot being generally weighed with the Leg of Lamb, makes this joint an expensive one.

TABLE GIVING WEIGHT OF BONE, SKIN, AND WASTE IN JOINTS OF LAMB.

Name of Joint.	Weight of joint when bought.		Weight of bone, skin and waste.		Loss of weight by cooking.		Total weight of waste.		Weight of eatable matter.	
	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.
Breast	2	0	0	8	0	2	0	10	1	6
Fore-quarter . . .	11	0	1	0	2	4	3	4	7	12
Hind-quarter . . .	9	0	0	8	1	5	1	12	7	4
Loin	4	3	0	8	0	11	1	3	3	0
Leg	4	8	0	13	0	15	1	12	2	12
Neck (in cutlets) .	1	3	0	6½	0	3	0	9½	0	9½
„ (scrag) . . .	1	2	0	6½	0	1½	0	8	2	10
Shoulder	4	5	0	13	0	13	1	10	2	11

The prices given for lamb are those when it is in full season. In winter that called House Lamb is considerably dearer, and sometimes even till after Easter the price of lamb continues high.

RECIPES FOR COOKING LAMB

CHAPTER XVIII

948.—BREAST OF LAMB, MILANAISE STYLE. (*Fr.*—Poitrine d'Agneau à la Milanaise.)

Ingredients.—A breast of lamb, a mirepoix of vegetables (*see* "Shoulder of Lamb, Braised"), stock, 6 ozs. of macaroni, 1 tablespoonful of grated cheese, 1 or 2 tablespoonfuls of white sauce, ½ an oz. of butter, salt and pepper.

Method.—Prepare and cook the lamb as directed (*see* "Shoulder of Lamb, Braised"). Break the macaroni into 2-inch lengths, throw it into boiling salted water, boil rapidly for 10 minutes, then drain well. Replace in the stewpan, cover with hot stock, and cook gently until tender, keeping the stewpan uncovered in order that the unabsorbed stock may evaporate. Just before serving stir in the butter, cheese and white sauce, and season to taste. Arrange neatly in the centre of a hot dish, and place the meat on the top. Serve with a suitable sauce or thickened gravy.

Time.—Altogether, about 2 hours. **Average Cost,** 8d. to 10d. per lb. **Sufficient** for 3 or 4 persons, according to size. **Seasonable** from April to October.

949.—BREAST OF LAMB, TURKISH STYLE. (*Fr.*—Poitrine d'Agneau à la Turque.)

Ingredients.—A breast of lamb ¾ of a lb. of sausage-meat, ⅓ of a pint of demi-glace sauce or a mild curry sauce (*see* Sauces). For the mirepoix, or foundation : ¾ of a pint of stock, 2 onions, 2 carrots, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 ozs. of butter. For the rice border : 6 ozs. of Patna rice, 1 large onion, 1½ ozs. of butter, 1½ pints of white stock, salt and pepper, and, if liked, a pinch of saffron, may be added.

Method.—Remove the bones, flatten the meat with a cutlet-bat or rolling-pin, season well with salt and pepper, spread on the sausagemeat, roll up tightly, and bind securely with string. Slice the vegetables, and put them into a large stewpan with the butter, place the meat on the top, cover, and cook gently for about 20 minutes, then add the herbs, peppercorns, and stock to nearly cover the vegetables. Place a buttered paper over the meat, put on the lid, and braise for 2 hours. Heat 1½ ozs. of butter in a stewpan, add to it the onion finely-chopped, and fry for about 15 minutes without browning. Wash and blanch the rice, drain well, then add it, together with the stock, to the onions, season to taste, cover with a buttered paper and the lid, and simmer gently until the rice is tender and dry. Place the meat in a hot dish, pour the demi-glace or curry-sauce over, arrange the rice in the form of a border, and serve.

Time.—2½ hours, to cook the meat. **Average Cost,** 8d. to 10d. per lb. **Sufficient** for 3 or 4 persons.

The Lamb as a Sacrifice.—Lambs were used in considerable numbers by the Hebrews in the sacrifices. Two lambs "of the first year" were appointed to be daily offered at the morning and evening sacrifice, and a lamb served as a substitute for the firstborn of unclean animals, as the ass, which could not be accepted as an offering to the Lord. On the anniversary of the Passover, one of the three great annual festivals of the Israelites, celebrated from the 14th to the 21st of the month Nisan, to commemorate the deliverance of the Hebrews from the bondage of Egypt, every family was ordered to sacrifice a lamb or kid, a male of the first year without blemish, and to sprinkle some of its blood with hyssop upon the two side posts and the lintel of the door of the house. The lamb was eaten roasted, with unleavened bread, and bitter herbs, and in haste, with the loins girded, shoes on the feet, and a staff in the hand; whatever remained over until the morning was burned. The sheep was also used in the numerous special, individual, and national sacrifices ordered by the Mosaic law. On extraordinary occasions vast numbers of sheep were sacrificed as an offering. Solomon, on the completion of the Temple, offered "sheep and oxen that could not be numbered for multitude."

950.—BREAST OF LAMB, STUFFED. (*Fr.*—Poitrine d'Agneau Farcie.)

Ingredients.—A breast of lamb, mirepoix as in preceding recipe, ⅓ of a pint of brown or demi-glace sauce, veal forcemeat (*see* Forcemeats), French beans, 1 oz. of butter, salt and pepper, glaze.

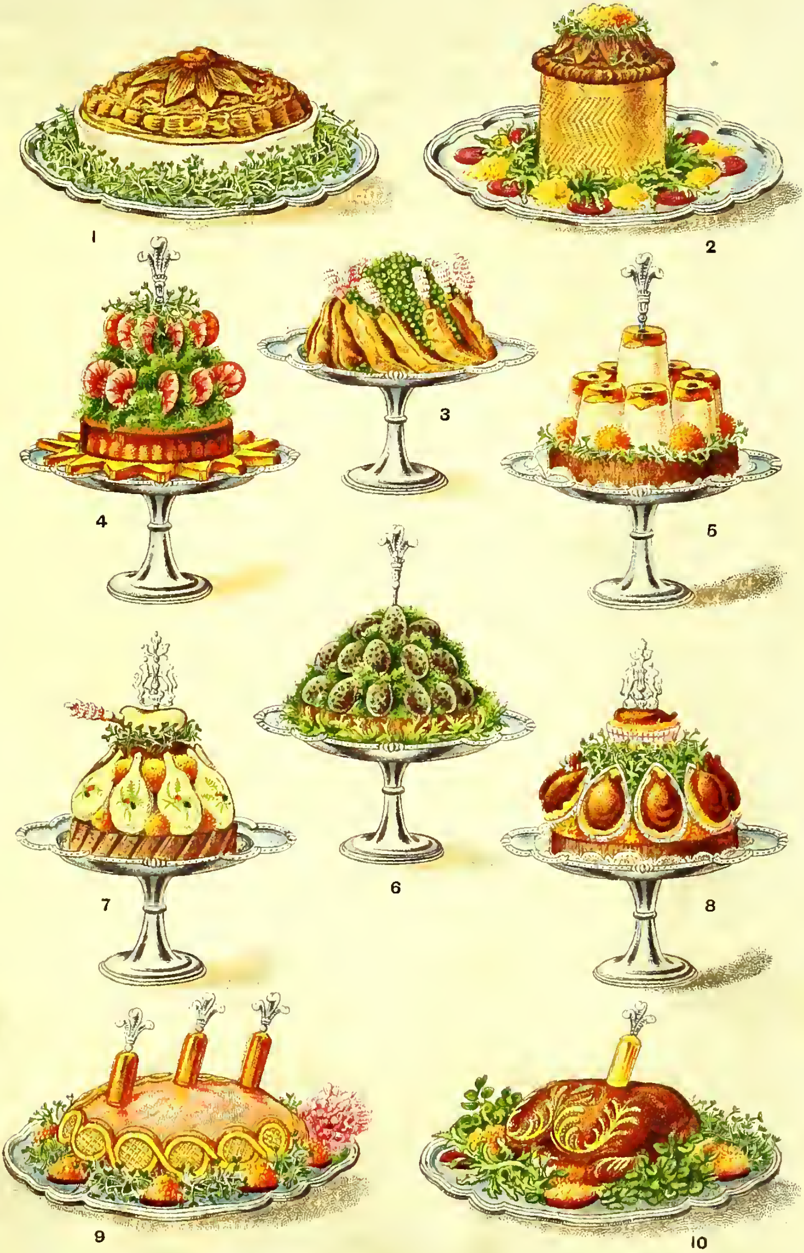
Method.—Proceed as directed in the preceding recipe, substituting veal forcemeat for the sausage-meat. Cook the beans in salted water, and drain them well. Melt the butter in a stewpan, put in the beans, season with salt and pepper, toss over the fire for a few minutes and serve them arranged in small groups round the dish. Before serving, brush the meat over with glaze, and send the sauce to table in a sauce-boat.

Time.—2½ hours, to cook the meat. **Average Cost,** 8d. to 10d. per lb. **Sufficient** for 3 or 4 persons.

951.—BLANQUETTE OF LAMB. (*Fr.*—Blanquette d'Agneau.)

Ingredients.—2 lb. of loin, neck or breast of lamb, 1 onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns. For the sauce: ½ a pint of stock, 1½ ozs. of butter, 1oz. of flour, 2 yolks of eggs, 2 tablespoonfuls of cream, salt and pepper.

COLD COLLATION DISHES.



1—Pigeon Pie. 2—Raised Game Pie. 3—Cutlets and Peas. 4—Prawns en Bouquet. 5—Crême Chicken. 6—Plovers' Eggs. 7—Lamb Cutlets. 8—Larks Farcie. 9—Piped Ham. 10—Boned Capon.

Method.—Cut the meat into pieces about 2 inches square, and put them into a stewpan with the onion, herbs, peppercorns and a little salt. Cover with cold water, and cook gently for 2 hours. Melt the butter, add the flour, stir, and cook for a few minutes without browning. When the meat is ready, strain from it ½ a pint of the liquor, and add it to the blended flour and butter. Stir until boiling, simmer for 3 or 4 minutes, then add the yolks of eggs and cream, previously beaten together. Stir and cook gently for a few minutes, taking care that it does not boil, or it may curdle. Arrange the meat neatly on a hot dish, strain the sauce over, and serve.

Time.—About 2¼ hours. **Average Cost,** from 8d. to 1s. 2d. per lb. **Sufficient** for 3 or 4 persons. **Seasonable** from April to October.

952.—CHARTREUSE À LA GASTRONOME.

Ingredients.—1 or 2 breasts of lamb, boned and braised (*see* "Shoulder of Lamb, Braised"), braised lettuce-stalks, ½ a pint of demi-glace sauce No. 242, stock, salt and pepper.

Method.—Braise the lamb as directed, and at the same time cook the lettuce-stalks. Cut the lamb into strips, arrange alternately with layers of lettuce in a plain cylindrical mould, adding a little good stock and a seasoning of salt and pepper. Cook gently for 1¼ hours in the bain-marie, then unmould carefully, and serve with a little of the sauce poured round, and the remainder sent to table in a sauce-boat.

Time.—About 1¼ hours after braising. **Average Cost,** 8d. to 10d. per lb. **Sufficient** for 1 large mould. **Seasonable** all the year.

953.—CHAUD-FROID OF LAMB CUTLETS.
(*Fr.*—Chaud-Froid de Côtelettes d'Agneau.)

Ingredients.—The best end of a neck of lamb (braised as directed in No. 989), ½ a pint of aspic jelly (*see* jellies) 4 leaves of French gelatine, 1 gill of Béchamel sauce, ½ a gill of tomato sauce (*see* Sauces), ½ a gill of cream, salad, salt and pepper.

Method.—When the lamb is quite cold divide it into cutlets, and trim them into a neat uniform shape. Dissolve the gelatine in a tablespoonful of water, add it to the hot white sauce, add also rather more than ½ the aspic jelly, and divide the mixture into 2 equal portions. To the one add the cream, and to the other the tomato sauce, season to taste, and while hot pass the mixtures separately through a tammy-cloth. Coat half the cutlets with the white sauce and the remainder with the red. When the sauce is set pour over the cutlets the remainder of the aspic jelly, which must be nearly cold at the time. Dish in a circle, placing the colours alternately, and fill the centre with dressed salad.

Time.—About 1½ hours. **Average Cost,** 4s. Allow 9 or 10 cutlets for 7 or 8 persons.

954.—COLD LAMB CUTLETS. (*Fr.*—Côtelettes d'Agneau à la Gelée.)

There are various ways of preparing this dish. The cutlets may be cooked in butter (sautéed or grilled) or braised and pressed. The former method is no doubt more simple, although braising is highly recommended on account of the fine flavour imparted to the meat by this method of cooking. The cutlets must be carefully pared, trimmed and flattened before they are cooked, and when cooked they must be pressed beneath a heavy weight, and kept thus until they are quite cold. To finish them, proceed as follows :—

Pour a layer of aspic jelly in a sauté-pan, or large dish, ; when set arrange the cutlets in it, cover with another layer of aspic jelly, and let this also set. Place the pan or dish on the ice for about 1 hour, then cut the cutlets out with a sharp knife, and arrange them in a circle on a round dish. Fill the centre of the dish with some kind of cooked vegetables—peas, beans, asparagus points, or macedoine—previously seasoned with mayonnaise or French salad dressing, and garnish with neatly cut cubes of set aspic jelly, and serve.

Average Cost, 1s. to 1s. 2d. per lb. Allow 9 or 10 cutlets for 6 or 7 persons.

955.—CROQUETTES OF LAMB. (*Fr.*—Croquettes d'Agneau.)

Ingredients.—½ a lb. of finely-chopped cooked lamb, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, ½ an oz. of butter, ¾ of an oz. of flour, ¼ of a pint of strong stock, salt and pepper, 1 egg, breadcrumbs, frying-fat.

Method—Melt the butter in a stewpan, fry the onion lightly, then stir in first the flour and afterwards the stock, and boil gently for 3 or 4 minutes, stirring briskly meanwhile. Add the meat, parsley, and a good seasoning of salt and pepper, stir over the fire until well mixed, and turn on to a plate to cool. Form into cork-shaped pieces, coat carefully with egg and breadcrumbs, and fry in hot fat. (*See* "Croquettes of Beef," also "Notes on Frying," p. 433.)

Time.—To fry, 4 to 5 minutes. **Average Cost,** 5d., exclusive of the meat. **Sufficient** for 3 or 4 persons. **Seasonable** from April to October.

956.—CUTLETS, LARDED. (*Fr.*—Côtelettes d'Agneau Piquées.)

Ingredients.—2 or 3 lb. of neck of lamb, larding bacon, stock, 1 onion sliced, 2 carrots sliced, ½ a turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt and pepper, ½ a pint of tomato or brown sauce (*see* "Sauces"), glaze, mashed potato.

Method.—Trim the cutlets into a good shape (*see* "Lamb Cutlets, to prepare "), and lard one side closely with fine lardoons (*see* No. 989). Place the vegetables in a stewpan, lay the cutlets on the top, add the peppercorns, and stock to nearly cover the vegetables. Sprinkle liberally with salt and pepper, cover lightly with a greased paper, and put on the lid. Cook gently for 1 hour, basting frequently, and adding more stock as that in the stewpan boils away. Place the cutlets on a tin in a hot oven for a few minutes to crisp the bacon, brush them over with the reduced gravy, and arrange them neatly on a border of mashed potato. Serve the sauce separately.

Time.—About 1½ hours. **Average Cost,** 11d. to 1s. 2d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable,** April to October.

957.—EPIGRAMS OF LAMB. (*Fr.*—Epigrammes d'Agneau à la Soubise.)

Ingredients.—1 breast of lamb, 2 quarts of stock, 1 onion, 1 carrot, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 1 egg, breadcrumbs, salt and pepper, frying-fat, Soubise sauce, Allemande sauce (*see* Sauces).

Method.—Trim the breast of lamb, cut it in two, and blanch it. Bring the stock to boiling point, put in the meat, boil rapidly for a few minutes, then add the vegetables cut into thick slices, the bouquet-garni, salt to taste, and cook gently for about 1 hour, or until the meat is tender. Remove the bones, press the meat between 2 dishes until cold, then trim off all the skin and gristle, and cut the meat into pieces convenient for serving. Have ready the Allemande sauce, which must be very thick and nearly cold ; season the epigrammes, or lamb entrées, with salt and pepper, dip them into the sauce, and if not completely coated, repeat the operation. When the sauce is set and firm, dip the épigrammes into beaten egg, coat them carefully with fine breadcrumbs, and fry in hot fat until they acquire a golden-brown colour. Drain well, and arrange in the form of a circle on a hot dish, and serve the Soubise sauce in the centre.

Time.—3 hours. **Average Cost,** 8d. to 10d. per lb. **Sufficient** for 6 or 7 persons.

958.—LAMB BOILED. (*Fr.*—Agneau bouilli.)

The leg of lamb is the part usually selected for boiling, but this method of cooking is not often adopted. Careful and frequent skimming is essential to preserve the colour of the meat, and the liquor in which it is cooked must contain nothing to destroy or overpower its delicate flavour. The peas, carrots, or whatever is served as a garnish, should be cooked separately, and the meat masked with a good white or Béchamel sauce.

959.—LAMBS' COLLOPS AND ASPARAGUS.

Ingredients.—Slices of underdone lamb, 30 asparagus, 1½ ozs. of butter,

½ an oz. of flour, For the seasoning: 1 tablespoonful of flour, ¼ of a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of salt, ⅛ of a teaspoonful of pepper, a pinch of finely-grated lemon-rind, ½ a pint of gravy, stock or water.

Method.—Cut the meat into fillets about 2½ inches in diameter, sprinkle both sides with seasoning, and put aside for 1 hour. Cut the tips of the asparagus about 2 inches long, and boil them in salted water until tender, the stems being put aside to be afterwards used for soup. Heat the butter in a frying-pan, cook the collops quickly until lightly browned on both sides, then remove and keep them hot. Sprinkle the flour on the bottom of the pan, cook until well-browned, and add the gravy or stock. Season to taste, boil rapidly for about 5 minutes, then strain. Arrange the collops in a close circle on a hot dish, place the asparagus tips in the centre, and pour the sauce round.

Time.—1½ hours. **Average Cost,** 2s. 6d. to 4s. 6d. **Sufficient,** allow 1 lb. of meat for 3 or 4 persons. **Seasonable** from March to July.

960.—LAMB CUTLETS, TO PREPARE.

Method.—Take the best end of a neck of lamb, remove the chine bone, and saw the rib bones across, reducing the length to 3½ or 4 inches, according to the size of the fillet, or lean portion of the meat. Trim off the greater part of the fat, and scrape the end of the bone, leaving about ¾ of an inch quite bare. A more even surface and a better shape may be obtained by flattening the cutlets with a wetted cutlet-bat or chopping-knife. The cutlets may be plainly grilled or fried, coated with egg and breadcrumbs, and fried or braised and glazed. The most suitable vegetable accompaniments are asparagus, green peas, and spinach ; and an almost infinite number of sauces may be served with the cutlets, and allowed to give their name to the dish when it is a simple one. For example, plainly grilled or fried cutlets may be served with tomato or Madeira sauce, and termed respectively, *Côtelettes d'Agneau à la Tomate*, and *Côtelettes d'Agneau à la Madère.*

961.—LAMB CUTLETS, GRILLED. (*Fr.*—Côtelettes d'Agneau Grillées.)

Ingredients.—9 or 10 cutlets cut from the best end of the neck, ½ a pint of shelled peas, ¼ of a pint of good gravy or demi-glace sauce (*see* Sauces), salt and pepper, salad-oil.

Method.—Trim the cutlets into a good shape, brush over with salad-oil, then grill them over or in front of a clear fire for about 8 or 10 minutes, turning them 3 or 4 times. Season the cutlets lightly with salt and pepper, cover the end of each bone with a cutlet-frill, arrange neatly in a circle on a border of mashed potato, serve the peas in the centre and pour the hot sauce round.

Time.—30 minutes, altogether. **Average Cost,** 1s. to 1s. 2d. per lb. **Sufficient** for 6 or 7 persons.

962.—LAMB CUTLETS, MALMAISON STYLE.
(*Fr.*—Côtelettes d'Agneau à la Malmaison.)

Ingredients.—9 or 10 cutlets cut from the best end of the neck, $\frac{1}{3}$ of a pint of demi-glace sauce (*see* Sauces), 4 or 5 small stuffed tomatoes, (see Vegetables), lentil, green pea and potato purées, 1 egg, breadcrumbs, 2 ozs. of butter, salt and pepper.

Method.—Trim the cutlets into a good shape, season them with salt and pepper, and coat them with egg and breadcrumbs. Rub the cooked vegetables through a fine sieve, season to taste, bind with a little yolk of egg, press into small dariol moulds, and keep hot until required. Prepare and bake the tomatoes, also a border of mashed potato, which must be brushed over with yolk of egg and browned in the oven. Heat the butter in a sauté-pan, fry the cutlets until lightly browned, and drain well. Arrange them in a close circle on the potato border, garnish with the tomatoes and small timbales of vegetables, and serve the hot sauce in a sauce-boat.

Time.—To fry the cutlets, from 7 to 10 minutes. **Average Cost,** 1s. to 1s. 2d. per lb. **Sufficient** for 6 or 7 persons.

963.—LAMB CUTLETS, MILANESE STYLE.
(*Fr.*—Côtelettes d'Agneau à la Milanaise.)

Ingredients.—8 or 9 lamb cutlets, $\frac{1}{4}$ of a pint of demi-glace sauce, $\frac{1}{2}$ a lb. of Patna rice, $\frac{3}{4}$ of a pint of white stock, $\frac{1}{4}$ of a pint of tomato-pulp (made by rubbing raw tomatoes through a fine sieve), 2 ozs. of butter, 1 oz. of grated Parmesan cheese, $\frac{1}{2}$ a teaspoonful of finely-chopped parsley, salad-oil, salt and pepper.

Method.—Wash and blanch the rice, and drain it well. Replace it in the stewpan, add the butter, tomato-pulp, salt and pepper, put in the stock, cover with a buttered paper and the stewpan-lid, and cook slowly for about 1 hour, or until the rice is tender and dry. Brush the cutlets over with salad oil, grill them over or in front of a clear fire for 8 or 10 minutes, turning them 3 or 4 times, and before serving season them with salt and pepper. Add the grated cheese to the rice, season to taste, and arrange it in the form of a pyramid in the centre of a hot dish. Sprinkle the top of it with parsley, dish the cutlets neatly overlapping each other round the base, and pour the hot demi-glace sauce round.

Time.—About 1 hour. **Average Cost,** 1s. to 1s. 2d. per lb. **Sufficient** for 7 or 8 persons.

964.—LAMB CUTLETS, RICHELIEU STYLE.
(*Fr.*—Côtelettes d'Agneau à la Richelieu.)

Ingredients.—9 or 10 lamb cutlets, $2\frac{1}{2}$ ozs. of butter, 6 or 7 small stuffed tomatoes (*see* Vegetables), 6 or 7 artichoke bottoms, $\frac{1}{2}$ a pint of cooked asparagus-points, 1 truffle, ¼ of a pint of demi-glace sauce, salt and pepper.

Method.—When tinned artichoke bottoms are used, warm them in a little of their own liquor. Prepare and cook the asparagus-points, and, when ready to use, season and toss them over the fire in ½ an oz. of hot butter. Prepare and bake the tomatoes. Trim the cutlets into a good shape, heat 2 ozs. of butter in a sauté-pan, put in the cutlets, and fry them quickly until nicely browned. Place a cutlet-frill on each bone, arrange neatly in a circle on a border of mashed potato, and pile the tomatoes in the centre. Fill the artichoke bottoms with the asparagus points, sprinkle a little chopped truffle on each, and place them at regular intervals round the base of the dish. Have ready the hot demi-glace sauce, pour it round the dish, and serve.

Time.—To cook the cutlets, from 7 to 10 minutes. **Average Cost,** from 1s. to 1s. 2d. per lb. **Sufficient** for 7 or 8 persons.

965.—LAMB CUTLETS WITH CUCUMBER. (*Fr.*—Côtelettes d'Agneau au Concombre.)

Ingredients.—8 or 9 cutlets from the best end of the neck, or 6 or 7 chops from the loin, 1 large or 2 small cucumbers, 3 ozs. of butter, ¼ of a pint of gravy, 1 egg, breadcrumbs, salt and pepper, butter or clarified fat for frying the cutlets.

Method.—Peel the cucumber, remove the seeds, and cut it into ½ inch dice. Heat the butter in a stewpan, put in the cucumber, season well with salt and pepper, cover closely, and let it cook very gently in the butter for nearly ½ an hour, or until the pieces are tender but unbroken, then drain well. Trim the cutlets into a good shape, sprinkle both sides of them with salt and pepper, dip them in egg, crumb them, and then fry in hot butter or fat in a sauté- or frying-pan until lightly browned on both sides. Arrange the cutlets neatly on a thin potato border, serve the cucumber in the centre, and pour the hot sauce round.

Time.—To cook the cutlets, from 8 to 10 minutes. **Average Cost,** 1s. to 1s. 2d. per lb. **Sufficient** for 6 or 7 persons.

966.—LAMB CUTLETS AND SPINACH. (*Fr.*—Côtelettes d'Agneau aux Epinards.)

Ingredients.—8 or 10 cutlets, ¾ of a pint of spinach purée (*see* Vegetables) 1 oz. of butter, 1 egg, breadcrumbs, salt and pepper, ⅓ of a pint of gravy, tomato or any other sauce preferred.

Method.—Trim the cutlets (*see* "Lamb Cutlets, To Prepare"). Brush them over with beaten egg seasoned liberally with salt and pepper, and coat with breadcrumbs. Prepare the spinach purée as directed, and keep it hot until required. Heat the butter in a sauté- or frying-pan, fry the cutlets quickly until lightly browned on both sides, and drain them free from fat. Arrange in a close circle on a hot dish, pile the purée in the centre, and pour the sauce round.

Time.—To fry, 5 or 6 minutes. **Average Cost,** 1s. to 1s. 2d. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** from April to October.

Note.—Peas, asparagus, beans or dressed potatoes may be substituted for the spinach.

967.—LAMB CUTLETS STEWED WITH TOMATOES. (*Fr.*—Côtelettes d'Agneau, aux Tomates.)

Ingredients.—8 or 9 lamb cutlets, 4 tomatoes, 1 oz. of butter, 1 finely-chopped shallot or small onion, stock or water, salt and pepper.

Method.—Trim the cutlets (*see* "Lamb Cutlets, to Prepare"), and cut the tomatoes into thick slices. Heat the butter in a sauté-pan or shallow stewpan, fry the cutlets quickly until lightly browned on both sides, then add the shallot to blend, then add the tomatoes, and season with salt and pepper. Cover closely, and cook very slowly for 1½ hours, adding a very small quantity of stock or water from time to time, if necessary, but when the tomatoes are juicy none will be needed. When ready, remove the cutlets and keep them hot, pass the tomatoes through a fine sieve, season to taste, and if more sauce is liked add a little stock and thicken with cornflour. Arrange the cutlets in a close circle on a hot dish, pour the sauce round, and serve.

Time.—About 2 hours. **Average Cost,** 11d. to 1s. 2d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable** from April to October.

968.—LAMB, FRICASSÉE OF. (*Fr.*—Fricassée d'Agneau.)

Ingredients.—A breast of lamb, 2 ozs. of butter, 1 small onion, 2 bay-leaves, 2 cloves, 1 blade of mace, 6 peppercorns, 1 pint of boiling stock or water, 1 oz. of flour, 2 tablespoonfuls of capers coarsely-chopped, salt and pepper.

Method.—Trim the meat, and cut into 2-inch squares. Heat the butter in a stewpan, put in the onion sliced, bay-leaves, cloves, mace, peppercorns, ½ a saltspoonful of pepper, salt and the meat, cover, and cook very gently for ½ an hour, stirring occasionally. Now add the boiling stock or water and salt to taste, and simmer gently for 1 hour longer, 20 minutes before serving, mix the flour smoothly with a very small quantity of cold water, and add to it gradually about ½ pint of the liquor from the stewpan, stirring all the time. Bring the contents of the stewpan to boiling point, pour in the thickened liquor, boil for 2 or 3 minutes, then simmer until the meat is sufficiently cooked. When ready, arrange the pieces of meat inside a border of mashed potato, or otherwise, as may be preferred, season the sauce, add to it the capers to taste, and pour over the meat.

Time.—About 1½ hours. **Average Cost,** 10d. per lb. **Sufficient** for 3 or 4 persons.

969.—LAMB'S FRY. (*Fr.*—Fricot d'Agneau.)

Ingredients.—1½ lb. of fry. For the batter: 1 level dessertspoonful of flour, 2 tablespoonfuls of water, 1 egg, salt and pepper, 2 or 3 ozs. of clarified fat or dripping, 1 tablespoonful of flour, about ½ a pint of hot water.

Method.—Wash the fry, put it into a stewpan with sufficient cold water to just cover it, bring to the boil, cook for 2 or 3 minutes, then drain and dry well. Mix the flour, 1 saltspoonful of salt, and ½ the quantity of pepper into a smooth batter with the 2 tablespoonfuls of cold water, and add to it the egg, previously beaten. Heat the clarified fat in a frying-pan; dip the pieces of fry in the batter, and fry them gently until nicely browned on both sides, but take care not to overcook the liver. Have ready a very hot dish on which to put the fry, and keep it as hot as possible while the gravy is being made. The fat in the pan may be used for this purpose, or, if preferred, it can be poured away, and 1 oz. of butter used instead. Stir the flour into the fat, and when brown pour in the hot water, stir and boil for five minutes, season to taste, and either strain it round the dish or serve it separately in a sauce-boat.

Time.—To cook, about 15 or 20 minutes. **Average Cost,** 10d. to 1s. per lb. **Sufficient** for 3 or 4 persons.

Note.—If preferred, the fry may be coated with egg and breadcrumbs, instead of the batter, before frying.

970.—LAMB'S FRY. (Another Method.)

Ingredients.—1½ lb. of fry, a few thin slices of bacon, 3 ozs. of butter, 1 oz. of flour, 2 tablespoonfuls of cooked macaroni or spaghetti (small sized macaroni), 1 teaspoonful of lemon-juice, 1 teaspoonful of finely-chopped parsley, 1 egg, breadcrumbs, salt and pepper, 1 small onion, 1 small carrot, a bouquet-garni (parsley, thyme, bay-leaf).

Method.—Wash the fry, put it into a stewpan with the onion and carrot cut into thin slices, the bouquet-garni and cold water to cover, bring gently to the boil, and simmer slowly for about 1 hour. Turn both meat and gravy into a basin, and, when cold, strain off the gravy and divide the meat into 2 portions. Cut one half into rather thin slices, season them with salt and pepper, coat them with egg and breadcrumbs, and put the slices aside until wanted. Cut the remainder of the meat into small dice, and also cut the macaroni or spaghetti into very small pieces. Melt 1 oz. of butter in a stewpan, add the flour, cook and stir for 3 or 4 minutes, pour in the strainad liquor, and stir until boiling. Season to taste, put in the meat, macaroni and parsley, cover, and let the stewpan stand where the contents will keep hot without boiling. Divide the bacon into small pieces, roll them, put them on a skewer, and grill or bake them in the oven until crisp. Heat the remaining 2 ozs. of butter in a sauté- or frying-pan, put in the prepared slices of fry, and cook them quickly until both sides are lightly browned, then drain well. The preparation in the stewpan should have a consistency sufficient to allow it to be piled in the centre of a dish. Serve the fried slices of fry round the base, and garnish with the bacon. When a more liquid sauce is preferred, dish the slices of fry on a potato border, and serve the sauce in the centre.

Time.—1½ to 2 hours. **Average Cost,** 10d. to 1s. per lb. **Sufficient** for about 4 persons.

971.—LAMB'S HEAD AND PLUCK. (*Fr.*—Tête d'Agneau.)

Ingredients.—A lamb's head and pluck (which consists of the heart, liver, and lungs or lights), 2 ozs. of butter, 1½ ozs. of flour, 1 large onion, 1 carrot, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 teaspoonful of finely-chopped parsley, salt and pepper, 1 egg, browned breadcrumbs.

Method.—Wash the head well, put it into a stewpan, cover it with cold water, and bring to the boil, strain, scrape off the hairs, if any, and rinse well. Wash the pluck in cold water, and put it into the stewpan with the head, cover with cold water, and when boiling skim well. When all the scum has been removed, put in the sliced vegetables, the bouquet-garni, peppercorns and ½ a teaspoonful of salt, and simmer gently for about 1 hour. Divide the head, take out the tongue and brains, and keep the head hot over a saucepan of boiling water. Skin the tongue, cut it into dice, chop the brains coarsely, and cut the pluck into small pieces. Meanwhile, the liquor in the pan must have been allowed to boil rapidly to reduce, and before using it for the sauce it must be strained and well skimmed. Melt the butter in a stewpan, add the flour, and cook for five minutes. Pour in 1¼ pints of the liquor, and stir until it boils, then put in the pluck, tongue and brains, add the parsley, and season to taste, cover closely, re-heat, and keep hot until required. Coat the head with beaten egg and browned breadcrumbs, bake it in a moderate oven for 10 to 15 minutes, basting frequently with hot fat, then drain well. Place the head in the centre of a hot dish, pour the mince round, and serve.

Time.—From 1¾ to 2 hours. **Average Cost,** from 2s. to 2s. 6d. **Sufficient** for 5 or 6 persons.

972.—LAMB PIE. (*Fr.*—Pâté d'Agneau.)

Ingredients.—2 lb. of loin, neck, or breast of lamb, 1 or 2 lambs' or sheep's kidneys thinly-sliced, stock or water, salt and pepper, short crust or puff paste.

Method.—Free the meat from fat and bones, and boil the latter down for gravy. Cut the meat into pieces convenient for serving, place them in a piedish, sprinkling each layer with salt and pepper, and add a few slices of kidney. Half fill the dish with stock or water, cover with paste (*see* "Veal Pie"), and bake in a moderate oven for about 1½ hours. Strain and season the stock made from the bones, and pour it into the pie just before serving.

Time.—About 1½ hours. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 5 or 6 persons. **Seasonable** from April to October.

973.—LAMB, STEWED. (*Fr.*—Ragoût d'Agneau.)

Ingredients.—3 or 4 lb. of loin, neck or breast of lamb, 2 ozs. of butter, the juice of ½ a lemon, 6 mint leaves, ¼ of a teaspoonful of pepper, ½ a pint of Soubise sauce (*see* Sauces).

Method.—Saw the long bones across, and either skewer or bind the meat into a compact form. Heat the butter in a large stewpan, add the pepper, mint, and lemon-juice, put in the meat, cover closely, and cook very gently for about an hour, turning the meat 2 or 3 times, in order to brown the entire surface. Serve the Soubise sauce separately ; or, instead of this sauce, add ¼ of a pint of stock mixed with 1 dessertspoonful of flour to the butter, etc., in the stewpan, boil for 2 or 3 minutes, season to taste, improve the colour if necessary by adding a few drops of liquid caramel. Dish up and serve hot.

Time.—About 2 hours. **Average Cost,** 10d. to 1s. 2d. per lb. **Sufficient** for 7 or 8 persons.

974.—LAMB, STEWED. (Another Method.)

Ingredients.—2 or 3 lb. of loin, neck or breast of lamb, 2 ozs. of butter, 1 oz. of flour, 1 small onion, 1 small carrot, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, a sprig of mint, 1 pint of shelled peas, salt and pepper, stock.

Method.—Trim the meat and cut it into pieces convenient for serving. Heat the butter in a stewpan, put in the vegetables (cut into dice), herbs, peppercorns, and mint (tied in muslin), and the meat, cover closely, and cook gently for about 30 minutes, turning the meat 2 or 3 times. When lightly browned, add boiling stock or water to cover the meat, put on the lid, and simmer very gently for about an hour. ½ an hour before serving, boil up and put in the peas a few at a time, so that the temperature is not much reduced below boiling point. About 15 minutes before serving mix the flour smoothly with a very small quantity of cold water, then add to it gradually about ½ a pint of the strained liquor from the stewpan, stirring all the time. Pour the thickened liquor back into the stewpan, and stir gently for a few minutes. When both meat and peas are tender, remove the herbs, season to taste, and serve the stew in a deep dish.

Time.—2 to 2¼ hours. **Average Cost,** 10d. to 1s. 2d. per lb. **Sufficient** for 5 or 6 persons.

975.—LAMBS' SWEETBREADS IN CASES.
(*Fr.*—Ris d'Agneau en Caisses.)

Ingredients.—1½ lb. of lambs' sweetbreads, ½ a pint of Béchamel sauce (*see* "Sauces"), stock, cooked green peas, or a few tablespoonfuls of spinach purée, a little finely-chopped truffle, salt and pepper.

Method.—Soak and blanch the sweetbreads (see recipes for dressing veal sweetbreads), then drain well and cover with well-flavoured white stock. Cook gently for 1 hour, or until tender, and drain from the stock. Make the sauce as directed, and season to taste. Place a layer of peas or spinach purée at the bottom of 8 or 9 oval china cases, add a portion of sweetbread and a little sauce. Sprinkle lightly with truffle, and serve hot.

Time.—About 1¼ hours. **Average Cost,** 1s. 9d. to 2s. 3d per lb. **Sufficient** for 5 or 6 persons. **Seasonable,** all the year.

976.—LAMB SWEETBREADS, BOURGEOISE STYLE.
(*Fr.*—Ris d'Agneau à la Bourgeoise.)

Ingredients.—1½ lb. of lambs' sweetbreads, ½ a pint of brown sauce, stock, 1 oz. of butter, 2 tablespoonfuls of cooked peas, 2 tablespoonfuls of cooked carrot, 2 tablespoonfuls of cooked turnip, salt and pepper.

Method.—Soak and blanch the sweetbreads (*see* recipes for dressing veal sweetbreads), and drain and dry them well. Melt the butter in a stewpan, toss the sweetbreads in it until lightly cooked, then barely cover them with good stock. Season to taste, cook very gently for 1 hour, and drain and dry thoroughly. Make the sauce as directed (*see* No. 233), season to taste, and keep hot until required. Meanwhile boil the turnip, carrot (cut into rounds rather smaller than a marble), and the peas separately until tender, but not broken, and add them to the sauce. Place the sweetbread in casseroles or china cases, mix with them the sauce and vegetables, cook on the stove or in a moderate oven for 10 or 15 minutes, then serve.

Time.—Altogether, about 2 hours. **Average Cost,** 2s. 3d. to 3s. **Sufficient** for 6 or 7 persons. **Seasonable,** all the year.

977.—LAMBS' SWEETBREADS, CROUSTADES OF.
(*Fr.*—Ris d'Agneau en Croustade.)

Ingredients.—1½ lb. of lambs' sweetbreads, ½ a pint of Béchamel sauce (*see* "Sauces"), stock, cooked green peas or a little spinach purée, finely-chopped truffle, salt and pepper, rough puff or puff paste.

Method.—Prepare the sweetbreads as directed in the preceding recipe. Have ready 8 or 9 oval or round, crisply-baked pastry cases, fill them with sweetbread, cover with sauce, and sprinkle lightly with truffle. Serve hot.

Time.—To cook the sweetbreads, about 1¼ hours. **Average Cost,** 1s. 9d. to 2s. 3d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable** all the year.

978.—LAMBS' SWEETBREADS, FRIED. (*Fr.*—Ris d'Agneau Frit.)

Ingredients.—1 lb. of lambs' sweetbreads, ⅓ of a pint of gravy, tomato sauce, or any other sauce preferred, 1 egg, breadcrumbs, butter or frying-fat, flour, salt and pepper.

Method.—Soak the sweetbreads in water for 2 hours, changing the water 3 or 4 times, then drain well, and place in a stewpan containing just sufficient cold water to cover them. Add a little salt, bring to the boil, cook gently for 15 minutes, then press between 2 dishes until cold. Roll lightly in a little flour seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry in hot butter or fat until lightly browned. Serve the gravy or sauce separately.

Time.—To fry, 6 or 8 minutes. **Average Cost,** 2s. to 2s. 6d. per lb. **Sufficient** for 3 or 4 persons. **Seasonable** at all times.

979.—LAMBS' SWEETBREADS, VOLTAIRE STYLE (*Fr*—Ris d'Agneau à la Voltaire.)

Ingredients.—8 lambs' sweetbreads, 8 artichoke bottoms, 1 oz. of butter, 1 oz. grated Parmesan cheese, 3 yolks of eggs, 2 tablespoonfuls of Béchamel sauce (*see* Sauces), ½ a pint of good stock, 2 or 3 slices of bacon, 1 onion, 1 carrot, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, meat glaze.

Method.—Blanch, drain, and trim the sweetbreads. Lay the slices of bacon, onion and carrot sliced, and the bouquet-garni on the bottom of a sauté-pan, ¾ cover them with stock, add seasoning if necessary, place the sweetbreads on the top, and cover with a buttered paper. Put the sauté-pan into a moderate oven and braise from 30 to 40 minutes, basting frequently, and adding more stock if necessary. When the sweetbreads are done, brush them over with warm glaze and keep them hot. Strain the stock into a small stewpan, skim well, then add the yolks of eggs and Béchamel sauce, previously mixed together, stir until it thickens, then pass through a tammy-cloth or fine hair sieve. Drain the artichokes well after cooking, or from the liquor when preserved ones are used, and place them in a well-buttered

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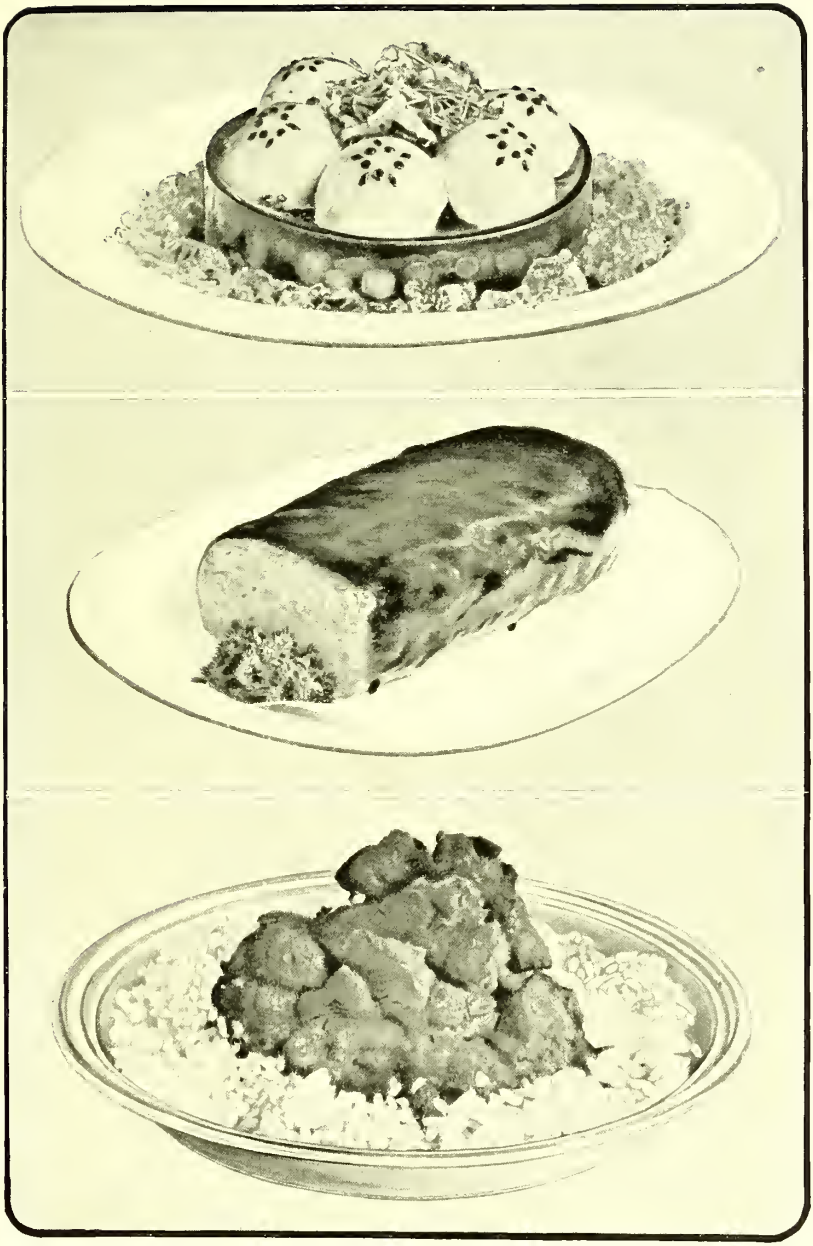

1. Sweetbreads in Aspic Border. 2. Beef Roll, or Galantine.
3. Curried Beef and Rice.

sauté-pan. Into each put a teaspoonful of the prepared sauce, lay the sweetbreads on the top, cover with sauce, and sprinkle well with the cheese. Melt the remainder of the butter, pour a little on each sweetbread, bake in a hot oven for 5 or 6 minutes, then arrange neatly on a hot dish, and serve with a suitable sauce.

Time.—From 1 to 1¼ hours. **Average Cost,** 1s. 9d. to 2s. 3d. per lb. **Sufficient** for 6 or 7 persons.

Note.—For other methods of cooking lambs' sweetbreads, *see* recipes for cooking veal.

980.—LAMBS' TAILS, RUSSIAN STYLE.
(*Fr.*—Queux d'Agneau à la Russe.)

Ingredients.—4 or 5 lambs' tails, 1½ pints of stock, 1 glass of Chablis (if liked), a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, ⅓ of a pint of tomato sauce (*see* Sauces), frying-fat, salt and pepper. For the batter: 2 ozs. of flour, ½ a gill of tepid water, 1 tablespoonful of salad-oil or melted butter, the white of 1 egg, 1 teaspoonful of finely-chopped parsley, 1 saltspoonful of salt.

Method.—Blanch the tails, cut them into small joints, return them to the stewpan with the stock, wine, bouquet-garni, cloves, salt and pepper to taste, and cook until tender. Allow them to cool in the stock, and, when ready to use, drain and dry well. Mix the flour, water, oil, and salt into a smooth batter, then add the parsley and white of egg stiffly whipped. Dip the pieces of tail in the batter, and fry them until nicely browned in hot fat. Garnish with fried parsley, and serve tomato sauce separately in a sauce-boat.

Time.—2 hours. **Average Cost,** uncertain, being seldom sold. **Sufficient** for 5 or 6 persons.

981.—LAMBS' TAILS WITH POTATOES.
(*Fr.*—Queux d'Agneau aux Pommes de Terre.)

Ingredients.—3 or 4 lambs' tails, a few slices of bacon, 1 onion sliced, 1 carrot sliced, a bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, salt, stock, ⅓ of a pint of brown, tomato or other sauce, mashed potato.

Method.—Blanch and dry the tails. Place the vegetables, herbs and peppercorns in a stewpan, lay the tails on the top, add a little salt and pepper, and cover with bacon. Add stock to nearly cover the vegetables, put on the lid, which must fit closely, and cook gently for 2 hours, adding a little more stock from time to time. Serve in a border of mashed potatoes with the sauce poured over the meat.

Time.—About 2 hours. **Average Cost,** uncertain, lambs' tails being seldom sold. **Sufficient** for 5 or 6 persons. **Seasonable** from April to October.

982.—LEG OF LAMB, FRENCH STYLE. (*Fr.*—Gigot d'Agneau à la Française.)

Ingredients.—A small leg of lamb boned, 1 teaspoonful of finely-chopped parsley, 1 finely-chopped shallot, 1 clove of bruised garlic, 2 ozs. of butter, 1 onion sliced, 1 carrot sliced, salt and pepper.

Method.—Mix the parsley, shallot. garlic, and a good seasoning of salt and pepper together, and sprinkle the mixture on the inner surface of the meat. Bind the meat into a good shape, place it in a baking-tin containing the butter, onion and carrot, and season well with salt and pepper. Bake for ½ an hour in a hot oven, and afterwards at a lower temperature until the meat is cooked. Serve with gravy made from the bones and the sediment in the baking-tin (*see* " Gravies ").

Time.—Allow 20 minutes per lb. **Average Cost,** 11d. to 1s. 2d. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** from April to October.

983.—LOIN OF LAMB, ROLLED AND BRAISED. (*Fr.*—Longe d'Agneau Braisée.)

Ingredients.—1 loin of lamb, a mirepoix of vegetables (*see* " Shoulder of Lamb. Braised "), stock, glaze, cooked peas, spinach or cucumber, salt and pepper.

Method.—Remove the bones, season the inner surface of the meat with salt and pepper, roll the flap under as tightly as possible, and bind with tape. Braise for about 2 hours (*see* " Shoulder of Lamb, Braised "), brush over with glaze, and serve on a bed of cooked peas, spinach, or cucumber.

Time.—About 2 hours. **Average Cost,** 11d. to 1s. 2d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable,** from April to October.

984.—MINCED LAMB. (*Fr.*—Émincé d'Agneau.)

Ingredients.—1 lb. of cooked lamb, 1 finely-chopped medium-sized onion, ¾ of a pint of gravy or stock, 1 tablespoonful of mushroom ketchup, ¾ of an oz. of butter, ½ an oz. of flour, pepper and salt.

Method.—Cut the meat into small dice, and boil the bones and trimmings for 1 hour or longer, when stock is needed. Melt the butter in a stewpan, fry the onion until lightly browned, add the flour, and brown it also. Stir in the gravy or stock, add the ketchup and seasoning to taste, and simmer gently for 10 minutes. Put in the meat, draw the stewpan aside where the contents will be kept just below simmering point, and let it remain for at least ½ an hour. Serve, surrounded by a border of mashed potato, well-boiled rice, or sippets of toasted bread.

Time.—From 1 to 1½ hours. **Average Cost,** about 1s. 2d. **Sufficient** for 3 to 4 persons. **Seasonable** from April to October.

985.—NOISETTES OF LAMB. (*Fr.*—Noisettes d'Agneau à la Union.)

Ingredients.—1 loin of lamb, 8 artichoke bottoms, 2 dozen fresh button mushrooms, 2½ ozs. of butter, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful each of finely-chopped chive, chervil and tarragon, the juice of ½ a lemon, 1 tablespoonful of warm meat glaze or 1 teaspoonful of meat extract, ¼ of a pint of stock, ¼ of a pint of demi-glace sauce (*see* Sauces), salt and pepper.

Method.—Remove the fillet from the loin, and divide it into 8 slices, which, when properly cut, are round and entirely free from fat. Prepare the mushrooms, chop them finely, and fry them lightly in 1 oz. of butter. Warm the artickoke bottoms in the stock ; to the mushroom purée add the lemon-juice, herbs, glaze, or meat juice, season to taste, mix well together over the fire, then fill the artichokes with the preparation, and keep them warm. Heat the remainder of the butter in a sauté-pan, and fry the noisettes quickly until lightly browned. Arrange in 2 rows on a hot dish, place an artichoke bottom on the top of each, pour the demi-glace sauce round, and serve.

Time.—About ½ an hour. **Average Cost,** 1s. to 1s. 2d. per lb. **Sufficient** for 6 or 7 persons.

986.—RAGOÛT OF LAMB WITH SORREL. (*Fr.*—Ragout d'Agneau à l'Oseille')

Ingredients.—2 or 3 lb. of neck or breast of lamb, ½ a pint of boiling stock, 2 ozs. of butter, 1 oz. of flour, 1 onion, 1 small carrot, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), the yolks of 2 eggs, 1 tablespoonful of cream, ¼ of a pint of sorrel purée, or, if more convenient, ¼ of a pint of spinach purée mixed with the juice of ½ a lemon, salt and pepper.

Method.—Trim the meat, and blanch it by putting it into cold water, bringing it slowly to the boil, and then immersing it for a few minutes in seasoned salt water. Drain, dry well, and cut into 2-inch squares. Heat the butter in a stewpan, and fry the sliced vegetables for 15 minutes, but do not let them brown. Now sprinkle in the flour, stir and cook for 3 or 4 minutes, then add the boiling stock, herbs, ¼ of a teaspoonful of salt, ½ the quantity of pepper, and stir until smooth. Lay the pieces of meat in the sauce, put on the lid, which should fit closely, and simmer very gently for about 1½ hours. Meanwhile cook the sorrel or spinach (*see* Vegetables), rub it through a fine sieve, and season to taste. When the meat is ready, pile it in the centre of a hot dish. Strain the sauce into another stewpan, and add the sorrel purée, when nearly boiling put in the yolks of 2 eggs and cream, previously mixed together, and stir until the sauce thickens. Season to taste, pour over the meat, and serve.

Time.—About 2 hours. **Average Cost,** 10d. per lb. **Sufficient** for 6 or 7 persons.

987.—ROAST FORE-QUARTER OF LAMB. (*Fr.*—Quartier d'Agneau Rôti.)

Ingredients.—Fore-quarter of lamb, mint sauce (*see* No. 256).

Method.—See "Roast Lamb" and "Notes on Roasting," p. 407. Serve with gravy made from the sediment in the roasting-tin, and mint sauce.

Time.—1½ to 2 hours, according to size. **Average Cost,** 11d. to 1s. 2d. **Sufficient** for 8 to 12 persons, according to weight. **Seasonable,** grass lamb from March to September.

988.—ROAST LAMB. (*Fr.*—Agneau Rôti.)

Lamb, when roasting, requires more attention than any other kind of meat No part of it must be underdone, and to secure this result without drying and hardening the thinner portions to an undesirable degree, much care is necessary. The intense heat to which all meat must first be subjected for a few minutes is applied for too short a time to affect the colour of a joint kept constantly in motion, and the subsequent browning and over-cooking of any part may be obviated by covering the meat with 2 or 3 folds of well-greased paper, and by frequent basting. The amount of heat applied to any part may be regulated by raising or lowering the joint on the spit, and the rate of cooking by increasing or decreasing the distance between the joint and the fire. *See* "Notes on Roasting," p. 407.

989.—SHOULDER OF LAMB, BRAISED. (*Fr.*—Epaule d'Agneau Braisée.)

Ingredients.—A shoulder of lamb, larding bacon, 1 pint of stock, 3 ozs. of butter, 1½ ozs. of flour, 2 shallots finely-chopped, 1 teaspoonful of finely-chopped parsley. For the mirepoix : 2 onions, 2 carrots, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns. Meat glaze.

Method.—Bone the shoulder, season well with salt and pepper, roll up tightly, and bind securely with string. Cut the lardoons, or strips of bacon for insertion in the meat, about 2 inches long, and rather more than ⅛ of an inch in thickness, and insert close rows in the rolled meat. Slice the vegetables, and put them into a large braize-pan with 1½ ozs. of butter, place the meat on the top, cover closely, and cook gently for 20 minutes. Add the herbs, peppercorns, and stock to nearly cover the vegetables, place a buttered paper over the meat, put on the lid, and braise in the oven for 2 hours. ½ an hour before serving,

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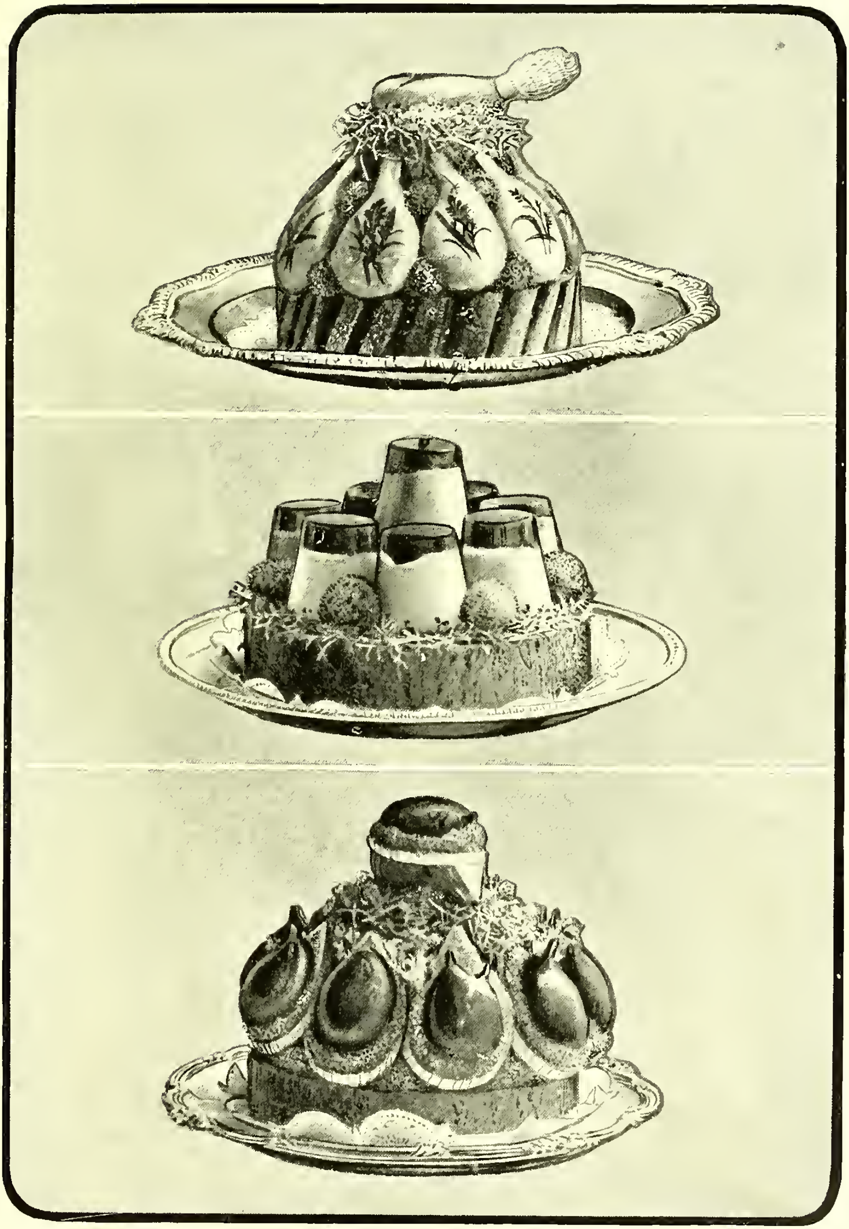


1. Chaud-froid of Lamb Cutlets. 2. Chicken Timbales, in Aspic.
3. Stuffed Larks, in Cases.

melt the remaining butter in a stewpan, fry the shallots slightly, then add the flour and cook until it acquires a nut-brown colour. When the meat is ready, remove the strings, brush it over with stock reduced to glaze, and put it into a moderate oven for a few minutes to crisp the bacon. Strain the stock, increase the quantity to ¾ of a pint, pour it over the brown roux or thickening, and stir until it boils. Add to it the parsley, season to taste, simmer for 2 or 3 minutes, then serve in a sauce-boat. Cooked tomatoes, mushrooms, fancifully-cut turnips and carrots, small timbales of spinach or green pea purée, haricots verts and macedoine are all suitable garnish for this dish.

Time.—To braise, about 2 hours. **Average Cost,** 10d. to 1s. 1d. per lb.

Note.—The loin, neck or breast may be cooked in this manner. If preferred, the shoulder may be stuffed with sausage meat or veal forcemeat, and the larding may in all cases be omitted, if more convenient.

990.—SHOULDER OF LAMB, STUFFED.
(*Fr.*—Epaule d'Agneau Farcie.)

Ingredients.—A shoulder of lamb, veal forcemeat, No. 396, ¾ of a pint of stock, 1 oz. of butter, ¾ of an oz. of flour, 2 or 3 ozs. of dripping, salt and pepper.

Method.—Remove the bones and boil them for at least 1 hour for stock. Flatten the meat with a cutlet-bat or heavy knife, season well with salt and pepper, and spread on the forcemeat. Roll up lightly, tie securely with string, and place in a baking-tin in which the dripping has been previously melted. Baste well, put it into a moderate oven, and cook gently for about 1¼ hours, basting frequently. Meanwhile fry the butter and flour together until well browned, add the prepared stock, stir until boiling, and season to taste. Remove the meat and keep it hot, pour off the fat without disturbing the sediment in the tin, and add the brown sauce. Replace the meat, and cook it gently for 20 minutes longer, basting frequently meanwhile. Serve with a little sauce poured over the meat, and send the remainder to table in a tureen. If preferred, the meat may be braised according to directions given in reference to "Loin of Lamb, Rolled and Braised."

Time.—About 1½ hours. **Average Cost,** 11d. to 1s. 2d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable** all the year.

RECIPES FOR COOKING MUTTON

CHAPTER XIX

991.—BAKED SHOULDER OF MUTTON, STUFFED. (*Fr.*—Epaule de Mouton Farcie.)

Ingredients.—A small shoulder of mutton, veal forcemeat, No. 396, ¾ of a pint of stock, 1 oz. of butter, ¾ of an oz. of flour, 2 or 3 ozs. of dripping, salt and pepper.

Method.—Have all the bones removed from the shoulder, and boil them down for stock. Flatten the meat, using either a wetted cutlet-bat or rolling-pin for the purpose. Season well with salt and pepper, spread on the forcemeat, roll up tightly and bind securely with string. Have ready the baking-tin with the dripping melted, baste the meat well, put it into a moderate oven, and cook gently for 1½ hours, basting frequently. Meanwhile fry together the butter and flour until a brown roux, or thickening, is formed, strain on to it ¾ of a pint of stock made from the bones (which should be boiled for at least 2 hours), stir the sauce until it boils, and season to taste. When the meat has cooked for 1½ hours, drain off every particle of fat, but leave the sediment in the tin, pour in the brown sauce, return to the oven, and cook ½ an hour longer, basting frequently. When ready, serve on a hot dish, pour a little of the sauce over the meat, and send the remainder to table in a sauce-boat.

Time.—To prepare and cook, about 2½ hours. **Average Cost,** 9d. to 10d. per lb.

Note.—Either leg, loin or neck of mutton may be cooked according to the above recipe ; and when preferred, onion farce, or stuffing, No. 404, may be substituted for the veal forcemeat.

The Poets on Sheep.—The keeping of flocks was one of the earliest employments of mankind, and the most ancient kind of poetry was probably pastoral. The oldest representations we have of the poetic character of pastoral life are those found in books of the Old Testament, which describe the shepherd life of the patriarchs. Pastoral poetry in the classic sense of the term had its origin in Greece, and Theocritus (third century B.C.) is the earliest and most illustrious of the pastoral poets. Virgil at a later period represents pastoral poetry in Roman literature, his Bucolics with charming grace setting forth the simplicity and sweetness of country life. Tasso and Ronsard wrote on pastoral subjects ; and among our English poetical works are Spencer's *Shepherd's Calendar*, Browne's *Britannia's Pastorals*, Gay's *Shepherd's Week*, Gray's *Elegy*, Thomson's *Seasons*, and Allan Ramsay's *Gentle Shepherd*. In all such pastorals the allusions to the sheep are only of inferior importance to the shepherds who attend them, and these have furnished innumerable figures and similes. Shakespeare frequently compares men to sheep, as in *King Henry VI.*, when Gloster rudely drives the lieutenant from the side of the monarch, the hapless King thus touchingly speaks of his helplessness :—

"So flies the reckless shepherd from the wolf:
So first the harmless sheep doth yield his fleece,
And next his throat unto the butcher's knife."

In the *Two Gentlemen of Verona* we meet with the following humorous comparison :—

"PROTEUS. The sheep for fodder follow the shepherd, the shepherd for food follows not the sheep ;
Thou for wages followest thy master, thy master for wages followest not thee ; therefore thou art a sheep.

SPEED. Such another proof will make me cry *baa.*"

Burn's *Elegy on Poor Mailie*, his only "pet *yowe*," is familiar to every one :—

"Thro' a' the town she stroll'd by him ;
A lang half mile she could descry him ;
Wi' kindly bleat, when she did spy him
She ran wi' speed ;
A friend mair faithfu' ne'er cam' nigh him,
Than Mailie dead.
I wat she was a sheep o' sense,
An' could behave hersel' wi' mense ;
I'll say't she never brake a fence,
Thro' thievish greed.
Our bardie, lonely, keeps the spence,
Sin' Mailie's dead."

992.—BOILED MUTTON. (*Fr.*—Mouton bouilli.)

The leg, neck and breast are the parts usually selected for boiling. When intended for this purpose, the meat should not be allowed to hang many days, for the least taint spoils the flavour of boiled mutton. Too often the natural flavour of a boiled joint is overpowered by the flavour of the vegetables with which it is cooked. To avoid this, only the quantity sufficient to impart a slight flavour should be cooked in the liquor, and the remainder boiled separately. The flavour of the meat is thus preserved, and the vegetables are a better colour when cooked more quickly than is possible if their rate of cooking is adapted to the meat. The side of the joint intended to be dished upwards should be put downwards in the boiling-pot, for however gentle the ebullition of the water may be, its action somewhat spoils the upper surface of the meat. Moreover, any scum that is not removed during the process of cooking is apt to fall on the upper surface of the meat, and impair its appearance. For particulars as to time required etc., *see* "Notes on Boiling," p. 429.

THE GOOD SHEPHERD.—The office of the Eastern shepherd was one of hardship and even of danger. He was exposed to the extremes of heat and cold. His food was precarious, consisting often of wild fruits. He had to defend his flock from the attacks of wild beasts, including the lion, the wolf, the panther, and the bear, and was also exposed to the risk of roving bands of robbers. The shepherd led his sheep to the pasture, watched over them while feeding, supplied them with water, and at night enclosed his flock in the fold, defending it from the attacks of wild beasts and predatory bands. If any sheep was missing, he searched for it until it was found. The Eastern shepherd's office was thus necessarily one of great watchfulness and care, and of tenderness in caring for the weak and the young of his flock. Hence the numerous allusions in the Bible to the shepherd and his sheep. The Psalmist likens himself to a lost sheep, and prays the Almighty to seek His servant. Our Lord, when sending His chosen disciples to preach the Gospel among their unbelieving brethren, compares them to lambs going among wolves. The Eastern shepherd, by his kind treatment of his sheep, endears them to him, so that they obey his voice, recognize the names by which he calls them, and follow him as he leads them to and from the fold. The beautiful figure of the "Good Shepherd," which occurs so often in the New Testament, expresses the Divine tenderness for mankind. "The good shepherd giveth his life for the sheep" (St. John, x. 11). "I am the good shepherd, and know my sheep, and am known of mine" (St. John, x. 14). "And other sheep I have, which are not of this fold : them also I must bring, and they shall hear My voice ; and there shall be one fold, and one shepherd" (St. John, x. 16).

993.—BONED LEG OF MUTTON, STUFFED. (*Fr.*—Gigot de Mouton farci.)

Ingredients.—A small leg of mutton boned, 2 ozs. of finely-chopped ham or bacon, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped suet, 2 finely-chopped shallots, 1 teaspoonful of chopped parsley, ½ a teaspoonful of grated lemon-rind, ½ a teaspoonful of powdered mixed herbs, 1 saltspoonful of grated nutmeg, salt and pepper, 1 egg, milk, brown sauce or gravy (*see* "Sauces and Gravies").

Method.—Mix all the dry ingredients together, adding the needful seasoning of salt and pepper. Moisten with the egg and as much milk as is necessary to bind the whole together, press the mixture into the cavity whence the bone was taken, and secure the opening. Roast before a clear fire, or bake in a moderately hot oven from 2¼ to 2½ hours, and when ready, serve with brown sauce or good gravy.

Time.—About 2½ hours. **Average Cost,** 10d. per lb. **Seasonable** at any time.

994.—BRAIN AND TONGUE PUDDING. (*Fr.*—Pouding de Cervelles et Langue.)

Ingredients.—4 sheeps' tongues, 4 sheep's brains, 1 hard-boiled egg sliced, 1 shallot finely-chopped, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of flour, salt and pepper, ¼ of a pint of milk, suet paste.

Method.—Let the tongues and brains soak in salt and water for 2 or 3 hours, then cover the former with hot stock or water, and simmer gently until the skin can be removed. Line a basin with some of the paste (*see* "Beef Steak Pudding"), slice the tongues, chop the brains coarsely, place them in the basin in alternate layers, sprinkling each layer with shallot, parsley, flour, salt and pepper, and intersperse with slices of boiled egg. Add the milk, cover with suet paste (*see* pastes) and boil for 3 hours, or steam for 3½ hours.

Time.—From 3 to 3½ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 6 persons. **Seasonable** at any time.

995.—BRAISED LEG OF MUTTON. (*Fr.*—Gigot de Mouton braisé.)

Ingredients.—1 small leg of mutton. For the mirepoix: 2 onions thickly sliced, 2 carrots thickly sliced, 1 small turnip thickly sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns. For the sauce: 1½ ozs. of butter, 1½ ozs. of flour, 2 shallots finely-chopped, 1 pint of stock, salt and pepper, stock or water.

Method.—Put the mirepoix into a braising-pan or large stewpan, nearly cover with boiling stock or water, lay the meat on the top, and wrap round it a well-greased paper. Put on the lid, which should fit closely, and cook gently from 3 to 3½ hours, adding more stock or water as that in the pan becomes reduced. Half an hour before serving melt the butter in a stewpan, fry the shallots lightly, then add the flour, and cook until it acquires a nut-brown colour. Keep the meat hot, strain the stock, increase the quantity to 1 pint, pour it over the browned flour and butter, and stir until boiling. Season to taste, boil gently for ten minutes, then pour a little over the meat, and serve the remainder in a tureen. Cooked tomatoes, mushrooms, fancifully-cut turnips and carrots, small timbales of spinach or green pea purée, haricots verts and macedoine are all suitable garnishes for this dish.

Time.—About 4 hours. **Average Cost,** 10d. per lb. **Seasonable** at any time.

996.—BRAISED MUTTON, PROVENCE STYLE.
(*Fr.*—Mouton braisé à la Provençale.)

Ingredients.—A small leg of mutton (or shoulder, loin or neck, if preferred). For the mirepoix, or foundation : 3 ozs. of butter, 2 large onions, 2 carrots, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, 1 quart of stock. For the farce : 2 ozs. of lean raw ham, 2 ozs. of pork or veal, 2 ozs. of breadcrumbs, 6 button mushrooms, preferably fresh ones, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ½ a teaspoonful of grated lemon-rind, 1 shallot finely-chopped, 2 yolks and 1 white of eggs, salt and pepper. For the Provençale sauce : 1 pint of brown sauce, 1 tomato, 1 onion, 2 large fresh mushrooms, ½ a teaspoonful of chopped parsley, ½ a teaspoonful of lemon-juice, 1 oz. of butter, glaze.

Method.—Bone the leg as far as the knuckle. Pass the ham and pork or veal 2 or 3 times through a mincing machine, pound it well with the breadcrumbs, herbs, lemon rind, parsley, shallot and eggs, season to taste, and when smooth, rub through a wire sieve. Add to the farce the mushrooms cut into small pieces, press it lightly into the cavity of the leg, and sew up the opening. Slice the vegetables, place them at the bottom of a large stewpan with the butter, bouquet-garni, and peppercorns, and on the top of these lay the meat. Put on the lid, cook gently for ½ an hour, then add as much hot stock as will 3 parts cover the vegetables and the remainder to make good the reduction in the pan. Cover the meat with a buttered paper, put on the lid, cook gently for 2 hours, basting frequently, then transfer from the stewpan to a hot baking-tin, and continue the cooking for ¾ of an hour longer, keeping the meat well basted with hot butter or fat. Strain the liquor, and either boil it down to glaze, or use it to make the brown sauce (*see* Sauces). Melt 1 oz. of butter in a small stewpan, add the tomato, onion and mushrooms, all of which should be previously sliced, put in the parsley, cook gently for 15 or 20 minutes, and add the brown sauce, boil for 15 minutes longer. Season to taste, rub through a fine hair sieve or tammy-cloth, re-heat, add the lemon-juice, and keep hot until required. Place the meat on a hot dish, brush it over with warm glaze, garnish it with baked tomatoes, mushrooms au gratin, braised olives, or fancifully-cut glazed vegetables, and serve the sauce separately.

Time.—From 3¼ to 3½ hours. **Average Cost,** 10d. per lb. **Seasonable** at any time.

997.—BREAST OF MUTTON, GRILLED OR BROILED.

(*Fr.*—Poitrine d'Agneau Grillée.)

Ingredients.—A breast of mutton, salt and pepper, tomato, piquante or other suitable sauce.

Method.—Divide the breast into pieces convenient for serving, and trim away some of the fat. Grill slowly over or in front of a clear fire, in order that the meat may be thoroughly cooked, turning frequently meanwhile, and sprinkling liberally with salt and pepper. Serve the sauce separately.

Time.—About 20 minutes. **Average Cost,** 6d. per lb. **Seasonable** at any time.

998.—BREAST OF MUTTON, TO COLLAR.

Ingredients.—A breast of mutton boned, 2 tablespoonfuls of bread-crumbs, 1 tablespoonful of finely-chopped capers, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of finely-grated lemon-rind, vinegar, a good pinch of nutmeg, salt and pepper, 1 yolk of egg.

Method.—Make a forcemeat of the above ingredients, taking care to season it rather highly with salt and pepper. Flatten the meat, spread the forcemeat evenly, roll up as lightly as possible, and secure with string. Put the roll into a stewpan containing just sufficient stock to cover it, or failing stock, use water and add the bones removed from the meat, also vegetables and herbs to give flavour. Simmer very gently for 2½ hours, then transfer to an earthenware vessel, and strain the stock. Add to it half its quantity of vinegar and a tablespoonful of salt, and pour the mixture over the meat, which it should completely cover. It should remain for at least 5 or 6 days before being used, and may be kept for a much longer time, but the liquor must be boiled up twice a week, and not replaced until quite cold.

Time.—To cook, 2½ hours. To pickle, 5 or 6 days. **Average Cost,** 6d. per lb.

999.—BROILED BREAST OF MUTTON WITH CAPER SAUCE. (*Fr.*—Poitrine de Mouton aux Câpres.)

Ingredients.—A breast of mutton, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of chopped parsley, ½ a teaspoonful of powdered mixed herbs, milk, salt and pepper, ½ a pint of caper sauce, No. 182, stock, or water; when using the latter, add 1 onion, 1 carrot, ½ a small turnip, 10 peppercorns and salt.

Method.—Remove the bones and any superfluous fat, flatten the meat and season it well. Mix the breadcrumbs, suet, parsley, herbs, and a good seasoning of salt and pepper together, and moisten with milk. Spread the mixture on the meat, roll up lightly, and bind securely with string. Put it into the stock or water when boiling (*see* "Notes on Boiling," p 429), simmer gently for 2 hours, then serve with the caper sauce poured over.

Time.—About 2 hours. **Average Cost,** 6d. per lb. **Seasonable** all the year.

The Order of the Golden Fleece.—This military Order, the Toison d'Or, at the present time the highest Order of the Austrian and the Spanish courts was founded, 1429, by Philip III "the Good" Duke of Burgundy, and of the Netherlands on the occasion of his marriage with the Princess Isabella of Portugal. Its emblem, worn suspended from the collar of the Order, is the figure of a sheep or fleece in gold, and probably owes its origin to the circumstance that the Netherlands were the principal seat of the woollen manufactures. The original number of the members of the Order was thirty-one, including the sovereign at its head. In 1516 the Order was enlarged by Pope Leo X to fifty-two. The Duke of Burgundy was the hereditary Grand Master until the Order, together with their dominions, passed from the Dukes of Burgundy to Austria. In 1700 the German Emperor, Charles VI, by virtue of his possession of the Netherlands, and Philip V, King of Spain, both laid claim to the headship of the Order. The former, however, when unable to maintain his supremacy in Spain, took with him the archives of the Order to Vienna, where he solemnized with great magnificence its inauguration in 1713. Philip V, on the other hand, declared himself Grand Master, and at the Congress of Cambrai, 1721, formally protested against the pretensions of the Emperor. The dispute, though settled subsequently by the intercession of France, England and Holland, was frequently renewed, until the Order was tacitly introduced into both countries by the names respectively of the Spanish or Austrian "Order of the Golden Fleece," according to the country where it is conferred.

1000.—BROILED MUTTON AND TOMATO SAUCE. (*Fr.*—Rechauffé de Mouton—Sauce Tomate.)

Ingredients.—Slices of cooked mutton, salad-oil or melted fat or butter, salt and pepper, ½ a pint of tomato sauce (*see* "Sauces"), mashed potato.

Method.—Brush the meat over on both sides with oil or melted fat, sprinkle carefully with salt and pepper, and broil quickly over a clear fire. Serve on a border of mashed potato, with the sauce poured round.

Time.—From 10 to 15 minutes. **Seasonable** at any time.

1001.—BROILED OR GRILLED KIDNEYS. (*Fr.*—Rôgnons de Mouton Grillés.)

Ingredients.—Sheep's kidneys, salt and pepper, salad-oil or oiled butter.

Method.—Split the kidneys lengthwise down to the root, remove the skin, turn each half back, and run a skewer through them to keep them flat. Brush over with salad-oil or oiled butter, and broil quickly over a clear fire, taking care to cook the cut side first. Remove the skewers, sprinkle with salt and pepper, and serve as hot as possible.

Time.—5 to 6 minutes. **Average Cost,** 3d. each. **Sufficient,** 1 to each person. **Seasonable** at any time.

Note.—See " Kidneys Grilled," also recipes for cooking ox-kidney.

1002.—CHAUD-FROID OF MUTTON CUTLETS. (*Fr.*—Côtelettes de Mouton en Chaud-froid.)

Ingredients.—8 or 10 cutlets from the best end of the neck, 6 ozs. of liver farce, No. 398, 6 leaves of French gelatine, $\frac{1}{3}$ of a pint of tomato sauce, $\frac{1}{3}$ of a pint of Béchamel sauce, dressed salad, salt and pepper.

Method.—Braise the neck as directed in recipe No. 1052 ; when cold cut it into neat cutlets, trim off the greater part of the fat, season with salt and pepper, and cover one side with a thin layer of the liver farce. Dissolve the gelatine in 2 tablespoonfuls of cold water, and divide it equally between the tomato and Béchamel sauces, which should be warm when the gelatine is added. Let the sauces cool slightly, then coat the covered sides of the cutlets, making one half red and the other white. Let them remain on ice or in a cool place until the sauce is quite set, then arrange them in a circle in alternate colours, place a frill on each cutlet, and serve the dressed salad in the centre.

Time.—1½ hours after the meat is cooked. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 7 to 8 persons.

Note.—Brown sauce may be substituted for the white, the combination of red and brown being very effective ; or a green chaud-froid sauce may be used instead of the tomato sauce (*see* Sauces).

1003.—CHAUDFROID OF FILLETS OF MUTTON. (*Fr.*—Chaud-Froid de Noisettes de Mouton.)

Ingredients.—The best end of a neck of mutton, 1 oz. of butter, 2 oz. of ham or lean bacon, ½ a glass of sherry, ¼ of a pint of good stock, 1 onion, 1 small carrot, a bouquet-garni (parsley, thyme, bay-leaf), 3 peppercorns, 1 clove, glaze, dressed salad, 2 whites of eggs, 1 truffle, salt and pepper.

Method.—Remove the lean part from the neck of mutton, and cut it into slices about $\frac{1}{3}$ of an inch in thickness. Slice the vegetables, cut the ham into small pieces, and place them in a sauté-pan with the butter, sherry, stock, herbs, clove and peppercorns. Season the noisettes on both sides with salt and pepper, lay them on the top of the vegetables, cover with buttered paper, cook slowly on the stove or in the oven for 40 minutes, basting frequently, then press them between 2 dishes until cold. Season the whites of eggs with a little salt and pepper, steam in a buttered dariol mould until firm, then cut into thin slices, which must afterwards be stamped into rounds 1 inch in diameter. Cut the truffle into thin strips about 1 inch in length, and rather less than $\frac{1}{8}$ of an inch in thickness. If necessary, trim the noisettes to make them a uniform round shape ; brush one side over with meat glaze, place a round of white of egg in the centre of each, and over it 4 or 5 strips of truffle, lattice-work style. Arrange the noisettes in a circle, slightly overlapping each other, fill the centre with the dressed salad, and garnish the base of the dish between the noisettes with tufts of endive, fancifully-cut slices of cucumber, and, if convenient, cubes of aspic jelly.

Time.—3 hours. **Average Cost,** 3s. 9d. to 4s. **Sufficient** for 7 or 8 persons.

Note.—For noisettes of mutton to be served hot, see " Noisettes d'Agneau, recipe No. 985.

The Downs.—The well-known substance chalk in its chemical composition is a nearly pure carbonate of lime. When carefully separated in water and examined under the microscope, it is found to consist of an aggregation of exceedingly minute shells, fragments of corals, sponge-organisms, the work of lime secreting creatures, such as the foraminifera and the polyzoa. Chalk-hills form the sub-soil of the hilly districts of the south-east of England. Those known as the South Downs start from the bold promontory of Beachy Head, traverse the county of Sussex from east to west, and pass through Hampshire into Surrey. The North Downs extend from Godalming, by Godstone, into Kent, and terminate in the line of cliffs which stretches from Dover to Ramsgate. The Downs are covered with short verdant turf, but the layer of soil which rests on the chalk is too thin to support trees and shrubs. The hills have rounded summits, with smooth undulating outlines. The coombes and furrows, which ramify and extend into deep valleys, resemble dried-up channels of streams and rivulets. From time immemorial immense flocks of sheep have been reared on the Downs. The herbage of the hills is remarkably nutritious, and the climate, consequent on the dryness of the air and the moderate elevation of the land, is eminently favourable to rearing a superior breed of sheep. The mutton of the South-Down breed of sheep is highly valued for its delicate flavour, and the wool for its fineness.

1004.—FILLET OF MUTTON, TO DRESS.
(*Fr.*—Filet de Mouton.)

Ingredients.—A large leg of mutton, veal forcemeat (*see* " Forcemeats "), gravy or suitable brown sauce.

Method.—This method is specially suited to a small household where cold meat is disliked. Cut off the knuckle part which, braised or boiled, will supply a dinner on a following day. From the other end of the leg cut a roasting piece, thus leaving the fillet 3 or more inches in thickness. Remove the bone, flatten the meat with a cutlet-bat or rolling-pin, season well with salt and pepper, and spread on the forcemeat. Roll up tightly, bind securely with string, and either boil, braise, roast or bake according to the directions given under respective headings. If preferred, the fillet may be grilled, or roasted in a Dutch oven, the forcemeat, of course, being omitted. It will be found excellent if lightly fried, and afterwards stewed slowly, and served with tomatoes or mushrooms. (*See* also " Oxford John," No. 1055, and " Mutton Pudding.")

1005.—FRENCH HASH. (*Fr.*—Mirliton de Mouton.)

Ingredients.—½ a lb. of Patna rice, 3 ozs. of preserved cherries, 4 ozs. of prunes, 2 lb. of cold shoulder or leg of mutton, paprika pepper and salt, ¾ of a pint of Espagnole sauce, No. 244.

Mode.—Boil the rice in a large saucepan with plenty of seasoned water until tender, when drain and dry well. Cut the meat into neat pieces, and put it into the sauce, which must be first made hot. Allow it to simmer very gently for an hour, then add the prunes, previously stewed and stoned, also the cherries and rice. Season carefully with paprika pepper and salt.

Time.—1½ hours. **Average Cost,** about 2s. **Sufficient** for 5 or 6 persons.

1006.—FRIED KIDNEY. (*Fr.*—Rôgnons Frits.)

Ingredients.—Sheep's kidneys, butter, salt and pepper.

Method.—Cut the kidneys open lengthwise, but without quite dividing them, and remove the skins. Run a skewer through them to keep them flat, place the kidneys, cut side down, in a frying-pan containing a little hot butter, and fry quickly on both sides. Season with salt and pepper, pour a little hot gravy round them and serve as hot as possible.

Time.—5 or 6 minutes. **Average Cost,** 3d. each. **Sufficient,** 1 for each person. **Seasonable** at any time.

1007.—GRILLED MUTTON WITH TOMATO SAUCE. (*Fr.*—Tranches de Mouton Grillées, Sauce Tomate.)

Ingredients.—Two slices of mutton, about an inch in thickness, cut from the middle of the leg, ⅓ of a pint of tomato sauce. For the marinade: 2 tablespoonfuls of salad-oil or oiled butter, 1 dessertspoonful of vinegar, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, a pinch of powdered mixed herbs, 1 saltspoonful of salt, ½ a saltspoonful of pepper, potato garnish.

Method.—Put the slice of meat on to a dish, pour over it the marinade, and let it remain for 2 hours, turning and basting occasionally. When ready to cook, drain, dry well, brush over with salad-oil or warm butter, and grill over a clear fire for about 15 minutes. Have ready the tomato sauce and some crisply fried straws, ribbons, or chips of potato, place the meat on a hot dish, arrange the potatoes round the base, and serve the sauce in a sauce-boat. The dish may be varied by serving with it mushroom sauce and baked tomatoes, or baked or stewed mushrooms and brown sauce.

Time.—To grill the meat, about 15 minutes. **Average Cost,** 1s. per lb. **Sufficient** for 3 or 4 persons.

1008.—HARICOT MUTTON. (*Fr.*—Ragoût de Mouton.)

Ingredients.—2 lb. of neck of mutton (or scrag end), 2 ozs. of butter, 1 oz. of flour, 1½ pints of stock or water, 1 large onion or 12 button onions, 2 carrots, 1 turnip, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Divide the meat into thin cutlets, and trim off the skin and greater part of the fat. When a large onion is used cut it into dice ; scoop the carrots and turnip into small rounds, about the size of a Spanish nut, or shape them like small olives. Melt the butter in a stewpan, fry the meat until well browned on both sides, then take it out. Fry the carrot and turnip until they acquire a good colour, then drain them from the butter. Now fry the onion dice or button onions, and when slightly browned add to them the flour, which must be cooked and stirred until it becomes nut-brown. Have ready the hot stock, pour it into the stewpan, stir until it boils, put in the carrot and turnip, then add the bouquet-garni and salt and pepper to taste, replace the meat, and stew gently for 1½ to 1¾ hours. Arrange the meat neatly in the centre of a hot dish, strain the sauce over, and garnish with the onions, carrot, and turnip.

Time.—To cook, about 2 hours. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons.

Note.—When a more simple dish is required, fat may be substituted for the butter, and the turnip and carrot cut into dice.

THE GOLDEN FLEECE.—The beautiful classic legend of the Golden Fleece may be briefly told as follows : Phrixus, a son of Athamus, King of Thebes, to escape from the persecutions of Ino, his stepmother, paid a visit to the court of his friend Æetes, King of Colchis. A ram, whose fleece was of pure gold, carried the youth through the air. On his safe arrival at Colchis, Phrixus offered the ram on the Altar of Ares, but kept the golden fleece. Æetes received the youth with great kindness and gave him his daughter Chalciope in marriage ; but some time after, he murdered Phrixus to obtain possession of the coveted fleece. To avenge the murder of Phrixus and recover the fleece, which was said to be a sleepless dragon, Jason, commissioned by his uncle Pelias of Iolcus, commanded Argus, the son of Phrixus, to build a ship of fifty oars, which he manned with fifty of the most celebrated heroes in Greece, including Hercules, Castor and Pollux, Theseus, and Orpheus. The Argonauts, after various adventures, reached Colchis, and King Æetes promised Jason the Golden Fleece on the condition that he should yoke to a plough two fine-breathing, brazen-hoofed oxen, and sow the dragon's teeth which Cadmus had left at Thebes. By the aid of Medea, the sorceress, and daughter of the King, who had fallen deeply in love with Jason, the fleece was secured, and brought to Iolcus. Various interpretations have been given to the legend, which probably refers to a voyage of discovery to the coasts of the Euxine by adventurers inspired by the desire to find new fields of commercial enterprise.

1009.—HOT POT (LANCASHIRE).

Ingredients.—2 lb. of the best end of the neck, 3 sheep's kidneys, 12 sauce oysters, 2 lb. of potatoes, 1 Spanish onion, salt and pepper, ½ a pint of gravy, 1 oz. of butter, stock.

Method.—Divide the meat into neat cutlets, trim off the skin and greater part of the fat. Put the short rib bones, the lean trimming of the meat, the beards of the oysters, and a small onion into a stewpan, cover these with cold water, and boil them down for gravy. Grease a fireproof baking-dish, put in a deep layer of sliced potato, on the top of them arrange the cutlets to slightly overlap each other, and on each place 1 or 2 slices of kidney, and an oyster. Season well, put in the remainder of the potatoes, but let the top layer consist of small potatoes cut in halves and uniformly arranged to improve the appearance of the dish. Pour down the side of the dish ½ a pint of hot stock, or hot water, seasoned with salt and pepper. Brush the upper layer of potatoes over with warm butter, cover with a buttered paper, and bake for 2 hours in a moderate oven. The paper must be removed during the latter part of the time to allow the potatoes to become crisp and brown. When ready to serve, pour in a little gravy, and send the rest to table in a tureen. The hot pot must be served in the dish in which it is baked.

Time.—About 2 hours. **Average Cost,** 4s. **Sufficient** for 5 or 6 persons.

Note.—For a more economical dish, *see* "Hot Pot," made of beef.

1010.—HUNTER'S MUTTON. (*Fr.*—Mouton à la Chasseur.)

Ingredients.—A boned leg of mutton, 8 ozs. of common salt, 4 ozs. of bay-salt, 1½ ozs. of moist sugar, 1 oz. of saltpetre, 1 teaspoonful of ground allspice, ½ a teaspoonful of ground cloves, ½ a nutmeg grated, slices of bacon.

Method.—Mix the salting ingredients well together, and rub the mixture over the entire surface of the meat, the skin being previously closely scored, to allow the flavour to penetrate. Turn and rub the meat daily for a fortnight, then rinse in warm water, and bind it into a good shape. Place in a deep baking-dish or tin with about ½ a pint of water, cover first with slices of bacon, and afterwards with several folds of well-greased paper, which must be secured round the edge of the dish or tin to keep in the steam. Cook as gently as possible for 4 hours, press until cold, then glaze, and use as required.

Time.—To pickle, 14 days. To cook, 4 hours. **Average Cost,** 1s. per lb.

1011.—IRISH STEW. (*Fr.*—Ragoût à l'Irlandaise.)

Ingredients.—3 lb. of neck of mutton, 4 lb. of potatoes, 1 large onion, 12 button onions, 1½ pints of stock or water, salt and pepper, a little finely-chopped parsley.

Method.—Cut the meat into pieces convenient for serving, and trim off some of the fat. Wash, peel, and slice the potatoes and the large onion, peel the button onions and blanch them. Put a layer of potatoes at the bottom of a stewpan, cover these with a layer of meat, add a slice or two of onion, and season well with salt and pepper. Repeat until all the materials are used ; the top layer must consist of potato, and the button onions should be interspersed. Add the stock or water, and when it comes to the boil skim well, but unless the meat be very fat very little subsequent skimming is needed, as the potatoes absorb the greater part melted out of the meat. The stewpan must be kept covered, and the contents cooked gently for about 1½ hours, or until the potatoes are thoroughly cooked and the stew loses its watery appearance. If liked, a teaspoonful of mushroom or walnut ketchup may be added before serving. Pile in the centre of a hot dish, sprinkle on a little chopped parsley, and serve.

Time.—From 2 to 3 hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 6 or 7 persons.

1012.—KIDNEYS, GRILLED. (*Fr.*—Rôgnons Grillés.)

Ingredients.—Kidneys, croûtons of fried bread or buttered toast, salad-oil or oiled butter, Maître d'hôtel butter, *see* recipe No. 551.

Method.—Cover the kidneys with boiling water, and let them remain in it for 2 minutes. Drain, dry, remove the skin, split in two lengthwise, but without detaching the halves. Pass a steel skewer through them, to keep them open, brush over with salad-oil or oiled butter, season with salt and pepper, and grill them over a clear fire, cooking the cut side first. Time required for cooking depends upon the size of the kidney and individual taste ; 5 minutes will be found sufficient for a small kidney, and 8 minutes for a large one ; kidneys are almost uneatable when overcooked. Have the croûtons ready and as hot as possible, place a kidney on each with a small pat of maître d'hôtel butter in the centre of each kidney. Serve at once.

Time.—To grill, from 5 to 8 minutes. **Average Cost,** 3d. to 4d. each. **Sufficient,** 1 to each person.

1013.—KIDNEYS, SAUTED. (*Fr.*—Rôgnons Sautés.)

Ingredients.—3 sheep's kidneys, 1 oz. of butter, ¼ of a pint of brown sauce, 1 tablespoonful of sherry, 1 shallot finely-chopped, salt and pepper.

Method.—Immerse the kidneys in boiling water for 2 minutes, drain, dry, remove the skins and cores, and cut them into ¼ inch slices. Heat the butter in a sauté-pan, fry the shallot slightly, put in the sliced kidney, and shake or toss over the fire for 3 or 4 minutes Drain off a little of the butter, add the brown sauce, sherry, salt and pepper, stir by the side of the fire until thoroughly hot, but do not let the mixture boil. Serve as hot as possible.

Time.—About 5 or 6 minutes. **Average Cost,** 3d. or 4d. each. **Sufficient,** 1 kidney to each person.

Note.—For other methods of cooking kidneys, *see* recipes for dressing veal and beef kidney.

1014.—KIDNEY, RAMAKINS OF. (*Fr.*—Rôgnons Sautés en Caisses.)

Ingredients.—4 sheep's kidneys, 8 croûtons of fried bread, 1½ ozs. of butter, 1 level dessertspoonful of flour, ¼ of a pint of good stock or gravy, ½ a glass of sherry or Madeira, 1 finely-chopped shallot, 1 teaspoonful of finely-chopped parsley, salt and pepper.

Method.—Soak the kidneys for 2 minutes in boiling water, dry, remove the skins and cores, and slice them as thinly as possible. Heat the butter in a sauté-pan, fry the shallot until lightly browned, add the sliced kidneys, toss them over the fire for 3 or 4 minutes, then draw them to the side of the pan farthest away from the fire, and sprinkle the flour on the bottom of the pan on the side nearest the fire. Brown the flour quickly, then add the wine and stock, stir until boiling, season to taste, and draw the pan aside for 4 or 5 minutes, but do not let the contents boil or the kidneys will harden. The croûtons of fried bread must fit easily inside the ramakin cases, which should be heated in the oven before being used. Have the cases ready, with the hot croûtons in them, fill each case with kidney and sauce, sprinkle on a little parsley, and serve as hot as possible.

Time.—About 10 minutes. **Average Cost,** 3d. to 4d. each. **Sufficient** 1 to each person.

1015.—KIDNEY TOAST. (*Fr.*—Rôgnons sur Croûtes.)

Ingredients.—2 sheep's kidneys, or ½ a lb. of bullock's kidney, 1 oz. of butter, ½ a teaspoonful of lemon-juice, cayenne, pepper, salt, 2 slices of hot buttered toast.

Method.—Stew the kidneys in a little stock or water until tender, remove the skin and gristle, and pound them in a mortar until quite smooth. Add the butter, lemon-juice, a good pinch of cayenne, and salt and pepper to taste, and pass the mixture through a wire sieve. Spread lightly on the prepared toast, make thoroughly hot in the oven, then serve.

Time.—From 1½ to 2 hours. **Average Cost,** 9d. to 11d. **Sufficient** for 3 or 4 persons.

1016.—KNUCKLE OF MUTTON, TO BOIL.

Ingredients.—1 knuckle of mutton (*see* "Fillet of Mutton, to Dress"), 1 onion, 1 carrot, ¼ of a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, salt.

Method.—Prepare and slice the vegetables. Place the knuckle in a stewpan just large enough to hold it, and containing sufficient boiling stock or water to barely cover the meat. Add the vegetables, herbs, peppercorns and a little salt, and simmer very gently for about 1½ hours (*see* "Boiled Mutton," also "Notes on Boiling," p. 429).

If liked, the stock in which the mutton has cooked may be converted into onion sauce (*see* " Sauces ").

Time.—About 1½ hours. **Average Cost,** 10d. per lb.

1017.—LEG OF MUTTON, WITH OYSTERS.
(*Fr.*—Gigot de Mouton aux Huîtres.)

Ingredients.—A well-hung boned leg of mutton, 12 sauce oysters, 1 tablespoonful of breadcrumbs, 2 hard-boiled yolks of eggs, 1 teaspoonful of chopped parsley, 1 shallot finely-chopped, salt and pepper, oyster sauce (*see* No. 310 " Sauces ").

Method.—Blanch the oysters in their own liquor, which afterwards strain. Chop the oysters coarsely, add to them the breadcrumbs, yolks of eggs, parsley, shallot, and a little salt and pepper, and moisten slightly with oyster liquor. Press the forcemeat lightly into the cavity from which the bone was removed, carefully secure any opening there may be, and bind with strong string. Boil gently in stock, or water flavoured with vegetables and herbs, from 2½ to 3 hours, according to size, and serve with oyster sauce.

Time.—To boil, 2½ to 3 hours. **Average Cost,** 10d. per lb.; oysters, 1s. to 1s. 6d. per dozen. **Sufficient** for 12 or more persons, according to size. **Seasonable** from September to April.

1018.—LIVER AND BACON.

Ingredients.—1 lb. of liver, ½ a lb. of bacon, flour, salt and pepper.

Method.—Put the liver into a basin, cover with boiling water, let it remain for 10 minutes, then drain, dry well, and cut into ½ inch slices. Season 1 tablespoonful of flour with 1 teaspoonful of salt, and ½ the quantity of pepper, and dip each slice of liver in the mixture. Heat the frying-pan, cut the bacon into thin slices, fry them, remove to a hot dish or tin, and keep hot until required. Fry the liver in the fat from the bacon, but quickly, in order that it may be well-browned on both sides without over-cooking. Transfer to a hot dish, sprinkle in about a dessertspoonful of flour, let it brown, then add about ⅓ of a pint of water, stir until it boils, and strain over the liver. Arrange the bacon neatly on the top, and serve as hot as possible.

Time.—To fry the liver, 5 minutes. **Average Cost,** 6d. to 8d. per lb. **Sufficient** for 3 persons.

Note.—See recipe for cooking calves' and ox liver.

1019.—LOIN OF MUTTON, BONED AND STUFFED.
(*Fr.*—Longe de Mouton, farcie Rôtie.)

Ingredients.—A loin of mutton, 3 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of chopped suet, 2 tablespoonfuls of chopped ham or bacon, 1 teaspoonful of powdered mixed herbs, 2 teaspoonfuls of chopped parsley, ½ a teaspoonful of grated lemon-rind, 1 egg, milk, nutmeg, salt and pepper, gravy or sauce.

Method.—Bone the meat, trim away any superfluous fat, and flatten with a cutlet-bat or rolling-pin. Mix all the dry ingredients well together, add a good seasoning of salt and pepper, stir in the egg and as much milk as is necessary to moisten the whole. Spread the forcemeat on the inner surface of the meat, roll up tightly, and secure with tape. Bake the meat in a moderately hot oven for 2 or 2½ hours, according to size basting frequently with hot fat, or, if preferred, the meat may be either braised or stewed according to directions given under the respective headings. Serve with good gravy, brown sauce, or any other sauce preferred.

Time.—To bake, from 2 to 2½ hours. **Average Cost,** 1s. per lb. **Sufficient** for 6 or more persons, according to weight. **Seasonable** at any time.

1020.—LOIN OF MUTTON, DAUBE STYLE.

(*Fr.*—Longe de Mouton à la Daube.)

Ingredients.—A loin of mutton boned, 3 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of chopped suet, 1 tablespoonful of finely-chopped ham or bacon, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, 1 egg, milk, nutmeg, salt and pepper, stock, tomato, brown or other suitable sauce, slices of bacon glaze.

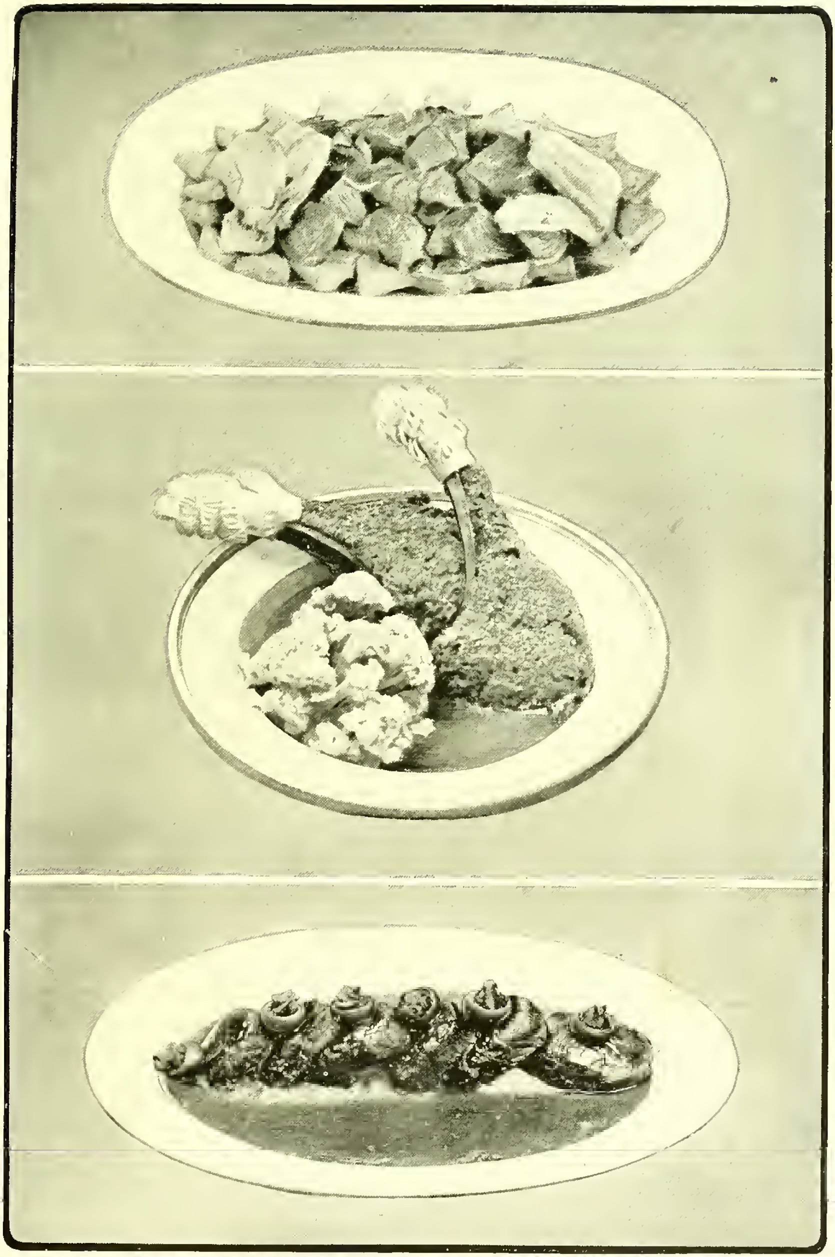
Method.—Place the bones, removed from the meat, at the bottom of a stewpan, and cover with stock, or, failing stock, use water and the usual flavouring vegetables (*see* recipes for braising mutton). Mix the breadcrumbs, suet, ham, parsley, lemon-rind and a seasoning of salt well together, add a good pinch of nutmeg, and stir in the egg and as much milk as will slightly moisten the whole. Stuff the loin with the preparation, secure the openings, and fold in several thicknesses of greased paper. Place the meat in the stewpan, cover with slices of bacon, put on a close-fitting lid, and cook very slowly for 4 or 5 hours, according to size, adding more stock from time to time. Remove the paper, brush over with glaze, let the meat remain in a hot oven for 10 or 15 minutes, then serve with the prepared sauce.

Time.—Altogether, from 4½ to 5½ hours. **Average Cost,** 1s. per lb. **Sufficient** for 6 or more persons, according to weight. **Seasonable** at any time.

1021.—MEAT AND POTATO PIE.

Ingredients.—2 lb. of cold lean mutton, 2 lb. of potatoes, 2 onions, ¾ of a pint of gravy (made from the bones and trimmings of the meat), salt and pepper.

ENTRÉES.



1. Ragoût of Veal. 2. Mutton Cutlets with Cauliflower. 3. Tournedos of Beef with Stuffed Olives.

Method.—Cut the meat into small thin slices, parboil and slice the potatoes and onions. Line the bottom of a pie-dish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer consisting of potato. Pour in the gravy, cover with a greased paper, and bake about 1 hour in a moderate oven. A $\frac{1}{4}$ of an hour before serving, remove the paper to allow the potatoes to brown.

Time.—To prepare and cook, about 1$\frac{1}{2}$ hours. **Average Cost,** 3d., exclusive of the meat. **Sufficient** for 5 or 6 persons.

1022.—MUTTON, CASSEROLE OF, ENGLISH STYLE. (*Fr.*—Casserole de Mouton à l'Anglaise.)

Ingredients.—Neck or loin of mutton, good gravy, suet paste, (*see* pastes), salt and pepper.

Method.—Cut the meat into small chops or cutlets, remove the bones, and trim away nearly all the fat. Place the meat in a casserole it will about $\frac{1}{2}$ fill, cover with good gravy, and season to taste. Put on the lid, and cook gently for about 1 hour, either on the stove or in a moderately cool oven. Meanwhile, make the paste as directed, and roll it into a round or oval form of smaller dimensions than the casserole. Lay the paste on the top of the meat, replace the lid, and cook gently for 1$\frac{1}{2}$ hours longer. Divide the paste into sections before serving.

Time.—2$\frac{1}{2}$ hours. **Average Cost,** 9d. to 1s. per lb.

1023.—MUTTON CHOPS, BROILED OR GRILLED.

Ingredients.—Loin of mutton, salad-oil or oiled butter, salt and pepper.

Method.—Divide the loin into chops, trim away any superfluous fat, curl the end round, and fasten securely with a small skewer. Brush over with salad-oil or butter, broil over or in front of a clear fire, turning 3 or 4 times, then season with salt and pepper, and serve.

Time.—To broil, 7 to 10 minutes. **Average Cost,** 1s. per lb.

1024.—MUTTON COLLOPS.

Ingredients.—6–8 slices of cooked mutton, 2 shallots or 1 small onion finely-chopped, $\frac{1}{2}$ a teaspoonful of powdered mixed herbs, $\frac{1}{2}$ a saltspoonful of mace, 1 dessertspoonful of flour, butter or fat for frying, $\frac{1}{2}$ a pint of gravy or stock, lemon-juice or vinegar, salt and pepper.

Method.—Cut the meat into round pieces about 2$\frac{1}{2}$ inches in diameter. Mix together the shallot, herbs, mace, and a little pepper and salt, and spread this mixture on one side of the meat. Let it remain for 1 hour, then fry quickly in hot butter or fat, taking care to cook the side covered with the mixture first. Remove and keep hot, sprinkle the flour on the bottom of the pan, which should contain no more fat than the flour will absorb, let it brown, then add the gravy or stock. Season to taste, boil gently for about 15 minutes, add a little lemon-juice or vinegar to flavour, and pour the sauce round the meat.

Time.—Altogether, 1¼ hours. **Average Cost,** about 1s. 8d. **Sufficient,** 1 lb. for 3 or 4 persons. **Seasonable** at any time.

1025.—MUTTON, CURRY OF. (*Fr.*—Kari de Mouton.)

Ingredients.—1 lb. of cooked mutton, ½ a pint of curry sauce (*see* No. 241), boiled rice.

Method.—Remove all skin and fat from the meat and cut it into small thin slices. Make the sauce as directed, let the meat remain in it for at least ½ an hour, then serve with well-boiled rice.

Time.—To re-heat the meat, ½ an hour. **Average Cost,** 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at all times.

Note.—See "Veal, Curry of," "Chicken, Curry of," also "Indian Cookery."

1026.—MUTTON CUTLETS, TO PREPARE.

The best end of a neck of mutton must be selected for this purpose. Saw off the chine bone and the ends of the rib bones, leaving the part to be divided into cutlets about 4 inches long, but this must be determined by the size of the fillet or lean portion of the meat. The end of each bone must be scraped quite bare to the depth of about ¾ of an inch. A more even surface and a better shape may be obtained by beating them slightly with a wetted cutlet-bat or chopping-knife. When the mutton is large, 1 cutlet may be cut with a bone and 1 cutlet between each of the bones: when the cutlet frills are attached the appearance of the boneless cutlets is identical with the rest. Nearly all the fat must be trimmed off, and should be clarified and used for frying or making plain pastry and cakes, while the lean parts may be boiled down for gravy or sauce to be served with the cutlets, or when not required for this purpose they may be put into the stock pot.

SHEPHERDS AND THEIR FLOCKS.—From the sheikh downwards, every one in a nomadic state of society is more or less a shepherd. The ancestors of the Israelites in the patriarchal age tended sheep, and until after the Egyptian Captivity, when the shepherd held a subordinate position, the occupation of tending flocks was undertaken not only by the sons, but also by the daughters of wealthy chiefs. Among the earlier Eastern nations sheep constituted an important part of their possessions. The first mention of sheep occurs (Gen. iv. 2) in connexion with Abel, who is mentioned as a "keeper of sheep." Both the adult and the lamb were used in sacrificial offerings. Many passages in the Bible indicate the magnitude of the pastoral riches of the Eastern people, for instance, the giving of a hundred sheep by Jacob to the children of Hamor as the price of a field, and the yearly tribute which the King of Israel received from the King of Moab, comprising a hundred thousand sheep, and a similar number of rams with their fleeces. The tendency of sheep to ramble necessitates the care of a shepherd, and it is no easy task to keep a flock within bounds; but the watchful shepherd, aided by his cleverly trained and intelligent dogs, manages to accomplish it without harassing the sheep. In the Highlands of Scotland, where the herbage is scanty, sheep farms are of wide extent, necessitating the services of numerous shepherds.

1027.—MUTTON CUTLETS, BRAISED. (*Fr.*—Côtelettes de Mouton Braisées.)

Ingredients.—7 or 8 cutlets from the best end of the neck, larding bacon, $1\frac{1}{2}$ ozs. of butter, $\frac{1}{2}$ a pint of stock, 1 onion, 1 carrot, 1 or 2 strips of celery, $\frac{1}{2}$ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), glaze, salt and pepper, $\frac{1}{3}$ of a pint of tomato or demi-glace sauce (*see* Sauces), peas, spinach, or other vegetable garnish.

Method.—Trim and flatten the cutlets into a good shape, and insert 5 or 6 fine lardoons, or pieces of fat bacon used for larding, in the lean part of each one. Slice the vegetables, put them into a stewpan with the butter and bouquet-garni, lay the cutlets on the top, put on the lid, and cook gently for 20 minutes. Have the stock boiling, pour into the stewpan as much of it as will $\frac{3}{4}$ cover the vegetables, and add the remainder of the stock as that in the pan reduces. Cover the cutlets with a buttered paper, put on the lid, and cook gently for about 50 minutes on the stove or in the oven. When done, brush over one side with meat-glaze, and put them into a hot oven for a few minutes to crisp the bacon. Arrange them in a close circle on a border of potato, serve the prepared vegetables in the centre, and pour round the sauce.

Time.—To cook the cutlets, about $1\frac{1}{4}$ hours. **Average Cost,** 1s. per lb. **Sufficient** for 5 or 6 persons.

Various Qualities of Mutton.—Mutton is the meat most generally consumed in families, and in the estimation of medical men and connoisseurs, it takes the first place for its digestibility, its fine flavour, and its wholesomeness. The mutton of the South Down sheep is the most highly esteemed, and it is also the most expensive. The London and other markets are largely supplied by sheep, called half-breeds, which are a cross between the South Down and the Lincoln or Leicester breeds. Sheep of this description yield mutton of greater weight than that of the true South Downs, and for this reason they are preferred by the great sheep masters. The legs of this mutton range from 8 lb. to 13 lb. in weight; the shoulders, neck, or loins, about 10 lb. to 13 lb.; and if care be taken not to purchase it too fat, it will be found to be the most satisfactory and economical mutton that can be bought. Welsh mutton, although small in size, is of excellent flavour, and large quantities of New Zealand and Australian mutton are now supplied to the London market. The finer qualities are but little inferior to those of home production. The New Zealand mutton, commonly known as "Canterbury," takes the prior place, and is sold at an average rate of $1\frac{1}{2}$d. per lb. more than the Australian.

1028.—MUTTON CUTLETS, GRILLED. (*Fr.*—Côtelettes de Mouton Grillés.)

Ingredients.—7 or 8 cutlets cut from the best end of the neck, 7 or 8 very small tomatoes stuffed with mushrooms (*see* Vegetables), $\frac{1}{4}$ of a pint of demi-glace sauce (*see* Sauces), $1\frac{1}{2}$ ozs. of butter, breadcrumbs.

Method.—Trim and flatten the cutlets into a good shape. Prepare the tomatoes as directed, and bake them until tender in a moderate oven. Warm the butter, dip in the cutlets, taking care that the sides are well coated, cover lightly with breadcrumbs, and press them firmly on with a knife. Grill them over or in front of a clear fire, turning them carefully 2 or 3 times, in order that both sides may be equally cooked and browned. Arrange neatly on a border of potato, serve the tomatoes piled in the centre, and pour the sauce round.

Time.—From 8 to 10 minutes, to cook the cutlets. **Average Cost,** 1s. per lb. **Sufficient** for 5 or 6 persons.

1029.—MUTTON CUTLETS, ITALIAN STYLE.
(*Fr.*—Côtelettes de Mouton à l'Italienne.)

Ingredients.—8 or 9 cutlets, 2 or 3 tablespoonfuls of salad-oil, 1 tablespoonful of lemon-juice, 1 teaspoonful of finely-chopped mixed herbs, 1 egg, 3 or 4 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped mushrooms, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallots, ¼ of a teaspoonful of finely-grated lemon-rind, a pinch of mace, clarified butter, salt and pepper, ½ a pint of Italian sauce (*see* "Sauces").

Method.—Mix the salad-oil, lemon-juice, herbs, and a little salt and pepper together, pour the mixture over the cutlets, and let them remain for 1 hour, turning 2 or 3 times. Mix together the breadcrumbs, mushrooms, parsley, shallots, lemon-rind and mace, and season to taste with salt and pepper. Drain the cutlets, brush them over with egg, and coat carefully with the above mixture. Fry in hot butter until nicely browned on both sides, and serve with Italian sauce.

Time.—To fry, 5 or 6 minutes. **Average Cost,** 4s. to 4s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

1030.—MUTTON CUTLETS, MAINTENON STYLE.
(*Fr.*—Côtelettes de Mouton à la Maintenon.)

Ingredients.—8 or 9 thick mutton cutlets, ½ a pint of Espagnole sauce (*see* "Sauces"), gravy or good stock, 4 tablespoonfuls of finely-chopped fresh mushrooms, 1 or 2 tablespoonfuls of finely-chopped shallot, 1 tablespoonful of finely-chopped parsley, 1 oz. of butter, salt and pepper.

Method.—Trim the cutlets (*see* "Mutton Cutlets, to Prepare"), insert a sharp knife, and split the meat nearly down to the bone. Heat the butter in a sauté-pan, fry the shallot until lightly-browned, then add the mushroom and parsley. Season to taste, add a very little gravy or stock if too dry, and toss over the fire for a few minutes. Fill the openings made in the cutlets with the preparation, and press the edges firmly together. Grill over a clear fire, or, if preferred, fry in a little butter until nicely browned, and arrange them neatly on a silver or fireproof dish. Coat them lightly with sauce, sprinkle on the remainder of the mushroom preparation, and cook in a hot oven for 5 or 6 minutes. Serve the remainder of the sauce in a tureen.

Time.—To grill or fry, 6 or 7 minutes. **Average Cost,** 1s. per lb. **Sufficient** for 6 persons. **Seasonable** at any time.

1031.—MUTTON CUTLETS, PORTUGUESE STYLE.
(*Fr.*—Côtelettes de Mouton à la Portugaise.)

Ingredients.—8 or 9 cutlets, 4 tomatoes sliced, 2 shallots or 1 onion sliced, 1 oz. of butter, 1 teaspoonful of cornflour, ¼ of a pint of stock or water, vinegar, castor sugar, salt and pepper.

Method.—Trim the cutlets (*see* "Mutton Cutlets, to Prepare," No. 1026). Heat the butter in a sauté or frying-pan, fry the onion brown, add the tomatoes, cook gently for ½ an hour, then pass through a fine sieve. Replace in the sauté-pan, add the cornflour and stock previously mixed smoothly together, stir until boiling, and season to taste. Stir and boil gently for 2 or 3 minutes, then add 2 or 3 teaspoonfuls of vinegar and a good pinch of sugar, cover and keep hot until required. Grill the cutlets over a clear fire, or, if more convenient, fry quickly in a little hot butter or fat. Serve arranged in a close circle on a hot dish with the sauce poured round.

Time.—To grill or fry the cutlets, 7 or 8 minutes. **Average Cost,** 1s. per lb. **Sufficient** for 6 persons. **Seasonable** at any time.

1032.—MUTTON CUTLETS, REFORM STYLE.
(*Fr.*—Côtelettes de Mouton à la Réforme.)

Ingredients.—7 or 8 mutton cutlets, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped ham, salt and pepper, 1 egg. For the garnish: 1 tablespoonful of shredded cooked ham, 1 tablespoonful of shredded gherkin, 1 tablespoonful of shredded champignons, 1 tablespoonful of shredded white of egg, 1 tablespoonful of shredded truffle, ½ an oz. of butter, stock, ½ a pint of Espagnole or brown sauce (*see* "Sauces"), frying-fat.

Method.—Mix the breadcrumbs and chopped ham together, and season rather highly with salt and pepper. Flatten the cutlets slightly, trim them to a good shape, and coat them first with beaten egg, and afterwards with the breadcrumbs, etc. Melt the butter, add all the shredded ingredients and a little pepper, moisten with stock, and make thoroughly hot. Fry the cutlets quickly in hot butter or fat until nicely browned, and drain free from fat. Arrange them on a hot dish in a close circle with the garnish in the centre, and the sauce poured round, or, if preferred, in a close row with the sauce poured round, and the garnish arranged lightly on one side.

Time.—To fry, 6 or 7 minutes. **Average Cost,** about 4s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1033.—MUTTON CUTLETS WITH GREEN PEAS.
(*Fr.*—Côtelettes de Mouton aux Petits Pois.)

Ingredients.—7 or 8 cutlets cut from the best end of a neck of mutton, 1 pint of shelled peas, ⅓ of a pint of Espagnole sauce, 3 ozs. of butter, 1 egg, breadcrumbs, salt and pepper.

Method.—Trim the cutlets, and flatten them with a wetted cutlet-bat or heavy chopping-knife. Beat the egg, add to it ½ an oz. of warm butter and a liberal seasoning of salt and pepper ; dip the cutlets in the preparation, and coat them carefully with breadcrumbs. Boil the peas, drain them well, and just before serving put them into a stewpan with 1 oz. of butter and a little salt and pepper, and toss over the fire until well mixed with the butter. Heat the remaining 1½ ozs. of butter in a sauté-pan and fry the cutlets quickly until lightly browned on both sides, then drain well. Arrange them overlapping each other on a thin potato border, serve the peas in the centre, and pour the hot Espagnole sauce round.

Time.—To cook the cutlets, from 7 to 10 minutes. **Average Cost,** 1s. per lb. **Sufficient** for 5 or 6 persons.

1034.—MUTTON CUTLETS WITH SOUBISE SAUCE.

(*Fr.*—Côtelettes de Mouton à la Soubise.)

Ingredients.—7 or 8 cutlets cut from the best end of the neck, ½ a pint of Soubise sauce, ¼ of a pint of demi-glace or brown sauce (*see* Sauces), salt and pepper, salad-oil, or butter.

Method.—Trim and flatten the cutlets into a good shape, brush them over with oiled butter or salad-oil, and grill over or in front of a clear fire for 8 or 10 minutes. The cutlets should be turned 2 or 3 times, and before serving sprinkle both sides with a little salt and pepper. Arrange them in a close circle on a border of mashed potato, serve the Soubise sauce in the centre, and pour the other sauce round.

Time.— 8 to 10 minutes. **Average Cost,** 1s. per lb. **Sufficient** for 5 or 6 persons.

1035.—MUTTON CUTLETS, VENETIAN STYLE.

(*Fr.*—Côtelettes de Mouton à la Venetienne.)

Ingredients.—7 or 8 mutton cutlets, 4 ozs. of quenelle meat, No. 413, 3 tablespoonfuls of finely-chopped ham, 1 hard-boiled white of egg, finely-chopped, 1 small truffle, finely-chopped, 2 ozs. of butter, ½ a pint of brown sauce (*see* Sauces). For the garnish : 1 tablespoonful each of hard-boiled white of egg, gherkin and cold boiled ham cut into very fine strips about 1¼ inches in length, salt and pepper.

Method.—Prepare the cutlets, then fry them in 2 ozs. of hot butter, drain and press lightly until cool. Cover one side of each cutlet with a layer of quenelle meat, which in its turn must be covered with a thin layer of chopped ham. Sprinkle half the cutlets with chopped truffle, the remainder with white of egg, and place them in a sauté-pan. Pour some of the brown sauce round, cover with a buttered paper and cook on the stove or in the oven for about ½ an hour. Heat the garnish in a bain-marie or over a saucepan of boiling water. Remove the cutlets, add the remainder of the sauce, and boil up. Arrange the cutlets in a close circle on a potato border, serve the garnish in the centre, and pour the sauce round

Time.— 1 hour. **Average Cost,** 4s. to 4s. 6d. **Sufficient** for 5 or 6 persons.

1036.—MUTTON, DEVILLED. (*Fr.*—Mouton à la Diable.)

Ingredients.—8–9 slices of cold roast mutton, oiled butter, browned breadcrumbs, lemon-juice, salt and pepper, cayenne, watercress.

Method.—Season the meat with salt, pepper and cayenne, sprinkle with lemon-juice, and put aside for ½ an hour. When ready, dip it into oiled butter, coat lightly with browned breadcrumbs, and bake in a moderately hot oven for a few minutes. Arrange in a close circle on a hot dish, fill the centre with watercress seasoned with salt, pepper and lemon-juice, and serve.

Time.—To bake, about 10 minutes. **Average Cost,** 1s. 8d. to 1s 10d. **Sufficient** for a dish.

1037.—MUTTON DORMERS.

Ingredients.—½ a lb. of underdone mutton finely-chopped, 4 ozs. of cooked rice (*see* " Rice for Curries "), 3 ozs. of finely-chopped suet, 1 shallot or small onion finely-chopped, salt and pepper, egg, breadcrumbs, frying-fat, gravy made from the bones and trimmings.

Method.—Cook and dry the rice as directed, add to it the meat, suet, shallot, and a good seasoning of salt and pepper, mix the ingredients well together, and form them into cork-shaped pieces. Coat with egg and breadcrumbs, fry in hot fat until nicely browned, and drain well. Serve garnished with crisply-fried parsley, and send the gravy to table in a tureen.

Time.—To fry, 5 or 6 minutes. **Average Cost,** 5d., in addition to the meat. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

1038.—MUTTON, FRITTERS OF. (*Fr.*—Beignets de Mouton.)

Ingredients.—Frying-batter (*see* " Apple Fritters "). For the meat mixture: ½ a lb. of finely-chopped cooked mutton, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, ½ an oz. of butter, ¾ of an oz. of flour, ¼ of a pint of strong stock, salt and pepper, frying-fat.

Method.—Make the batter as directed, and put it aside until required. Melt the butter in a stewpan, fry the onion lightly, then stir in first the flour and afterwards the stock, and boil quickly for 3 or 4 minutes, stirring meanwhile. Add salt, pepper, parsley and the meat, turn the preparation on to a plate, and when cool drop pieces about the size of a walnut into the batter. Take them out one at a time in a spoon and fry in hot fat until crisp and lightly browned. Drain well, and serve garnished with crisply-fried parsley.

Time.—To fry, 7 or 8 minutes. **Average Cost,** 8d., in addition to the meat. **Sufficient** for 3 persons.

Note.—If preferred, the meat may be cut into thin slices, seasoned with salt and pepper, flavoured with onion or herbs, and, after standing for a time, finished off as directed above.

1039.—MUTTON CUTLETS TALLEYRAND STYLE. (*Fr.*—Côtelettes de Mouton à la Talleyrand.)

Ingredients.—7 or 8 mutton cutlets, 4 oz. of cooked chicken, ¼ of a pint of demi-glace sauce, ½ a gill of white sauce (about), 1 oz. of butter, 1 whole egg, 2 yolks of eggs, 4 preserved mushrooms finely-chopped, 2 shallots finely-chopped, frying-fat, salt and pepper, cayenne, breadcrumbs, vegetable garnish.

Method.—Heat the butter in a sauté-pan ; trim the cutlets neatly, fry them for not more than 5 minutes, turning them once, then press between 2 dishes until cool. Chop the meat of the chicken finely, pound it in a mortar until smooth, adding the 2 yolks of eggs and as much of the white sauce as is necessary to moisten the meat, season to taste, and rub through a fine sieve. Re-heat the butter in the sauté-pan, fry the shallots slightly, add to them the mushrooms, cook for 2 or 3 minutes longer, then mix with the meat purée. Mask the cutlets completely with the preparation, brush them lightly over with beaten egg, coat carefully with breadcrumbs, and fry until nicely browned in hot fat. Dish in a close circle on a thin potato border, serve spinach, peas, asparagus points, or whatever may be preferred, in the centre, and pour the hot demi-glace sauce round.

Time.—1 hour. **Average Cost,** 1s. per lb. **Sufficient** for 5 or 6 persons.

1040.—MUTTON HAM, TO CURE.

Ingredients.—A leg of mutton, 1 lb. of salt, ¼ of a lb. of moist sugar, 1 oz. of saltpetre.

Method.—In cool weather let the meat hang for 2 or 3 days. Pound the ingredients for curing in a mortar, dry them well before the fire, then rub them into the meat, taking care that the parts surrounding the knuckle bone are done thoroughly. Repeat the rubbing every morning for a fortnight, turning the meat each day. At the end of the time dry well, rub the centre surface with common salt, let the meat remain under heavy pressure for 3 or 4 days, and smoke it for at least 10 days before using.

1041.—MUTTON, HASHED. (*Fr.*—Hachis de Mouton.)

Ingredients.—Cold mutton, pickles, brown sauce, breadcrumbs, salt and pepper.

Method.—Cut the meat into thin slices, and boil the bones and trimmings for stock for the brown sauce, No. 233. Cover the bottom of a greased pie-dish with a layer of breadcrumbs, add 2 or 3 tablespoonfuls of brown sauce, and on the top arrange the slices of meat slightly overlapping each other. Sprinkle with chopped gherkins (or other pickle), salt and pepper, and cover lightly with the breadcrumbs and sauce. Repeat the process until the materials are used, making the top layer a rather thick one of breadcrumbs. Cover with a greased paper, and bake very gently for about ½ an hour. Serve in the dish in which it is cooked.

Time.—1 hour. **Seasonable** at any time.

Note.—The re-heating of cooked meat is more fully dealt with in the chapters on cooking veal, beef and tinned meats. Recipes will there be found for curries, croquettes, rissoles, meat shapes, meat cakes, meat croûtes.

Hashed Mutton.—Many persons have a decided aversion to hashed mutton: a dislike probably due to the fact that they have never been properly served with this dish. If, however, the meat be tender, the gravy well made and abundant, and the sippets nicely toasted, the whole being neatly served, hashed mutton is not a despicable dish, and is much more wholesome and more appetising than the traditional cold shoulder, of which fathers and husbands and their bachelor friends stand in not unnatural awe.

1042.—MUTTON, IN IMITATION OF VENISON. (*Fr.*—Mouton à la Venaison.)

Ingredients.—A neck, loin, or leg of mutton, ¼ of a pint of vinegar, ¼ of a pint of claret or other red wine, 3 bay-leaves, 3 shallots sliced, 1 teaspoonful of pepper, 1 teaspoonful of pounded allspice.

Method.—Let the meat hang at least 3 or 4 days, then rub it over with mixed pepper and allspice, and repeat the rubbing at intervals for 48 hours. Mix together the vinegar, wine, shallots and bay-leaves, baste the meat well with the mixture, and let it remain for 2 days, basting frequently. When ready, wash in warm water, dry thoroughly, and enclose in a flour and water paste. Cook according to directions given for dressing venison, and serve with good gravy and red-currant jelly.

Time.—About 8 days. **Average Cost,** 10d. to 1s. per lb. **Seasonable** at any time.

1043.—MUTTON, LEG OF, STEWED. (*Fr.*—Gigot de Mouton braisé.)

Ingredients.—A small leg of mutton boned, stock or water. When using the latter add 2 onions, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns. For the forcemeat: ¾ of a lb. of mutton trimmings, ¾ of a lb. of raw ham or bacon, 1 Spanish onion finely-chopped, a clove of garlic bruised, salt and pepper. For the sauce: 1½ ozs. of butter, 1½ ozs. of flour, 1 pint of stock, slices of fat bacon.

Method.—Remove any superfluous fat, and from the cavity from which the bone was taken trim off the lean meat needed for the forcemeat. Chop both bacon and mutton finely, add the onion, garlic, and a good seasoning of salt and pepper, moisten with a little stock ; and fill the cavity with the mixture. Secure any opening that would allow the forcemeat to escape, and bind the meat into a good shape with strong string. Put the meat into a stewpan containing hot stock, or vegetables and hot water to half cover the meat, lay slices of fat bacon on the top of it, and put on a close-fitting lid. Stew very gently for 4 hours, adding more stock or water when necessary. Half an hour before serving heat the butter in a stewpan, add the flour and stir and cook slowly until well-browned. Remove the string from the meat and keep hot ; strain 1 pint of the stock on to the browned flour and butter, stir until boiling, and season to taste. The meat may either be glazed or served with a little of the sauce poured over, and the remainder sent to table in a tureen.

Time.—About 4 hours. **Average Cost,** 10d. per lb. **Sufficient** 1 leg for 10 or more persons. **Seasonable** at any time.

1044.—MUTTON, MINCED. (*Fr.*—Emincé de Mouton.)

Ingredients.—1 lb. of cooked mutton cut into very small dice, 1 small onion finely-chopped, ¾ of a pint of stock made from bones and trimmings, ¾ of an oz. of butter, ½ an oz. of flour, 1 tablespoonful of walnut liquor, mushroom ketchup or some sharp sauce, salt and pepper, cooked macaroni (*see* " Breast of Lamb, Milanaise Style ").

Method.—Melt the butter in a stewpan, fry the onion until lightly browned, add the flour and brown it also. Stir in the stock, add the walnut liquor and seasoning to taste, and simmer gently for 10 minutes. Put in the meat, draw the stewpan aside, where the contents will be kept just below simmering point, and let it remain for at least ½ an hour. Arrange the macaroni in the form of a border, place the mince in the centre, and serve. If preferred, mashed potato or sippets of toasted bread may be substituted for the macaroni.

Time.—From 1¼ to 1½ hours. **Average Cost,** 6d. or 7d., exclusive of the meat. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

1045.—MUTTON, MINCE OF, BAKED.

Ingredients.—½ a lb. of cooked mutton finely-minced, 3 tablespoonfuls of white breadcrumbs, 1 tablespoonful of browned breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 shallot very finely minced, 1 egg, salt and pepper, 1 tablespoonful of mushroom ketchup, gravy, a little butter or fat.

Method.—Coat a plain mould or round cake-tin rather thickly with butter or fat, and cover it lightly with browned breadcrumbs. Mix the meat, white breadcrumbs, parsley and shallot well together, season rather highly with salt and pepper, and add the egg, mushroom ketchup, and sufficient gravy to slightly moisten the whole. Turn the mixture into the prepared tin, bake gently from 1 to 1¼ hours, then unmould carefully, and serve with good gravy.

Time.—To bake, from 1 to 1¼ hours. **Average Cost**, about 1s. **Sufficient** for three persons. **Seasonable** at any time.

1046.—MUTTON PUDDING. (*Fr.*—Pouding de Mouton.)

Ingredients.—2 lb. of lean mutton (*see* "Fillet, to Dress"), suet paste, (*see* Paste section) salt and pepper.

Method.—Follow directions given for "Beef Steak Pudding." A little kidney will be found a great improvement.

Time.—About 4 hours. **Average Cost,** 2s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1047.—MUTTON, RECHAUFFE OF. (*Fr.*—Réchauffé de Mouton.)

Ingredients.—Slices of cold mutton, 1 onion finely-chopped, a few slices of carrot, a few slices of turnip, ¾ of a pint of stock made from bones and trimmings, 1½ ozs. of butter, 1½ ozs. of flour, 1 tablespoonful of mushroom ketchup or some sharp sauce, salt and pepper.

Method.—Simmer the bones, meat trimmings, turnip and carrot in just sufficient water to cover them for at least 1 hour, then strain and season to taste. Heat the butter, fry the onion until lightly browned, add the flour, stir and cook slowly until brown, and put in ¾ of a pint of stock. Stir until boiling, season to taste, add the mushroom ketchup, and boil gently for 10 minutes. Place the slices of meat in the prepared sauce, let the stewpan stand for at least ½ an hour, where the contents will remain just below simmering point, then arrange the meat neatly on a hot dish, and strain the sauce over.

Time.—Altogether, about 2 hours. **Average Cost,** about 1s 8d. for a dish. **Sufficient** for 4 persons.

1048.—MUTTON, ROLL OF. (*Fr.*—Roulade de Mouton.)

Ingredients.—3 lb. of lean mutton, 1 lb. of ham or bacon finely-chopped, 4 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ½ a teaspoonful of finely-grated lemon-rind, ½ a teaspoonful of finely-chopped shallot or onion, a good pinch of nutmeg, salt and pepper, 1 or 2 eggs, stock, gravy or sauce, fat for basting.

Method.—Chop the meat finely, or pass it 2 or 3 times through a mincing machine. Mix with it all the dry ingredients enumerated above, and season somewhat liberally with salt and pepper. Add 1 large or 2 small eggs, and enough stock to gradually moisten the whole, then form the mixture into a short thick roll. Enclose in 3 or 4 folds of greased paper, bake in a moderate oven for about 2 hours, and baste frequently meanwhile. Half an hour before serving remove the paper, and either dredge the roll lightly with flour, or coat it with egg and breadcrumbs. Serve with good gravy or brown sauce.

Time.—To cook, about 2 hours. **Average Cost,** 4s. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

Note.—Underdone cold mutton may be utilized in this way, and the ham or bacon may be either raw or cooked. When cold materials are used, the roll should be cooked for about 1 hour.

1049.—MUTTON SAUSAGES. (*Fr.*—Saucisses de Mouton.)

Ingredients.—1 lb. of lean, raw or underdone mutton, 2 ozs. of finely-chopped ham or bacon, 4 ozs. of finely-chopped suet, 4 ozs. of breadcrumbs, 2 ozs. of finely-chopped mushrooms, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, salt and pepper, 2 eggs, stock, sausage-skins.

Method.—Chop the meat finely, mix with it the rest of the dry ingredients, seasoning liberally with salt and pepper. Stir in the eggs and as much stock as is necessary to slightly moisten the whole. Press the mixture lightly into skins, or, if more convenient, form it into cork-shaped pieces or small cakes. Fry in hot butter or fat.

Time.—To fry, 8 to 10 minutes. **Average Cost,** 1s. 8d. to 1s. 10d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

1050.—MUTTON, SCRAG OF, TO COOK.

Ingredients.—The scrag end of a neck, slices of bacon, stock or water, 2 onions sliced, 2 carrots sliced, ½ a turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt, 1 egg, breadcrumbs, frying-fat.

Method.—Wash the extreme end of the neck in salt and warm water, saw the rib bones across, and remove the short ends. Place the vegetables in a stewpan just large enough to hold the meat, lay the meat on the top, cover with slices of bacon, and add the herbs, peppercorns and either stock or water to nearly cover the vegetables. Put on a close-fitting lid, cook very gently for 2½ hours, then coat with egg and breadcrumbs, and bake in a quick oven until nicely browned. Serve with brown sauce, or any sauce of which the stock used in cooking the meat may form the base.

Time.—About 3 hours. **Average Cost,** 6½d. per lb.

1051.—MUTTON WITH VINAIGRETTE SAUCE. (*Fr.*—Mouton à la Vinaigrette.)

Ingredients.—8–9 slices of cooked mutton, sliced gherkin, capers, salad. For the sauce: 4 tablespoonfuls of salad-oil, 2 tablespoonfuls of vinegar (preferably tarragon), ½ a teaspoonful of finely-chopped gherkin, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, salt and pepper.

Method.—Mix the sauce ingredients together, adding salt and pepper to taste. Arrange the meat neatly on the dish to be sent to table, pour the sauce over, and put aside for at least 1 hour. Garnish with sliced gherkin, capers, and small tufts of salad, and serve the rest of the salad separately.

Time.—About 1¼ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 persons.

1052.—NECK OF MUTTON, BRAISED, WITH BROWN CAPER SAUCE. (*Fr.*—Carré de Mouton Braisé aux Câpres.)

Ingredients.—The best end of a neck of mutton, 3 ozs. of butter, 2 ozs. of flour, 2 tablespoonfuls of capers, 1 tablespoonful of caper vinegar, 1¼ pints of stock or water, 2 onions, 2 carrots, 1 small turnip, 2 stalks of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, meat glaze, salt and pepper.

Method.—Trim the meat, saw the rib bones across, remove the short bones, and fold the flap under. Slice the vegetables, put them into a stewpan with 1 oz. of butter, the herbs, peppercorns, and cloves, lay the meat on the top, put on the lid of the stewpan, and cook gently for ½ an hour. The vegetables must be occasionally stirred or shaken, and when sufficiently fried, add stock to ¾ cover them, and the remainder as that in the pan reduces. Cover the meat with a buttered paper, and cook gently for about 2 hours. Fry the flour and remaining 2 ozs. of butter together until a brown roux is formed. When the meat is ready, transfer it to a hot dish, brush it over with the stock reduced to glaze, and keep it hot. Strain the liquor on to the brown roux, stir until boiling, season to taste, simmer for five minutes, then add the capers, and serve in a sauce-boat. If preferred, glazing the meat may be omitted, and a little sauce poured over instead.

Time.—To cook, about 2 hours. **Average Cost,** 1s. per lb. Allow 3 lbs. for 6 or 7 persons.

1053.—NECK OF MUTTON, BROWNED. (*Fr.*—Carré de Mouton rôti au four.)

Ingredients.—Best end of a neck of mutton, stock, 2 ozs. of butter, 2 ozs. of flour, 1 egg, breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, pepper and salt, frying-fat.

Method.—Saw the rib bones across, remove the short ends, fold the flap under, and bind securely. Place the meat in a stewpan containing as much boiling stock (or boiling water and usual flavouring vegetables) as will barely cover it, simmer gently for 1 hour, then drain well. Beat the egg, add the parsley, herbs, and a good seasoning of salt and pepper, and coat the meat thickly with the mixture. Cover lightly with breadcrumbs, and bake in a moderately hot oven until well-browned, meanwhile basting frequently with hot fat. Heat the butter in a stewpan, add the flour, stir and cook slowly until well-browned, and add 1 pint of boiling stock from the larger stewpan. Stir until boiling, season to taste, simmer gently until required, and serve separately.

Time.—About 1½ hours. **Average Cost,** 6d., in addition to the meat, which will cost from 10d. to 1s. per lb. **Sufficient** for 4 persons. **Seasonable** at any time.

Woollen Manufactures.—The woollen industry was the earliest, and, at one period, the most important of English manufactures, until the great development of cotton manufactures at the early part of the nineteenth century. During the Middle Ages English wool was esteemed the best in Europe. Flemish weavers came to England at the time of the Norman Conquest, and later on, in the reign of Edward III, the settlement of a number of Flemish clothworkers gave the first effective impulse to the woollen industry. Many legislative enactments were passed from time to time for the encouragement and protection of this important manufacture, and it was not until 1824 that a law prohibiting the export of wool was repealed. The distinction between wool and hair is rather arbitrary than natural, wool being in reality a modified form of hair, and similar to it in its chemical composition. It is characterized by a greater fineness in its fibre, by its softness and pliability, and also by being more scaly than common hair, which gives it its special felting property. The sheep, the llama, the Angora goat, and the goat of Tibet, are animals from which most of the wool used in manufactures is obtained, the last named furnishing the fine wool from which Cashmire shawls are made. Of European wools, the finest is yielded by the Merino sheep, the Spanish and Saxon breeds taking the preference. The Merino sheep, now naturalized in Australia, from whence large quantities of wool are exported, supplies an excellent fleece ; but all varieties of sheep-wool, reared whether in Europe or Australia, are less soft to the touch than that grown in India, or than the wool of the llama of the Andes. The best of our British wools are inferior in fineness of texture to any of the above-mentioned varieties, but for the ordinary purposes of the manufacturer they are unrivalled.

1054.—NECK OF MUTTON, TO ROAST. (*Fr.*—Carré de Mouton Rôti.)

Ingredients.—Best end of the neck of mutton, fat for basting, salt and pepper.

Method.—Saw the rib bones across, remove the short ends, fold the flap under, and fasten securely. Roast in front of a clear fire, or, if more convenient, bake in a moderately hot oven, in either case basting frequently with hot fat (*see* " Roast Mutton " and " Notes on Roasting," p. 428). Serve with good gravy and, if liked, onion sauce.

Time.—About 1 hour. **Average Cost,** 10d. to 1s. per lb. **Sufficient** for 4 persons. **Seasonable** at any time.

1055.—OXFORD JOHN.

Ingredients.—Thin slices off a well-hung leg of mutton, 2 ozs. of butter,

¾ of an oz. of flour, ½ a pint of good gravy or stock, 1 tablespoonful of finely-chopped ham or bacon, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, salt and pepper, 1 teaspoonful of lemon-juice.

Method.—Cut the meat into rounds about 3 inches in diameter, and season well with salt and pepper. Mix the ham, parsley, shallot, herbs, and a little salt and pepper together, spread the mixture on one side of the meat, and pile the pieces one above the other. Let them remain for at least 1 hour, then separate them and fry quickly in hot butter. Remove and keep them hot, sprinkle in the flour, which the butter should completely moisten, otherwise more must be added, brown well, and add the stock. Stir until boiling, season to taste, add the lemon-juice, and replace the meat. Let the stewpan stand for 10 or 15 minutes, where the contents will be kept just below simmering point, then serve.

Time.—Altogether, about 2 hours. **Average Cost,** 10d. to 1s. per lb. Allow 1 lb. for 3 or 4 persons. **Seasonable** at any time.

1056.—RAGOÛT OF COLD MUTTON.

Ingredients.—The remains of a saddle, loin or neck of mutton, 1 onion shredded, 1 carrot cut into dice, ½ a turnip cut into dice, 2 ozs. of butter or fat, 1 oz. of flour, ¾ of a pint of gravy, stock or water, salt and pepper.

Method.—Divide the meat into cutlets, and trim away some of the fat. Heat the butter or fat in a stewpan, fry the meat quickly on both sides, then take it out, and put in the onion. Fry until lightly browned, sprinkle in the flour, and when well-browned add the stock or water. Boil up, season to taste, add the trimmings of carrot and turnip, and replace the meat. Cover closely, cook very gently for 1 hour, then arrange the cutlets neatly on a hot dish, strain the sauce over, and serve garnished with the vegetable dice, which must have been meanwhile boiled in salted water.

Time.—About 1 hour. **Average Cost,** 6d., in addition to the meat and gravy. Allow 1 lb. to 3 or 4 persons. **Seasonable** at any time.

1057.—ROAST HAUNCH OF MUTTON.

(*Fr.*—Hanche de Mouton Rôtie.)

Ingredients.—A haunch of mutton.

Method.—This joint requires great care in roasting, for if cooked too quickly the loin is overdone while the thick part of the leg remains insufficiently cooked. This may be remedied to some extent by enclosing the loin in several thicknesses of well-greased paper, also by hanging the thick part of the leg where it will receive the hottest rays of heat from the fire. Follow directions given for "Roast Mutton," also *see* "Notes on Roasting," p. 428.

Time.—About 15 minutes per lb. **Average Cost,** 10d. per lb. **Sufficient** for 12 or more persons according to size of joint. **Seasonable** from June to January.

1058.—ROAST MUTTON. (*Fr.*—Mouton rôti.)

When possible, mutton should be roasted before the fire, for this method of cooking imparts a more delicate and better flavour to the meat. Whatever the joint, it should be well basted with hot fat before setting the roasting-jack in motion ; and for 10 or 15 minutes it must be placed quite close to a clear, bright fire, in order to quickly form a hard surface layer. (*see* "Notes on Roasting," p. 428). The meat revolves too quickly for it to become over-browned in a short space of time. During the first few minutes the joint should be almost constantly basted, and afterwards at short intervals. The time required for roasting depends principally upon the condition of the fire and the form or the size of the joint (*see* pp. 428).

How to buy Meat Economically.—If the housekeeper is not very particular as to the precise joints she wishes to cook for dinner, there is frequently an opportunity for her to save money in her purchases. For instance, the butcher may have an over supply of certain joints, and will, to get rid of these, make a reduction, sometimes to the extent of 1d. or 1½d. per lb. It often happens that in consequence of a demand for legs and loins of mutton butchers have only shoulders left, and these they are glad to dispose of at a reduction, especially in very cold weather.

1059.—SADDLE OF MUTTON, TO ROAST. (*Fr.*—Selle de Mouton Rôtie.)

Ingredients.—Saddle of mutton, salt and pepper, fat for basting, gravy, red-currant jelly.

Method.—Remove the skin, pare off any superfluous fat, and take away the fat and kidneys from the inside. Fold the flaps under, bind securely in shape, and cover the back with several folds of greased paper. Roast in front of a clear fire, basting frequently, or, if more convenient, bake in a moderately hot oven (*see* " Roast Mutton " and " Notes on Roasting," p. 428). Serve with good gravy and red-currant jelly.

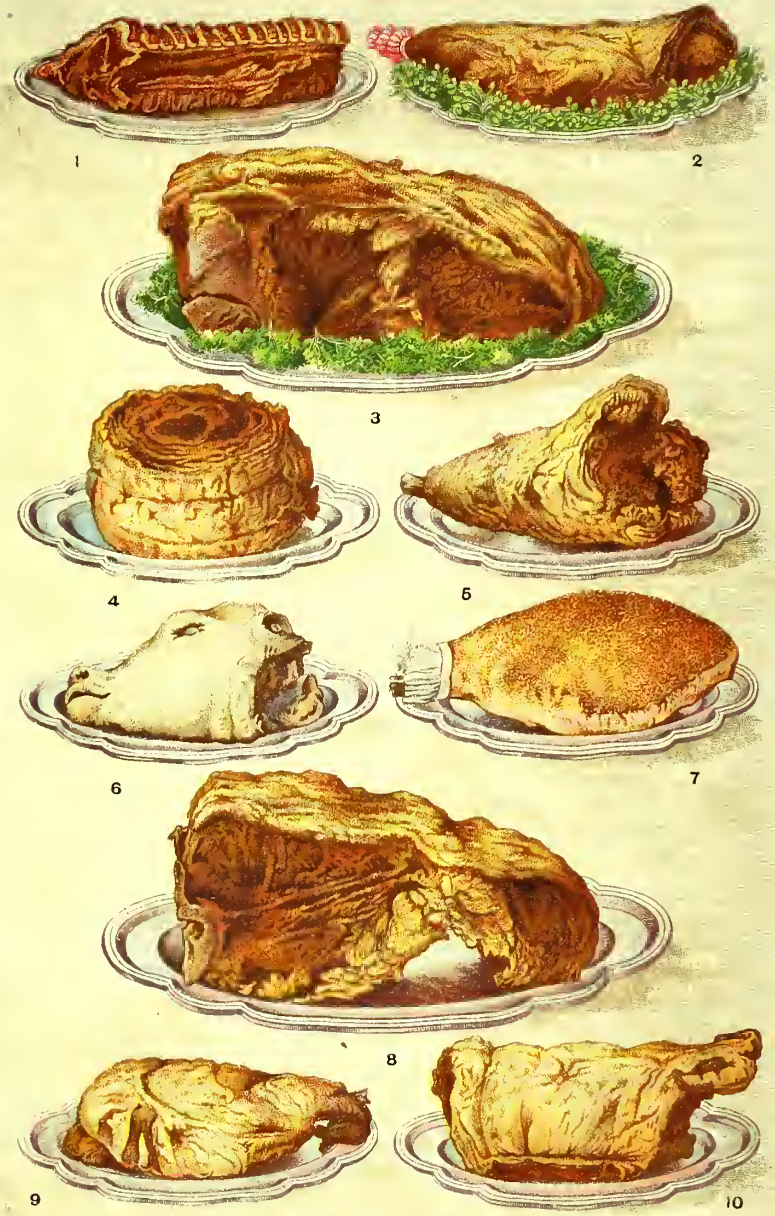
Time.—About 15 minutes per lb. **Average Cost,** 1s. per lb. **Sufficient** for from 12 to 18 persons, according to weight. **Seasonable** at any time.

1060.—SCOTCH HAGGIS.

Ingredients.—A sheep's paunch and pluck, 1 lb. of finely-chopped beef suet, ½ a pint of oatmeal, 2 finely-chopped Spanish onions, 2 tablespoonfuls of salt, 1 teaspoonful of pepper, ½ a nutmeg finely-grated, 1½ pints of good stock or gravy, the juice of 1 lemon.

Method.—Soak the paunch for several hours in salt and water, then turn it inside out, and wash it thoroughly in several waters. Wash the pluck, cover the liver with cold water, boil it for 1½ hours, and

JOINTS.



1.—Roast Loin of Pork. 2.—Roast Haunch of Mutton. 3.—Roast Aitchbone of Beef.
4.—Round of Beef. 5.—Leg of Mutton. 6.—Calf's Head. 7.—Ham.
8.—Sirloin of Beef. 9.—Shoulder of Mutton. 10.—Saddle of Mutton.

at the end of ¾ of an hour add to it the heart and lights. Chop half the liver, chop the remainder and the heart and lights finely, mix all together, add the oatmeal, onions, salt, pepper, nutmeg, lemon-juice and stock. Turn these ingredients into the paunch, sew up the opening, taking care that sufficient space is left for the oatmeal to swell: if the paunch be over-full, there is a possibility of its bursting. Put the haggis into boiling water, and cook gently for about 3 hours ; during the first hour it should be occasionally pricked with a needle, to allow the air to escape. As a rule, neither sauce nor gravy is served with a haggis. When a small dish is required, a lamb's paunch and pluck may be substituted for those of the sheep's.

Time.—To boil the haggis, 3 hours. **Average Cost,** 2s. 9d. to 3s. 9d. **Sufficient** for 8 or 9 persons.

1061.—SHEEP'S BRAINS WITH PARSLEY SAUCE. (*Fr.*—Cervelles de Mouton à la Maître d'Hôtel.)

Ingredients.—6 sheep's brains, 1 pint of white stock, 2 ozs. of butter, 1½ ozs. of flour, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, ½ a small onion, 1 small carrot, 1 bay-leaf, salt and pepper.

Method.—Soak the brains in salt and water for 2 hours, then remove the skin and fibres, cover them with boiling water, and boil for 3 minutes. Replace the brains in fresh cold water, let them remain until cold, then put them into the boiling stock, add the onion and carrot sliced, bay-leaf, salt and pepper to taste, and simmer gently for 20 minutes. Meanwhile, melt the butter in a stewpan, add the flour, and cook these for 3 or 4 minutes without browning. Drain the brains, and strain the stock on to the flour and butter, stir until boiling, simmer for 10 minutes, add the lemon-juice and seasoning to taste. Re-heat the brains in the sauce, and just before serving add the lemon-juice.

Time.—About ½ an hour, after the brains are blanched. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 5 or 6 persons.

THE ETTRICK SHEPHERD.—James Hogg, more commonly known as the "Ettrick Shepherd," from the place of his birth in Selkirkshire, was one of the most remarkable men who ever wore the shepherd's *maud*. Under the garb, aspect, and bearing of an uncultured peasant—for his early education was of the most scanty description—the world discovered a true poet. Sir Walter Scott, who became interested in Hogg through some of his rhymings which came to the baronet's notice, induced him to publish a volume of ballads, under the title of the *Mountain Bard*. The *Queen's Wake*, which contains the charming ballad of "Kilmeny," appeared in 1813, and established Hogg's reputation. It was followed by other poetic and prose works, including *The Pilgrims of the Sun*, *The Border Garland*, *Lay Sermons*, etc. His poetry is characterized by richness of description, delicate imagination, and sweet intensity of pathos. If the shepherd of Professor Wilson's "*Noctes Ambrosianae*" may be regarded as a true portrait of James Hogg, the poet of Ettrick Forest possessed a rare quaintness of humour. Sir Walter Scott affirmed that Hogg's innumerable little touches of absurdity afforded him more entertainment than the most laughable comedy. Among the productions of the shepherd-poet is an account of his own experiences in sheep-tending, called *The Shepherd's Calendar*. This work contains a vast amount of useful information on sheep, their diseases, habits, and management. The Ettrick Shepherd died in 1835.

1062.—SHEEP'S BRAINS WITH MATELOTE SAUCE. (*Fr.*—Cervelles de Mouton en Matelote.)

Ingredients.—6 sheep's brains, vinegar, salt, a few slices of bacon, 1 small onion, 2 cloves, a small bunch of parsley, sufficient stock or weak broth to cover the brains, 1 tablespoonful of lemon-juice, matelote sauce (*see* Sauces).

Method.—Detach the brains from the heads without breaking them, remove the skin, cover with warm water, and let them remain for 2 hours. Have ready a saucepan of boiling water, add a little vinegar and salt, and put in the brains. When they are quite firm take them out, and put them into very cold water. Place 2 or 3 slices of bacon in a stewpan, put in the brains, the onion stuck with 2 cloves, the parsley, and a good seasoning of pepper and salt. Cover with stock or weak broth, and boil them gently for about 25 minutes. Have ready some fried bread croûtons, arrange them in a dish alternately with the brains, and cover with a matelote sauce, to which the lemon-juice has been added.

Time.—25 minutes after the brains are blanched. **Average Cost,** 2s. 6d. **Sufficient** for 5 or 6 persons.

1063.—SHEEP'S HEAD, TO DRESS. (*Fr.*—Tête de Mouton.)

Ingredients.—A sheep's head, 2 tablespoonfuls of pearl barley or rice, 2 onions, 2 small carrots, 1 small turnip, a bouquet-garni (parsley thyme, bay-leaf), 10 peppercorns, salt and pepper. For the sauce: ¾ pint of liquor the head was cooked in, 1½ ozs. of butter, 1½ ozs. of flour.

Method.—Cut the head in half, remove the brains, wash them and put them into cold water, with a little salt. Wash the head in several waters, carefully remove any splintered bones, and let it soak in salt and water for 1 hour. Cover with cold water, bring to the boil, pour away the water, replace with fresh cold water, add the bouquet-garni, peppercorns and salt, boil up, and skim well. The head must be cooked slowly for about 3 hours ; 1½ hours before serving add the vegetables sliced, with the rice or barley, and when the latter is used it must be previously blanched. Remove the skin and fibres from the brains, tie them in muslin, boil them for 10 or 15 minutes in the liquor, then chop them coarsely. Heat the butter in a stewpan, add the flour, stir over the fire for 2 or 3 minutes, then add ¾ of a pint of liquor from the pot, simmer for 10 minutes, add the brains, season to taste, and keep hot until required. When ready, bone the head, put the meat in the centre of a hot dish, pour the sauce over, and garnish with slices of tongue and the vegetables. Serve the broth separately.

Time.—To cook, about 3 hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 2 or 3 persons.

Singed Sheep's Head.—The village of Dudingston, now a suburb of Edinburgh was formerly celebrated for this ancient and homely Scottish dish. It was the custom during the summer months for the well-to-do citizens to resort to this place and regale themselves with sheep's heads, boiled or baked. The sheep pastured on the neighbouring hills were slaughtered at the village, the carcasses were sent to town, but the heads were reserved for consumption by the visitors to Dudingston.

1064.—SHEEP'S HEART. (*Fr.*—Coeur de Mouton.)

Ingredients.—1 sheep's heart, veal forcemeat (*see* Forcemeat), dripping for basting.

Method.—Soak the heart for 1 hour in warm water. Cut off the deaf ears, any cartilage or gristle there may be, and the muscular wall dividing the cavities of the heart, and boil them down for gravy. Dry the heart thoroughly, fill the inside with forcemeat, and tie a greased paper round the base to keep in the forcemeat. Heat 2 or 3 ozs. of dripping in a baking-tin, baste the heart well, and bake in a moderate oven for about 1¼ hours. Gentle cooking and frequent basting are necessary to prevent the heart becoming dry and hard. When done, drain off the fat, but leave the sediment, pour in the prepared gravy, boil up, season to taste, and either pour over the heart or serve separately. The excellence of this dish depends mainly on its being served as hot as possible.

Time.—To bake, about 1 hour. **Average Cost,** 9d. to 1s. **Sufficient** for 2 persons.

Note.—Sheep's hearts may also be stuffed with onion farce (*see* "Bullock's Heart, Roasted"); if more convenient, they may be cooked in an iron saucepan over or by the side of the fire, care being taken to baste them liberally with dripping all the time.

1065.—SHEEP'S TAILS. (*Fr.*—Queues de Mouton.)

Sheep's tails may be dressed as directed in the recipes for "Sheep's Tongues, Braised," and "Sheep's Tongues, Fried." Instead of being braised, they may be stewed in good stock until tender, and served with a vegetable garnish and brown sauce.

1066.—SHEEP'S TONGUES, BRAISED. (*Fr.*—Langues de Mouton Braisées.)

Ingredients.—4 sheep's tongues, ¾ of a pint of brown sauce (*see* Sauces), glaze. For the mirepoix, or foundation: 1 oz. of butter, 1 or 2 slices of bacon, 1 onion, 1 carrot, ½ a turnip, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, ½ a pint of stock.

Method.—Soak the tongues in salt and water for 2 hours, blanch and fry them thoroughly. Slice the vegetables, put them into a stewpan with the butter, bouquet-garni, and peppercorns, lay the tongues on the top, put on the lid, and cook gently for 20 minutes. Then add hot stock to nearly cover the vegetables, lay the bacon on the top of the tongues, cover with a greased paper, put on the lid, and cook gently for 2½ hours, or until the tongues are tender. When ready, skin them, slit them in halves lengthwise, brush over with warm glaze, place them on a buttered paper on a baking-sheet, and put them into a moderate oven for a few minutes to re-heat. Dish in 2 rows on a bed of mashed potato, or a purée of spinach, pour a little hot sauce round, and serve the remainder in a sauce-boat.

Time.—About 3 hours. **Average Cost,** 1s. 10d. to 2s. 2d. **Sufficient** for 5 or 6 persons.

1067.—SHEEP'S TONGUES, FRIED. (*Fr.*—Langues de Mouton frites.)

Ingredients.—4 sheep's tongues, ⅓ of a pint of tomato or piquante sauce, 3 ozs. of butter, breadcrumbs, mirepoix of vegetables, as in preceding recipe.

Method.—Braise the tongues as directed in the preceding recipe. Warm the butter, dip each half tongue in it, and coat these with breadcrumbs, pressing them firmly on with a knife. Turn the butter into a sauté-pan, and fry the tongues until the entire surface is lightly browned. Dish on a bed of spinach or green-pea purée, and serve the sauce round the base of the dish.

Time.—About 3 hours. **Average Cost,** 4d. each. **Sufficient** for 5 or 6 persons.

1068.—SHEEP'S TROTTERS, STEWED. (*Fr.*—Pieds de Mouton en Ragoût.)

Ingredients.—2 gangs (8) of dressed trotters, 1 small onion, 1 tablespoonful of flour, milk, salt and pepper.

Method.—Wash the trotters, put them into a stewpan, cover them with milk and water in equal proportions, add the onion sliced, season with salt and pepper, cover, and cook gently for about 3 hours, or until the bones may be easily removed. Take away the bones, strain the liquor if necessary, add milk to increase the quantity to ¾ of a pint, return it to the stewpan, and re-heat. Mix the flour smoothly with a little milk, pour it into the stewpan, stir until boiling, simmer for 10 minutes, and season to taste. Replace the trotters, and when thoroughly hot, serve.

Time.—From 3 to 3½ hours. **Average Cost,** 1s. 2d. to 1s. 6d. **Sufficient** for 2 or 3 persons.

Note.—Sheep's trotters may also be boiled in stock or water until the bones are easily removed, and afterwards marinaded and fried in batter. Or they may be stuffed with sausage meat or veal forcemeat, and either coated with egg and breadcrumbs, or dipped into batter and fried in hot fat. (*See* recipes for cooking calf's feet and cow-heel.)

1069.—SHEPHERD'S PIE.

Ingredients.—½ a lb. of cold mutton, 1 lb. of mashed potato, 1 oz. of butter or dripping, ½ a pint of gravy or stock, 1 teaspoonful of parboiled and finely-chopped onion, salt and pepper.

Method.—Cut the meat into small thin slices. Melt half the butter or fat in a stewpan, add to it the potato, salt and pepper, and stir over the fire until thoroughly mixed. Grease a pie-dish, line the bottom thinly with potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy, and cover with potato. The potato covering may be given a rough appearance by scoring it in every direction with a fork, or it may be made to resemble an ordinary crust by being smoothed over with a knife, notched at the edges, and brushed over with the yolk of egg before baking. When egg is not used for this purpose, the remainder of the butter or fat must be put on the top of the pie in small pieces. Bake in a moderate oven until the surface is well-browned.

Time.—To bake, from 30 to 40 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 3 or 4 persons.

1070.—SPICED MUTTON. (*Fr.*—Mouton Épicé.)

Ingredients.—A boned leg or shoulder of mutton, 8 ozs. of common salt, 1 oz. of bay-salt, ¾ of an oz. of saltpetre, 4 ozs. of moist sugar, 1 teaspoonful of pepper, 1 dessertspoonful of finely-chopped shallot or onion, 1 saltspoonful of powdered allspice, 1 saltspoonful of powdered cloves.

Method.—Mix the ingredients together, rub the preparation well into the meat, and repeat daily for a fortnight. When ready, rinse in warm water, and bind into a good shape with strong tape. Cook very gently for 5 or 6 hours in good stock, or water flavoured with vegetables, press between 2 dishes until cold, glaze, and use as required.

Time.—To pickle, 14 days. To cook, 5 to 6 hours. **Average Cost,** 10d. to 1s. per lb. **Seasonable** at any time.

1071.—SQUAB PIE.

Ingredients.—2 lb. of neck of mutton, 2 lb. of apples sliced, 1 lb. of onions sliced, 1 tablespoonful of mushroom ketchup, sugar, salt and pepper, suet paste (see Pastes).

Method.—Divide the neck into cutlets, place them in a piedish, and season rather well with salt and pepper. Add the apples and onions in layers, sprinkle with sugar, and half fill the dish with boiling water. Bake in the oven for about 1½ hours. Before serving, pour the gravy out at the side, skim off all the fat, add the mushroom ketchup, season to taste, and return to the pie. Serve hot. Bake in the oven for about 1½ hours.

Time.—Two hours. **Average Cost,** 2s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1072.—TIMBALES OF MUTTON, MERIDIONAL STYLE. (*Fr.*—Timbales à la Méridionale.)

Ingredients.—¾ of a lb. of lean tender mutton, 8 or 9 Spanish olives, 2 tablespoonfuls of Espagnole Sauce, No. 244, 1 tablespoonful of cream, 1 tablespoonful of sherry or Madeira, ½ an oz. of butter, 2 eggs, 2 or 3 tablespoonfuls of tomato sauce, No. 281, nutmeg, salt and pepper. ¼ of a pint of demi-glace sauce, No. 242.

Method.—Pass the meat 2 or 3 times through a mincing machine, pound it in a mortar until quite smooth, then add the eggs one at a time, and the butter, Espagnole sauce, cream and wine. Season to taste with salt and pepper, add a pinch of nutmeg, pound until smooth, and pass through a wire sieve. Butter 8 or 9 small dariol moulds, fill them with this preparation, leaving a small hollow in the centre of each, in which place a teaspoonful of tomato sauce and an olive filled with a little of the meat farce. Cover with farce, place the moulds in a sauté-pan containing boiling water to half their depth, bring to the boil on the stove, then cover with a greased paper, and finish cooking in a moderately hot oven. Serve with the demi-glace sauce poured over them.

Time.—To cook, about 20 minutes. **Average Cost,** 2s. 9d. to 3s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

1073.—TONGUES IN PAPER CASES. (*Fr.*—Langues de Mouton en Papillotes.)

Ingredients.—Sheep's tongues, stock. To 2 or 3 tongues allow ½ a pint of brown sauce, No. 233, ½ an oz. of butter, 1 tablespoonful of chopped mushroom, 1 shallot finely-chopped.

Method.—Soak the tongues in salted water for 2 or 3 hours, and afterwards simmer them in stock for about 2 hours, or until tender. Skin them, cut them in halves, and trim away all the root of the tongue. Heat the butter, fry the shallot lightly, add the mushroom, toss over the fire for 2 or 3 minutes, then put in the sauce and bring to the boil. Have ready some well-oiled sheets of foolscap paper, lay half a tongue in each, adding a little of the prepared sauce. Fold neatly, place the cases on a baking-sheet, cover with 3 or 4 folds of greased paper, bake gently for 15 minutes, then serve in the cases.

Time.—To simmer, about 2 hours. To bake, 15 minutes. **Average Cost,** 4d. each. Allow one case for each person.

GENERAL OBSERVATIONS ON THE COMMON HOG.

CHAPTER XX

General Observations on the Various Breeds of Home and Foreign Pigs, Manner of Cutting Up, Table of Prices, etc.

The hog belongs to the class Mammalia, the order Ungulata, the genus Sus Scrofa, or swine, and the species Pachydermata, or thick-skinned. Its generic characters are a small head with a flexible snout. When fully matured, say at twenty months old, it has 44 teeth, viz. 24 molars, 4 canine teeth, 4 tusks, 4 corners and 8 incisors. The hog is one of the few animals which possess teeth at birth. These number four above and four in the lower jaw, and are so sharp when the date of parturition exceeds the normal period, that it is frequently necessary to break them off in order to prevent the little newly-born pig biting the udder of its mother or the cheeks of its young neighbour. By the time the pigling has arrived at the age of four or five weeks, twelve of the temporary molars will have appeared, and the eight temporary incisors be developed. The principal changes in the dentition of pigs take place at periods of about three months, so that all the temporary teeth will be present by the time the pig is a year old, and all the permanent teeth in evidence at eighteen months, although these will not be fully grown until the pig has reached the age of about twenty months. Our veterinary surgeons declare that the variations in the dentition of pigs are less than in any of our domesticated animals, but this opinion is strongly contested by exhibitors of pigs.

From the number and position of the teeth physiologists are enabled to define the nature and functions of the animal ; and from those of the hog it is evident that he is as much of a grinder as a biter, or can live as well on vegetable as on animal food, though a mixture of both is plainly indicated as the character of food most conducive to the proper maintenance of its physical system.

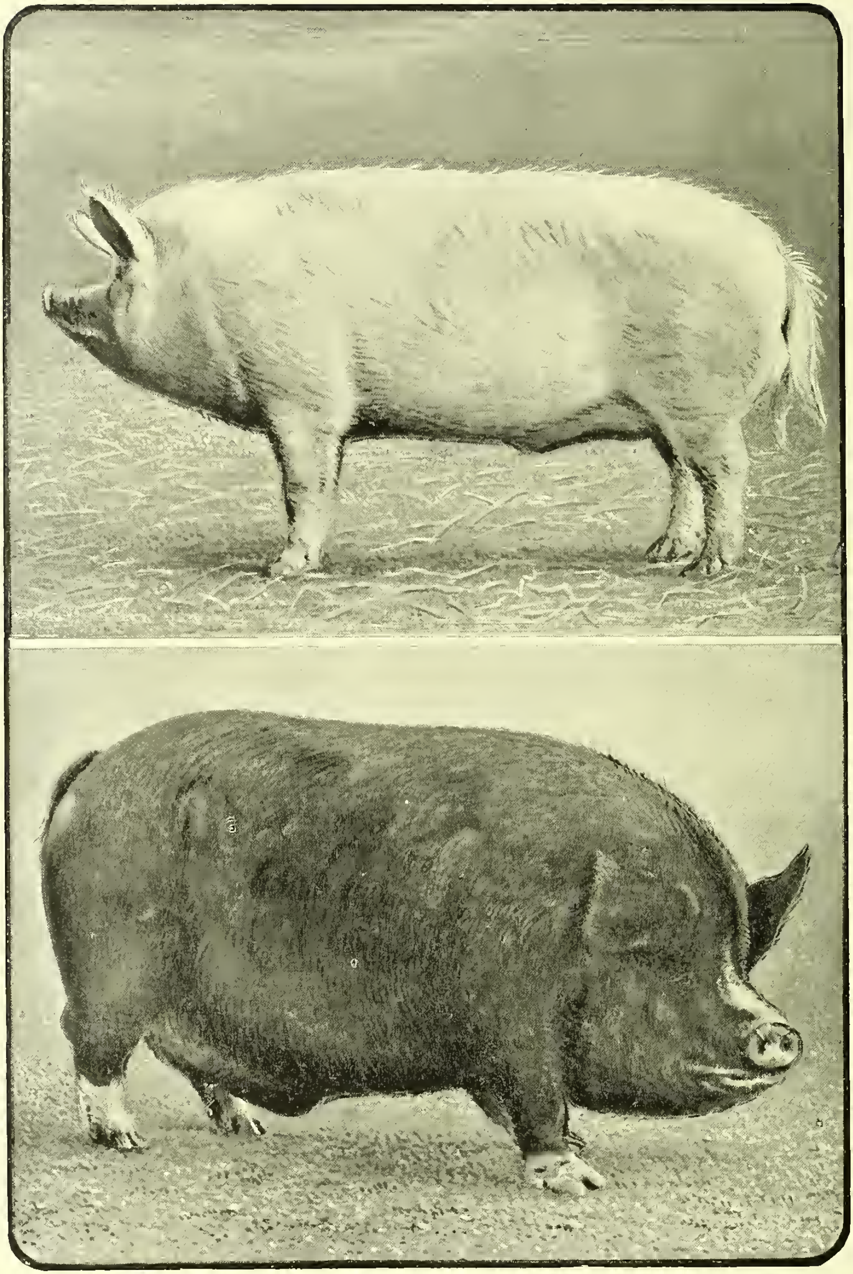
Though the hoof of the pig is as a general rule cloven, there are several remarkable exceptions, as in some of the pigs in the United States, Norway, Illyria, Sardinia, etc., in which the hoof is entire and uncleft.

Few domestic animals are so profitable or so useful to man as the much-maligned pig, and no other yields him a more varied or more luxurious repast. The prolificacy of the pig is extraordinary ; even this is increased when the pig is under domestication, but when left to run wild in favourable situations, as in the islands of the South Pacific, the result in a few years from two animals put on shore and left undisturbed, is truly surprising, since they breed so fast and have such large litters, that unless killed off in vast numbers both for the use of the inhabitants and as fresh provisions for ships' crews, they would degenerate into vermin. In this country the sow usually has two litters in each year ; the breeding seasons are generally between January and October ; the period of gestation is about 112 days or 16 weeks ; the strong and vigorous sow will probably carry its young a few days longer, whilst the old and young sows, which are not so vigorous, will generally farrow their pigs a few days before this period has expired. The number of the litter cast will depend upon the breed ; the larger and the cross-bred sows will average ten to twelve in a litter, and the small breeds eight to ten each trip. Instances have been recorded of a sow having as many as twenty-three pigs at one farrowing. Much greater care has of late years been taken in the selection of young sows from those litters which are the produce of sows which are not only prolific but which are good sucklers ; by this means the average number of good pigs in each litter has been increased, and of course the breeding of pigs has thus been rendered more profitable.

Even within the last quarter of a century it was frequently declared that a pig was very subject to many diseases caused by its gluttony and its manner of hurriedly consuming very large quantities of food. This idea has become exploded, and it has been proved that it is not so much the large quantity of food which a pig will consume which occasionally causes bilious attacks and feverish symptoms which, if not relieved by medicine and exercise, frequently end in the death of the pig, but illness is more generally due to injudicious feeding on too rich foods, and the neglect of giving to the pig some corrective in the form of coal, cinders, chalk or mere earth whilst the pig is kept confined to his stye. Another exploded idea is that pigs availed themselves of every opportunity to rub themselves against any post or projection in order to open the pores of the skin, blocked up with mud and to excite perspiration. The fact is the pig does not perspire ; this renders it so very subject to the risk of death from over driving in the hottest part of a hot summer's day. Even this risk is greatly mitigated, if not wholly avoided, by applying some cold water to the head of the pig between the ears, whereas if the water be thrown over the whole of the carcass of the pig, death will almost certainly follow.

It is a boast of the Chicago pork packers that every particle of the

PIGS.



1. Large White Yorkshire. 2. Berkshire.

carcass of the pig is converted into something useful. The skin can be tanned, when it is used to cover saddles, it is also capable of being dressed and pressed in imitation of well-nigh all fancy skins, crocodile and other, then it is used in the manufacture of purses, bags, portmanteaus, the covering of chairs, etc., and even a patent has been taken out to utilize the skin of the hog in place of the rubber tyres on the fashionable carriages of the monied classes. The hair of the wild pigs, and even of the semi-domesticated pig in Russia, Servia and other countries is still used in the making of brushes, as it used to be largely utilized by shoemakers in the sewing and stitching of boots and shoes. Prior to the Americans keeping such vast herds of pigs, which they feed largely on Indian corn or maize, the value of the fat of the pig was greater than of any other portion, as this was used in the manufacture of lard for domestic use. Now millions of fat pigs are annually slaughtered at Chicago and five or six other centres in the States, where the fat of the pig is rendered and, report has it, mixed with a considerable proportion of cotton-seed-oil, and exported to this and other countries as lard. This and the great change in the tastes and habits of the inhabitants of the British Islands has led to quite a different type of pig being kept, and to a shortening of the life of an ordinary pig by at least one-half.

Varieties of the Domesticated Hog.—The distinct varieties of English hog are comprised in those having their interests looked after by societies formed for the purpose, amongst others, of keeping a register of the breeding of the pigs of the following breeds: Berkshire, Large Black, Tamworth and Yorkshires, subdivided into the Large, Middle and Small White breeds. There are other local breeds of more or less importance—the Sussex, the Dorset, the spotted black and white sandy pig found in Leicestershire, Northamptonshire and Oxfordshire, the Cumberland, the Lincolnshire or Cambridgeshire, the Welsh and the Essex. Foreign breeds of pigs, such as the Chinese or the Neapolitan, the Poland China, have been imported into this country, but they have been absorbed into the English breeds.

There has not perhaps been so great a change in any of our domesticated varieties of stock as in the pig. This is due to many causes, of which the two chief are the great change in the style of living amongst residents in both town and country, and the introduction of the system of mild curing bacon and hams. Both of these changes date from about the same period, some thirty-five years ago. The enormous increase in trade and the consequent large addition to the salaries of the employees of all classes led to a desire for more expensive kinds of meat, small joints of finer quality beef, mutton and pork in lieu of the very general salt pork which used to do duty in the homes of a large portion of clerks, artisans and mechanics. The system of mild curing bacon and hams enabled the bacon curers to carry on the manufacture of cured meats all the year round, so that no difficulty was experienced by them in satisfying the greatly increased requirements of the public, a totally different style of pig was needed for conversion into bacon, a comparatively speaking light and only partially fattened pig best suited the tastes of the consumer, who had begun to look with disfavour on the heavily salted fat pork of the olden days, when it was actually necessary that the meat should be fat, since the lean meat became so hard and indigestible when heavily salted. Small hams, of some 12 to 15 lb., were called for in place of those huge masses of meat, weighing from 30 to 50 lb., which formerly did duty as hams; the more expensive cuts of bacon also became in far greater demand than the cheaper parts of the side of bacon, so that the curers in self-defence were compelled to ask the breeders of pigs to produce fat pigs with as much as possible of those parts, such as the ham and lengthy sides which, when cured, realized the highest price, and which were most in demand. Again, the demand for the early fattened pig, weighing some 60 lb. dead weight, increased to an enormous extent in London and in many other of the large towns ; this too tended to the reduction in the size of the pig generally bred, as the jointer or London porket pig is considered to be as profitable an animal to produce as any of our domesticated animals. The producer of fat pigs in the Midlands and southern counties of England has therefore two markets to study—the demand for the porket pig with a carcass of some 60 lb., and the bacon curers' and retail butchers' pig, which will weigh about 160 lb. when dressed. In the northern counties, where the temperature is cooler and the general customer of a somewhat different class, fat pigs of 300 lb. are still sought and in common demand. The severity of labour in the so-called Black Country may also have some influence on the kind of food required.

The manufacturer of meat, like the producer of any article for consumption, must consult the wants of his customers ; this requirement has had a strong influence on the form and quality of even our different breeds of pigs. For instance, the Large White Yorkshire and its ally, the Lincolnshire and Cambridgeshire, white pigs with many blue spots on the skin, has of late years become a general favourite amongst pig breeders, because it has so readily conformed to the present-day wants, early maturity and quality of meat. In the olden days the Large White Yorkshire was a quick-growing pig, strong in the bone, coarse in flesh, skin and hair, and remarkably slow in maturing. At the present time no variety of pig will so quickly become of the weight desired by bacon curers and butchers generally ; not only so, but the form of the carcass and the quality of flesh, skin and bone is equal to that furnished by any kind of pig. This great change has been brought about by selecting for breeders those pigs possessing hard flat bone, thin skin, fine silky hair and early maturity. As can readily be understood, a pig of this type must be a profitable manufacturer of meat, since it has to grow nothing which a good cook is unable to convert into food for man. The present day Large White Yorkshire has rather a long head with a light jowl, the shoulders are light and obliquely laid, the ribs are well sprung and deep, the back is long, the loin is slightly arched and of fair width, the flank is thick—indicating lean flesh and much of it—the quarters are lengthy, the ham long with meat to the hocks, the bone generally is fine and the hair white and silky. Both boar and sow are docile and very prolific, With such characteristics it is bound to be able to furnish a carcass of pork suited for the London provisioner, the bacon curer or the butcher in the northern counties, where larger and fatter pigs are in demand.

The Middle White Yorkshire has of late years been vastly improved, its early maturity, fine quality of meat and suitability for supplying the wants of Londoners and dwellers in large towns with small and luscious joints of pork, has rendered it a general favourite amongst pig keepers, who have the command of hotel and dairy refuse. Many thousands of Middle White pigs and crosses of this breed are now kept in the neighbourhood of large towns and fattened on meal of various kinds, mixed with soup manufactured from the odds and ends of bread, meat, potatoes, etc., collected daily from the large hotels and other public and private establishments ; this collection of bread, bones, etc., is thoroughly steamed or boiled, then the bones or pieces which will not dissolve are strained away, the soup is allowed to cool, and when the fat is skimmed off the liquor is fit for mixing with the meal ; the mixture is fed cold in the summer, whilst in winter the soup is warmed, so that the digestive organs of the pigs can at once begin operations instead of a certain amount of animal heat being needed to first warm up the food on which the pig is fed. The pigs so fed grow and fatten rapidly, furnishing a carcass of fine meat weighing some 65 lb. ere they are five months old. The points of a Middle White are somewhat similar to the Large White Yorkshire, but on a smaller scale and more compact ; the head, ears and legs are shorter ; still, if the Middle White be kept until it reaches the age of some nine or ten months, it will furnish sides of pork suitable for the country butcher's trade, and weighing 90 to 120 lb. each. Boars of this breed are in great demand both at home and abroad for crossing on the coarser breeds of pigs for the production of London porkets and small pork pigs, of which many thousands are imported into England each week from Holland, Belgium and Denmark.

In years gone by the black and white pig—which has been known as the Berkshire—and the Small White Yorkshire occupied the positions now largely taken up by the Large and Middle White Yorkshires ; the Small White has pretty well ceased to be bred, whilst the Berkshire has undergone as great a change in its formation and size as it has in its colour, which is now, according to the standard set up by the British Berkshire Society, a black pig, having a white mark or blaze down the face, four white feet, and a white tip to its tail ; indeed, so strong are the prejudices as to colour, that it is quite an unusual thing to find a Berkshire judge giving a prize to a pig of the breed which fails in its " markings."

The breeders of Berkshires have considerably altered the type, form and character of their favourites during the last thirty years. The present day pigs are shorter and deeper in the carcass ; they have shorter and heavier heads, and are altogether more compactly built ; to such a state of this kind of perfection have the breeders brought their pigs, that a well-fattened Berkshire is one of the most successful fat show pigs of the day. A cross between the Berkshires and the Middle Whites is very common and very successful for breeding London porket pigs ; the white pig is considered to be more prolific, and the cross-bred pigs grow faster when young than the pure bred Berkshires.

The admirers of the red-haired Tamworth pig claim that some of the good properties of the old-fashioned Berkshire were obtained from the infusion of a considerable portion of the blood of the bronze coloured pig, which was extensively kept in olden times in the forests of the midland counties, where they picked up their living during the greater part of the year. These pigs were of a tawny or sandy colour, with black spots on the skin when young, but gradually assumed a grizzly bronze hue as they grew older ; they were very prolific, and the sows were good sucklers—qualities which are not so much in evidence amongst the present fashionable light red pigs, which still retain the long snout, somewhat thick shoulders and short backs, with drooping rumps. Their aptitude to fatten has been greatly increased, and the disposition of the sows has been much improved. Some few years since considerable numbers of the improved type of Tamworth were used to cross on the black sows in those counties which supply the Calne and other bacon factories with fat pigs ; this is not so general now, since the crosses were found to be too short from the shoulder to the hip and too light in the flank to furnish enough of the so-called streaky part of the side of bacon, which realizes much more money per lb. than any other cut.

A new candidate for public favour in the form of the so-called Large Black pig has been considerably boomed during the last five or six years. At present the type is not quite fixed ; the sources from which the material from which the breed has been evolved are mainly two, Cornwall and Essex, but the type of Large Black pig found in the two counties varies greatly. At the present time the lop-eared, somewhat heavy jowled, thick shouldered and round boned Cornwall type is most successful in the show yards. The sows are prolific and first-rate mothers, and the young pigs are hardy and quick growers, whilst the matured fat pig is of great weight, but there is still room for improvement in the head and shoulders and in the length and quality of carcass. The fat pigs sell readily amongst the miners in Cornwall, but it is doubtful if the consumers in the eastern midlands and London will purchase pork very freely which is made from the present fashionable type of Large Black.

The Blue-Black pig found in Sussex has many good qualities ; it is a good forager, is easily kept, is prolific and hardy, and the pigs give a good return for the fatting food when they have become matured, which is at rather a late period of their lives. This want of early maturity may have been one of the causes for the crossing of the Sussex sows with the Berkshire or Dorset boar. The cross bred pigs by the Berkshire are said to fatten more readily and to produce somewhat better quality of pork ; this may or may not be correct, but the cross bred pigs are certainly of a more pleasing appearance and carriage.

The Dorset was also of a slate colour and, like the Sussex, sparse of hair, but very few, if any, pure bred specimens of the breed can now be found ; the breed was very considerably utilized for competition at the fat stock shows held in London and other places some thirty years since. It is asserted that the exhibitors crossed their Dorset sows with the Small Black boar, in order to increase the ability to fatten readily. In this the breeders were very successful ; some of the so-called Dorsets exhibited at the Smithfield Club's shows were certainly marvels of obesity, but the carcasses proved to be mere bladders of lard, which lost their high value when the enormous quantity of American lard, manufactured from maize and cotton-seed oil, was imported into this country.

The so-called Oxfordshire or plum pudding pig, found in parts of Northamptonshire, Leicestershire and Oxfordshire is nearly lost at the present time. The use of Neapolitan and other boars of a black breed has well nigh converted this local breed into one of a black or a black with little white colour. Sows of this character have many good points ; their ability to rough it and to withstand the far too general neglect with which the midland counties farmers' pigs are treated, renders it a favourite. The sows are good mothers and the store pigs grow fairly fast, and when put up to fatten make fair use of the good food fed to them ; the fat pigs also furnish a large proportion of lean meat, which however has cost rather a high price to produce.

The Cumberland or North County pig was a prime favourite for supplying the well-known and much appreciated Cumberland hams in the days of old-fashioned curing, and when large hams were not objected to as they now are. The pig itself was of considerable size, but not as bulky as the Large Yorkshire ; its bone was fine, its skin was thin and hair sparse, and its flesh was inclined to be fat, too fat for the present taste ; but the Cumberland hog is still another of the local breeds which has almost ceased to exist in its old form. It has been well nigh crossed out of existence. The pigs found at present in the northern counties are of no particular type ; they appear to be mainly crosses of the Yorkshire boar on the country sows, their age and substance varying according to the local demand for pork which is ruled by the calling of the inhabitants.

The pig country, par excellence, is North America, where the porcine population is said to total some forty millions. A very large proportion of these are Poland Chinas, Durse-Jerseys, Chester Whites, Victorias or Cheshires ; all of these breeds are claimed to be new breeds of home manufacture. This may or may not have sufficient foundation. The Poland China is a compound breed ; its present appearance—fashion in pigs changes as much in the United States as fashions generally do in this country—is very similar to a Berkshire, of the thick-shouldered, heavy-boned type, save that the ears are somewhat longer, and broken or bent in the middle instead of being pricked, as is the ear of the Berkshire. There is no doubt that the Poland China is a marvellous pig for the manufacture of lard out of Indian corn, or, as we term it, maize. The Durse-Jersey is a red pig of much the same conformation as the Poland China ; its breeders however claim that it is more prolific. Chester Whites and Cheshires are white in colour ; the former is a somewhat coarse lard-producing hog ; the latter is a longer pig, and more of what we should term a bacon hog of indifferent quality. The Victoria is a compound pig of a white colour, which is due to the use of a white boar of the so-called Suffolk or Small Yorkshire breed ; these breeds in turn appeared to be really importations of Middle White or Small White pigs from this country. The Berkshire and the Chester White sows appear to have been used to build up the Victoria pig, which is very similar in appearance to many of the cross Middle White and Berkshire fat pigs shown in the Middle White and cross bred classes at the Smithfield Show in London. The pork packers in the States have been endeavouring of late years to induce pig breeders to pay more attention to the length and quality of flesh and bone of their pigs, in order that they may capture a share of the high class English bacon trade ; their success so far has not been great, as not only is it necessary to have the right type of pig, but it is also imperative that the pigs must be fed on a mixture of foods, of which maize forms only a comparatively small proportion during the latter part of the fatting period.

Pig breeders in the British Isles are more likely to find far stronger competition in the bacon manufactured in Canada and Denmark than in that produced in the United States. The pigs in the Dominion were of a mixed character, and more suitable for the production of mess or barrel pork, such as is used up country in the lumber districts of Canada ; these barrels of fat pork and the other necessary, but not very varied, supplies of food are sent up into those parts where the lumbermen will work for some months entirely separated from the world. The cold is intense, so that a great amount of fat is needed to keep up the warmth of the body. Some twenty or more years since one or two of the chief pork packers in Canada imported a number of Large Yorkshire pigs from one of our best herds. The improvement in the form and quality of the pigs was so great that other importations were made. Then a few Tamworths were tried. These also tended to increase the proportion of lean in the country pig, so that at the present time nearly all the pigs killed and cured in the bacon factories—of which several have recently been built—are of the Yorkshire crossed with Berkshire, Tamworth, Poland China and native pigs. At the present time Canadian bacon is very largely consumed in this country, where the price realized for it is greatly in excess of that made of the American bacon. This for two reasons: the quality is superior, due to the pigs having been fed on a mixed diet and dairy offals, instead of mainly maize, and the form of the side of bacon and ham is better, the finer quality parts forming a greater proportion of the side. The marvellous improvement in the quality of the Canadian bacon is clearly shown in the following extract from a speech recently made by Mr. F. W. Hodson, the Live Stock Commissioner at Ottawa, a man to whom the Canadian farmers are deeply indebted:—

"Twelve years ago we exported $600,000 worth of inferior bacon; now we are exporting nearly $15,000,000 worth of superior bacon. The measure of success achieved is mainly due to breeding along one line—the line of bacon hogs. We have not yet gone as far as we should have gone. In Denmark they use one breed only (the Large White Yorkshire), and the result is that Danish bacon sells at five to ten shillings per long cwt. above Canadian bacon. The Danes do not feed better than our people, but they breed better. You cannot produce the first-class bacon required to build up our export trade in this line if you use the thick, fat American breeds of hogs as your foundation stock. By using the right kind we can share in the monopoly of the best bacon trade in the world (the English), which is now divided between Denmark, Ireland, a small part of England and ourselves."

This remarkable and correct speech clearly points out the sources of supply of the enormous quantity of breakfast bacon now consumed in England. A few years ago Ireland furnished us with all the imported bacon, then Germany and Sweden. After a time the protective duties on feeding stuffs so raised the price of the raw article, that the fatted pig was too dear to be converted into bacon at a profit. The bacon factories in these protected countries were closed, and others opened in Denmark, where the Government has greatly helped the farmer and the bacon factor by giving a bonus on every pedigree breeding pig imported from the best herds in England, and in charging the lowest possible railway rates on pigs and bacon. The Government also sent experienced men over to England to inspect all the noted herds of Yorkshire pigs and to purchase specimens ; these last were bred from in Denmark, their breeding and fatting qualities were noted, and their product in the form of bacon compared. The result was a number of both boars and sows were purchased from one old breeder during several years ; herds were thus established in Denmark, so that now only occasional boars are imported to secure a slight change of blood ; and Danish bacon is fast approaching the value and quality of the Irish bacon. This last has certainly not made anything approaching the improvement of late years which has been noticeable in the Danish product ; the Irish bacon had already acquired a high character, and the importation of the finest Large Yorkshire pigs from England has not been on a sufficiently extensive scale; the result has been a slight decadence instead of an improvement in the form and quality of the ordinary Irish country pig. The Irish bacon curers have apparently done their best to arouse their countrymen to the certain loss of the best English market unless the quality of the fat pigs is kept up ; but the natural apathy of the people and the alleged desire of the Dublin officials to keep the trade in pure bred pigs in Irish hands appear to render null and void the loyal attempts of the curers to benefit the Irish farmers and themselves at one and the same time. How great the importation of bacon into this country is does not appear to have been realized. In an article written by one of our specialists, and published in a recent issue of the Journal of the Board of Agriculture, it was stated that 250,000 tons of bacon, valued at some twenty-five millions sterling, was annually imported. Surely our farmers and pig keepers are neglectful in allowing this enormous amount of money to be sent yearly out of the country principally for an article which we, with our fine breed of pigs and our wonderful climate, ought to produce at home. It does seem strange that you might almost count the English bacon factories on one hand ; it is true that at one of our largest factories the finest bacon in the world is manufactured, but this only proves that we could produce a large proportion of the twenty-five million pounds' worth of bacon which Denmark, Canada, the States and other countries now send into this country.

The wild pig has long since disappeared from this country, nor is it largely consumed even in those foreign countries where it is still found. One of the chief uses to which it is put is the furnishing of sport. In India pig sticking is very popular, whilst in Germany, Austria and some other countries wild pig shooting and hunting is held in high esteem. Again, in Russia and Servia immense droves of pigs are kept in the forests, where they mate at their own pleasure and pick up their living unattended by man and even unnoticed, until the order goes forth for the slaughter of a certain number. The mere fact that none of the pigs have been operated upon, and their food having consisted of roots and the seed of oaks, chestnuts, beech and other trees, is sufficient to give a very good idea of the quality—or want of it—of the meat. In this country such stuff would fail to find a market, unless it were for the conversion into the lowest priced sausages in some of our large towns, where the poverty is so great that anything in the form of meat is looked upon as a treat, to be enjoyed only occasionally.

Within a quarter of a century of the present time, pig breeders were supposed to breed and feed their pigs for particular markets. The little sucking pig of 8 or 10 lb., which was looked upon as an ideal dish in the cold weather, was only obtainable when the usual depression in the value of pigs came round, after the three or four years of enhanced value of pigs. Then many litters of pigs of about three or four weeks old would be slaughtered and despatched to the large towns or centres of population, where they would realize some 6s. or 7s. each, thus paying the breeder far better than they would have done if kept longer. This slaughter of the innocents and of the breeding sows is followed for a few months, when the shortage of pigs becomes noticeable, and every one who had recently cleared out his stock of pigs is equally as anxious to become the possessor of some of those which the more thoughtful neighbour had continued to breed. The natural result follows : the price of pigs is rushed up, the weanlings become of three or four times as much value, and the supply of roasting suckers becomes a thing of the past for perhaps three or four years. The period varies, as other factors, such as the general state of trade and purchasing powers of the masses, have a strong influence on the value of pork and pigs. The necessity for the consideration of the market for which the fat pig is intended is not now as noticeable as it was some years since, when the pigs required for conversion into bacon were considered to be unsuitable unless they turned the scale at 400 or 500 lb. at least. Now the fat pig of about 150 lb. dead weight is exactly what is sought by the bacon curer and the meat purveyor in the southern half of England, whilst a somewhat heavier pig is still in more general demand in the northern counties.

Unwholesome Pork.—There is little doubt that in the olden times, under entirely different sanitary conditions, the flesh of the common hog was at times diseased. The parasite, *Trichina spiralis*, was by no means unknown in this country ; whilst in Germany and other countries, where the eating of raw pork in the form of ham and sausages is common, cases of this disease are still reported. The presence of this parasite in the human body is most painful, and generally results in the death of the sufferer. Mere salting, smoking, or subjecting to a moderate heat will not kill the parasite in infected meat ; thorough and complete cooking alone is sufficient to render the meat innocuous. Fortunately no recent instances of trichinosis have been recorded in this country. Diseased pork, which in olden times went under the name of "measly pork," has not of late years been found in this country. It was due to the presence of the parasite *Cystersus cellulosæ*, found in the form of a small cyst about the size of a pea, imbedded in the tissue. Thorough cooking also renders this parasite innocuous. Under the insanitary conditions which fattened pigs had been kept in the olden days for a much longer period than is now considered necessary to fit them for the butcher, tuberculosis was not infrequently developed, but even this dread disease has never been proved to have been communicated to human beings by eating the flesh of animals suffering from tuberculosis. The medical profession are still warmly discussing the question of the similarity of this disease as it exists in human beings and in our domesticated animals. The present enlightened system of housing farm animals is fast reducing the number of cases of tuberculosis amongst our live stock.

To Choose Pork.—In the good old times the quality of pork was most variable ; the long so-called store period of the life of the pig, when it had to hunt for its living to such an extent that starvation diet was frequently its portion, to be followed by a period of stuffing on more or less rich food and without a possibility of exercise and a breath of sweet air ; all these undesirable conditions injuriously affected the quality of the pork produced under such insanitary conditions. At the present time pig keepers are cognisant of the fact that pork made from young pigs which have been well fed from their birth realizes so much more on the market and pays them so much better, that a large proportion of the pigs kept in this country do not know what the old-fashioned store period in the life of a pig was like. There is little doubt that the manner in which pigs were kept in other days was the principal cause for the prejudice which exists against fresh pork as an article of diet. This prejudice is fast dying out now that sanitary arrangements are attended to, and the fatting pigs fed on common sense and humanitarian lines. This improvement is especially valuable to the lower classes, who find pork the most economical meat food, since it can be cooked in so many appetising ways, and every portion of the pig can be utilized for the food of man. It can also be produced at less cost than other meat, and consequently can be sold more cheaply. The percentage of loss in killing is only some 23 per cent. against nearly twice as much in the case of cattle. There is now far less necessity for care in the choice of the joint of pork, since well nigh the whole is of far better quality than a few years since. The fat of the best pork is white, the lean of a brownish hue, ingrained with fat ; the rind should be thin and the bone fine but solid ; these last are generally accepted as sure indications of good quality of meat.

Ham.—The sources of supply of the finest hams are now far more numerous than a few years since. There is also a great change in the size, form and degree of fatness of the ham now desired. In place of the 20 to 40 lb. hams, by no means uncommon in the past, the highest priced ham is one of some 10 to 12 lb.—a nice, plump long ham, fine in the skin and bone, fairly fat, and cut off a carcass of pork furnished by a pig which has not lived more than seven months. This kind of ham is delicate in flavour, short in texture, easily digested and economical. At one time the cold fat ham was one of the standing breakfast dishes in the houses of the wealthy ; now a hot ham is far more frequently a favourite course at dinner. Its reappearance in the dining or breakfast room is seldom, so that on economical grounds if on none other, a small ham is preferable to a large one. At the present time Irish hams realize the highest price in the London market, but Canadian and Danish hams are pressing the English and Irish hams very closely. A considerable number of Cumberland and Yorkshire hams are still sent to the southern counties, but the purchasers of these are old-fashioned housekeepers or others having large families to provide for. At one time hams were cut in various fashions ; now that the majority of the hams are cured with the side of bacon, the shape or cut of the ham varies but little.

To choose a Ham, select one fine in the bone, then run a skewer in close to the bone to the middle of the ham. If it comes out clean and smells sweet, it is good, but if it smells strong and has fat adhering to it, choose another. If the ham be cut, see that the fat is white and not streaked with yellow. All meat first goes bad near the bone. A ham may not be rancid, yet not of the best quality ; it may be too salt or flavourless, owing to improper curing. Connoisseurs still prefer a ham which has been kept for some months, but the difficulty in obtaining them is far greater now than formerly ; this is due to two causes, the vastly increased consumption of hams and the change in the system of curing. In a few country districts it is still possible to obtain a supply of aged hams by arranging with an old-fashioned local curer to take a fixed number at certain periods. Of course the purveyor has to charge an extra price to cover risk of loss, interest on capital, etc. There are various ways of keeping hams ; the most common is to inclose them in brown paper and calico bags ; others again place them in a box covered with malt combs or broad bran.

To Buy Bacon.—In choosing bacon, similar action can be taken, but as a rule the shoulder is the only part likely to be tainted. The enormously increased consumption of so-called breakfast bacon, for which the streaky—or that portion of the side extending from the shoulder to the hip, and about three-fourths of the depth of the side—is most in demand ; consequently it realizes much the highest price per lb. Many economical persons now purchase the shoulder and cut it ham shape, so that it often does duty as a ham. It is not so fine in texture and has more bone, but it is certainly an economical joint. The following is a list of the parts into which a side of bacon is now cut in the southern counties, with the current price of each joint of the very best quality :—

	Weight about lb.	Price per lb. s. d.
Fore end	17	0 6
Middle	35	0 11½
Gammon	14	0 8½
Cut through side nearest the shoulder	12	1 0½
Second cut	12	1 0½
Third Cut	12	1 0
Forehock	10	0 5
Thick streaky	9	0 11
Thin streaky	4½	0 10½
Flank	3½	0 5½
Three-quarter gammon	10	0 7½
Corner of gammon	4	1 0½
Long back	9	1 1
Back and ribs	9	1 0½
Collar	7	0 7½
Whole side	65	0 9½

The best and most humane way of killing pigs is to strike them with a heavy hammer between or just above the eyes ; the pigs drop down senseless, then the butcher inserts his knife into the chest, piercing the heart of the pig, which very quickly bleeds to death. The hair is removed in two ways, either by so-called scalding, i.e. immersing the body of the pig into water of a certain temperature, or by placing a bundle of straw round the carcass, setting fire to the fuel and burning off the hair ; this last plan is not much followed, save in Somersetshire and two or three adjacent counties. The followers of this practice assert that the flavour of the meat is improved. The scalding is certainly far the cleaner plan, and is in more general use. The best weight for a bacon curer's pig is about 220 lb. alive. The loss in dressing a fat pig varies with the age, size and degree of fatness of the pig ; small porket pigs will dress from 70 to 75 per cent. ; fat pigs weighing above some 220 lb. will lose about 23 to 25 per cent. of their weight in dressing, whilst very fat and old pigs will sometimes dress as much as 85 per cent. of their gross weight.

The system of bacon curing has completely changed of late, as has the cutting up of the pig for curing ; now the pig is merely divided down the back, the head is cut off, the shoulder bone taken out, and the backbone and the major part of the lean meat is taken off. When the side of pork has brine or pickle forced into it by means of what are termed force pumps, the sides are then packed on each other, a layer of salt, etc. being used between each side. The sides are thus left for about a fortnight when the curing is finished, and are baled and sold on the large markets, whence country bacon merchants purchase, smoke and retail them to the provisioner. At most of the bacon factories a certain portion of the bacon is smoked for the retail trade, the quantity varying with the orders received. Sausages, pork pies, etc., are also manufactured in some of the factories.

Salt pork is commonly made in farm houses; somewhat small fat pigs are killed, the roasting parts are cut off and the remainder of the carcass cut up into pieces of about the size which will subsequently be required for cooking, and placed in an earthenware pot in which brine had been already placed. The meat is covered by the brine, and pieces of it are taken out as required for use. It is advisable to use the legs and the leaner pieces first, or they may become too salt.

The usual joints of small fresh pork are the leg, the loin, which in turn is divided into fore—or, as it is sometimes called, the crop or spare-rib—and hind ; the hand, the spring, the belly, middle cut and the head. The respective prices of these parts varies somewhat according to the season and the district. The heavy fat pig is cut up in various ways ; in the north of England, where large fat hogs are now mainly killed, the legs, shoulders, belly and the fat, after the roasting parts are taken off, are generally salted lightly and then boiled ; the loin, spare-ribs, etc., are roasted whole, save when converted into so-called pork-chops, which are considered to be very rich and suitable only when the weather is very cold.

The Names of the Several Joints are as follows :—

FORE-QUARTER.	HIND-QUARTER.
1. Spare-rib.	3. Spring, or belly.
2. Hand.	5. Loin.
4. Fore-loin.	6. Leg.

The weight of the several joints of a good pork pig of 6 stone may be as follows, viz :—

The leg	8 lb.
The loin and spring	6 ,,
The hand	6 ,,
The chine	7 ,,
The cheek	from 2 to 3 lb.

FORE-QUARTER.

(1) **Spare-rib.**—Generally roasted.

(2) **Hand.**—Usually slightly salted and boiled, to eat either hot or cold.

(4) **Fore-loin.**—For roasting.

HIND-QUARTER.

(3) **Spring, or belly.**—Generally salted and boiled.

(5) **Loin.**—The best roasting joint, but rather fat. Large chops are cut from it.

(6) **Leg.**—The most economical roasting joint in this as in most other animals. It is less fat than the fore-quarter. Used also for raised pies.

Besides these joints, the following parts of the pig are sold for food :—

(7) **Head,** also known in various parts of the country as "cheek," or "chopper." Weighs 5 lb. to 6 lb. and can often be bought very cheap. Is generally slightly salted and made into brawn. Can also be collared or boiled.

(8) **Feet, or pettitoes.**—Generally boiled and served hot or cold. Not unfrequently they are boned and stuffed.

(9) **Liver, sweetbread,** and some of the inside fat are often sold together under the name of pig's fry.

(10) **Lard.**—Any part of the fat is melted down and sold in bladders, tubs, or by the pound, for pastry making, frying, etc. The lower the heat at which it is melted the smoother and less granulous it is. Occasionally it is said to be mixed with flour or starch. Much is imported annually from America. It has a lower melting point than beef or mutton fat and—partly for that reason—is less suitable for frying than other fats. It is better adapted for making pastry.

TABLE OF THE RELATIVE VALUE OF VARIOUS JOINTS OF PORK

Showing the Actual Cost of the Eatable Portions, after deducting Bone, Skin and Waste, and Loss by Weight, by different Modes of Cooking.

In the following tables the different parts have been carefully tested with the view of finding out which are really the most economical. It will be seen that the leg of pork wastes less than the loin, and that the best part of bacon is the cheapest when boiled.

Name of Joint.	How usually cooked.	Weight before cooking.	Weight when cooked, bone and waste deducted.	Total loss per lb.	Average cost per lb.	Cost per lb. after cooking, bone and waste deducted.
		lb. oz.	lb. oz.	oz.	*s. d.*	*s d.*
Bacon (back) . .	Boiled .	2 8	2 8	None	0 11	0 11
,, (side) . .	Fried .	0 8	0 6	4	0 9	1 2¾
,, (cushion) . .	Boiled .	4 8	3 8	3½	0 9	0 11½
Ham	Boiled .	11 15	7 7	6	1 0	1 7½
,, (rashers) . .	Fried .	0 12	0 8	5¼	1 0	1 6
,, (knuckle) . .	Boiled .	2 11	1 15	4½	0 8	1 0
Leg of pork . . .	Roasted .	6 8	4 9	4¾	0 9	1 1
,, ,, . . .	Boiled .	5 11	4 0	4¾	0 9	1 1
Loin of pork (hind) .	Roasted .	4 3	2 7	6½	0 10	1 4¾
,, ,, (fore) .	Roasted .	4 6	2 10	6¼	0 9	1 3
,, ,, (whole)	Roasted .	14 0	9 8	5	0 9	1 1
Liver and fry .	Fried .	1 10	1 1	5½	0 6	1 1¾
Pickled pork . .	Boiled .	2 0	1 14	1	0 8	0 8½

TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF PORK

Name of Joint.	Weight of joint when bought.		Weight of bone, skin and waste.		Loss of weight by cooking.		Total weight of waste.		Weight of eatable matter.	
	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.
Bacon (back) . .	2	8	None		None		None		2	8
,, (cushion) .	4	8	0	7	0	9	1	0	3	8
Ham . . .	11	15	0	13¼	3	10¾	4	8	7	7
,, (rashers). .	0	12	0	2	0	2	0	4	0	8
Leg of pork .	6	8	1	0	0	15	1	15	4	9
Loin of pork .	14	0	1	0	3	8	4	8	9	8
Pickled pork	2	0	0	2	None		0	2	1	14

RECIPES FOR COOKING PORK.

CHAPTER XXI

1074.—BOLOGNA SAUSAGES, IMITATION OF. (*Fr.*—Saucisses à la Bologna.)

Ingredients.—2 lb. of lean beef, 2 lb. of lean pork, 1 lb. of finely-chopped suet, powdered thyme, mace, pepper, fat bacon cut into strips, ox skins, brine.

Method.—Simmer the meat very gently until tender, then chop it finely, or pass it 2 or 3 times through a mincing machine. Pound it and the suet until smooth, and season highly with pepper, and more sparingly with mace and thyme. Press the mixture into the prepared ox-skins, and in filling them intersperse strips of bacon. Tie the skins in 8 or 9-inch lengths, let them remain in brine for 9 or 10 days (*see* various recipes for salting), then hang them in the smoke from a peat fire. They may be kept for a considerable time in a cool dry place. Serve cut in thin slices.

Time.—To cure, 8 or 9 days. To smoke, at least 3 weeks. **Average Cost,** 10d. to 11d. per lb.

1075.—CROQUETS OF PORK. (*Fr.*—Croquettes de Porc.)

Ingredients.—½ a lb. of finely-chopped cooked lean pork, ½ a teaspoonful of finely-chopped shallot or onion, ¼ of a teaspoonful of powdered sage, a pinch of marjoram, ½ an oz. of butter, ¾ of an oz. of flour, ¼ of a pint of strong stock, salt and pepper, 1 egg, breadcrumbs, frying-fat.

Method.—Melt the butter in a stewpan, fry the onion lightly, then stir in first the flour and afterwards the stock, and boil gently for 10 or 12 minutes, stirring briskly meanwhile. Add the meat, sage, marjoram, and a good seasoning of salt and pepper, stir over the fire until well mixed, and turn on to a plate to cool. Form into cork-shaped pieces, coat with egg and breadcrumbs, and fry in hot fat. (*See* "Croquettes of Beef," also "Notes on Frying," page 443.)

Time.—To fry, 4 to 5 minutes. **Average Cost,** 9d. **Sufficient** for 4 or 5 persons. **Seasonable** in winter.

1076.—FILLET AND FILLETS OF PORK.

Pork is very rarely cut into parts to which the terms fillet or fillets could be applied, small legs being cooked whole, while large ones are cured for hams A fillet would consist of the fleshy part of the leg (*see* "Fillet [of Mutton] to Dress"), which might be divided into small fillets, or, if preferred, small fillets could be cut from the loin or best part of the neck, just as noisettes of mutton are cut. Any directions given for cooking pork chops and tenderloins would be equally applicable to these.

1077.—GALANTINE OF PORK. (*Fr.*—Galantine de Porc.)

Ingredients.—A belly of young pork, either salted or fresh, but preferably the former, pickled gherkins, pepper, stock, or water with the addition of 2 onions, 1 carrot, ¼ of a turnip, a bouquet-garni (thyme, parsley, bay-leaf), 10 peppercorns, glaze.

Method.—Lay the meat, skin side downwards, on the table, season well with pepper, and cover with thin slices of gherkin. Roll up as tightly as possible, tie with strong twine, and fasten securely in a cloth. Place the roll in a stewpan containing sufficient hot stock, or hot water and vegetables, to just cover it, and cook gently from 2½ to 3 hours. Press between 2 dishes until cold, then remove the cloth, brush over with glaze, and serve garnished with parsley.

Time.—To cook, from 3½ to 4 hours. **Average Cost,** 8d. per lb. **Seasonable** in the winter.

1078.—GRISKIN OR SPINE OF PORK.

Ingredients.—Pork, salt and pepper, apple sauce. No. 316.

Method.—Baking is a cookery process peculiarly adapted to pork, which needs to be thoroughly done without drying the outside. Place the meat in a baking-tin containing some hot pork or bacon fat, baste well, and bake gently until thoroughly cooked, keeping the meat well basted. Make the gravy from the sediment in the tin (*see* "Gravies"), and serve with apple sauce. If liked, a little finely-powdered sage and a small pinch of marjoram may be sprinkled on the meat ½ an hour before serving.

Time.—Allow 20 minutes to the lb. **Average Cost,** 9d. to 10d. per lb.

1079.—LITTLE RAISED PORK PIES. (*Fr*—Petits Pâtés de Porc.)

Ingredients.—2 lb. of lean pork, 1 lb. of household flour, 8 ozs. of lard, ½ a teaspoonful of powdered sage, cayenne, pepper and salt, ¼ a pint of water, 1 small onion.

Method.—Prepare the stock, meat and paste as directed in the recipe for " Pork Pie." Divide the paste into small pieces, raise in a round or oval form, and fill with meat. Sprinkle lightly with sage, moisten with stock, and put on the covers. Bake in a moderately hot oven for about 1 hour, then fill up with stock, and serve either hot or cold.

Time.—To bake, about 1½ hours. **Average Cost,** 2s. 3d. to 2s. 6d.

1080.—LOIN OF PORK, BAKED. (*Fr.*—Longe de Porc.)

Ingredients.—3 or 4 lb. loin of pork, 18 potatoes, 8 apples, 6 onions, all peeled and quartered, salad oil, gravy (*see* " Gravies ").

Method.—Score the skin in narrow lines, and brush it over with salad oil. Bake in a moderately hot oven for 40 minutes, then put the potatoes, apples and onions into the tin containing the meat, and continue to cook gently from 1¼ to 1½ hours longer. When ready, arrange the vegetables and apples on a hot dish, place the meat in the centre, and serve the gravy separately.

Time.—From 2 to 2½ hours. **Average Cost,** 9d. to 10d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable** during the winter months.

1081.—PIG'S CHEEK.

Ingredients.—A pig's cheek, brown breadcrumbs.

Method.—If the cheek has been cured and dried, soak it for 5 or 6 hours; if freshly pickled, simply wash it in 2 or 3 waters. Cover with warm water, bring to the boil, and simmer gently for 2½ hours. Strip off the skin, cover rather thickly with lightly-browned breadcrumbs, and bake in the oven for ½ an hour. Serve either hot or cold.

Time.—To cook, 3 hours. **Average Cost,** 8d. per lb. **Seasonable** in winter.

1082.—PIG'S CHEEK, TO PICKLE.

Ingredients.—2 pig's cheeks. For the pickle: 4 ozs. of common salt 4 ozs. of moist sugar, 1 oz. of saltpetre, ½ an oz. of ground pepper.

Method.—Remove the brains and snout, and chop off the upper bone, to make the cheeks a good shape. Wash well, sprinkle thickly with salt, let them lie for 24 hours, then wash and drain well. Mix the above ingredients together, rub them well into the cheeks, and turn and rub them daily for 4 weeks. Hang in a dry cool place until required.

Time.—29 days. **Average Cost,** 7d. to 8d. per lb.

1083.—PIG'S EARS. (*Fr.*—Oreilles de Porc.)

Ingredients.—4 pig's ears, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped veal, 2 tablespoonfuls of finely-chopped suet, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of essence of anchovy, 1 egg, salt and pepper, ½ a pint of brown sauce (*see* "Sauces"), ¼ of a pint of stock, frying-fat.

Method.—Soak the ears for 5 or 6 hours, then cover with stock or water, and simmer gently for 1½ hours. Mix the breadcrumbs, veal, suet, parsley, anchovy-essence, and a good seasoning of salt and pepper together, and slightly moisten with beaten egg. Raise the skin of the upper side of the ear, press the forcemeat lightly in, and secure the opening. Fry in hot fat until lightly browned, then drain off the fat, add the stock, cover closely, and cook either on the stove or in the oven for ½ an hour. Drain well, and serve with the sauce poured over them.

Time.—About 2 hours. **Average Cost,** uncertain. **Sufficient** for 2 or 3 persons. **Seasonable** in winter.

1084.—PIG'S EARS WITH TARTARE SAUCE. (*Fr.*—Oreilles de Cochon, Sauce Tartare.)

Ingredients.—Pig's ears pickled, frying-batter (see No. 213), Tartare sauce (*see* "Sauces"), butter or frying-fat, salad-oil, finely-chopped shallot and parsley, salt and pepper.

Method.—Boil the ears until tender, let them cool, then sprinkle them lightly with shallot and parsley, and liberally with pepper. Pour over them 2 or 3 tablespoonfuls of salad-oil, let them remain for 1 hour, turning 2 or 3 times, and basting frequently. Drain well, dip them into the batter, and fry in hot butter or fat until crisp and brown. Serve the sauce separately.

Time.—To fry, 4 or 5 minutes. **Average Cost,** uncertain, the ears being seldom sold separately.

1085.—PIG'S FEET AND EARS, FRICASSÉED. (*Fr.*—Fricassée de Pieds de Porc.)

Ingredients.—4 pig's feet, 2 pig's ears, a slice of onion, a small blade of mace, a thin strip of lemon-rind, white stock or milk. For the sauce: 2 ozs. of butter, 1½ ozs. of flour, ¾ of a pint of white stock, salt and pepper.

Method.—Wash the feet and ears, cover them with white stock or milk, add the onion, mace, lemon-rind, and salt and pepper to taste.

Simmer until tender, then cut the feet into neat pieces, and the ears into strips. Heat the butter in a stewpan, add the flour, stir and cook slowly for 5 or 6 minutes, then add the stock or liquor in which the feet and ears were cooked. Boil up, season to taste, simmer gently for 10 minutes, then put in the prepared feet and ears, and when thoroughly hot, serve.

Time.—About 2½ hours. **Average Cost,** uncertain. **Sufficient** for 3 or 4 persons.

1086.—PIG'S FEET AND EARS IN JELLY. (*Fr.*—Pieds de Porc en Aspic.)

Ingredients.—4 pig's feet, 2 pig's ears, 1 dessertspoonful of finely-chopped parsley, ½ a dessertspoonful of finely-chopped fresh sage, salt and pepper.

Method.—Thoroughly cleanse the feet and ears, cover them with cold water, and simmer gently until the bones can be easily withdrawn. Cut the meat into dice, replace it in the liquor, add the parsley, sage, and salt and pepper to taste. Simmer gently for 15 minutes, then turn into a mould or basin, and put aside until cold.

Time.—About 3 hours. **Average Cost,** uncertain. **Sufficient** for 1 medium-sized mould. **Seasonable** in winter.

1087.—PIG'S FRY.

Ingredients.—A pig's fry, which consists of the heart, lights, liver and sweetbread, frying-fat, flour, salt and pepper, sage.

Method.—Wash the fry well, cover it with water, add a little salt, and cook gently for ½ an hour. Drain and dry well, cut into thin slices, and coat them lightly with flour seasoned with salt, pepper and a little sage. Fry in hot fat until nicely browned, then remove and keep hot. Sprinkle a little flour on the bottom of the frying-pan, let it brown, then pour in a little boiling water, and add seasoning to taste. Boil up, strain, and serve round the fry, or separately.

Time.—From 1 to 1¼ hours. **Average Cost,** 6d. to 7d. per lb. Allow 1 lb. for 4 or 5 persons. **Seasonable** in winter.

1088.—PIG'S FRY, BAKED WITH HERBS.

Ingredients.—A pig's fry, potatoes, peeled and sliced, 2 or 3 onions sliced, powdered sage, salt and pepper, flour.

Method.—Wash and dry the fry, and cut it into thin slices. Place a layer at the bottom of a greased piedish, add a sprinkling of sage, salt and pepper, dredge liberally with flour, and cover first with slices of onion, and afterwards with potato. Repeat until all the materials are used, letting potatoes form the last layer. Three-quarters fill the dish with boiling water, cover with a greased paper, and bake gently from 2¼ to 2½ hours. About ½ an hour before serving remove the paper, to allow the potatoes to brown.

Time.—To bake, from 2¼ to 2½ hours. **Average Cost,** fry, from 6d. to 7d. per lb. **Allow** 1 lb. of fry and 2 lb. of potatoes for 3 or 4 persons. **Seasonable** in winter.

1089.—PIG'S HEAD, BOILED. (*Fr.*—Tête de Porc bouillie.)

Ingredients.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, pease pudding (*see* No. 1098.)

Method.—Scald and cleanse the head thoroughly, removing the hair, eyes, snout and brains. Soak in strong salt and water for 24 hours, changing the water 2 or 3 times, then drain and dry well. Mix the salt and saltpetre together, rub it well into every part of the head, and repeat this process daily for 5 or 6 days. Drain the head from the brine, place it in a stewpan containing sufficient warm water to cover it, bring to the boil, and skim well. Simmer gently for 3½ hours, then serve with the pease pudding.

Time.—To cook, about 3½ hours. **Average Cost,** 7d. to 8d. per lb. **Sufficient** for 7 or 8 persons. **Seasonable** in winter.

1090.—PIG'S HEAD, COLLARED. (*Fr.*—Tête de Porc.)

Ingredients.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, cayenne, salt and pepper.

Method.—Prepare the head as directed in the preceding recipe, boil it gently for 2 hours, then drain from the liquor and remove the bones, flatten the head as much as possible, sprinkle it liberally with pepper and cayenne, and roll up tightly. Put the roll into a cloth, and bind securely. Replace it in the stewpan, boil gently for 2 hours longer, press until cold, and use as required.

Time.—About 4 hours. **Average Cost,** 7d. to 8d. per lb. **Seasonable** in winter.

1091.—PIG'S KIDNEYS, BROILED. (*Fr.*—Rôgnons de Porc grillés.)

Ingredients.—Pig's kidneys, salt and pepper, powdered sage, salad-oil, *maître d'Hôtel* butter, or parsley butter.

Method.—Split the kidneys lengthwise, remove the skin, and pass a skewer through them to keep them flat. Brush over with salad-oil, sprinkle with sage, salt and pepper, and broil over a clear fire, cooking the cut side first. Place a small pat of *maître d'hôtel* butter in the centre of each half, and serve as hot as possible.

Time.—5 to 7 minutes, according to size. **Average Cost,** 4d. to 6d. each.

1092.—PIG'S KIDNEYS, FRIED. (*Fr.*—Rôgnons de Porc Frits.)

Ingredients.—2 pig's kidneys, 2 ozs. of butter, 2 shallots or 1 small onion finely-chopped, 1 teaspoonful of finely-chopped parsley, flour, salt and pepper, 1 tablespoonful of mushroom ketchup.

Method.—Remove the skins, and cut the kidneys across into rather thin slices. Heat the butter in a sauté-pan, fry the shallots until lightly browned, then put in the kidney, and add the parsley and a good seasoning of salt and pepper. Toss over the fire for 3 or 4 minutes, then turn on to a hot dish. Sprinkle a little flour on the bottom of the pan, let it brown, then add a little boiling stock or water and seasoning to taste. Boil up, pour over or round the kidney, and serve.

Time.—To fry, 3 or 4 minutes. **Average Cost,** 4d. to 6d. each.

1093.—PIG'S PETTITOES, FRIED. (*Fr.*—Pieds de Porc frits.)

Ingredients.—4 or 8 sucking pigs' feet, frying-batter (*see* No. 213), stock, frying-fat, parsley.

Method.—Wash the pettitoes thoroughly, then cover them with stock or water, bring to the boil, and simmer gently for about ½ an hour. Split them open, dip them into the batter, and fry in hot fat until nicely browned. Drain, and serve garnished with crisply-fried parsley.

Time.—About 1 hour. **Average Cost,** uncertain, being seldom sold separately.

1094.—PIG'S PETTITOES, STEWED. (*Fr.*—Pieds de Porc en ragoût.)

Ingredients.—8 sucking-pigs' feet, the heart and liver of the pig, 1 oz. of butter, 1 tablespoonful of flour, 1 tablespoonful of cream, 6 peppercorns, a small blade of mace, salt and pepper, stock.

Method.—Wash the liver, heart and pettitoes, cover with stock, add the peppercorns and mace, and simmer gently for 20 minutes. Take out the heart and liver and chop them finely, the pettitoes being meanwhile allowed to cook slowly until quite tender. Heat the butter in a stewpan, add the flour, stir and cook gently for 5 minutes, then strain and add ½ a pint of stock. Stir until boiling, season to taste, put in the mince and pettitoes, make thoroughly hot, and stir in the cream. Serve the mince on a hot dish with the feet halved and laid on the top of it.

Time.—About 45 minutes. **Average Cost,** uncertain, being seldom sold separately. **Sufficient** for 2 or 3 persons. **Seasonable** in winter.

1095.—PIG'S TONGUES. (*Fr.*—Langues de Porc.)

Ingredients.—8 or 9 pigs' tongues. For the pickle: 4 ozs. of common salt, 2 ozs. of bay salt, 1 oz. of moist sugar, ½ an oz. of saltpetre.

Method.—Trim the roots of the tongues, rub them well with salt, and let them lie for 24 hours. Mix the above ingredients together, rub the mixture well into the tongues, and repeat this process daily for 9 or 10 days. When ready, the tongues should be well washed, and cooked according to directions given for dressing sheep's tongues.

Time.—To pickle, 9 or 10 days. **Average Cost,** uncertain, being seldom sold separately.

1096.—PORK, BAKED. (*Fr.*—Porc rôti au Four.)

Ingredients.—Leg or loin of pork, 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, 2 doz. button onions, 1 teaspoonful of mixed herbs, 1 oz. of butter, 2 or 3 ozs. of dripping, ½ a pint of gravy, apple sauce (*see* Sauces), salt and pepper.

Method.—Score the pork in narrow lines. Slice all the vegetables except the button onions, place them in a baking-tin, sprinkle with salt and pepper, and add the herbs and dripping. Lay the meat on the top, and cook in a moderate oven, basting frequently (*see* "Notes on Baking Meat," p. 428). ½ an hour before serving, peel the small onions, and fry them brown in hot butter. Serve the meat on a hot dish, garnish with the onions, and send the gravy to table in a sauce-boat. If necessary, the gravy can be made from the sediment in the meat tin.

Time.—Allow 20 minutes to each lb. **Average Cost,** 9d. to 10d. per lb. **Seasonable** in the winter.

1097.—PORK AND BEANS.
(*Fr.*—Porc Salé aux Haricots blanc.)

Ingredients.—A shoulder of young pork pickled, 1 onion, 1 carrot, ¼ of a turnip, 10 peppercorns, Windsor beans, parsley sauce (*see* No. 206.)

Method.—Put the pork into a stewpan containing sufficient warm water to cover it, bring to the boil, add the vegetables and peppercorns, and boil gently for about 2 hours. Half an hour before the pork will be ready throw the beans into salted boiling water, boil gently from 25 to 30 minutes, then drain well, and pour over them the parsley sauce. Serve the pork and beans on separate dishes.

Time.—From 2 to 2½ hours, according to size. **Average Cost,** 10d. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** in the winter.

1098.—PORK, BOILED, AND PEASE PUDDING.

Ingredients.—Leg or other joint of salted or pickled pork, 1 good cabbage, 6 parsnips, 1 onion, 1 carrot, ½ a turnip, 1 strip of celery, 12 peppercorns. For the pudding: 1 quart of split peas, 1 oz. of butter, 2 yolks of eggs, salt and pepper.

Method.—Soak the peas for 12 hours. Place the pork in a boiling pot, cover it with warm water, unless very salt, in which case use cold water (*see* "Notes on Boiling Meat," p. 429). Bring to the boil, skim well, boil for 10 minutes, add the onion, carrot, turnip and celery, all cut into thick slices, put in the peppercorns, and simmer gently until done. Boil the parsnips and cabbage separately; divide the former lengthwise into 4 pieces, and press the latter well, season it with pepper, and cut it into small squares. Serve the pork in a hot dish, garnished with the parsnips and cabbage. The liquor in which pork is cooked may be converted into good peasoup.

There are two methods of making the pease pudding. By the first method, the peas are drained from the water in which they were soaked, tied in a cloth, and cooked for about 1½ hours in the boiling-pot with the pork. They are then rubbed through a fine sieve, mixed with the butter and yolks of eggs, seasoned with salt and pepper, replaced in the cloth, and boiled with the pork for about 40 minutes longer. The second method is probably the better one. After being drained from the water in which they were soaked, the peas are placed, with a dessertspoonful of salt, in a stewpan, which they about half fill, and covered with cold water, which must be replaced as it boils away. Cook the peas gently for about 2 hours, or till they are quite soft, then rub them through a fine sieve, add the butter, yolks of eggs, and season to taste. Press the purée into a well-buttered mould or basin, and either steam or bake for about 40 minutes.

Time.—Allow 25 minutes to each lb. of pork. **Average Cost,** the pork 9d. per lb., the pudding 9d.

1099.—PORK, LEG OF, ROASTED. (*Fr.*—Gigot de Porc rôti.)

Ingredients.—A leg of pork, onion forcemeat, No. 404, salad-oil ½ a pint of gravy, dripping for basting, apple sauce (see No 316).

Method.—Remove the bones down to the knuckle bone, break them into smaller pieces, and simmer them for gravy. Make the forcemeat as directed, press it lightly inside the leg, and secure the opening. Score the skin in narrow strips, brush over with salad-oil, and either roast it before a clear fire, or bake it in a moderate oven (*see* "Notes on Roasting," p. 428). Serve the gravy and apple sauce in sauce-boats.

Time.—Allow 25 minutes to each lb. of meat. **Average Cost,** 9d. per lb.

1100.—PORK CHEESE.

Ingredients.—1 lb. of cold roast pork, 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered sage, ¼ of a teaspoonful of mixed herbs, ½ a teaspoonful of grated lemon-rind, ¼ of a teaspoonful of grated nutmeg, salt and pepper, ½ a pint of gravy or stock, sufficiently strong to form a jelly when cold.

Method.—Cut the meat into dice, using more or less of the fat, according to taste. Add to it the parsley, sage, herbs, lemon-rind, nutmeg, and a liberal seasoning of salt and pepper, and mix well together. Press tightly into a mould, fill up with gravy, and bake about 1¼ hours in a moderate oven. When cold, turn out of the mould and garnish with parsley.

Time.—About 1½ hours. **Average Cost,** 1s. 3d. in addition to the stock. **Sufficient** for 5 persons.

English Mode of Hunting and Indian Pig-Sticking.—Wild boar hunting is a sport of great antiquity, affording the highest interest and excitement. The kings of Assyria are depicted on the sculptured tablets of the Palace of Nineveh engaged in this royal pastime. The Greeks were passionately attached to this sport, and although the Romans do not appear to have been addicted to hunting, wild boar fights formed part of their gladiatorial shows in the amphitheatre. In France, Britain and Germany, from early times, the boar hunt was a favourite pastime of royalty and the nobility. The hunter was armed only with a boar-spear, about four feet in length, the ash staff protected with plates of steel, and terminating in a long narrow, and very sharp blade, and a hunting-knife or hanger. Thus equipped the hunter encountered his foe face to face, as the boar, with erect tail, depressed head, and flaming eyes, charged the hunter with his tusks. But, expert as the hunter might be, the boar would sometimes sieze the spear in his formidable teeth and crush it like a reed, or, coming full tilt against his assailant, by his momentum and weight hurl him to the ground, and with his sharp tusks rip up with a terrible gash the leg or side of the hunter, before the latter had time to draw and use his knife. At other times the boar would suddenly swerve from his charge, and doubling on his opponent, attack him in the rear. From his speed, great weight, and savage temper, the wild boar is always a dangerous antagonist, and great courage, coolness and agility are requisite on the part of the hunter. Boar hunting has been for some centuries obsolete in Britain, but it is still carried on in the extensive forests of Germany and Austria. The Continental sportsman rides to the chase in a cavalcade with music and boar-dogs. The boar-dog is a small hound or mastiff, and is trained to attack the boar, harassing him until he is wearied out, when tne huntsman rides up and despatches the boar with his lance. In India, especially in Bengal, the sport is engaged in by English officers and other European sportsmen, and is of a very exciting character, as the boar which inhabits the cane-brakes and jungles is a formidable foe. The hunters mounted on small, active horses, and armed only with long lances, ride at early daybreak to the skirts of the jungle, and having sent in their attendants to beat the cover, wait until their tusked antagonist comes crashing from among the canes, when chase is immediately given, and he is overtaken and transfixed with the lance. The boar, however, frequently turns to bay, with the result that the hunters and their horses are dangerously wounded.

1101.—PORK CUTLETS OR CHOPS. (*Fr.*—Côtelettes de Porc.)

Ingredients.—6 or 7 small lean chops, 1½ ozs. of butter, 1 large onion cut into dice, 2 sheets of gelatine, a few drops of liquid caramel, salt and pepper, tomato No. 281 or apple sauce No. 316.

Method.—Trim the chops into a good shape, and remove the greater part of the fat. Put any bones, lean trimmings, and the onion into a stewpan with barely sufficient water to cover them, and boil gently for at least 1 hour. Heat the butter in a sauté- or frying-pan, and fry the chops slowly, to cook them thoroughly. In the meantime, strain the gravy, skim off the fat, rub the onion through a fine sieve, replace in the stewpan with the gelatine, which is intended to give it consistency, but when convenient may be replaced with glaze, which improves the flavour. Season to taste, and brighten the colour by adding a few drops of liquid caramel. Arrange the cutlets in a close circle on a potato border, pour the sauce (which must be thick enough to coat the cutlets) over them, and serve the tomato or apple sauce separately.

Time.—To fry the chops, from 15 to 20 minutes. **Average Cost,** 10d. per lb. **Sufficient** for 3 or 4 persons.

1102.—PORK CUTLETS, GRILLED. (*Fr.*—Côtelettes de Porc grillées aux Cornichons.)

Ingredients.—7 or 8 lean cutlets cut from the best end of the neck, 2½ ozs. of butter, 1 oz. of flour, ½ a pint of gravy or stock, 2 tablespoonfuls of chopped gherkins, 1 tablespoonful of vinegar, salt and pepper.

Method.—Trim off nearly all the fat, and make the cutlets a good uniform shape. Season both sides of them with salt and pepper, dip them in warm butter, coat carefully with breadcrumbs, and grill over a clear fire for 20 minutes, turning them 3 or 4 times. Pour the remainder of the butter into a small stewpan, add the flour, stir over the fire for 2 or 3 minutes, put in the gravy and vinegar, boil up, season to taste, and add the gherkins. Arrange the cutlets in a close circle on a hot dish, pour the sauce round, and serve.

Time.—20 minutes, to grill the cutlets. **Average Cost,** 10d. per lb. **Sufficient** for 5 or 6 persons.

1103.—PORK CUTLETS WITH ROBERT SAUCE. (*Fr.*—Côtelettes de Porc à la Robert.)

Ingredients.—8 or 9 cutlets from the best end of the neck, ½ a pint of Robert sauce (*see* No. 272). For the marinade or brine : 2 or 3 tablespoonfuls of salad-oil, 1 teaspoonful of vinegar, ½ a teaspoonful of powdered sage, salt and pepper.

Method.—Trim the cutlets neatly, leaving about ½ an inch of fat round each one. Place them on a dish, pour over the marinade, and let them remain in it for 1 hour, turning them frequently. Drain well, and broil over a clear fire for about 20 minutes. Or, if preferred, fry the cutlets in a little hot butter, in a sauté-pan. Arrange them in a close circle on a hot dish, pour the Robert sauce round, and serve.

Time.—To cook, about 20 minutes. **Average Cost,** 10d. per lb. **Sufficient** for 5 or 6 persons.

1104.—PORK CUTLETS WITH SOUBISE SAUCE. (*Fr.*—Côtelettes de Porc à la Soubise.)

Ingredients.—8 or 9 cutlets from the best end of the neck, ½ a pint of thick Soubise sauce, ⅓ of a pint of demi-glace sauce (*see* No. 242), marinade as in preceding recipe, salt and pepper.

Method.—Prepare and marinade the cutlets as directed in the preceding recipe, and either grill them from 15 to 18 minutes over a clear fire, or fry them for the same length of time in hot butter, in a sauté- or frying-pan. Dish them in a circle, serve the Soubise sauce in the centre, and pour the demi-glace sauce round the base of the dish.

Time.—To fry or grill, about 20 minutes. **Average Cost,** 10d. per lb. **Sufficient** for 6 or 7 persons.

1105.—PORK CUTLETS, OR CHOPS. (*Fr.*—Côtelettes de Porc grillées aux Tomates.)

Ingredients.—2½ lb. of loin or neck of pork, ½ a pint of tomato sauce (*see* No. 281), salad-oil or oiled butter, salt and pepper.

Method.—Remove the greater part of the fat, divide the meat into cutlets, and trim them into a good shape. Brush over with salad-oil or butter, sprinkle both sides with salt and pepper, and grill the cutlets over a clear fire for about 15 minutes, turning them 3 or 4 times. Arrange neatly on a hot dish, pour the hot sauce round, and serve.

Time.—To grill the cutlets, about 20 minutes. **Average Cost,** 10d. per lb. **Sufficient** for 6 or 7 persons.

1106.—PORK CUTLETS, OR CHOPS. (*Fr.*—Côtelettes de Porc Panées.)

Ingredients.—2½ lb. of loin or neck of pork, 1½ ozs. of butter, 1 teaspoonful of powdered sage, breadcrumbs, salt and pepper, tomato sauce No. 281 or piquante sauce 265.

Method.—Remove nearly all the fat from the cutlets, and trim them into shape. Beat the egg, add to it the sage and a liberal seasoning of salt and pepper, dip each cutlet in the mixture, and coat carefully with breadcrumbs. Heat the butter in a sauté-pan, and fry the cutlets gently for about 20 minutes, turning them frequently. Arrange on a border of mashed potato, pour the sauce round, and serve.

Time.—About 20 minutes, to cook the cutlets. **Average Cost,** 10d. per lb. **Sufficient** for 6 or 7 persons.

1107.—PORK CUTLETS, HASH OF. (*Fr.*—Hachis de Porc).

Ingredients.—The remains of cold loin of pork; to 6 or 7 cutlets allow 1 medium-sized Spanish onion coarsely-chopped, 1 oz. of butter, 1 dessertspoonful of flour, 1 teaspoonful of vinegar, 1 teaspoonful of made mustard, ⅓ of a pint of good gravy, salt and pepper.

Method.—Divide the loin into neat cutlets, and trim away the greater part of the fat. Melt the butter in a sauté- or frying-pan, put in the cutlets, fry them until both sides are lightly browned, then remove and keep hot. Add the onions to the butter in the pan, fry until they acquire a good brown colour, sprinkle in the flour, season with salt and pepper, and cook for a few minutes longer to lightly brown the flour. Now add the stock, vinegar, and mustard, boil up and pour the mixture over the cutlets, which must be previously arranged in a close circle on a hot dish.

Time.—About 5 minutes, to fry the cutlets. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 6 or 7 persons.

1108.—PORK, HASHED. (*Fr.*—Ragoût de Porc.)

Ingredients.—1 lb. of either cold roast or boiled pork, 1½ ozs. of butter, 1 dessertspoonful of Worcester sauce, 1 dessertspoonful of ketchup, 1 small teaspoonful of made mustard, ½ a teaspoonful of lemon-juice, cayenne, salt and pepper.

Method.—Cut the meat into small slices, and sprinkle them with salt and a very little cayenne. Put the butter, Worcester sauce, ketchup, lemon-juice and mustard into a stewpan, and, when quite hot, add the slices of meat, and allow them to remain for 15 or 20 minutes, to become thoroughly impregnated with the flavour of the sauce. Shake the stewpan, or stir the contents occasionally, but on no account allow the sauce to boil.

Time.—About 20 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 4 or 5 persons.

1109.—PORK, HASHED. (Another Method.)

Ingredients.—1 lb. of cold roast pork, ½ a pint of gravy or stock, 1 oz. of butter, 1 dessertspoonful of flour, 1 tablespoonful of vinegar, ¼ of a saltspoonful of salt, 2 cloves, salt and pepper, 2 onions.

Method.—Cut the meat into small slices, sprinkle them with salt and pepper, and cut the onions into thin slices. Melt the butter in a stewpan, fry the onion until lightly browned, sprinkle in the flour, stir and cook these over the fire for about 5 minutes, then add the stock, vinegar, cloves, mace, and necessary seasoning, and stir until boiling. Simmer for 10 minutes to thoroughly cook the flour, then draw the stewpan to the side of the stove, put in the slices of meat, cover closely, and let them remain for about ½ an hour. Shake the stewpan occasionally or stir the contents, which must be kept hot but not allowed to boil. Arrange the slices of meat neatly on a hot dish, and strain the sauce over them. The dish may be garnished with sippets of toast, or, if preferred, the hash may be served with a border of mashed potato.

Time.—Altogether, about 45 minutes. **Average Cost,** 1s. 5d. **Sufficient** for 4 or 5 persons.

1110.—PORK KIDNEY, FRITTERS OF. (*Fr.*—Fritots de Rognôns.)

Ingredients.—2 pig's kidneys, pig's caul, ⅓ of a pint of brown sauce, 2 yolks of eggs, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, 1 oz. of butter, frying-fat. For the batter : 2 ozs. of flour, ½ a gill of tepid water, 1 tablespoonful of salad-oil or warm butter, the white of 1 egg, 1 saltspoonful of salt.

Method.—Remove the skins and cores, and cut the kidneys into dice. Heat the butter in a stewpan, fry the shallot slightly, add the parsley and kidneys, cook gently for 5 minutes, then drain away the butter, and, if preferred, use it instead of salad-oil for the batter. Make the brown sauce as directed, No. 233, cool slightly, then pour it on to the yolks of eggs, stirring all the time. Have this sauce ready to add to the kidneys, pour it over them, season to taste, stir by the side of the fire until the yolks thicken, then turn on to a plate to cool. Meanwhile, wash the caul in salt and water, dry well, and cut into 3-inch squares. Make a smooth batter of the flour, water, salt, and salad-oil or butter, then add the white of egg stiffly whipped. When the mixture is cold divide it into small portions, enclose them in the pieces of caul, dip them into the batter, and fry until brown in hot fat.

Time.—1½ hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 4 persons.

Note.—For other methods of cooking kidney, *see* recipes for veal, beef and lamb.

1111.—PORK, LOIN OF, GERMAN STYLE. (*Fr.*—Longe de Porc à l'Allemande.)

Ingredients.—A loin of pork, ½ a pint of malt vinegar, 1 large Spanish onion sliced, 10 fresh sage leaves, 10 juniper berries, 24 peppercorns, 6 cloves, 1 tablespoonful of salt, with the addition of a little thyme, basil, or other herbs preferred.

Method.—Remove the skin and any superfluous fat, and place the meat in a deep earthenware dish. Add all the ingredients enumerated above, and let the meat remain in the marinade 4 or 5 days, turning and basting it daily. When ready, put both meat and marinade into an earthenware baking-dish, add ½ a pint of boiling water, and cook very gently in the oven from 2½ to 3 hours, basting frequently. Strain the gravy, and serve a little poured over the meat, and the remainder separately.

Time.—To cook, from 2½ to 3 hours. **Average Cost,** 10d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable** in the winter.

1112.—PORK, LOIN OF, STUFFED. (*Fr.*—Longe de Porc Farcie.)

Ingredients.—A loin of pork, onion stuffing, No. 404, gravy (*see* "Gravies"), apple sauce, No. 316.

Method.—Score the skin in narrow lines, and make an opening for the stuffing by separating the meat from the bone on the inner side.

After putting in the stuffing secure the opening, wrap the loin in a greased paper, and roast before a clear fire, or in a moderately hot oven for about 2 hours. Baste frequently, and ½ an hour before serving remove the paper to allow the crackling to brown. Serve the gravy and apple sauce separately.

Time.—About 2 hours. **Average Cost,** 9d. to 10d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable** in the winter.

Note.—The sage and onion stuffing may be baked and served separately or altogether omitted.

1113.—PORK, LOIN OF, SAVOURY. (*Fr.*—Longe de Porc, Savoureux.)

Ingredients.—3 or 4 lb. of loin of pork, 1 tablespoonful of finely-chopped onion, ½ a teaspoonful of powdered sage, ½ a teaspoonful of salt, 1 saltspoonful of dry mustard, ½ a saltspoonful of pepper. Apple sauce, brown gravy.

Method.—Score the pork in narrow lines, mix the onion, sage, salt, mustard and pepper together, and rub the mixture well into the meat. Wrap the joint in well-greased paper, and bake in front of a clear fire for about 2 hours, basting frequently. Half an hour before serving remove the paper, in order that the crackling may become crisp and brown. Serve the apple sauce and gravy separately.

Time.—About 2 hours. **Average Cost,** 9d. to 10d. per lb. **Sufficient** for 7 or 8 persons. **Seasonable** in the winter.

1114.—PORK, MINCED.

Ingredients.—1 lb. of cold roast pork, 2 onions finely-chopped, 2 apples coarsely-chopped, 2 ozs. of butter, 1 dessertspoonful of flour, 1 teaspoonful of lemon-juice, ⅓ of a pint of stock, dry mustard, salt and pepper.

Method.—Cut the meat into very small dice, and, unless gravy or good stock is at hand, boil the bones and trimmings for at least 1 hour, then strain and boil rapidly until reduced to ¾ of a pint. Melt the butter in a stewpan, fry the onion until lightly browned, then add the apple, and fry until tender, but not broken. Sprinkle in the flour ahd a good pinch of mustard, stir and cook gently for 3 or 4 minutes, then add the stock, and stir until boiling. Season to taste, boil gently for 5 minutes, then put in the meat, add the lemon-juice, and allow the stewpan to stand for about ½ an hour where the contents will remain just below simmering point. Serve in a border of rice, or mashed potato, or garnished with sippets of toasted bread.

Time.—To re-heat the meat, about ½ an hour. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 3 or 4 persons. **Seasonable** in winter.

1115.—PORK MOULD.

Ingredients.—1 lb. of cold roast pork, 2 tablespoonfuls of mashed potato, 1 teaspoonful of parboiled and finely-chopped onion, ¼ of a pint of sour cream or milk (about), salt and pepper, brown breadcrumbs, ½ a pint of gravy.

Method.—Remove the skin and greater part of the fat from the meat, chop it finely, and add to it the onion. Season highly with salt and pepper, and work in sufficient sour cream or milk to bind the mixture together. Coat a well-buttered mould or pie-dish thickly with brown breadcrumbs, put in the mixture, and bake for about ¾ of an hour in a moderate oven. The mixture may also be formed into small cakes, coated with egg and breadcrumbs, and fried. The gravy may be made from the bones and trimmings of the meat, and should be served separately.

Time.—To cook, about ¾ of an hour. **Sufficient** for 2 or 3 persons.

1116.—PORK PIE.

Ingredients.—1½ lb. of lean pork, 1 lb. of household flour, 6 ozs. of lard, 1 small onion, ¼ of a pint of water, cayenne, pepper and salt.

Method.—Cut the meat into dice, and season it well with salt and pepper. Place the bones in a stewpan, add the onion, salt and pepper, cover with cold water, and simmer for at least 2 hours to extract the gelatine, in order that the gravy, when cold, may be a firm jelly. Put the flour into a large basin, and add to it a good pinch of salt. Boil the lard and water together for 5 minutes, then add it to the flour, stirring it thoroughly until cool enough to be kneaded. Knead until smooth, cover with a cloth, and let the basin stand near the fire for about ½ an hour. Throughout the whole process the paste must be kept warm, otherwise moulding may be extremely difficult ; but overheating must also be avoided, for when the paste is too soft it is unable to support its own weight. At the end of this time, re-knead the paste, put aside about ¼ for the lid, and raise the remainder into a round, or oval form, as may be preferred. If an inexperienced worker finds any difficulty in raising the pie by hand alone, a small jar may be placed in the centre of the paste, and the paste moulded over it. When the lower part of the pie has been raised to the necessary shape and thinness, subsequent work may be made much easier by putting in some of the meat, and pressing it firmly down to support the lower part of the pie. Before adding the lid, moisten the meat with 2 or 3 tablespoonfuls of the prepared seasoned gravy; the remainder is re-heated, and added after the pie is baked and still hot. Three or four folds of greased paper should be pinned round the pie to preserve its shape, and prevent it becoming too brown. The pie should be baked for at least 2 hours in a moderate oven, and its appearance is greatly improved by brushing it over with yolk of egg when about ¾ baked. Slices of hard boiled egg are often added with the meat.

Time.—To bake, about 2 hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 1 medium-sized pie.

1117.—POTTED HAM.

Ingredients.—To 2 lb. of lean ham allow ½ a lb. of fat, ¼ of a teaspoonful of ground mace, ¼ of a teaspoonful of nutmeg, ¼ of a teaspoonful of pepper, ⅛ of a teaspoonful of cayenne, clarified butter.

Method.—Pass the ham 2 or 3 times through a mincing machine, or chop it finely, pound it well in a mortar with the seasoning, and rub it through a fine sieve. Put it into a buttered pie-dish, cover with a buttered paper, and bake in a moderate oven for about ¾ of an hour. When done, press into small pots, and as soon as it is quite cold cover with clarified butter.

Time.—To bake, about ¾ of an hour. **Average Cost,** 2s. 3d. to 2s. 9d.

IMPORTANCE OF THE BOAR'S HEAD.—In ancient times the boar's head formed the most important dish, and on Christmas Day was invariably the first placed upon the table, its entrance into the hall being preceded by a body of servitors, a flourish of trumpets, and other marks of distinction. The dish itself was borne by the individual next in rank to the lord of the feast. The custom of serving a boar's head on a silver platter on Christmas Day is still observed at some colleges and Inns of Court. So highly was the grizzly boar's head regarded in the Middle Ages that it passed into the cognizance of some of the noblest families in the realm; thus it was not only the crest of the Nevilles and Warwicks with their collateral houses, but it was the cognizance of Richard III. It was also a favourite sign for taverns. The *Boar's Head* which formerly stood in Eastcheap will be familiar to every reader of Shakespeare as the resort of the Prince of Wales, Poins, and his companions, and the residence of Falstaff, and his knaves Bardolph, Pistol and Nym. Its sign of the boar's head was carved in stone over the entrance; a smaller one, fashioned in wood, was placed on each side of the doorway.

Many traditions and deeds of savage vengeance are recorded in connexion with this grim trophy of the chase in all parts of Europe.

1118.—SAUSAGES, TO BOIL.

Ingredients.—Sausages.

Method.—Prick the sausages with a fork, throw them into boiling water, and cook gently for 15 minutes. Serve on buttered toast or mashed potato. Or, let them cool slightly, remove the skins, coat with egg and breadcrumbs, and fry in hot butter or fat until crisp and brown.

Time.—To boil, 15 minutes. **Average Cost,** 8d. to 10d. per lb.

1119.—SAUSAGES, TO FRY.

Ingredients.—Sausages, frying-fat.

Method.—Prick the sausages well with a fork, as this prevents the skins breaking. Put the sausages into a frying-pan containing a little hot fat, and fry gently, turning 2 or 3 times, so as to brown them equally. Serve on mashed potato or toasted bread.

Time.—About 10 minutes. **Average Cost,** 8d. to 10d. per lb.

1120.—SAVOURY LIVER.

Ingredients.—1 lb. of pig's liver, 1 lb. of potatoes, ¼ a lb. of onions, ¼ a teaspoonful of powdered sage, 1 teaspoonful of salt, ½ of a teaspoonful of pepper, ½ a pint of water, apple sauce (*see* No. 316).

Method.—Wash and dry the liver, cut it into rather thick slices, cut the onions into small dice, and slice the potatoes. Place a layer of potato at the bottom of a greased pie-dish, cover with slices of liver, add a good sprinkling of onion, and season well with salt and pepper. Repeat until all the materials are used, letting potato form the top layer. Pour in the water, cover with a greased paper, and bake slowly for 2 hours. Towards the end, remove the paper to allow the potatoes to brown. Serve with apple sauce.

Time.—About 2 hours. **Average Cost,** 10d. to 1s., exclusive of the apple sauce. **Sufficient** for 5 or 6 persons.

1121.—SAVOURY PUDDING.

Ingredients.—½ a lb. of fine oatmeal, ½ a lb. of stale bread, ½ a lb. of finely-chopped suet, 2 large onions, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, ½ a teaspoonful of powdered sage, ¼ of a teaspoonful of powdered mixed herbs, 2 eggs.

Method.—Soak the bread in hot water for ½ an hour, then drain away any unabsorbed liquid, and beat out the lumps with a fork. Boil the onions in salt and water for ½ an hour, then chop them coarsely. Mix all the ingredients, adding the beaten eggs last. Melt as much dripping in a Yorkshire pudding tin as will form a very thin layer, put in the mixture, spread it evenly with a knife, and bake for about 1 hour in a moderate oven. When done, cut into squares, and serve with good gravy. This pudding may be served with pork, duck or goose. In Yorkshire, this pudding, like the batter pudding that takes its name from the county, is served separately, and before the meat.

Time.—To bake, about 1 hour. **Average Cost,** 10d., for this quantity. **Sufficient** for 8 persons.

1122.—SAVOURY TENDERLOIN OF PORK.

Ingredients.—6 pork chops, preferably from the lean part under the shoulder, known (according to locality) as spare rib, tenderloin or neck, 2 lb. of Spanish onions, flour, sage, powdered mixed herbs, salt and pepper.

Method.—Mix together a small teaspoonful of salt, and a ¼ of a teaspoonful each of pepper, sage and mixed herbs. Put this seasoning, the onions cut into dice, and a ¼-pint of cold water into a fireproof stew-jar, cover with a close-fitting lid, and cook gently on the stove or in the oven for about 1½ hours, stirring occasionally. When the onions are about half-cooked, place the chops in a baking-tin, in which a little fat has been previously melted. Mix together a ¼-teaspoonful each of sage, herbs, and salt, and ½ the quantity of pepper, sprinkle ½ this seasoning on the chops before putting them in the oven, cook gently for 15 minutes, then turn them, sprinkle on the remainder of the seasoning, and cook for 15 minutes longer. Drain off every particle of fat, being careful not to disturb the sediment, sprinkle a tablespoonful of flour on the chops and the bottom of the tin, and return to the oven. When the flour is brown, empty the contents of the stew-jar into the baking-tin, and mix the onions well with the browned flour, using an iron spoon to clear the bottom of the tin. Return to the oven for a few minutes, then arrange the chops neatly overlapping each other on a hot dish, and serve the onions and gravy in the centre.

Time.—About 1½ hours. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons.

1123.—STUFFED PIG'S FEET. (*Fr.*—Pieds de Porc, Farcis.)

Ingredients.—4 pig's feet, 1 tablespoonful of flour, 1 egg, breadcrumbs. For the stuffing : 2 tablespoonfuls of cooked and finely-chopped onion. 1 small tablespoonful of breadcrumbs, ½ a teaspoonful of powdered sage, 1 tablespoonful of oiled butter, ½ a teaspoonful of made mustard, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper.

Method.—Put the feet into a stewpan with a teaspoonful of salt, cover with cold water, and boil gently for about 3 hours. When done, split the feet, remove the bones, and press the forcemeat made of the above ingredients into the cavities. Replace the halves together, and press between 2 dishes, with a heavy weight on the top, until cold. When ready to use, cut the feet into slices about 1 inch in thickness, roll each piece in flour, brush over with egg, coat with breadcrumbs, and fry until nicely browned in hot fat. Or, if preferred, fry them in a little hot butter in a sauté-pan. Garnish with fried parsley before serving.

Time.—5 or 6 hours. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 5 or 6 persons.

1124.—SUCKING PIG, ROASTED. (*Fr.*—Cochon de Lait rôti.)

Ingredients.—A sucking pig, not more than 3 weeks old, butter, or salad-oil to baste with, onion forcemeat (*see* No. 404).

Method.—Make the forcemeat as directed, put it inside the pig, and close the opening by means of a trussing needle and string. Brush the entire surface of the pig with salad-oil or warmed butter, wrap it in several folds of well-oiled or well-greased paper, draw the legs well back, tie into shape, and either roast or bake the pig for 2½ or 3 hours, according to its size. It should be thoroughly well basted, and about

½ an hour before the time of serving, the paper must be removed, and the pig brushed over with thick cream or salad-oil to improve the colour, and crisp the surface. Before serving, cut off the head, and split the pig down the centre of the back ; lay the 2 halves on a dish, divide the head, and place ½ at each end of the dish. The usual accompaniments are brown and apple sauces, and sometimes hot currants : the latter should be prepared the day before. To make them plump, they must be scalded, and afterwards thoroughly dried. Re-heat in the oven before serving.

Time.—From 2½ to 3 hours. **Average Cost,** from 6s. to 10s. 6d. **Sufficient** for 8 or 9 persons.

HOW ROAST PIG WAS DISCOVERED.—Charles Lamb, in his delightfully quaint prose sketches, written under the title of the *Essays of Elia*, has devoted one paper to the subject of *Roast Pig*, describing in his own inimitable, quiet, humorous manner how the toothsome dainty known as *crackling* first became known to the world.

According to this authority, man in the golden—or, at all events, the primitive—age, ate his pork and bacon raw, as indeed he ate his beef and mutton. At the epoch of the story, a citizen of some Scythian community had the misfortune to have his hut, containing his live stock of pigs, burnt down. In going over the débris to pick out the available salvage, the proprietor touched something very hot, which caused him to put his suffering fingers into his mouth. The act was simple, but the result was wonderful. He rolled his eyes in ecstasy and conscious of an unwonted and celestial odour, with distended nostrils, and drawing in deep inspirations of the ravishing perfume, he sucked his fingers again and again. Clearing away the rubbish of his ruined hut, there was disclosed to his view one of his pigs *roasted to death*. Stooping down to examine it, and touching its body, a fragment of the burnt skin became detached, and in a spirit of philosophical inquiry the man put it into his mouth. No pen can describe the felicity he then enjoyed—it was then that he—the world—first tasted *crackling*. For a time the Scythian carefully kept his secret, and feasted in secret upon his newly-found luxury. When the pig was at last eaten up, the poor man fell into a deep melancholy, refused his accustomed food, lost his appetite, and became reduced to a shadow. Unable to endure the torments of memory from which he suffered hourly, he rose up one night and secretly set fire to his hut, and once more was restored to health and spirits. Finding it impossible to live in future without his newly discovered delicacy, every time his larder became empty he set fire to his house, until his neighbours becoming scandalized by these incendiary acts, brought his conduct before the supreme council of the nation. To avert the penalty threatened him, he brought his judges to the smouldering ruins, and discovering his secret, he invited them to eat ! With tears of gratitude the august synod embraced him, and with an overflowing feeling of ecstasy dedicated a statue to the memory of the man who first instituted *roast pork*.

1125.—TENDERLOIN, FRIED. (*Fr.*—Tendrons de Porc.)

Ingredients.—Tenderloin chops (*see* "Savoury Tenderloin"), sage salt and pepper, frying-fat.

Method.—Place the chops in a frying-pan containing a little hot fat, sprinkle lightly with sage, salt and pepper, cook gently for 10 minutes, then turn and sprinkle the other side. Cook slowly for 10 minutes longer, then remove the chops and keep them hot, and pour away all the fat. Add a little boiling water to the sediment in the frying-pan, season to taste with salt and pepper, boil up, pour round the chops, and serve.

Time.—About 20 minutes. **Average Cost,** 7d. or 8d. per lb. Allow 1 large or 2 small chops to each persons. **Seasonable.**—Obtainable at any time.

1126.—TO SCALD A SUCKING-PIG. (*Fr.*—Cochon de Lait.)

Put the pig into cold water directly it is killed; let it remain for a few minutes, then immerse it in a large pan of boiling water for 2 minutes. Take it out, lay it on a table, and pull off the hair as quickly as possible. When the skin looks clean, make a slit down the belly, take out the entrails, well clean the nostrils and ears, wash the pig in cold water, and wipe it thoroughly dry. Take off the feet at the first joint, and loosen and leave sufficient skin to turn neatly over. If not to be dressed immediately, fold it in a wet cloth, to exclude the air.

1127.—TO SMOKE HAMS AND FISH AT HOME.

Take an old hogshead, stop all the crevices, and fix a place to put a cross-stick near the bottom, to hang the articles to be smoked on. Next, in the side, cut a hole near the top, to introduce an iron pan filled with sawdust and small pieces of green wood. Having turned the tub upside down, hang the articles upon the cross-stick, introduce the iron pan in the opening, place a piece of red-hot iron in the pan, cover it with sawdust, and all will be complete. Let a large ham remain for 40 hours, and keep up a good smoke.

1128.—TO CURE BACON OR HAMS IN THE DEVONSHIRE WAY.

Ingredients.—To every 14 lb. of meat allow 2 ozs. of saltpetre, 2 ozs. of salt prunella, 1 lb. of common salt. For the pickle : 3 gallons of water, 5 lb. of common salt, 7 lb. of coarse sugar, 3 lb. of bay-salt.

Method.—Weigh the sides, hams and cheeks, and to every 14 lb. allow the above proportion of saltpetre, salt prunella and common salt. Pound and mix these together. Rub well into the meat, and lay it in a stone trough or tub, rubbing it thoroughly, turning it daily for 2 successive days. At the end of the second day, pour on it a pickle made as follows : Put the above ingredients into a saucepan, set it on the fire, stir frequently, remove all the scum, allow it to boil for 15 minutes, and pour it hot over the meat. Let the hams, etc., be well rubbed and turned daily ; if the meat is small, a fortnight will be sufficient for the sides and shoulders to remain in the pickle, and the hams 3 weeks ; if from 30 lb. and upwards, 3 weeks will be required for the sides, etc., and from 4 to 5 weeks for the hams. On taking the pieces out let them drain for 1 hour, cover with dry sawdust, and smoke from a fortnight to 3 weeks. Boil and carefully skim the pickle after using, and it will keep good, closely corked, for 2 years. When boiling it for use, add about 2 lb. of common salt, and the same quantity of treacle, to allow for waste. Tongues are excellent put into this pickle cold, having been first rubbed with saltpetre and salt, and allowed to remain 24 hours, not forgetting to make a deep incision under the thick part of the tongue, to allow the pickle to penetrate more readily. A fortnight or 3 weeks, according to the size of the tongue, will be sufficient.

Time.—Small meat to remain in the pickle 2 weeks, hams 3 weeks ; to be smoked from 2 to 3 weeks.

1129.—TO CURE BACON IN THE WILTSHIRE WAY.

Ingredients.—1½ lb. of coarse sugar, 1½ lb. of bay-salt, 6 ozs. of saltpetre, 1 lb. of common salt.

Method.—Sprinkle each flitch with salt, and let the blood drain off for 24 hours ; then pound and mix the above ingredients together and rub it well into the meat, which should be turned every day for 1 month. Hang it up to dry, and afterwards smoke it for 10 days.

Time.—To remain in the pickle, 1 month ; to be smoked, 10 days. **Sufficient** for 1 pig.

How Pigs were formerly Pastured and Fed.—In feudal times immense droves of pigs were kept in England by the barons and franklins, the swine-herds forming a regular part of the domestic service of every feudal household. Their duty consisted in daily driving the herd of swine from the castle-yard, or outlying farm, to the nearest wood, chase, or forest, where the franklin or vavasour had, either by right or grant, the liberty—called *free warren*—to feed his pigs off the acorns, beech nuts, and chestnuts which lay in abundance on the ground. In Germany, where the chestnut is largely cultivated, the amount of food furnished by the trees in the autumn is enormous, and both wild and domestic swine have for a considerable part of the year an unfailing supply of excellent nourishment.

1130.—TO CURE HAMS. (M. Ude's Recipe.)

Ingredients.—For 2 hams, weighing each about 16 or 18 lb., allow 1 lb. of moist sugar, 1 lb. of common salt, 2 ozs. of saltpetre, 1 quart of good vinegar.

Method.—As soon as the pig is cold enough to be cut up, take the 2 hams, rub them well with common salt, and leave them in a large pan for 3 days. When the salt has drawn out all the blood, drain the hams and throw the brine away. Mix sugar, salt and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for 3 days, then pour over them 1 quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high as possible from the fire ; otherwise the fat will melt, and they will become dry and hard.

Time.—To be pickled, 1 month ; to be smoked, 1 month. **Sufficient** for 2 hams of 18 lb. each.

1131.—TO CURE HAMS. (Another Method.)

Ingredients.—To 2 hams allow 2 lb. of treacle, ½ a lb. of saltpetre, 1 lb. of bay-salt, 2 lb. of common salt.

Method.—2 days before they are put into pickle, rub the hams well with salt, to draw away all slime and blood. Throw away what comes from them, rub them with treacle, saltpetre and salt, lay them in a deep pan, and let them remain 1 day. Boil the above proportion of treacle, saltpetre, bay-salt and common salt for 15 minutes, and pour this pickle boiling hot over the hams. There should be sufficient of it to cover them. For a day or two rub them well with it, afterwards they will only require turning. They ought to remain in this pickle for 3 weeks or a month, and then be sent to be smoked, which will take nearly or quite a month to do. An ox-tongue, to be eaten either green or smoked, pickled in this way is excellent.

Time.—To remain in the pickle, 3 weeks or a month ; to be smoked, about 1 month.

1132.—TO CURE HAMS (Westmoreland Recipe.)

Ingredients.—3 lb. of common salt, 3 lb. of coarse sugar, 1 lb. of bay-salt, 3 quarts of strong beer.

Method.—Before the hams are put into pickle, rub them the preceding day well with salt, and thoroughly drain the brine from them. Put the above ingredients into a saucepan, and boil for 15 minutes ; pour over the hams, and let them remain 1 month in the pickle. Rub and turn them every day, but do not take them out of the pickling-pan, and have them smoked for a month.

Time.—To be pickled, 1 month ; to be smoked, 1 month.

1133.—TO CURE HAMS (Suffolk Recipe).

Ingredients.—To a ham from 10 to 12 lb., allow 1 lb. of coarse sugar, ¾ of a lb. of salt, 1 oz. of saltpetre, ½ a teacupful of vinegar.

Method.—Rub the hams well with common salt, and leave them for a day or two to drain ; then rub well in the above proportion of sugar, salt, saltpetre and vinegar, and turn them every other day. Keep them in the pickle 1 month, drain them, and send them to be smoked over a wood fire for 3 weeks or a month.

Time.—To remain in the pickle, 1 month ; to be smoked, 3 weeks or 1 month. **Sufficient** for 1 ham.

The following is from Morton's "Cyclopædia of Agriculture."

CURING OF HAMS AND BACON.

The carcass of the hog, after hanging over-night to cool, is laid on a strong bench or stool, and the head is separated from the body at the neck, close behind the ears ; the feet and also the internal fat are removed. The carcass is next divided into two sides in the following manner : the ribs are divided about 1 inch from the spine on each side, and the spine, with the ends of the ribs attached, together with the internal flesh between it and the kidneys, and also the flesh above it, throughout the whole length of the sides, are removed. The portion of the carcass thus cut out is in the form of a wedge—the breadth of the interior, consisting of the breadth of the spine and about 1 inch of the ribs each side, being diminished to about ½ an inch at the exterior or skin along the back. The breast-bone, and also the first anterior rib, are also dissected from the side. Sometimes the whole of the ribs are removed ; but this, for reasons afterwards to be noted, is a very bad practice. When the hams are cured separately from the sides, which is generally the case, they are cut out so as to include the hock-bone, in a similar way to the London mode of cutting a haunch of mutton. The carcass of the hog thus cut up is ready for being salted, which process, in large curing establishments, is generally as follows : The skin side of the pork is rubbed over with a mixture of 50 parts by weight of salt and 1 part of saltpetre in powder, and the incised parts of the ham or flitch and the inside of the flitch covered with the same. The salted bacon, in pairs of flitches with the insides to each other, is piled one pair of flitches above another on benches slightly inclined. and furnished with spouts or troughs to convey the brine to receivers in the floor of the salting-house, to be afterwards used for pickling pork for navy purposes. In this state the bacon remains a fortnight, which is sufficient for flitches cut from hogs of a carcass-weight less than 15 stone (14 lb. to the stone). Flitches of a larger size, at the expiration of that time, are wiped dry and reversed in their place in the pile, having, at the same time, about half the first quantity of fresh, dry, common salt sprinkled over the inside and incised parts ; after which they remain on the benches for another week. Hams being thicker than flitches, will require, when less than 20 lb. weight, 3 weeks; and when above that weight, 4 weeks to remain under the above-described process. The next and last process in the preparation of bacon and hams, previous to being sent to market, is drying. This is effected by hanging the flitches and hams for 2 or 3 weeks in a room heated by stoves, or in a smoke-house, in which they are exposed for the same length of time to the smoke arising from the slow combustion of the sawdust of oak or other hard wood. The latter mode of completing the curing process has some advantage over the other, as by it the meat is subject to the action of creosote, a volatile oil produced by the combustion of the sawdust, which is powerfully antiseptic. The process also furnishing a thin covering of a resinous varnish, excludes the air not only from the muscle, but also from the fat, thus effectually preventing the meat from becoming rusted ; and the principal reasons for condemning the practice of removing the ribs from the flitches of pork are that by so doing the meat becomes unpleasantly hard and pungent in the process of salting, and by being more opposed to the action of the air, becomes sooner and more extensively rusted. Notwithstanding its superior efficacy in completing the process of curing, the flavour which smoke-drying imparts to meat is disliked by many persons, and it is therefore by no means the most general mode of drying adopted by mercantile curers. A very impure variety of PYROLIGNEOUS acid, or vinegar made from the destructive distillation of wood, is sometimes used on account of the highly preservative power of the creosote which it contains, and also to impart the smoke-flavour; in which latter object, however, the coarse flavour of tar is given, rather than that derived from the smoke from combustion of wood. A considerable portion of the bacon and hams salted in Ireland is exported from that country packed amongst salt, in bales, immediately from the salting process, without having been in any degree dried. In the process of salting above described, pork loses from 8 to 10 per cent. of its weight, according to the size and quality of the meat; and a further diminution of weight, to the extent of 5 to 6 per cent., takes place in drying during the first fortnight after being taken out of salt ; so that the total loss in weight occasioned by the preparation of bacon and hams in a proper state for market, is not less on an average than 15 per cent., on the weight of the fresh pork.

1134.—TO CURE PIG'S CHEEKS.

Ingredients.—Salt, ½ an oz. of saltpetre, 2 ozs. of bay-salt, 4 ozs. of coarse sugar.

Method.—Cut out the snout, remove the brains and split the head, taking off the upper bone to make the jowl a good shape. Rub it well with salt ; next day take away the brine, and salt it again the following day. Cover the head with saltpetre, bay-salt and coarse sugar in the above proportion, adding a little common salt. Let the cheeks be often turned, and when it has been in the pickle for 10 days, smoke it for 1 week or rather longer.

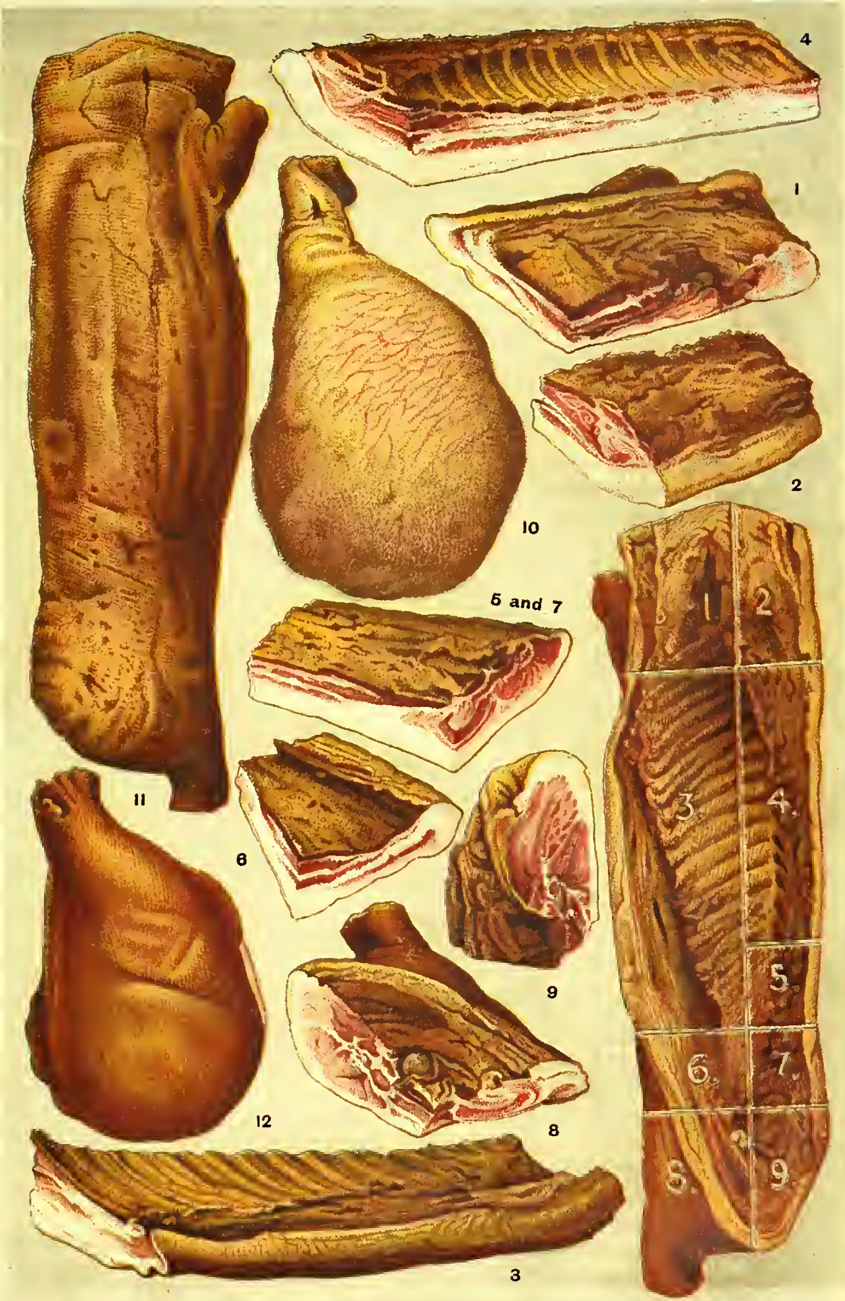
Time.—To remain in the pickle, 10 days ; to be smoked, 1 week. **Average Cost,** 6d. per lb.

1135.—TO CURE OR PICKLE PORK.

Ingredients.—¼ of a lb. of saltpetre, salt.

Method.—As pork does not keep long without being salted, cut it into pieces of a suitable size as soon as the pig is cold. Rub the pieces of pork well with salt, put them into a pan with a sprinkling of it between each piece, and as it dissolves on the top, sprinkle on more. Lay a coarse cloth over the pan, and over it a board, and place a weight on the board, to keep the pork down in the brine. If the air be excluded, it will continue good for nearly 2 years.

BACON AND HAM.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Side of Bacon. 1. Forelock. 2. Collar. 3. Streaky. 4. Prime Back. 5. Small Back. 6. Flank. 7. Long Back. 8. Gammon. 9. Corner. 10. York Ham. 11. Side of Bacon. 12. Mild Cured Ham.

Average Cost, 9d. per lb., for the prime parts.

Wide Distribution of the Hog.—The hog is one of the most widely distributed of animals. It is found even in places where the inhabitants are semi-barbarous, and where the wild species is unknown. When the South Sea Islands were first discovered, they were found to be well stocked with a small black species of hog, the traditionary belief of the islanders being that the animals were coeval with themselves. They had no knowledge of the wild boar from which the domestic breed might be supposed to be derived. The hog is the principal quadruped of the South Sea Islands, and is fed upon the fruit of the bread-tree, yams, and other vegetables, a diet which renders the flesh juicy, rich in fat, and delicate in flavour.

1136.—TO BAKE A HAM. (*Fr.*—Jambon rôti.)

Ingredients.—Ham, a common crust.

Method.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep in the gravy. Place the ham in a moderately heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill.

1137.—TO BOIL A HAM. (*Fr.*—Jambon bouilli.)

Ingredients.—Ham, water, glaze or raspings.

Method.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it, close to the bone ; if, when the knife is withdrawn, it has an agreeable smell, the ham is good ; but, on the contrary, should the blade have a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and it is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of the ham being very hard ; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean, and trim away from the under-side all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it, bring it gradually to boil, and carefully remove the scum as it rises. Keep it simmering very gently until tender, and be careful that it does not stop boiling nor boil too quickly. When done take it out of the pot, strip off the skin, sprinkle over it a few bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold ; by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot. When the skin is removed, sprinkle over bread-raspings, or glaze it.

Time.—A ham weighing 10 lb., 4 hours to simmer gently ; 15 lb., 5 hours ; a very large one about 6 hours. **Average Cost,** from 1s. per lb., by the whole ham.

1138.—TO BOIL A HAM. (Another Method.)

Ingredients.—Vinegar and water, 1 head of celery (or less), 2 turnips, 3 onions, a large bunch of savoury herbs.

Method.—Prepare the ham as in the preceding recipe, and let it soak for a few hours in vinegar and water. Put it on in cold water, and when it boils add the vegetables and herbs. Simmer very gently until tender, take it out, strip off the skin, cover with bread-raspings, and put a paper ruche or frill round the knuckle.

Time.—A ham weighing 10 lb., 4 hours. **Average Cost,** 1s. per lb., by the whole ham.

1139.—TO BOIL BACON. (*Fr.*—Petit Lard Bouilli.)

Ingredients.—Bacon, water.

Method.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it ; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is thoroughly done; then take it up, strip off the skin, and sprinkle over the bacon a few bread-raspings and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

Time.—1 lb. of bacon, ¾ of an hour; 2 lb., 1½ hours. **Average Cost,** 10d. to 1s. per lb. for the prime parts.

1140.—TO BOIL PICKLED PORK.

Ingredients.—Pork, water.

Method.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed. Put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more unwholesome than underdone pork, and, when boiled fast, the meat becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon ; when tender, and not over salt, it will be found equally good.

Time.—A piece of pickled pork weighing 2 lb., 1¼ hours ; 4 lb., rather more than 2 hours. **Average Cost,** 9d. per lb. for the prime parts.

1141.—TO MAKE LARD.

Method.—Melt the inner fat of the pig by putting it in a stone jar, and placing this in a saucepan of boiling water, previously stripping off the skin. Let it simmer gently, and, as it melts, pour it carefully from the sediment. Put it into small jars or bladders for use, and keep it in a cool place. The flead or inside fat of the pig before it is melted makes exceedingly light crust, and is particularly wholesome. It may be preserved a length of time by salting it well, and occasionally changing the brine. When wanted for use, wash and wipe it, and it will answer for making paste as well as fresh lard.

Average Cost, 10d. per lb.

1142.—TO MAKE SAUSAGES. (*Fr.*—Saucisses.)

Ingredients.—1 lb. of pork, fat and lean, without skin or gristle; 1 lb. of lean veal, 1 lb. of beef suet, ½ a lb. of breadcrumbs, the rind of ½ a lemon, some nutmeg, 6 sage leaves, 1 teaspoonful of savoury herbs, ½ a teaspoonful of marjoram.

Method.—Chop the pork, veal and suet finely together, add the breadcrumbs, lemon-peel (which should be well minced), and a grating of nutmeg. Wash and chop the sage-leaves very finely; add these, with the remaining ingredients, to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or, when wanted for table, form it into little cakes, which should be floured and fried.

Average Cost, for this quantity, 2s. 6d. **Sufficient** for about 30 moderate-sized sausages.

The Hog in England.—From time immemorial the hog has been valued in England. In the Anglo-Saxon period vast herds of swine were tended by men who watched over their safety, and collected them under shelter at night. The flesh of the animal was the staple article of consumption in every family, and a large portion of the wealth of the well-to-do freemen of the country consisted of swine. Hence it was a common practice to make bequests of swine with land for their support, and to such bequests were attached rights and privileges in connexion with the feeding of swine, the extent of woodland to be occupied by a given number being granted in accordance with established rules.

1143.—TO MAKE BRAWN.

Ingredients.—To a pig's head weighing 6 lb. allow 1½ lb. of lean beef, 2 tablespoonfuls of salt, 2 teaspoonfuls of pepper, a little cayenne, 6 pounded cloves.

Method.—Cut off the cheeks and salt them, unless the head be small, when all may be used. After carefully cleaning the head, put it on in sufficient cold water to cover it, with the beef, and skim it just before it boils. A head weighing 6 lb. will require boiling from 2 to 3 hours. When sufficiently boiled to come off the bones easily, put it into a hot pan, remove the bones, and chop the meat with a sharp knife before the fire, together with the beef. It is necessary to do this as quickly as possible to prevent the fat settling in it. Sprinkle in the seasoning, which should have been previously mixed. Stir it well, and put it quickly into a brawn-tin: a cake-tin or mould will answer the purpose, if the meat is well pressed with weights, which must not be removed for several hours. When quite cold, dip the tin into boiling water for a minute or two, and the preparation will turn out and be fit for use.

The liquor in which the head was boiled will make good pea soup, and the fat, if skimmed off and boiled in water, and afterwards poured into cold water, answers the purposes of lard.

Time.—From 2 to 3 hours. **Average Cost,** for a pig's head, 5d. per lb.

THE SAXON SWINEHERD.—The men employed in tending swine in Anglo-Saxon times were usually thralls or slaves of the soil, who were assisted by powerful dogs, capable of singly contending with a wolf until his master came with his spear to the rescue. Sir Walter Scott, in *Ivanhoe*, gives a graphic picture of Gurth, an Anglo-Saxon swineherd ; and also of his master, a large landed proprietor, whose chief wealth consisted of swine, the flesh of these liberally supplying his rude but hospitable table.

1144.—HOW TO LARD WITH LARDING BACON.

Ingredients.—Bacon and larding-needle.

Method.—Bacon for larding should be firm and fat, and ought to be cured without any saltpetre, as this reddens white meats. Lay it on a table, the rind downwards, trim off any rusty part, and cut it into slices about $\frac{1}{8}$ of an inch in thickness when intended to be used for larding cutlets, small fillets and birds, and slightly thicker when for the purpose of inserting in a whole fillet of beef, or joints of a similar or larger size. Lay these slices on the board and cut them again in strips, each of the four sides of which shall be equal. The length of lardoons varies from $1\frac{1}{4}$ to 2 inches. They should be inserted as evenly as possible in horizontal lines, and the lardoons forming the second and fourth rows must intersect those of the first and third, thus producing the diagonal lines, and diamond-shaped spaces. The primary object of larding is to add a fatty substance to lean, dry meats, such as the breast of chickens and other birds, backs and thighs of hares, small, lean fillets of veal, mutton and beef, and many other things. They, however, add greatly to the appearance of a dish when the lardoons are arranged evenly, and their ends cut to a uniform length by means of scissors. Larding is a simple and easy process when the lardoons are inserted across the grain or fibres of the meat, but may be very troublesome if an attempt be made to lard thin fillets in a contrary direction. In inserting the needle no more of the flesh should be taken up than is necessary to hold the lardoon firmly in place ; and it must be pulled through with a short, sharp jerk, a finger of the left hand being pressed on the end of the lardoon to prevent the end of it passing through with the needle.

POULTRY

CHAPTER XXII

General Observations on Birds and on Poultry Breeding

> Birds, the free tenants of land, air and ocean,
> Their forms all symmetry, their motions grace;
> In plumage, delicate and beautiful;
> Thick without burthen, close as fishes' scales,
> Or loose as full-blown poppies to the breeze.
>
> —*The Pelican Island.*

Birds are classified primarily on their habits of life and, structurally, on the shape of the sternum or breastbone. The first sub-class of the class Aves or Birds is called Ratitæ, and includes all birds having a sternum without a keel; the birds belonging to this sub-class are all natives of warm climates, as the ostrich, emu, cassowary, and the remarkable apteryx of New Zealand with rudimentary wings, and a long slender bill. The other sub-class is that of the Carinatae, and includes all birds having a keel on the sternum, as the parrot, pigeon, swallow, and duck.

Birds are grouped broadly in eight orders—*Raptores*, birds of prey, such as the eagle, vulture and owl; *Insessores*, perching birds, such as the lark, swallow, sparrow, and all singing birds; *Scansores*, climbing birds, such as the parrot and cuckoo; *Rasores*, scratching birds, such as the common fowl, partridge and pheasant; *Cursores*, running birds, such as the ostrich and cassowary; *Grallatores*, wading birds, such as the crane, the snipe, the stork and the heron; *Natatores*, swimming birds, characterized by webbed feet, such as the duck, the pelican and the gull; and *Saururæ*, lizard-tailed birds, which include the fossil bird Archaeopteryx, remarkable for its tail, which is longer than its body. A more scientific classification, based partly on external, and partly on internal, characteristics, by Professor Huxley and other naturalists, subdivides birds into other orders. It will be seen that by a particular adaptation of function to environment in the case of the birds comprised in the eight orders enumerated above, the air, the forest, the marsh, the land and the water has each its appropriate kind of inhabitant.

The Mechanism which enables Birds to fly is singular and instructive. Their bodies are covered with feathers which are much lighter than the hair with which quadrupeds are usually covered ; the feathers are so placed as to overlap each other, like the slates or tiles on the roof of a house ; they are also arranged from the fore-part backwards, so as to enable the birds to cleave their way through the air more conveniently. Their skeleton is well adapted for aerial existence ; the bones are hollow and extremely light in comparison with those of terrestrial animals, the bone tissue containing a much larger proportion of phosphate of lime. Moreover, the long bones contain air instead of marrow, and are filled with air by means of special apertures connected with air-cells supplied from the lungs. This greatly facilitates their rising from the earth ; their heads are comparatively small, their bills are wedge-shaped, and their bodies are slender, sharp below and round above. With all these conditions, however, birds could not fly without wings. These are the instruments which confer the power of rapid locomotion. They are constructed in such a manner that they are capable of great expansion when struck in a downward direction ; if, in this action, we except the slight hollow which occurs on the under side they almost become two planes. That the downward action may be accomplished to the necessary extent, the muscles which move the wings have been made exceedingly large ; so large, indeed, that, in some instances, they have been estimated at not less than a sixth of the weight of the whole body. Therefore, when a bird is on the ground and intends to fly, it takes a leap, and immediately stretching its wings, strikes them out with great force. By this act these are brought into an oblique direction, being turned partly upwards and partly horizontally forwards. That part of the force which has the upward tendency is neutralized by the weight of the bird, whilst the horizontal force serves to carry it forward. The stroke being completed it moves upon its wings which, being contracted and having their edges turned upwards, obviate, in a great measure, the resistance of the air. When it is sufficiently elevated it makes a second stroke downwards, and the impulse of the air again moves it forward. These successive strokes may be regarded as so many leaps taken in the air. When the bird desires to direct its course to the right or left it strikes strongly with the opposite wing, which impels it to the proper side. The tail plays a prominent part in the movements of the bird, acting like the rudder of a ship, except that it moves upwards and downwards instead of sideways ; if the bird wishes to rise, it raises its tail ; it depresses it when it desires to descend ; if it wishes to preserve a horizontal position it keeps its tail steady. For example, a pigeon or a crow will preserve a horizontal flight for some time without any apparent motion of the wings ; this is accomplished by the bird having already acquired sufficient velocity and by its meeting with but small resistance from the atmosphere, owing to its wings being parallel to the horizon. Should the bird begin to fall it can easily steer itself upward by means of its tail until the motion it had acquired is nearly spent, when by a few more strokes of the wings the impetus is renewed. When alighting a bird expands its wings and tail fully against the air, just as a ship, in tacking round, backs her sails in order that they may meet with the maximum of resistance.

The construction of Birds shows that their eyes are peculiarly adapted to the requirements of their environment. As a defence against external injury from the thickets and hedges in which they pass a great part of their life, and also as a protection against the effects of the light when they are flying in the face of the sun, their eyes are provided with a nictating or winking membrane, or third eyelid, placed below and within the ordinary lids, and moved by two little muscles on the back of the eyeball ; this lid is kept moist by a gland which secretes a fluid, and it can be drawn at pleasure over the whole eye like a curtain. This covering is neither opaque nor wholly pellucid, but is somewhat transparent ; and it is by its means that the eagle is said to be able to gaze at the sun. " In birds," says a writer on this subject, " we find that the sight is much more piercing, extensive and exact than in the other orders of animals. The eye is much larger in proportion to the bulk of the head than in any of these. This is a superiority conferred upon them not without a corresponding utility ; it seems even indispensable to their safety and subsistence. Were this organ in birds dull, or in the least degree opaque, they would be in danger, from the rapidity of their motion, of striking against various objects in their flight. In this case their celerity, instead of being an advantage, would become an evil, and their flight be restrained by the danger resulting from it. Indeed, we may consider the velocity with which an animal moves as a sure indication of the perfection of its vision. Among the quadrupeds, the sloth has its sight greatly limited ; whilst the hawk, as it hovers in the air, can espy a lark sitting on a clod, perhaps at twenty times the distance at which a man or a dog could perceive it."

Respiration.—Of the many peculiarities in the construction of birds, not the least is the means by which they breathe. They do so by the aid of air-vessels extending throughout the body and adhering to the under surface of the bones ; these by their motion force the air through the true lungs, which are very small and placed in the uppermost part of the chest, and closely braced down to the back and ribs ; the blood is oxidized in the lungs. The arterial circulation of birds is similar to that of mammals, and consists of two auricles and two ventricles ; of these vessels, those of the right send the venous, or impure blood, into the lungs for purification ; those of the left send the arterial, or pure blood, out for circulation in the body ; the blood of birds has a higher temperature than that of mammals, averaging 103° Fahr.

Birds are Distributed over every Part of the Globe, being found in the coldest as well as the hottest regions, although some species are restricted to particular countries, whilst others are widely dispersed. At certain seasons of the year many of them change their abodes, and migrate to climates better adapted to their temperaments or modes of life, for a time, than those which they leave. Many of the birds of Britain, directed by an unerring instinct, take their departure from the island before the commencement of winter, and proceed to the more congenial warmth of Africa, to return with the next spring. Various causes are assigned by naturalists for this peculiarity, some attributing it to deficiency of food, others to the want of a secure asylum for the incubation and nourishment of their young, and others again to the necessity of a certain temperature for existence ; natural selection may be a probable explanation of the phenomenon of the migration of birds. Their migrations are generally performed in large companies ; in the daytime they follow a leader who is occasionally changed ; during the night-time many of the tribes send forth a continual cry, to keep themselves together, although it might be thought that the noise which must accompany their flight would be sufficient for that purpose.

The Food of Birds varies, as does the food of quadrupeds, according to the character of the species. Some are altogether carnivorous ; others, as for instance many of the web-footed tribes, subsist on fish ; others, on insects and worms ; and others again on grain and fruit. The extraordinary powers of the gizzard of the gramnivorous birds enable them to comminute their food so as to prepare it for digestion. Their digestive system consists of glands of a simple form, of a single or double ingluvies or crop which receives the food ; of the proventriculus, or true digestive cavity ; of the gizzard furnished internally with horny ridges by means of which the food is broken up, and a comparatively short intestine and gall bladder. The stones found in the stomachs of birds take the place of teeth, in that they grind down the grain and other hard substances which constitute their food. The stones themselves, being also ground down and separated by the powerful action of the gizzard, are mixed with the food, and doubtless contribute greatly to the health as well as to the nourishment of the birds.

All Birds are Oviparous.—The eggs which the various species produce differ in shape and colour as well as in point of number. They contain protoplasm, the elements of the future young, for the perfecting of which in the incubation a bubble of air is always placed at the large end, between the shell and the inside skin. This air bubble gets larger by absorption through the shell and evaporation of the fluid contents, so that a large air-bubble is the sign of a stale egg. During incubation the shell is dissolved, and goes to form the bones of the chick. To preserve an egg perfectly fresh, and even fit for incubation, for five or six months after it has been laid, stop up its pores with a slight coating of varnish or mutton-suet. Birds, however, do not lay eggs before they have some place to put them ; accordingly, they construct nests for themselves with astonishing art.

> Each circumstance
> How artfully contrived to favour warmth !
> Here read the reason of the vaulted roof ;
> How Providence compensates, ever kind,
> The enormous disproportion that subsists
> Between the mother and the numerous brood,
> Which her small bulk must quicken into life.

In building their nests the male and female generally assist each other, and they contrive to make the outside of their tenement bear as great a resemblance as possible to the surrounding foliage or branches, so that it cannot very easily be discovered even by those who are in search of it.

Birds as Food.—There is no bird, nor any bird's egg, that is known to be poisonous, though they may, and often do, become unwholesome by reason of the food that the birds eat, which at all times greatly changes the quality of the flesh, even in birds of the same breed.

Barndoor fowls are less fat than, but far superior in flavour to the fowls fed in close crops for the town market, and the eggs of fowls fed on scraps and house refuse are generally strong and disagreeable. Wild ducks and other aquatic birds are often rank and fishy flavoured. The pigeon fattens and wastes in the course of a few hours. The pronounced flavour of the grouse is said to be due to the heather shoots on which it feeds.

Poultry.—Most poultry breeders arrange that poultry intended for the table shall undergo a special preparation previously to being killed, but it will be found that the flesh of a healthy fowl which has lived a free out-of-door life till the last moment is both better in flavour and more wholesome than that of one which has been kept in confinement, and fed perhaps compulsorily into an unhealthy condition of obesity. If well fed and killed at the right time, naturally fed birds will be quite plump enough. Pheasants and partridges, for instance, come fairly plump to table, even when left quite free to find their own living. Sussex has long been famous for the quality of the poultry it sends to market ; the Sussex, or Surrey fowls, as they are more frequently called, invariably command the highest prices ; and deservedly so, for they carry the largest proportion of flesh.

While the birds are being fattened they must have only soft food, no hard corn being admissible. The best fattening foods are ground oats, buckwheat-meal, maize-meal and whole wheat-meal. Some breeders add suet and other fatty substances. These undoubtedly contribute to the fat of the birds, but not so much to the flesh ; and in fattening fowls, the true object is not to lay on fat, but to develop plenty of good, wholesome flesh. Whatever the breed, the treatment is the same in the fattening coop. Chickens should be confined in them when about three months old, and be fed three times a day, the troughs, which are hung outside the coop, being removed as soon as they have satisfied their appetites. Food should never be left standing by them, and in the early fattening stages it is a good plan to miss a meal at the first indication of failing appetite. The ground oats, which constitute their principal food, are nearly always mixed with separated milk, and made so moist that the birds cannot lift up a lump with their beaks. It is necessary that they should be kept in semi-darkness ; and when their appetites fail, as they usually do after a fortnight's restraint, the cramming machine has to be utilized, the same food being still given them, with the addition of suet or rough fat. The coops or pens employed by the poultry feeders are made of laths, stand raised from the ground, and are usually placed in sheds. They who have no fattening pens should confine the fowls in a small run, feed them three times a day on ground oats, barley-meal, and maize-meal mixed with potatoes. When a certain stage is reached the birds begin to go back, and should be killed at once, first letting them fast twenty-four hours to empty the crop. The longest period that is advisable for fattening a fowl is three weeks.

An easy way to kill a fowl is to hang it up by the legs, and with a sharp knife pierce the roof of the mouth until the point touches the brain. Death is instantaneous, and the fowl should be plucked whilst warm, and then placed in a V-shaped trough, back uppermost, a board being laid on the top with a heavy weight upon it, to ensure the fowl being a good shape when cold.

Fattening Turkeys for the Table.—Turkeys grow very slowly ; therefore, the earlier they are hatched the better when it is necessary that they should attain their full growth by Christmas. They need plenty of liberty and good feeding from the day of their hatching until they come to the fattening shed. A roomy shed, open to the south, should be selected for the purpose, for these birds thrive best when kept warm and dry. The shed should be supplied with low perches, kept scrupulously clean, and provided with means for excluding the light. They are usually fed twice a day ; in the morning on a mixture of meals, such as ground oats, barley-meal, sharps or pollard, and a little maize, moistened with separated milk. The afternoon meal sometimes consists of whole corn, previously soaked in hot water and given to them whilst warm, or it may be simply a repetition of the morning's meal. The addition of fat helps to make the flesh of the birds white, and a certain amount of flint grit is necessary to their well-being. They should not be permitted to see fowls at liberty while under restraint themselves, otherwise they are apt to fret and refuse their food.

Fattening Ducks for the Table.—The secret of success in fattening ducks consists in starting the process almost as soon as they are hatched, in order to have them ready before their first moult, which takes place when they are about ten weeks old. The Aylesbury "duckers," as the duck fatteners are called, get their ducklings to scale four pounds and over when eight or nine weeks old. Ducklings should be bedded on straw in an airy shed, kept clean and only let out to feed, when they should have all they will eat and drink, and then be driven back to the shed. The food should be mixed fairly moist, and consist of mixed meals, ground oats, biscuit-meal, barley-meal, sharps or well-boiled rice, to which a little fat is added. They should not be permitted to swim, and should be sheltered from the sun. As soon as the adult quill-feathers appear on their wings, they go back in condition and are troublesome to pluck ; therefore, unless killed before that stage is reached, they should be turned out, and kept until about three or four months old. Flint grit should be put in their water-trough while they are fattening.

Fattening Geese for the Table.—Goslings are generally allowed their liberty during the summer, and have little food except the grass they gather. It is not advisable to shut them up when the time comes to fatten them ; they should simply be well fed morning and evening, and permitted to range at liberty and eat all the grass possible, for grass forms a considerable portion of their food. A mixture of boiled rice, sharps and various meals should be given them in the morning, and maize or wheat at night, the latter being put in the water-trough. They should be allowed all the food they will eat for three or four weeks before killing. If shut up they can be made fatter ; but fat geese are not desirable, for they lose too much weight in cooking.

To Choose Poultry.—When fresh, the eyes should be clear and not sunken, the feet limp and pliable, stiff dry feet being a sure indication that the bird has not been recently killed ; and if the bird is plucked there should be no discoloration of the skin.

Fowls, when young, should have smooth legs and feet ; the cock bird is young when it has smooth legs and short spurs ; hens when young have smooth legs. The bones of all young birds are soft and gelatinous, and they always harden with age ; the end of the breastbone when young is soft and pliable ; when otherwise, it may be accepted as sure evidence of the advanced age of the bird. The signs of an old fowl are its stiff, horny-looking feet, long spurs, dark-coloured and hairy thighs, stiff beak and bones. Game fowls, and those with dark-coloured legs, are better for roasting than for boiling. White fowls, such as Dorkings, are more suitable for boiling.

Turkeys.—Turkeys, when young, have short spurs and smooth black legs ; when the legs are pale, or reddish and rough, and the spurs long, these marks may be taken as sure indications of age. When freshly killed the eyes should be full and bright. Norfolk turkeys are considered the best ; the cock bird is usually selected for roasting, and the hen for boiling.

Geese and ducks when young have yellow feet and bills ; as they grow old they become darker and reddish in colour. The feet of freshly killed geese and ducks are moist and soft, but, like those of fowls and turkeys, they become dry and stiff when they have been killed some time.

RECIPES FOR COOKING POULTRY.

CHAPTER XXIII

1145.—CANNELONS OF CHICKEN. (*Fr.*—Cannelons de Volaille.)

Ingredients.—Chicken croquette mixture, No. 115. rough puff paste, an egg, breadcrumbs, frying-fat.

Method.—Roll out the paste as thinly as possible, and cut it into 1¼ or 1½ inch squares. Place a little chicken mixture in the centre of each square, and roll up rather tightly. Coat them carefully with egg and breadcrumbs, fry in hot fat until lightly-browned, then drain well, and serve garnished with crisply fried parsley.

Time.—To fry, 5 minutes. **Average Cost,** 2d. to 3d. each. Allow 2 or 3 to each person. **Seasonable** at any time.

1146.—CANVASBACK, BOILED.

See "American Cookery."

1147.—CANVASBACK, ROASTED.

See "American Cookery."

1148.—CAPONS AND POULARDES, TO DRESS.

The male fowl, the capon, and the female bird, the poularde, are both, by treatment while young, made incapable of generating, with the result that their size is increased, and they become fatter than ordinary fowls. The flavour of the poularde is considered more delicate than that of the capon, but the latter is the larger bird. They may be boiled, braised, roasted, or otherwise dressed, according to the directions given for cooking chickens and fowls. Care, of course, must be taken that the methods, accessories, and garnishes used are equal to the birds in point of excellence.

1149.—CHICKEN À LA MARENGO. (*Fr.*—Poulet sauté à la Marengo.)

Ingredients.—1 chicken, ¼ of a pint of salad-oil, 1 pint of Espagnole sauce (*see* Sauces, No. 244), the pulp of 2 ripe tomatoes, ½ a glass of sherry, 1 dozen preserved mushrooms, 6 stoned olives, 1 truffle, salt and pepper, fleurons for garnish.

Method.—Divide the chicken into neat pieces, and fry them in salad-oil until nicely browned, then drain well and pour away the oil. Heat up the Espagnole sauce with the tomato pulp, replace the chicken in the stewpan, add the sherry, mushrooms and olives whole, the truffle cut into large pieces, and simmer gently for three quarters of an hour, or until the chicken is tender. When done, pile in the centre of a hot dish, strain the sauce over, and garnish with the mushrooms, olives and truffle. Place a few fleurons, i.e., half-moon or crescent-shaped pieces of puff pastry, or croûtes of fried bread, round the dish.

Time.—About 1½ hours. **Average Cost,** 5s. 6d. **Sufficient** for 3 or 4 persons.

FOWLS.—The name sometimes applied to birds of large size, but more usually restricted to those of the genus *Gallus*, of which the domestic fowl is a familiar example. Such birds form a typical group of *Rasores*, or "scratchers." They are furnished with strong beaks and claws, and the heads of the males are distinguished by a comb, brightly coloured and frequently erectile, their legs are provided with spurs used in conflict, the cock being a very pugnacious bird, and resenting the presence of a rival. The plumage of the male bird is much more brilliant than that of the female, except in the case of the pure white breeds, the long feathers of the cock's tail, with their graceful curve, adding beauty to the appearance of the bird. The fowl is interesting from its susceptibility to variation under domestication. Its original habitat appears to have been Eastern Asia and the Malayan Archipelago. The Bankiva Jungle Fowl, a native of Java, is supposed to have been the original stock from which the domesticated varieties have been derived. Among the numerous breeds or varieties are the Common or Barndoor fowl, a bird of no special breed, but representing interbreeding between various varieties: the Cochin-China fowl, the Polish fowl, the Spanish fowl, the Hamburg, the Dorking, the Bantam and the Game fowl. The term chicken is applied to the young female bird, from the period it is hatched until it is four months old; after that age until they begin to lay they are called pullets, and subsequently hens.

1150.—CHICKEN, BOILED, TURKISH STYLE. (*Fr.*—Poulet Bouilli à la Turque.)

Ingredients.—1 chicken or fowl, ½ a lb. of boiled rice, ½ a pint of tomato sauce (*see* Sauces No. 281), 1 oz. of butter, 1 teaspoonful of cornflour, 1 finely-chopped shallot, salt and pepper.

Method.—Boil the chicken and cut it into neat joints. Melt the butter, fry the shallot slightly, add the tomato sauce, and when thoroughly hot put in the pieces of chicken, and simmer very gently for 25 minutes. A few minutes before serving add the cornflour previously blended with a little cold water. Arrange the chicken neatly in a border of boiled rice, strain the sauce over, and serve.

Time.—From 1¼ to 1½ hours. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 5 or 6 persons.

1151.—CHICKEN, BOMBS OF. (*Fr.*—Petites Bombes de Volaille.)

Ingredients.—½ a lb. of raw chicken, 1 oz. of flour, ½ an oz. of butter,

½ a gill of water, 3 whites of eggs, 2 tablespoonfuls of cream, chopped parsley, salt and pepper, ½ a pint of Béchamel sauce (*see* Sauces, No. 178).

Method.—Pass the chicken 2 or 3 times through a mincing machine, or chop it finely. Melt the butter in a small stewpan, stir in the flour, add the water, boil well, then turn the panada or culinary paste on to a plate to cool. Pound the chicken in a mortar until smooth, adding the panada gradually, and each white of egg separately. Season to taste, and rub through a fine wire sieve. Have ready the bomb moulds thickly coated with clarified butter, and sprinkle their entire surface with chopped parsley. Whip the cream slightly, stir it lightly into the chicken purée, and pipe the mixture into the moulds. Place them in a stew-pan containing boiling water to about half their depth, cover with a buttered paper, put on the lid, and cook gently for 20 or 25 minutes. Arrange them in 2 rows on a hot dish, pour the hot sauce round, and serve.

Time.—About 20 minutes, to cook the bombs. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 10 or 12 bombs, according to size.

1152.—CHICKEN, BOMBS OF (Cold). (*Fr.*—Petites Bombes de Volaille à la Gelée.)

Ingredients.—½ a lb. of cooked chicken, 2 tablespoonfuls of white sauce, 1 tablespoonful of sherry, ½ a gill of thick cream, ½ a pint of aspic jelly, 4 sheets of gelatine, dressed salad. For coating the moulds: aspic jelly, cream, small green peas, truffle, chili, or other decoration.

Method.—Coat the moulds thinly with aspic jelly, decorate them tastefully with truffle, or whatever is preferred, set with aspic jelly, then line with aspic cream, made by combining cold liquid aspic jelly and cream in equal quantities. Chop the chicken finely, pound in a mortar until smooth, adding seasoning, white sauce, and sherry by degrees. Rub through a fine wire sieve, then add the nearly cold aspic jelly (in which the gelatine must have been previously dissolved), and the cream stiffly whipped, mix all lightly but thoroughly together, and turn into the moulds. When cold serve on a bed of dressed salad, and garnish with aspic jelly, cucumber, tufts of endive, or other suitable garnish.

Average Cost.—3s. to 3s. 6d., exclusive of the chicken. **Sufficient** for 8 or 10 small moulds.

THE DORKING derives its name from the town of that name in Surrey, where the breed exists in large numbers and in great perfection. The colour of the true Dorking is pure white; the bird is long in the body and short in the legs. A characteristic feature of the Dorking is its possession of five claws on each foot; the extra claw is not, however, sufficiently long to encumber the foot, or cause the fowl to "drag" its nest. It has been a subject of dispute from what particular breed the Dorking is derived, some contending that the Poland fowl is the progenitor of the Dorking, basing the assertion on the resemblance of the shape of the latter to the former, and the fact that the Poland cock, although sombre in hue, will occasionally beget thorough white stock from Dorking hens.

1153.—CHICKEN, BOUDINS OF. (*Fr.*—Boudins de Volaille à la Richelieu.)

Ingredients.—For the farce, or stuffing : ½ a lb. of raw chicken, 1 oz. of flour, 1 oz. of butter, ½ a gill of stock (made from chicken bones), 1 egg, salt and pepper, nutmeg. For the salpicon, or mince of game or poultry : 1 sweetbread, or a few lambs' throat breads, 1 slice of tongue, 6 preserved mushrooms, 1 large truffle, 3 or 4 tablespoonfuls of white sauce, egg, breadcrumbs, frying-fat.

Method.—Melt the butter in a small stewpan, stir in the flour, add the stock, boil well, then turn the panada, or culinary paste, on a plate to cool. Chop the chicken meat finely, or pass it through a mincing machine, pound it in the mortar until smooth, adding the panada and egg gradually, then season to taste, and rub through a fine wire sieve. Blanch and cook the sweetbread in stock, cut it and the tongue, mushrooms and truffle into small dice, moisten with the white sauce, and season well. Have ready 8 or 10 boudin or quenelle moulds well coated with clarified butter, line them evenly and rather thickly with the chicken farce, fill with the salpicon, cover with farce, and smooth the surface with a hot, wet knife. Place them in a sauté-pan, surround them to half their depth with boiling water, cover with a buttered paper, and cook in a moderate oven from 25 to 30 minutes. Unmould, and, when cool, coat carefully with egg and breadcrumbs, and fry until golden-brown in hot fat. Drain well, arrange neatly on a folded serviette or dish-paper, and serve with hot ravigote or other suitable sauce.

Time.—To cook, from 25 to 30 minutes. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 8 or 10 boudins.

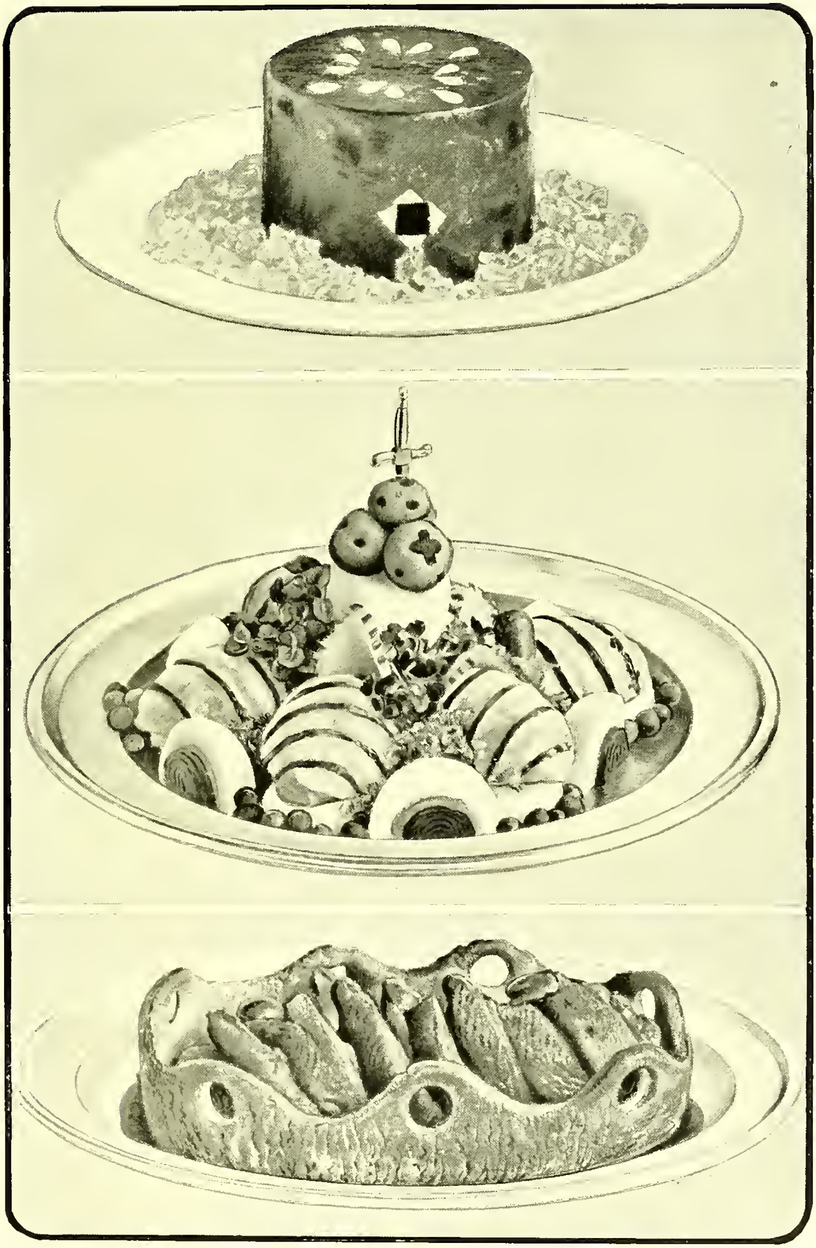
1154.—CHICKEN, CASSEROLE OF. (*Fr.*—Poulet en Casserole.)

Ingredients.—1 chicken, 4 to 6 oz. of streaky bacon, 2 ozs. of butter, 1 shallot, finely-chopped, 2 tablespoonfuls of coarsely-chopped mushrooms, preferably fresh ones, stock, 1 oz. of flour, salt and pepper.

Method.—Divide the chicken into neat joints. Heat 1 oz. of butter in a casserole just large enough to hold the chicken, and fry in it the bacon cut into strips. Then put in the chicken, add the shallot and mushrooms, cover, and cook slowly. Turn the pieces over, and when both sides are nicely browned, add stock to barely cover, and season to taste. Knead the flour and the remaining oz. of butter together, and add the mixture in small pieces, about 15 minutes before serving. The chicken should be served in the casserole, but it may, if preferred, be turned on to a hot dish.

Time.—From 1¼ to 1½ hours. **Average Cost,** 3s. to 4s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

ENTRÉES.



1. Mould of Chicken. 2. Quenelles of Quail (Cold). 3. Braized Fillets of Duckling in Paste Border.

1155.—CHICKEN CREAM. (*Fr.*—Crème de Volaille.)

Ingredients.—½ a lb. of raw chicken, free from bone and skin, ⅛ of a pint of thick Béchamel sauce (*see* Sauces No. 178), ⅛ of a pint of double cream, 1 egg, salt and pepper, truffles.

Method.—Chop the chicken meat finely, pound it in a mortar until smooth, adding the egg and white sauce gradually, and pass the ingredients through a wire sieve. Whip the cream stiffly, stir it lightly in, and season to taste. Turn the mixture into 1 large or 6 or 7 very small buttered moulds and steam gently until firm. Dish up and sauce over. Serve garnished with truffles, and send a boat of Béchamel or other suitable sauce to table separately.

Time.—To steam in 1 mould, about 30 minutes; in small moulds, about 25 minutes. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

Pencilled Hamburg.—This variety of the Hamburg fowl is of two colours, golden and silver and is very minutely marked. The hens of both these varieties have the body pencilled across with several bars of black—hence the name—and the hackle in both sexes of good breed is perfectly free from dark marks. The cocks do not exhibit the pencillings, but are white and brown respectively in the golden or silver birds. The Pencilled Hamburgs are compact in form, and sprightly and graceful in their attitudes. The hens lay abundantly, but are not sitters. They are imported in large numbers from Holland, and are also bred in England, the latter being much superior in size. These birds are known in various parts of the country as "Chitteprats," "Creoles" or "Corals," "Bolton bays and greys," and in some parts of Yorkshire are called "Corsican fowls."

1156.—CHICKEN, CREPINETTES OF. (*Fr.*—Crepinettes de Volaille.)

Ingredients.—4 ozs. of cooked chicken, 2 oz. cooked ham, 4 button mushrooms, 1 truffle, 1 yolk of egg, 2 or 3 tablespoonfuls of thick white sauce, salt and pepper, pig's caul, ¼ a pint of brown sauce (*see* Sauces).

Method.—Cut the chicken, ham, mushrooms, and truffle into shreds about 1 inch in length, add the yolk of egg to the hot sauce, season to taste, put in the shredded ingredients, stir by the side of the fire for a few minutes, then put aside until cold (this is called the Salpicon). Wash the caul in salt and water, dry it, and cut it into 4-inch squares. Enfold a dessertspoonful of the mixture in each piece of caul, form into a round shape, and either bake them in the oven for 6 minutes, and brush them over with warm glaze, or coat them with egg and bread crumbs, and fry in hot fat. Serve on a bed of spinach or purée of green peas, and pour the sauce round.

Time.—About 1 hour. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for about 4 or 5 persons.

The Bantam.—This small variety of the game fowl is noted for its elegant appearance, animation, plumage and spirited courage, which, despite its diminutive size, it displays to a remarkable degree, especially when defending its progeny. Like the game bird, its original habitat is the East, and it is supposed to have derived its name from Bantam, in Java. The black and nankeen varieties are considered to be the best.

1157.—CHICKEN, CROQUETTES OF. (*Fr.*—Croquettes de Volaille.)

Ingredients.—6 to 8 ozs. of cold chicken or fowl (boned), 2 ozs. of cooked ham or tongue, ¼ of a pint of stock, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of cream, 1 teaspoonful of lemon-juice, 6 button mushrooms, 1 truffle, salt and pepper, egg, breadcrumbs, frying-fat.

Method.—Chop the chicken and ham or tongue finely, cut the mushrooms and truffle into small pieces. Melt the butter, fry the flour without browning, add the stock, and cook well. Stir in the chicken, ham or tongue, cream, lemon-juice, mushrooms and truffle, season with salt and pepper, and turn on to a plate to cool. Make into cork-shaped croquettes, coat carefully with egg and breadcrumbs, and fry until lightly browned in hot fat.

Time.—1 hour. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for about 6 persons.

1158.—CHICKEN KROMESKIS. (*Fr.* Cromes Quis de Volaille.)

Ingredients.—Make a salpicon as directed in the preceding recipe, as many small very thin slices of bacon as there are cork-shaped pieces of the mixture. For the batter : 2 tablespoonfuls of milk, 3 tablespoonfuls of flour, 1 tablespoonful of salad-oil or oiled butter, 1 egg, salt, frying-fat.

Method.—Mix the above ingredients into a smooth batter, and add to it 1 saltspoonful of salt.

Wrap each piece of the chicken mixture in a slice of bacon, dip into a light batter prepared from the above named ingredients, and fry in a deep pan of hot fat. Drain, and serve garnished with parsley.

Time.—1 hour. **Probable Cost,** 1s. 9d., to 2s. **Sufficient** for about 6 persons.

1159.—CHICKEN, CUTLETS OF. (*Fr.*—Côtelettes de Volaille.)

Ingredients.—½ a lb. of cold chicken, ¼ of a pint of white sauce, 1 oz. of butter, ½ an oz. of flour, the yolks of 2 eggs, ½ a shallot finely-chopped, salt and pepper, nutmeg, egg, breadcrumbs, frying-fat.

Method.—Chop the chicken finely. Fry the shallot and flour in the butter without browning, add the stock, and boil well. Put in the chicken, add nutmeg, salt and pepper to taste, stir over the fire until thoroughly hot, then add the yolks of eggs, and cook the ingredients for 2 or 3 minutes longer. Cool the mixture ; when firm, shape into cutlets, egg and crumb them, and fry in deep fat. Drain well, arrange them in a close circle on a dish paper, garnish with fried parsley, and serve hot, 2 to 3 oz. of lean ham, finely chopped, may be added to the chicken if liked.

Time.—1 hour. **Average Cost,** 2s. 9d. **Sufficient** for about 7 persons.

1160.—CHICKEN, ESCALOPES OF. (*Fr.*—Escalopes de Poulet.)

Ingredients.—The legs of a large uncooked chicken, ½ a lb. of lean veal, ¼ of a lb. of bacon (a corresponding amount of sausage-meat may be substituted for the veal and bacon), 6 mushrooms, 1 truffle, 2 yolks of eggs, 1 pint of stock, 3 ozs. of butter, 1½ ozs. of flour, 1 tablespoonful of sherry, a few drops of lemon-juice, 1 onion, 1 carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, spinach purée.

Method.—When veal and bacon are used, chop and pound them smoothly, then rub through a fine sieve. Add to this purée of meat the mushrooms and truffle cut into dice, season well with salt and pepper, and bind with the 2 yolks of eggs. Bone the legs, stuff with the prepared farce or stuffing, shaping them as much like a roll as possible. Put 1½ ozs. of butter and the sliced vegetables into a stewpan, lay the chicken legs on the top, cover, and fry gently for 20 minutes. Add stock to ¾ the depth of the vegetables, place a buttered paper over the chicken legs, put on the lid, and cook gently for 1 hour. Meanwhile, melt the remaining butter, stir in the flour, and cook over the fire until a brown roux, or thickening, is formed. When the chicken legs are sufficiently cooked, remove them and keep them hot ; strain the stock on to the brown roux, stir until boiling, simmer for 20 minutes, then add the sherry and lemon-juice, season to taste, and keep hot until required. Cut the chicken legs into ½-inch slices, arrange them slightly overlapping each other on the bed of spinach, strain the sauce round, and serve.

Time.—About 1½ hours. **Average Cost,** 3s. **Sufficient** for 5 or 6 persons.

1161.—CHICKEN FOR INVALIDS.

See "Chicken, Ramakins of," No. 1186. "Chicken, Small Soufflé of," No. 1193. "Chicken, Soufflé of," No. 1194. "Chicken Panada," No. 1178 ; also Chapter on "Invalid Cookery."

THE FEATHER-LEGGED BANTAM.—Since the Bantam was introduced into Europe it has differentiated into several varieties, all more or less elegant, and some remarkable for their beauty. The Bantam should be of small size, but vigorous and brisk, exhibiting in its movements stateliness and grace. The most popular variety is remarkable for the *tarsi* or beams of the legs, which are plumed to the toes with stiff long feathers, brushing the ground. This variety is rare in its pure state. Another variety is red with a black breast and single dentated comb, with smooth *tarsi* and of a dusky colour. When this variety is pure it is a game fowl in miniature, both as regards courage and spirit, and is as handsome as it is spirited. There is also a pure white breed, which possesses the same characteristics.

1162.—CHICKEN FORCEMEAT. (*Fr.*—Farce de Volaille.)

Ingredients.—½ a lb. of raw chicken, free from bone, 1oz. of flour, 1 oz. of butter, 1 egg, ½ a gill of chicken stock, salt and pepper, nutmeg.

Method.—Melt the butter, stir in the flour, add the stock, boil well and let the panada or culinary paste cool slightly. Cut up and pound the chicken meat in the mortar until smooth, adding the egg, and the panada by degrees. Season to taste, rub through a fine wire or hair sieve, and use for quenelles, cutlets, boudins, bombes, timbales, etc. Before moulding or shaping the farce, its constituency should be tested, and if found too firm a little cream may be added.

1163.—CHICKEN FRIED IN BATTER. (*Fr.*—Fricandelles de Volaille.)

Ingredients.—Chicken mixture as for croquettes of chicken, No. 1157, egg, breadcrumbs, frying-fat. For the batter : 4 ozs. of flour, ½ a pint of milk, 1 egg, 1 saltspoonful of salt.

Method.—Make the chicken mixture as directed. Mix the flour, milk, egg and salt into a smooth batter, and prepare some very thin pancakes. As each one is fried, spread the meat preparation over one side and roll up tightly. When cold, cut across into 2 or 3 pieces, about 1½ inches in length, coat with egg and breadcrumbs, and fry in deep fat. Drain well, and serve garnished with fried parsley.

Time.—1 hour. **Average Cost,** from 1s. 6d. to 2s. **Sufficient** for 7 or 8 persons.

1164.—CHICKEN, FRICASSÉED. (*Fr.*—Fricassée de Volaille.)

Ingredients.—1 boiled chicken, 1 pint of Béchamel sauce (*see* Sauces), ½ a gill of cream, the yolks of 2 eggs, the juice of 1 lemon, salt and pepper.

Method.—Cut the chicken before it is quite cold into neat joints. Make the sauce as directed, put in the pieces of chicken, let them remain until thoroughly hot. Add the yolks and cream previously blended, and stir by the side of the fire until the sauce thickens, without boiling. Season to taste, add the lemon-juice, arrange neatly on a hot dish, and strain the sauce over. The dish may be garnished with truffle or cooked green peas, and the fricassée served in a border of mashed potato if desired.

Time.—About ¾ of an hour, after the chicken is boiled. **Average Cost,** 3s. 6d. to 4s. 6d. **Sufficient** for 5 or 6 persons.

1165.—CHICKEN, FRITOT OF. (*Fr.*—Fritot de Poulet).

Ingredients.—Cold chicken, either roast or boiled. For the marinade or liquor : 2 or 3 tablespoonfuls of salad-oil, 1 tablespoonful of lemon-juice, 1 teaspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of salt, ⅛ of a teaspoonful of pepper. For the batter : 4 ozs. of flour, ¼ of a pint of tepid water, 1 tablespoonful of salad-oil, the whites of 2 eggs, 1 saltspoonful of salt, frying-fat.

Method.—Cut the chicken into small joints, remove the skin, trim the pieces neatly, place them in a deep dish, pour over the marinade, and let them remain in it for 1½ hours, turning them frequently. Mix the flour, salt, water, and salad-oil into a smooth batter, let it stand for 1 hour, then stir in lightly the stiffly-whisked whites of eggs. Drain the pieces of chicken well, dip them into the batter, and fry until nicely browned in hot fat. Drain from the fat, arrange neatly on a dish-paper, garnish with crisply-fried parsley, and serve. Tartare or tomato sauce should be served separately in a sauceboat.

Time.—Altogether, 2 hours. **Average Cost,** 3s. 6d. to 4s. 6d., when a large chicken is used. **Sufficient** for 5 or 6 persons.

Sir John Sebright's Bantams.—This celebrated breed, which Sir John Sebright, after many years of careful experiment, brought to perfection, is considered to be the best and most beautiful of Bantam fowls. The bird is very small, with unfeathered legs, and a rose-comb and short hackles. Its plumage is gold or spangled, each feather being of a golden-orange or a silver-white colour, with a glossy jet-black margin. The tail of the male is folded like that of the hen, with the sickle feathers shortened nearly or quite straight, and broader than in other varieties of the Bantam. It possesses high courage and has a singularly proud, erect and gallant carriage, throwing back the head until it nearly touches the two upper feathers of the tail. Half-bred birds of this kind are not uncommon, but the pure breed is highly valued.

1166.—CHICKEN GRILLED WITH MUSHROOM SAUCE. (*Fr.*—Poulet Grillé aux Champignons.)

Ingredients.—1 chicken, ½ lb. lean raw ham, ½ a pint of Espagnole sauce (*see* Sauces, No. 244), 2 dozen button mushrooms, salad-oil or oiled butter, a croûton of fried bread.

Method.—Divide the chicken into pieces convenient for serving. Make the sauce as directed, add to it the mushrooms, season to taste, and keep hot until required. Cut the croûton to fit the dish, and fry it until lightly browned in hot fat. Cut the ham into short pieces and fry it. Brush the pieces of chicken over with salad-oil or oiled butter, and grill them over or in front of a clear fire. Arrange neatly on the croûton, strain the sauce round, and garnish with groups of mushrooms and ham.

Time.—To grill the chicken, about 15 minutes. **Average Cost,** 5s. **Sufficient** for 4 or 5 persons.

1167.—CHICKEN GUMBO. (*See* American Cookery.)

1168.—CHICKEN ITALIAN. (*Fr.*—Poulet a l'Italienne.)

See "Chicken with Italian Sauce," No. 1204.

1169.—CHICKEN JELLY. (*Fr.*—Gelée de Volaille.)

Ingredients.—1 chicken or fowl, salt and pepper.

Method.—Cut the chicken into small pieces and put them into a stewing-jar with about 1 pint of water and a little salt and pepper, and cook it in a moderately cool oven for 2 hours. Cut the flesh off the breast, wings and legs in thin slices, replace the bones and trimmings in the stew-jar, and cook as rapidly as possible on the stove for ½ an hour. Meanwhile arrange the slices of chicken in a mould or piedish, leaving a space at the sides, and as much space as possible between the layers, to be afterwards filled with stock. When the stock is ready, strain it, season to taste, let it cool slightly, and pour it over the chicken. Turn out when cold, and serve as a breakfast or luncheon dish.

Time.—To cook, about 2½ hours. **Average Cost,** 2s. 6d. to 3s. 6d. **Sufficient** for 1 mould of medium size. **Seasonable** at any time.

The Poland.—This bird, a native of Holland, is a great favourite with fowl-keepers, from the great number of eggs which the birds of this variety produce, a circumstance which has caused Polands in many parts to be known as the "everlasting layers." From observation of the number of eggs produced by this prolific fowl, it was found that in one year five hens laid no less than 503 eggs, the average weight of each egg was 1 oz. and 5 drachms, the total weight of the whole, exclusive of the shells, amounting to 50¼ lb. The common black breed is plain in appearance, and has a bushy crown of white feathers; other varieties, as the "silver-spangled" and the "gold-spangled," are handsome birds. The Poland is easily fattened, and its flesh is considered to be more juicy and of a richer flavour than many other fowls.

1170.—CHICKEN KLOPPS.

See "Indian Cookery."

1171.—CHICKEN LEGS AS CUTLETS. (*Fr.*—Cuisses de Volaille en Côtelettes.)

Ingredients.—Chickens' legs, slices of bacon, stock, Espagnole sauce (*see* "Sauces," No. 244), 2 onions sliced, 2 carrots sliced, 1 small turnip sliced, 8 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Remove the thigh bones, but leave the drumstick, season the legs with salt and pepper, and fold the skin under. Shape as much like a cutlet as possible, enfold each leg in a piece of muslin, and fasten securely. Put the vegetables, bouquet-garni and peppercorns into a stewpan, nearly cover them with stock, and lay the legs on the top. Cover each one with a slice of bacon, place a greased paper over the whole, put on a close-fitting lid, and cook gently for about 1 hour. Remove the muslin and serve with the sauce poured over, or they may be glazed and have the sauce poured round. If preferred, the legs may be enclosed in a pig's caul, instead of muslin, in which case they should be browned in a hot oven, and glazed before serving.

Time.—To braise, from 1 to 1¼ hours. **Average Cost,** accessories to 4 chicken legs, about 1s. Allow 1 leg to each person. **Seasonable** at any time.

1172.—CHICKEN LEGS, STUFFED. (*Fr.*—Cuisses de Volaille Farcies.)

Ingredients.—The legs of a cold fowl, 1 tablespoonful of sweet oil, 2 tablespoonfuls of breadcrumbs, ½ a teaspoonful of finely-chopped sweet herbs, ½ a teaspoonful of finely-chopped lemon rind, 2 slices of onion (blanched and chopped), 1 teaspoonful of finely-chopped parsley, 1 egg, 4 slices of streaky bacon, 2 slices of toasted buttered bread, salt and pepper.

Method.—Cut each leg into 2 joints, and saw off the drumsticks, place them on a plate, season with pepper and salt, and moisten with a little sweet oil. Put the breadcrumbs, lemon rind, sweet herbs, onion and parsley in a basin, mix well, moisten with the yolk of an egg and season with a pinch of salt and a tiny pinch of cayenne. Drain the chicken's legs, cover each with the farce or stuffing above prepared, then wrap up in a slice of bacon, tie with twine, or skewer them securely. Place them on a greased baking-tin or sauté-pan, and cook in the oven for about 20 minutes. Cut each slice of toasted bread in two, trim neatly, dress the chicken's legs on these, dish up, garnish with a few sprigs of curly parsley, and serve hot.

Time.—To cook, about 20 minutes. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 2 or 3 persons.

THE SERAI TA-OOK, OR FOWLS OF THE SULTAN.—This fowl, which was first introduced into England in 1854 from Constantinople, takes its name from the Turkish *sarai*, "sultan's palace," and *ta-ook*, "fowl." They are lively brisk birds, excellent layers, but not good sitters, and their eggs are large and white in colour. In size they resemble the English Poland bird, and have a white and flowing plumage, a full-sized compact Poland tuft on the head, are muffled, have a full-flowing tail, short well-feathered legs, and 5 toes on each foot. Their comb is peculiar, consisting only of two little points, and their wattles are small. The colour of the bird is pure white.

1173.—CHICKEN LIVER PATTIES. (*Fr.*—Pâtés de Foie de Volaille.)

Ingredients.—Chicken livers, butter, brown sauce (*see* "Sauces," No. 233), rough puff paste, salt and pepper.

Method.—Remove the gall and wash and dry the livers, cut them into rather small pieces, and toss them in hot butter over the fire for about 5 minutes. Have ready some patty-pans lined with thinly rolled out paste, fill them with liver, season highly with salt and pepper, and add a little brown sauce. Cover with paste, brush over with beaten egg, and bake in a moderately-hot oven for about 20 minutes, and serve either hot or cold.

Time.—To bake, about 20 minutes. **Average Cost,** 2d. each. Allow 1 to each person. **Seasonable** at any time.

1174.—CHICKEN LIVERS ON TOAST.

See Chapter on "Savouries."

1175.—CHICKEN, MAYONNAISE OF. (*Fr.*—Mayonnaise de Volaille.)

Ingredients.—1 cold boiled chicken or fowl, ¾ of a pint of Mayonnaise sauce (*see* Sauces, No. 201), ¼ of a pint of aspic jelly, dressed salad.

Method.—Cut up the chicken into small joints, remove all the skin and ends of bones, and shape the pieces as neatly as possible. Dissolve the aspic jelly; when cool enough, add it to the Mayonnaise sauce and mask the chicken. To facilitate the masking process place the pieces of chicken on a wire tray and pour over the sauce carefully by means of a tablespoon. When the sauce is set, decorate tastefully with truffle and chervil, and mask with a thin layer of liquid Aspic. Arrange neatly on a dish on a bed of dressed salad, and garnish the side of the dish with sprigs of endive, slices of cucumber and blocks of aspic jelly.

Time.—About 1 hour. **Average Cost,** 3s. 9d. to 5s. **Sufficient** for 5 or 6 persons.

1176.—CHICKEN, MINCE OF, BREADED. (*Fr.*—Poulet au Gratin.)

Ingredients.—½ a lb. of coarsely-chopped cooked chicken, free from bone, 2 tablespoonfuls of finely-chopped cooked ham, ½ a pint of Béchamel sauce, (*see* Sauces, No. 178) breadcrumbs, butter, nutmeg, salt and pepper.

Method.—Mix the chicken and ham together, stir in the sauce, which should thoroughly moisten the whole, otherwise more sauce must be added. Season to taste, add a pinch of nutmeg, and turn the mixture into 6 or 8 well-buttered scallop shells. Cover lightly with breadcrumbs, add 2 or 3 small pieces of butter, bake in a moderately-hot oven until nicely browned, then serve.

Time.—To bake, from 6 to 8 minutes. **Average Cost,** 8d., exclusive of the chicken. **Seasonable** at any time.

Various Modes of Fattening Fowls.—It is considered by some fowl-keepers that the flesh of a healthy well-fed fowl, which has lived a free, out-of-door life, is both in flavour and wholesomeness preferable to a bird kept in confinement and compulsorily fed. If, however, special fattening is resorted to, the birds should be confined in a clean warm pen or run, and fed three or four times a day on as much soft food as they will eat, care being taken to feed them very early in the morning and as late as possible at night. When specially fattened for the market the fowls are kept in the dark, which encourages them to rest—an essential to the laying on of flesh. The foods chiefly used for fattening are ground oats, whole wheat-meal, maize-meal and buckwheat-meal; the last should always be included among the food; fatty substances, as suet, are added by some to increase the fatness of the fowl. The true object, however, should be to develop abundance of good, wholesome flesh. Milk, either new or skimmed, is a valuable addition to the food, with which it should be mixed hot. Three weeks is the usual period for fattening a fowl.

1177.—CHICKEN, MINCED. (*Fr.*—Poulet Émincé.)

Ingredients.—Cold chicken; to each ½ lb. allow 1 oz. of butter, 1 oz. of flour, ½ a pint of stock, salt and pepper, poached eggs.

Method.—Chop the chicken finely, boil the bones and trimmings for at least 1½ hours, and use the stock for the sauce. Melt the butter, stir in the flour, add the stock and boil gently for 20 minutes. Season to taste, add the minced chicken, draw the stewpan aside, then let it remain until the contents are thoroughly hot, and serve garnished with neatly poached and trimmed eggs.

Time.—Allow ¾ of an hour, after the stock is made. **Average Cost,** 1s. 3d., exclusive of the chicken. Allow 1 lb. of chicken and 6 eggs for 4 or 5 persons.

1178.—CHICKEN PANADA. (*Fr.*—Panade de Volaille.)

Ingredients.—4 to 5 ozs. of raw chicken, ½ a gill of cream, pepper and salt.

Method.—Pass the chicken freed from skin and bone 2 or 3 times through a mincing machine, then place it in a buttered jar, cover closely, stand the jar in a saucepan containing a little boiling water, and simmer gently for nearly 1 hour. Pound the chicken in a mortar, adding the liquid in the jar, season to taste, and pass the mixture through a wire sieve. Whip the cream slightly, stir in the chicken preparation, and serve on toast or in ramakin cases. If preferred, the panada may be heated in a saucepan, and served on hot buttered toast.

Time.—To cook the chicken, about 1 hour. **Average Cost,** about 1s. 8d. **Sufficient** for 2 persons. **Seasonable** at any time.

Eggs for Hatching.—Eggs intended for hatching should be removed as soon as laid, and placed in a dry, cool place. Choose those that are nearly of the same size, for, as a rule, eggs equally thick at both ends contain a double yolk, and are worthless. Eggs intended for hatching should not be stored longer than a month; it is preferable to keep them a less time. In winter nine to eleven eggs are sufficient to place under a hen; in warmer weather this number may be increased to thirteen, and if it be very hot to fifteen. The eggs should be carefully tested by candle light when they have been sat upon for a few days; the seventh or eighth evening will be sufficiently early. All clear eggs should be removed; they will serve excellently for puddings, etc. The fertile eggs should be opaque or clouded, and must be carefully replaced under the hen without shaking. If during incubation an egg should be broken, it must be removed, and the remainder taken out and cleansed in tepid water, otherwise the contents of the broken egg will cause the others to cling to the hen's feathers, and they too may become fractured. Many eggs are now hatched by artificial incubators, at a steady temperature of 101° to 104°. It is important that eggs hatched in this manner should be fresh.

1179.—CHICKEN PATTIES. (*Fr.*—Bouchées à la Reine.)

Ingredients.—4 to 6 ozs. of cold boiled chicken, 2 ozs. of cooked ham, 6 button mushrooms, 1 truffle, 1 teaspoonful of lemon-juice, salt and pepper, ¼ of a pint of Béchamel sauce (*see* Sauces, No. 178), puff paste.

Method.—Chop the chicken and ham not too finely, cut the mushrooms and truffle into small dice, and mix all together. Stamp out 9 or 10 patty cases from the puff paste, and mark the centres with a smaller cutter to form the lids (*see* Oyster Patties). Bake in a quick oven, then scoop out the soft inside, take care of the lids, and keep the cases hot until required. Have the Béchamel sauce ready in a stewpan, add to it the chicken preparation, season with salt and pepper, put in the lemon-juice, and stir the mixture over the fire until thoroughly hot. Fill the cases, put on the lids, and serve, garnished with tufts of fresh or fried parsley.

Time.—To bake the pastry, from 20 to 25 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 8 or 9 patties.

HATCHING.—Sometimes the chick within the shell is unable to break away from its prison; for the white of the egg will occasionally harden in the air to the consistence of joiners' glue, when the poor chick is in a terrible fix. An able writer says: "Assistance in hatching must not be rendered prematurely, and thence unnecessarily, but only in the case of the chick being plainly unable to release itself; then, indeed, an addition may probably be made to the brood, as great numbers are always lost in this way. The chick makes a circular fracture at the big end of the egg, and a section of about one-third of the length of the shell being separated, delivers the prisoner, provided there is no obstruction from adhesion of the body to the membrane which lines the shell. Between the body of the chick and the membrane of the shell there exists a viscous fluid, the white of the egg thickened with the intense heat of incubation, until it becomes a positive glue. When this happens the feathers stick fast to the shell, and the chicks remain confined, and must perish if not released."

The method of assistance to be rendered to chicks which have a difficulty in releasing themselves from the shells is to take the egg in the hand, and dipping the finger or a piece of linen rag in warm water, to apply it to the fastened parts until they are loosened by the gluey substance becoming dissolved and separated from the feathers. The chick, then, being returned to the nest, will extricate itself—a mode generally to be observed—since, if violence were used, it would prove fatal. Nevertheless, breaking the shell may sometimes be necessary; and separating with the fingers, as gently as may be, the membrane from the feathers, which are still to be moistened as mentioned above, to facilitate the operation. The points of small scissors may be useful, and when there is much resistance, as also apparent pain to the bird, the process must be conducted in the gentlest manner, and the shell separated into a number of small pieces. The signs of a need of assistance are the egg being partly pecked and chipped, and the chick discontinuing its efforts for five or six hours. Weakness from cold may disable the chicken from commencing the operation of pecking the shell, which must then be artificially performed with a circular fracture, similar to that made by the bird itself

1180.—CHICKEN PIE. (*Fr.*—Pâté de Volaille à l'Anglaise.)

Ingredients.—1 large or 2 small chickens, ½ a lb. of ham or bacon, 2 hard-boiled eggs, veal forcemeat balls, No. 412, ¾ of a pint of chicken stock, 1 yolk of egg, salt and pepper, puff paste,

Method.—Divide the chickens into neat joints, cut off the legs and wings at the first joint, and boil these with the backbones, necks and gizzards for about 2 hours, then strain and use for stock. Parboil the livers, chop them very finely, and mix them with the forcemeat. Cut the ham into strips, and the eggs into sections or slices. Place the pieces of chicken and the prepared ingredients in a pie-dish in layers, season carefully with salt and pepper, ¾ fill the dish with stock. Roll out the paste, cover the piedish with it, ornament, and brush over with yolk of egg. Bake from 1¼ to 1½ hours, in a quick oven, until the paste has risen and set, and then more slowly. Before serving, add the remainder of the hot stock to the pie. If preferred, the bones may be removed and the pieces of chicken stuffed with sausage-meat, or the veal forcemeat may be used for this purpose instead of being made into balls. *See* also the forcemeat used in making "Lark Pie."

Time.—To bake the pie, from 1¼ to 1½ hours. **Average Cost,** if with 2 chickens, about 8s. **Sufficient** for 7 or 8 persons.

1181.—CHICKEN PILLAFF. (*Fr.*—Pillau de Volaille.)

Ingredients.—1 chicken or fowl, 3 pints of stock (or 3 pints of water and 2 lb. of scrag end of neck of mutton), 6 ozs. of Patna rice, 4 ozs. of butter, 2 Spanish onions, 2 small onions, 1 tablespoonful of curry paste, 1 carrot, 1 blade of mace, 6 black peppercorns, salt, pepper.

Method.—Divide the chicken into pieces convenient for serving, remove the skin and the feet and wings at the first joint. Put the backbone, neck, giblets, bones and trimmings into a stewpan with the stock (or the water and mutton cut into small pieces), add the outside layer of each Spanish onion, the carrot, mace and peppercorns, and boil gently for 2 or 3 hours, then strain. Heat 2 ozs. of butter in a stewpan, cut the Spanish onions into dice, fry them until lightly browned, add the rice (previously well washed and drained), 1½ pints of stock, season with salt and pepper, and cook the ingredients gently by the side of the fire. Melt the remaining 2 ozs. of butter, fry the pieces of chicken slowly until nicely browned, keep them hot until the rice has absorbed the greater part of the stock, then put them with the curry-paste into the stewpan and mix well with the rice. Continue the cooking until the rice and chicken are perfectly tender, adding more stock if necessary. A few minutes before serving re-heat the butter in which the chicken was fried, cut the 2 small onions into thin slices, and fry them brown. Pile the pillau in the centre of a hot dish, scatter on the rings of fried onion, and serve.

Time.—About 1 hour, after the stock is made. **Average Cost,** 4s. to 4s. 6d. **Sufficient** for 5 or 6 persons.

THE YOUNG CHICKS.—The young chicks which are first hatched should be taken from underneath the hen, otherwise she may think her task accomplished, and leave the remaining eggs to spoil. As soon as the young birds are taken from the mother they should be placed in a basket lined with, soft wool, flannel or hay, and placed in the sun if it be summer, or near to the fire if it be winter. A common, but unnecessary practice, is to cram the young chicks with food as soon as they are born, but if kept warm they will receive no harm if they are not supplied with food for twenty-four hours after their birth. If the whole of the brood is not hatched by that time, those that are born may be fed with bread soaked in milk and the yolk of a hard-boiled egg with Emden grits, or food of a similar nature.

1182.—CHICKEN, POTTED. (*Fr.*—Terrine de Volaille.)

Ingredients.—The remains of cold roast chicken ; to every lb. allow 3 ozs. of cooked ham, 4 ozs. of butter, nutmeg, salt and pepper, clarified butter.

Method.—Pass the chicken and ham 2 or 3 times through the mincing machine, or chop them finely ; then pound in a mortar until smooth, adding seasoning to taste and the butter gradually. Rub through a fine wire sieve, press into small pots, and cover the contents with clarified butter.

Average Cost.—1s. 3d. to 1s. 6d.

1183.—CHICKEN PURÉE FOR GARNISH.

See "Chicken Forcemeat," No. 1162.

1184.—CHICKEN, PURÉE OF, WITH RICE. (*Fr.*—Purée de Poulet au Riz.)

Ingredients.—4 ozs. of finely-chopped cooked chicken, 2 ozs. of finely-chopped cooked ham, 4 ozs. of rice, white stock, 2 tablespoonfuls of cream, salt and pepper, chopped truffle.

Method.—Blanch the rice, drain well, cover with white stock, and cook gently until tender and dry. Pound the chicken and ham until smooth, moistening gradually with a little stock, and pass these ingredients through a wire sieve. Stir in the cream, season to taste, make thoroughly hot, stirring meanwhile, and add stock, a little at a time, until the preparation is reduced to the consistency of thick cream. Turn into 5 or 6 well-buttered scallop shells, arrange the rice to form a narrow border, sprinkle the surface with truffle, and serve.

Time.—Altogether, about 1½ hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

Feeding and Cooping the Chicks.—When all the chicks are hatched they should be placed with the mother hen under a coop, in a warm dry place. If two hens happen to have broods at the same time, care must be taken to keep their broods separate, for should they become mixed and go under the same coop, the hens will probably maim and destroy the chicks which do not belong to them. After being kept snug beneath the coop for a week—the coop being placed under cover at nightfall—the chicks may be allowed to run about for an hour or so during the warmest part of the day. They should be gradually weaned from the soaked bread and chopped egg, and grits or boiled barley substituted. In eight or ten days their stomachs will be sufficiently strong to receive bruised barley, and, if healthy, at the end of three weeks, the chicks will be able to take care of themselves. It is well, however, to watch over them for a week or so longer, to prevent older chickens driving them away from their food. Great care should be taken that the very young chicks do not run about the wet ground or on damp grass, which causes the chief and most fatal disease to which the young birds are liable. While under the coop with the hen a shallow pan of water should be supplied to the chicks, as they are apt to drench themselves and take cold, or get drowned in a deep vessel.

Detached nesting-boxes containing finely-sifted moist sand or cinder ashes, good straw, and a little hay on top, should be placed against the walls of the house, which is preferable to fixed rows of nests, since they can readily be moved, limewashed and cleansed. In front of the house a wired-in run should be provided, not less than six feet in height, and as long in extent as possible. The floor of the run should be covered with sifted ashes or good gravel, the latter being very helpful to the birds in assisting the process of digestion.

1185.—CHICKEN, QUENELLES OF. (*Fr.*—Quenelles de Volaille.)

Ingredients.—8 ozs. of raw chicken, 2 ozs. of flour, ½ an oz. of butter, ¼ of a pint of stock or water, 2 eggs, 2 tablespoonfuls of cream, salt and pepper.

Method.—Melt the butter, stir in the flour, add the stock, let boil whilst stirring. This will produce the panada; which put aside to cool. Shred or mince the chicken meat finely, or pass it through a mincing machine, pound well in the mortar, adding the panada by degrees and each egg separately, season well, and rub through a fine wire or hair sieve. Whip the cream slightly, and stir it lightly into the chicken purée. Poach a little of the preparation and, if too stiff, add a little more stock or cream. *See* "Quenelles of Veal" for directions for shaping, cooking and serving.

1186.—CHICKEN, RAMAKINS OF. (*Fr.*—Soufflés de Volaille en Caisses.)

Ingredients.—6 ozs. of raw chicken, ¼ of a pint of cream, 4 yolks of eggs, 2 whites of eggs, ½ an oz. of butter, 2 mushrooms, 1 truffle, salt and pepper.

Method.—Shred the chicken meat finely, or pass it through a mincing machine, then pound it well in the mortar, adding by degrees the yolks of 4 eggs, season well, and rub through a fine wire sieve. Whip the cream slightly, and whisk the whites of eggs to a stiff froth, and then add with the mushrooms and truffle cut into small dice, to the chicken purée. Mix lightly together, and put the mixture into 8 well-buttered china or paper ramakin cases. The cases should not be more than three parts filled, as the mixture rises considerably in baking. Place the cases on a baking-sheet, and cook them in a moderate oven for about 20 minutes. Serve in the cases, and, if liked, send hot Béchamel or other suitable sauce to table in a sauce-boat.

Time.—To bake, from 18 to 20 minutes. **Average Cost,** 2s. 6d. **Sufficient** for 8 cases.

The Fowl House.—In constructing a fowl house, care should be taken to build it against a wall or fence facing the south, or in one corner, so that the garden or fence forms two of the sides. The corner should if possible face south or south-east, thus sheltering the fowls from cold winds, and driving rains or sleet. The side and end of the fowl house should be built of sound weather boarding, and the roof of the same material with a good fall, so that the rain may run off quickly. The door with a slide should be placed in the corner of the house furthest away from the corner leading into the fowl run. The floor of the house should slope half an inch to the foot from back to front, to ensure good drainage. If practicable, it should be made of concrete, to keep away rats or other vermin. Failing this material, a good floor may be formed of chalk and dry soil, mixed together and well rammed down. Upon this some three inches of dry ashes should be sifted, and kept regularly raked. The perches should be of good size and rounded, arranged like steps, not placed one above the other—the ends falling into sockets, so that they may be easily taken out and cleaned. Convenient slips of wood should be driven into the wall, to render access to the perches as easy as possible. Ventilation, which is essential to the health of fowls, should be at the top of the house, and the amount of air admitted regulated by a sliding door; light is also important for the birds; one or two small panes of glass should therefore be let into the house front on the sunny side.

1187.—CHICKEN, RECHAUFFÉ OF.

See "Fowl, Hashed," Recipe No. 1224.

1188.—CHICKEN, RISSOLES OR RISSOLETTES OF. (*Fr.*—Rissolettes de Volaille.)

Ingredients.—About 4 ozs. of cooked chicken, 2 ozs. of cooked ham or tongue, 4 button mushrooms, 1 small truffle, ½ an oz. of butter, ½ an oz. of flour, ¼ of a pint of white stock, 1 tablespoonful of cream, salt and pepper, egg, breadcrumbs, frying-fat, rough puff paste.

Method.—Chop the chicken and ham finely, cut the mushrooms and truffle into small dice. Melt the butter in a stewpan, stir in the flour, add the stock, stir and boil well. Put in the chicken and ham, season to taste, mix the ingredients well over the fire, then add the mushrooms, truffle and cream, and put aside to cool. Roll out the paste as thinly as possible—stamp it out into rounds of about 2 inches diameter, pile a teaspoonful of the preparation in the centre, wet the edges with water, place another round of paste on the top, and press the edges together neatly. Brush over with egg and cover with breadcrumbs, and fry until lightly browned in hot fat. If preferred, half the quantity of the meat mixture may be enclosed in 1 round of paste, one half of which must be folded over to form them into half-moon shapes; variety may be introduced by substituting crushed vermicelli for the breadcrumbs.

Time. — Altogether, 1½ hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 8 to 12 rissoles, according to the size made.

1189.—CHICKEN, ROASTED. (*Fr.*—Poulet Rôti.)

Ingredients.—1 good chicken, 2 or 3 slices of bacon, ½ a pint of stock, fat for basting, salt and pepper, bread sauce (*see* Sauces, No. 180), a few drops of liquid caramel, watercress.

Method.—Truss the chicken for roasting, prick the entire surface of the breast with the point of a metal skewer or trussing needle, skewer over it the slices of bacon, baste well with hot fat, and roast before a clear fire or in a moderate oven for about 1 hour. Baste frequently, and a few minutes before serving remove the bacon for the breast to brown. Meanwhile simmer the neck (and the liver and gizzard when not trussed in the wings) in the stock. When the chicken is sufficiently cooked remove it to a dish, drain off every particle of fat, taking care not to disturb the sediment, pour in the stock, boil for 2 or 3 minutes, season and colour to taste, and strain into a sauceboat. Have ready the watercress well washed, drained, and season lightly with salt and pepper, and use as garnish. Serve both gravy and bread sauce separately.

Time.—About 1 hour. **Average Cost,** 3s. 6d. to 4s. **Sufficient** from 4 to 6 persons.

Note.—The pricking of the breast is not essential, but some cooks prefer this way.

1190.—CHICKEN, ROASTED, FRENCH STYLE. (*Fr.*—Poulet Rôti à la Française.)

Ingredients.—1 chicken, 1 oz. of butter, 1½ gills of stock. For the mirepoix, or foundation: 1 small onion, 1 carrot, 2 or 3 slices of bacon, salt and pepper, bread sauce (*see* Sauces No. 180), watercress for garnish.

Method.—Draw the chicken, wash the liver and heart, and put them aside; cut off the legs just below the first joint, truss for roasting, and spread the butter thickly over the breast. Slice the vegetables, put them into a baking-tin with the bacon, and the liver and heart of the chicken, fry these a little, then place the chicken on the top of the mirepoix, season well with salt and pepper, and cook in a quick oven for about 40 minutes. Baste frequently, and, if necessary, cover the breast with buttered paper to prevent it becoming too brown. When the chicken is done, remove the trussing string and skewers and keep hot. Drain the fat from the baking-tin, add the stock, boil for 2 or 3 minutes, season it to taste, and strain. Garnish the chicken with tufts of crisp watercress, and serve the gravy and bread sauce separately.

Time.—About 1 hour. **Average Cost,** 4s. **Sufficient** for 4 or 5 persons.

Characteristics of Health and Power.—The chief characteristics of health in a fowl are brightness and dryness of eye and nostrils, the comb and wattles firm and ruddy, and the feathers elastic and glossy The most useful cock is generally the greatest tyrant, who struts among his hens despotically, with his head erect, and with ever watchful eyes. A cock to be handsome should be of medium size, his bill short, his comb bright red, his wattles large, his breast broad, and his wings strong. His head should be small, his legs short and sturdy, and his spurs well-formed; his feathers should be short and close, and the more frequently and heartily he crows, the better father he is likely to become. Medium-sized hens are, as the rule, the best for breeding purposes.

1191.—CHICKEN SALAD. (*Fr.*—Salade de Volaille.)

Ingredients.—Cold chicken (roast or boiled) cut into joints or pieces if boned; to 4 tablespoonfuls allow 2 tablespoonfuls of finely-shredded celery, 1 tablespoonful of finely shredded white of hard boiled egg, 4 tablespoonfuls of Mayonnaise sauce (*see* Sauces, No. 201), 1 dessertspoonful of salad-oil, 1 dessertspoonful of vinegar, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper. For garnishing: pickled gherkins, capers, fillets of anchovy, stoned French olives, lettuce.

Method.—Mix the shredded chicken, celery, and white of egg together, in a bowl, stir in the salad-oil and vinegar, season with the salt and pepper, and let the mixture stand for 1 hour. When ready to serve, stir in the Mayonnaise sauce, range the salad in a dish on a bed of crisp lettuce, garnish the surface with the gherkins, capers, anchovies, olives, and, if liked, the yolks of eggs, previously rubbed through a fine sieve.

Time.—About 1¼ hours. **Average Cost,** 1s. 9d. to 2s. 3d. for this quantity, **Sufficient** for 5 persons.

1192.—CHICKEN SAUTÉ. (*Fr.*—Poulet Sauté.)

See "Chicken à la Marengo," Recipe No. 1149, and "Fowl Fried, with Peas," No. 1230.

1193.—CHICKEN, SMALL SOUFFLÉS OF. (*Fr.*—Petits Soufflés de Volaille.)

Ingredients.—4 to 5 ozs. of raw chicken, ¼ of a pint of cream, 2 eggs, 1 truffle, salt and pepper, ½ a pint of Béchamel sauce (*see* Sauces No. 178), salt, pepper.

Method.—Scrape the meat finely, pound it in a mortar with the yolks of the eggs, add seasoning to taste, and rub through a fine wire or hair sieve. Whip the cream slightly and whisk the whites of eggs to a stiff froth, add the mixture lightly to the chicken purée, put in the truffle cut into dice, and ¾ fill some well-buttered china or paper ramakin cases with the mixture. Bake in a moderate oven for about 20 minutes, and serve the hot sauce in a sauce-boat.

Time.—To prepare and cook, about 1 hour. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 1 dish.

1194.—CHICKEN, SOUFFLÉ OF. (*Fr.*—Soufflé de Volaille.)

Ingredients.—½ a lb. of raw chicken, 1½ ozs. of butter, the whites of 2 eggs, the yolk of 1 egg, ¼ of a pint of cream, pepper and salt, ½ a pint of Béchamel sauce (*see* Sauces No. 178).

Method.—Shred the chicken meat finely, or pass it through a mincing machine, then pound it in the mortar with the butter and yolk of egg, season with salt and pepper, and rub through a fine wire sieve. Whip the cream slightly and whisk the whites of egg stiffly, and add them lightly to the chicken purée. Place in a well-buttered soufflé (plain Charlotte) mould, cover with a buttered paper, and steam gently from 50 to 60 minutes. Or, fill up several small dariol moulds, and steam for about 25 minutes. Serve with the white sauce poured over, and, if liked, decorate with finely-chopped truffle.

Time.—60 to 90 minutes. **Average Cost,** 4s. to 4s. 6d. **Sufficient** for 6 or 7 persons.

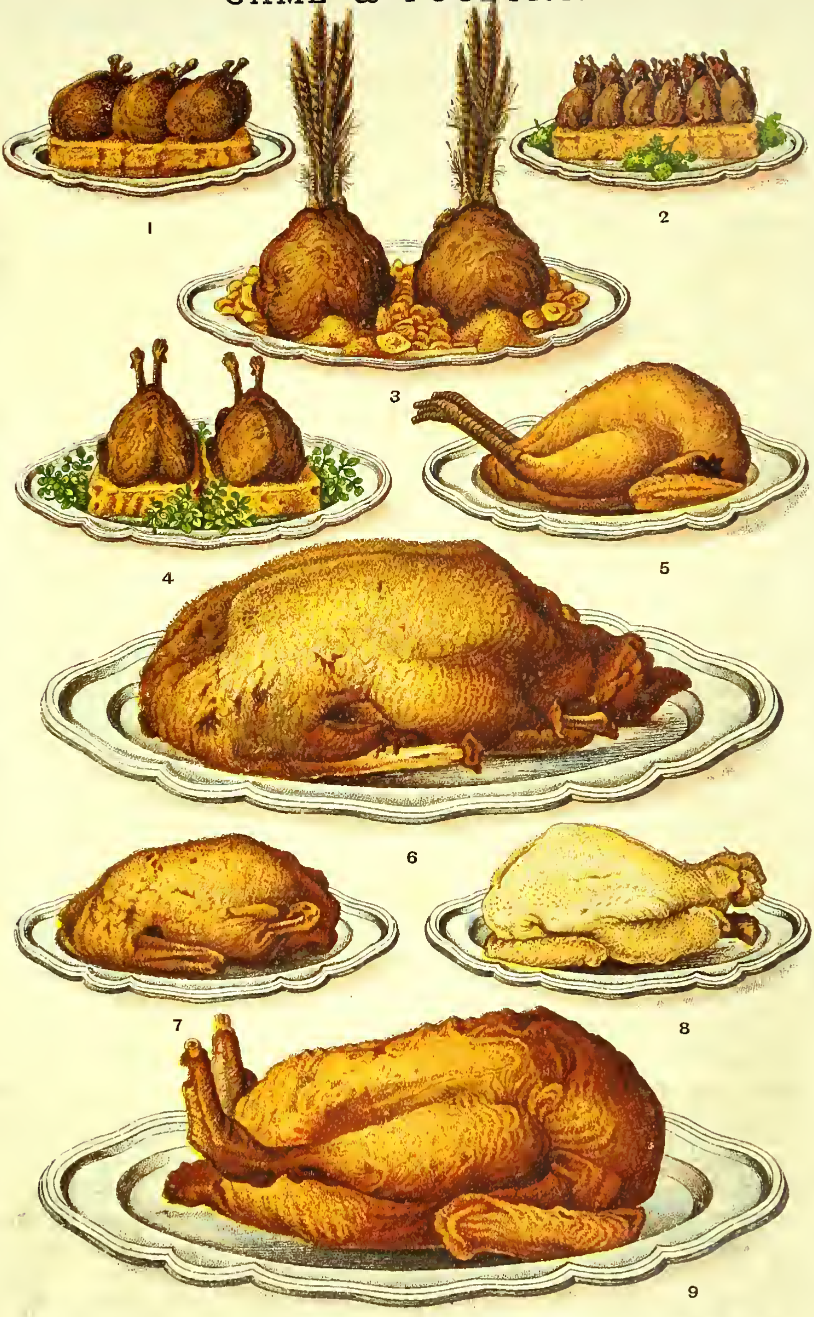
STOCKING THE FOWL HOUSE.—In selecting birds for stocking a fowl-house care should be taken that they are not more than two years old. The surest indications of old age in fowls are the fading of the comb and gills from brilliant red to a dingy brick colour, general paleness of plumage, brittleness of the feathers, length and size of the claws, and the ragged and corny appearance of the scales of the legs and feet. The selection will be dependent upon the purposes for which the fowls are to be kept, and the accommodation for keeping them. If the poultry is designed for the table, Dorkings, Game, Houdans are good breeds for that purpose. If for laying, Minorcas, Orpingtons, Wyandottes, Hamburgs, Leghorns, Polish and Spanish fowls are suitable. If both poultry and eggs are the object, Brahmas, or Langshans, and Brahmas crossed with one or other of the above breeds, will be found the best. It the object be the breeding of birds for exhibition the fancier will choose the particular bird he desires for competition.

1195.—CHICKEN, SPATCHCOCK. (*Fr.* Poulet à la Crapodine.)

Ingredients.—1 chicken, butter, salt and pepper. Tartare, piquante, or other sharp sauce (*see* Sauces) 4 to 5 thin slices of bacon.

Method.—Split the bird in half, cutting it through the back only, cut off the legs and wings at the first joints, and arrange in a flat form by means of skewers. Brush over with warm butter, season with salt and pepper, and grill over or in front of a clear fire for about 15 minutes. Turn frequently, brush over with butter, and when done

GAME & POULTRY.



1.—Snipe on Toast. 2.—Larks on Toast. 3.—Roast Pheasant. 4.—Roast Pigeons.
5.—Roast Fowl. 6.—Roast Goose. 7.—Roast Duck. 8.—Boiled Fowl.
9.—Roast Turkey.

season lightly with salt and pepper. Remove the skewers, dish up, garnish with fried bacon, and serve with it in a sauce-boat one of the above-named sauces.

Time.—About 25 minutes. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 4 or 5 persons.

1196.—CHICKEN, TIMBALES OF. (*Fr.*—Petites Timbales de Volaille.)

Ingredients.—½ a lb. of raw chicken, 1½ ozs. of butter, the whites of 2 eggs, the yolk of 1 egg, ¼ of a pint of cream, pepper and salt, ½ a pint of Béchamel sauce (*see* Sauces, No. 178), macaroni.

Method.—Boil the macaroni in salted water until tender, cut it across into rings about ⅛th of an inch in thickness, and with the rings line several well-buttered timbale moulds. The rings should be arranged as evenly as possible ; and the somewhat tedious task may be facilitated by using the point of a larding needle to fix them in position. Prepare the chicken purée as directed for "Soufflé of Chicken," No. 1194. Fill the prepared mould with the mixture. Steam the timbales from 25 to 35 minutes, arrange neatly on a hot dish, pour the sauce round, and serve.

Time.—1 hour **Average Cost,** 3s. 9d. to 4s. 3d. **Sufficient** for 5 or 6 persons.

Hens Sitting.—Some hens are very capricious as regards sitting ; they will make a great fuss and keep pining for the nest, but when they are permitted to sit will remain just long enough to addle the eggs, and then they will leave them. To guard against this annoyance it will be found to be a good plan to supply the hen with some hard-boiled eggs ; if she sits upon them for a reasonable time and seems inclined to remain, it will then be safe to supply her with proper eggs.

1197.—CURRIED CHICKEN. (*Fr.*—Kari de Volaille.)

Ingredients.—1 chicken, ¾ of a pint of white stock, 2 ozs. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of curry paste, 1 dessertspoonful of desiccated or fresh cocoanut, 1 dessertspoonful of chutney, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of cream, 1 apple, 1 onion, salt, cooked rice.

Method.—Divide the chicken into neat joints, and fry them lightly in hot butter. Remove them from the stewpan, put in the onion minced, fry for 2 or 3 minutes without browning, add the flour and curry-powder, stir and cook for a few minutes, then pour in the stock and stir until boiling. Replace the chicken in the stewpan, add the curry-paste, cocoanut, chutney, sliced apple, lemon-juice, and salt to taste, cover and cook very gently for about ¾ of an hour if the bird is young, or until the flesh of an older bird is tender. Arrange neatly, add the cream to the sauce, and strain over the chicken. The rice should be handed separately.

Time.—From 1½ to 1¾ hours. **Average Cost,** 4s. 6d. **Sufficient** for 5 persons.

Fowls as Food.—The fine and delicate flavour of the flesh of birds, which are included under the category of "poultry," renders it alike palatable and nourishing for both the delicate and the robust, and by the skill of the cook it can be served at the table boiled, roasted, fried, fricasseed, hashed, hot, cold, whole, dismembered, boned, broiled, in the form of cream or souffles, or as pies to please every taste, and adapted to suit the most delicate digestion.

1198.—CURRIED CHICKEN OR FOWL. (*Fr.*—Poulet à l'Indienne.)

Ingredients.—Remains of cold roast chickens or fowls, 1 onion, 1 apple, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, 1 dessertspoonful of lemon-juice, 1 teaspoonful of red currant jelly or chutney, 2 ozs. of butter, ¾ of a pint of stock, salt, cooked rice.

Method.—Divide the chicken into neat joints, simmer the bones and trimmings in stock or water for 1½ or 2 hours, then strain and use. Slice the onion, fry it lightly in the hot butter, add the flour and curry-powder, stir over the fire for 2 or 3 minutes, pour in the stock, and bring to the boil, stirring all the time. Now add the sliced apple, chutney, and salt to taste, cover, and simmer gently for ½ an hour, then put in the pieces of chicken and let them remain in the sauce for 30 minutes, but the stewpan must stand where the contents will be kept hot without boiling. When ready, arrange the chicken neatly add the lemon-juice to the sauce, season to taste, and strain over the chicken. Rice should be served separately.

Time.—About 1½ hours, after the stock is made. **Average Cost,** 2s. 9d. to 3s.

Age and Flavour of Chickens.—The flesh of young chickens is the most delicate and easily assimilated of animal foods, which makes it especially suitable for invalids and persons whose digestion is weak. Few animals undergo so great a change with regard to the quality of their flesh as the domestic fowl. When quite young, cocks and hens are equally tender, but as chickens grow older the flesh of the cock is the first to toughen, and a cock a year old is fit only for conversion into soup. A hen of the same age affords a substantial and palatable dish. This rule respecting age does not apply to capons, which, when well-fed and well-dressed for the table, are surpassed by few animals for delicacy of flavour. Even when three years old the capon is as tender as a chicken, with the additional advantage that his proper chicken flavour is more fully developed. The above remarks are applicable only to capons naturally fed and not crammed. The latter process may produce a handsome-looking and heavy bird, but when tested by cooking its inferiority will be only too apparent. As a rule small-boned and short-legged poultry are generally the more delicate in colour, flavour and fineness of flesh.

1199.—CHICKEN, VOL-AU-VENT OF. (*Fr.*—Vol-au-Vent de Volaille.)

Ingredients.—1 lb. of puff paste, ½ a pint of Béchamel or Supreme sauce (*see* Sauces), 6 ozs. of cooked chicken, 2 ozs. of cooked ham or tongue, 2 truffles, 6 mushrooms, salt and pepper, aromatic spice.

Method.—When the paste has had 6 turns, roll it out to about ¾ of an inch in thickness, and cut it into either a round or oval form, as may be desired and place on a baking tin. Brush over the top of the paste shape with beaten egg, make an inner ring, cutting the paste to about half its depth, and bake in a quick oven. Meanwhile, cut the chicken and ham into dice shapes or small cubes, cut the mushrooms and truffles into small slices, stir the whole into the hot Béchamel sauce, season with salt, pepper and aromatic spice, and make thoroughly hot. When the vol-au-vent case is sufficiently baked, remove the lid, scoop out the soft inside, fill with the prepared ragoût, put on the cover, and serve hot.

Time.—¾ of an hour, after the paste is made. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 6 to 8 persons.

THE MOULTING SEASON.—During the moulting season, beginning properly at the end of September fowls require extra attention, for although moulting is not in itself a disease, it frequently leads to weakness and subsequent illness. Tonics, as Parish's Food and cod liver oil, or a small quantity of iron in the drinking water; nourishing food with abundance ot green food should be given. Should the feathers, especially the head feathers, not come out, the dead feathers may be extracted with a pair of tweezers. A strong bird will usually get over his moulting in about three weeks.

1200.—CHICKEN ROAST, STUFFED WITH HERBS. (*Fr.*—Poulet rôti aux Fines Herbes.)

Ingredients.—1 chicken, 1½ ozs. of butter, 1 oz. of flour, 1 tablespoonful of shredded onion, 2 tablespoonfuls of shredded carrot, 1 teaspoonful each of chopped parsley, chervil, tarragon, or other herbs which are liked, 1 glass of white wine, ¾ of a pint of stock. For the forcemeat: 2 tablespoonfuls of breadcrumbs, 1 teaspoonful each of finely chopped parsley, shallots, chervil and tarragon, the liver of the chicken, 1 oz. of oiled butter, salt and pepper.

Method.—Remove the gall bladder, wash and chop the liver, finely, and add to it the breadcrumbs, parsley, shallots, chervil, and tarragon, with a liberal seasoning of salt and pepper. Add sufficient oiled butter to moisten the whole, stuff the crop of the bird with the preparation, secure the opening, and retruss the bird. Roast the chicken in front of a clear fire, or in a moderately hot oven for about 50 minutes basting frequently. Meanwhile melt the remaining 1½ oz. of butter in a stewpan, fry the onion and carrot slightly, add the flour, and cook gently until lightly browned. Put in the stock, stir until boiling, season to taste, add the wine, and about a teaspoonful of parsley, chervil and tarragon mixed, simmer gently for ¼ an hour, then strain. Serve with a little of the sauce poured round, and send the remainder to table separately.

Time.—To roast the chicken, about 40 minutes. **Average Cost,** 3s. 6d. to 4s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

1201.—CHICKEN WITH MACARONI. (*Fr.*—Poulet à la Milanaise.)

Ingredients.—1 chicken, ¼ of a lb. of macaroni, ¼ of a pint of tomato sauce (*see* Sauces, No. 281), ¼ of a pint of Espagnole sauce, No. 244, a few drops of lemon-juice or Tarragon vinegar, salt and pepper.

Method.—Boil the chicken until half cooked in stock, or, if this is not at hand, in water flavoured with vegetables. Put the macaroni into salted boiling water and cook rapidly for 15 or 20 minutes, until it is perfectly tender but not broken, then drain well, and cut into short lengths. Heat the sauces in a stewpan, and when the chicken is sufficiently cooked, cut it into pieces convenient for serving, and put them into the sauce. Add the macaroni, salt, pepper, lemon-juice or vinegar to taste, and simmer very gently for ¾ of an hour. Arrange the macaroni to form a bed in the centre of a hot dish, place the chicken on the top of it, strain the sauce over, and serve.

Time.—From 1 to 1¼ hours. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

THE DISEASES OF FOWLS AND THEIR CURE.—Fowls are liable to various diseases; the most dangerous of these is, perhaps, roup, a highly contagious disease. It commences with a cold, and is characterized by a thick discharge from the nostrils and eyes, which, unless the bird is at once isolated, will infect the other birds, especially through the medium of the drinking water. The vessels which contain it should be thoroughly disinfected. The nostrils and eyes of the isolated bird should be well washed out with warm water, or warm milk and water, and disinfectants, as Condy's Fluid, Labarrague's solution of chlorinated soda, one part to two of water, and Gamjees' Roup Pills, may be administered with advantage. When recovering, tonics, as Parish's Food and cod liver oil, will be serviceable. Fresh air and good ventilation in the fowl houses are the best preventatives ot this dangerous disease.

1202.—CHICKEN, WITH RICE AND TOMATOES.
(*Fr.*—Poulet au riz à la Milanaise.)

Ingredients.—1 chicken, larding bacon, 2 onions, 2 carrots, 1 turnip, all thickly sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, stock, ¼ of a pint of tomato purée, 3 ozs. of grated Parmesan cheese, salt and pepper.

Method.—Truss the chicken, lard the breast in close rows, and wrap it in greased paper. Put the vegetables, herbs and peppercorns into a stewpan, add sufficient stock to nearly cover them, and place the chicken on the top. Cover closely, cook gently for about 1½ hours, adding more stock to replace that which boils away. Wash and blanch the rice, cook it in good stock until tender and dry, then stir in the tomato purée and cheese, and season to taste. Put the chicken in a hot oven for a few minutes, to crisp the bacon, then serve with the rice either as a border or formed into timbales.

Time.—About 1¾ hours. **Average Cost,** 3s. 6d. to 4s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

OBSTRUCTION OF THE CROP.—This ailment is commonly caused by weakness or greediness. To cure it, the crop should be kneaded to remove its contents; if no good effect is produced, warm water should be poured down the throat, and another attempt made. The crop should if possible be emptied through the mouth, and a dessertspoonful of castor oil administered. If the crop cannot be emptied by kneading, it will be necessary to cut it, taking care that the incision avoids the large blood vessels, and is sufficiently large to admit a finger or teaspoon for the removal of the obstruction. A fine needle and horsehair or fine silk should be used to stitch up the crop, care being taken to stitch together first the inner skin and then the outer skin of the crop. Sometimes a diamond-shaped piece is cut from the crop before sewing it up, to contract the crop if it is permanently loose.

1203.—CHICKEN, WITH SUPREME SAUCE.

(*Fr.*—Suprême de Volaille.)

Ingredients.—1 chicken, ¾ of a pint of Supreme sauce (*see* "Sauces" No. 262), white stock, garnish of truffles or macedoine of vegetables.

Method.—Stew the chicken in stock until tender, then divide it into neat joints, put the back aside, and pile the remainder on a hot dish. Pour the sauce over, garnish with truffles or mixed vegetables, and serve.

Time.—From 1 to 1¼ hours. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

The Turn.—The malady called "turning" among song-birds is known as the "turn" in fowls. In both cases its origin is similar—overfeeding and want of exercise. A fowl so affected will totter and then fall from its perch, and unless assistance be speedily given will soon die. The veins of the palate should be opened, and a few drops of a mixture composed of six parts of sweet nitre and one part of ammonia poured down the throat.

1204.—CHICKEN WITH ITALIAN SAUCE.

(*Fr.*—Poulet à la Italienne.)

Ingredients.—1 chicken, trussed for roasting, ¾ of a pint of Italian sauce (*see* Sauces). For the macédoine, or vegetable mixture: carrot, turnip, leek, celery, 1 oz. of butter, pepper and salt, chopped parsley.

Method.—Roast the chicken in front of a clear fire, or in a moderate oven, and cut it into pieces convenient for serving. Cut the vegetables with a plain ½-inch diameter cutter into rounds about ¼-inch in thickness, boil them separately in salted water, and drain well. Melt the butter in a stewpan, put in the vegetables, season with pepper, and toss them over the fire until the butter is absorbed. Arrange the chicken in the centre of a hot dish, strain the hot sauce over, group the vegetables round the base, sprinkle over them the chopped parsley, and serve.

Time.—About 1 hour. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 3 or 4 persons.

Skin Diseases in Fowls.—Cutaneous diseases are acquired by fowls kept in unventilated and dark places, but where the birds are lodged in healthy quarters such diseases are not likely to occur. Want of freedom, fresh air and insect food are the predisposing causes of such ailments, which are characterized by the falling of the feathers from the head and neck. By removing the causes a cure is effected.

1205.—CHICKEN, COLD, GARNISHED. (*Fr.*—Chaudfroid de Volaille.)

Ingredients.—2 cold boiled fowls, 1 pint of Béchamel (No. 175) or Supreme sauce (No. 212), ½ a pint of aspic jelly, 1 oz. of gelatine. For garnish: dressed salad, truffle, chili, aspic jelly.

Method.—Divide the chickens into pieces of convenient size, skin and trim them neatly. Dissolve the gelatine, previously soaked, in a little cold water, add it to the warm Béchamel sauce, stir until cool, then pour it carefully over the pieces of chicken. Decorate with fancifully-cut pieces of truffle and chili, and when the sauce is quite set, coat with cold liquid aspic jelly, pouring it carefully over each piece with a tablespoon. Arrange in a pyramidal form on a bed of dressed salad, and garnish with slices of cucumber, tufts of endive and cubes of aspic ; or the aspic jelly may be coarsely chopped.

Time.—1 hour. **Average Cost,** 8s. to 9s. **Sufficient** for 9 or 10 persons.

Note.—Considerable variety may be introduced by using tomato, Espagnole, and green chaud-froid sauces (*see* Sauces), the combination of green and white, and brown and red being particularly effective.

DIARRHŒA AND DYSENTERY.—Sudden alteration of diet, superabundance of green food, and other causes, produce this complaint among fowls. In its less acute form a little arrowroot or ground rice mixed with water and made into a pill and followed by a diet of boiled rice, to which a little powdered chalk has been added, will be found a good remedy. An excellent prescription is composed of 5 grains of chalk, 5 grains of rhubarb, 3 grains of cayenne pepper made into a pill, with half a grain of opium added in severe cases. Chlorodyne, 2 to 6 drops in a teaspoon of warm water is used with good results. Dysentery, if acute, is difficult to cure, and the more merciful course is to kill the bird and bury it with disinfectants.

1206.—DUCK, BRAISED WITH CHESTNUTS.
(*Fr.*—Canard Braisé à la Française.)

Ingredients.—1 duck, 1 pint of stock, ¾ of a pint of Espagnole sauce (see Sauces No. 244), 1 glass of port wine, 1 dessertspoonful of red currant jelly, 1 Spanish onion, 1 lb. of chestnuts, larding bacon, 2 ozs. of butter, the yolks of 2 eggs. For the mirepoix, or foundation : 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 allspice, 2 cloves, salt and pepper.

Method.—Boil the chestnuts and remove the skins, cook the Spanish onion in stock or water until tender, chop both finely, season with salt and pepper, add the yolks of eggs, and use these for stuffing the duck. Truss the duck and lard it neatly Put the butter and sliced vegetables into a large stewpan, place the duck on the top of them, cover and fry gently for 20 minutes. Next add as much of the stock as will ¾ cover the vegetables, and the remainder as that in the stewpan boils away. Cover the duck with a buttered paper, put on the lid, and cook gently for about 2 hours, or until the duck is perfectly tender. Heat the Espagnole sauce, add to it the wine and jelly, and season to taste. Remove the trussing strings, and put the duck in a hot oven for a few minutes to crisp the bacon. Serve with a small quantity of the sauce poured over, and the remainder in a sauce-boat.

Time.—About 2 hours. **Average Cost,** 5s. to 5s. 6d. **Sufficient,** for 4 or 5 persons. **Seasonable** from August to March.

1207.—DUCK, BRAISED WITH TURNIPS. (*Fr.*—Canard à la Nivernaise.)

Ingredients.—1 duck, 1 pint of good stock, larding bacon, ½ a glass of sherry, 3 young turnips, salt and pepper, mirepoix as in the preceding recipe, glaze.

Method.—Truss and lard the duck, and braise it as directed in the foregoing recipe. When cooked, brush over with warm glaze, and crisp the lardoons in the oven. Strain the stock and reduce it by rapid boiling until about half the liquid remains, then add the sherry, and season to taste. Have ready the turnips cut into dice, and cooked until tender. Place the duck on a hot dish, arrange the turnips in groups, pour the sauce round, and serve.

Time.—About 2 hours. **Average Cost,** 4s. 6d. to 5s. **Sufficient,** for 4 to 5 persons. **Seasonable** from August to March.

The Duck (Fr. *canard*).—This well-known bird is a member of the sub-family *Anatidae*, and is allied to the swans, geese, guillemots and gulls. There are numerous species of ducks which are found extensively distributed over most parts of the world. Their food is partly vegetable, partly animal, consisting of insects, larvae, and, in the domesticated state, of corn, maize, etc., worms and aquatic plants. Some species are migratory, flying in the summer season from warmer to colder regions. Their nests are constructed on the ground among the rushes on the margins of lakes and rivers, or in marshy places. The male duck, or drake, is distinguished from the female by its greater size, the recurved four middle feathers of its tail and the brighter colour of its plumage; the feathers of the female being of a more sombre tint, but during the moulting season in June and November the drakes more nearly resemble the ducks. Ducks are gregarious in their habits. The characteristic harsh quack of the duck is due to the curiously twisted conformation of the trachea or windpipe.

1208.—DUCK, FILLETS OF. (*Fr.*—Filets de Canard à la Bigarade.)

Ingredients.—1 good duck, ½ a pint of Bigarade sauce, No 226 (*see* Sauces), 2 small oranges, salad-oil, potato border, salt and pepper.

Method.—Singe, draw, truss the duck, and roast it in front of a clear fire or in a moderate oven until tender. Peel the oranges, separate them into their natural divisions, remove the pith and pips, warm over boiling water in a covered basin or between 2 plates, and before serving mix with them a teaspoonful of salad-oil. Remove the breast from the duck, cut it into long fillets, arrange them neatly overlapping each other on a nicely-browned potato border, and pour the Bigarade sauce over. Pile the compote of oranges in the centre, and serve. The remainder of the duck should be put aside, and afterwards converted into a salmi or hash (*see* recipes for same).

Time.—To roast the duck, from 40 to 60 minutes, according to size and age. **Average Cost,** 4s. to 6s. 6d. **Sufficient** for 4 or 5 persons.

The White Aylesbury Duck is a favourite bird for the table, its flesh being whiter and more delicate than that of other varieties.

The Buenos Ayres Duck is a very handsome bird, and is chiefly kept as an ornament for lakes and ponds in parks and the grounds of private mansions. Its prevailing colour is black with a metallic lustre, and a blue steel sheen on its breast and wings.

1209.—DUCK, HASHED. (*Fr.*—Canard au Vin Rouge.)

Ingredients.—1 Cold roast duck, 1 pint of stock, 1 oz. of butter, 1 oz. of flour, 1 orange, 1 onion, a glass of claret, salt, and pepper.

Method.—Divide the duck into pieces (joints) suitable for serving. Chop the onion finely, fry it in the butter, add the flour, stir over the fire until brown, then pour in the stock, stir until it boils, and simmer for 10 minutes. Cut the orange rind into very thin strips, add them with the juice of the orange, the wine and the duck to the sauce, season with salt and pepper, and simmer very gently for ½ an hour.

Time.—About 1 hour. **Average Cost,** 3s. 6d., to 4s. 6d. **Sufficient,** allow 1 duck for 4 persons. **Seasonable** from August to March.

Varieties of Ducks.—Among the numerous species and varieties of ducks are the Canvas-back duck, a native of North America, and highly esteemed for the table; the Muscovy-duck, an erroneous form of musk-duck (*Cairina moschata*), a native of South America, but domesticated in Europe. It is larger than the common duck, and possesses a peculiar musky smell. The Shoveller duck, an inhabitant of our island in the winter, is chiefly remarkable for its long bill and hooked widely-broadened tip. The plumage of the back is brown, with green on the head and neck. Its eggs are dirty-white tinted with green. The Pintail, which takes its name from the long tapering form of the tail of the male bird, inhabits Britain and the South of Europe in winter. The plumage of the pintail is brown, with white and black lines, and its flesh is palatable.

1210.—DUCK AND RED CABBAGE. (*Fr.*—Canard au Chou rouge.)

Ingredients.—Remains of 2 or 3 cold ducks, ½ a red cabbage, 2 ozs. of butter, good gravy or stock, 1 tablespoonful of vinegar, salt and pepper.

Method.—Wash and drain the cabbage, and shred it finely. Heat the butter in a stewpan, put in the cabbage and a good seasoning of salt and pepper, cover closely, and cook gently for 1 hour, adding a little gravy or stock if necessary to prevent burning. Divide the ducks into neat joints, place them in a stewpan with just sufficient hot gravy or stock to barely cover them, put on a close-fitting lid, and allow the stewpan to stand just below simmering point for nearly 1 hour. When ready, add the vinegar to the cabbage, turn it on to a hot dish, arrange the duck neatly upon it, and serve with a little good gravy, either poured round or handed separately.

Time.—About 1 hour. **Average Cost,** 6d., exclusive of the ducks. **Sufficient** for 4 or 5 persons. **Seasonable,** September to January.

American Mode of Capturing Ducks.—Various methods of capturing ducks are employed on the rivers in America. Sometimes half a dozen artificial birds are fastened to a little raft, so weighted that the sham birds squat naturally in the water, and attract the notice of a passing flock of the wild ducks, which fall an easy prey to the fowling-piece of the hunter, concealed in ambush. Another method is pursued in the winter time by the fowler of the Delaware when the water is covered with rubble ice. He paints his canoe entirely white, lies down in the bottom of it, and floats with the broken ice; the ducks being unable to distinguish between the colour of the canoe and that of the ice. As soon as the fowler recognizes by the quacking, fluttering, and whirring, of wings that he is in the midst of a flock he rises up suddenly, discharges his gun, and scatters a deadly leaden shower among the surprised birds.

1211.—DUCKS, ROASTED. (*Fr.*—Canards Rôtis.)

Ingredients.—2 ducks, sage and onion stuffing No. 404 (*see* Forcemeats) ½ a pint of stock, ½ an oz. of flour, salt and pepper, apple sauce No. 316 (*see* Sauces).

Method.—Stuff the body of the ducks with the onion farce or stuffing and truss them as directed. Baste them well with hot fat, and roast them in front of a clear fire or in a moderately hot oven for about 1 hour, basting frequently. When done, pour off the fat and if a thick gravy is preferred, brown the flour in the dripping-pan before adding the stock. Bring the gravy to boiling point, season to taste, simmer for 1 or 2 minutes, and serve in a sauce-boat.

Time.—From 1 to 1¼ hours. **Average Cost,** 7s. to 8s. **Sufficient** for 8 to 9 persons. **Seasonable** from August to March.

Bow-bill Ducks.—The short legs of the *Anatidae* or duck sub-family, from their backward position, cause the fore part of the body to preponderate, and produces the ungainly movement which characterizes the duck when walking on land. Some species of ducks are, however, more adapted to terrestrial habits than others, and among these is the summer duck of America (*Dendronessa sponsa*). This handsome bird usually rears her young in the holes of trees which overhang the water. When sufficiently strong the ducklings scramble to the mouth of the hole, launch into the air with their little wings and feet outstretched, and drop into the water. If the nest is situated some distance from the water, the mother carries them to it one by one in her bill, carefully holding each so that it sustains no injury. It has been noticed that when the tree is still further away from a stream or pool the duck allows her young to fall upon the grass and dry leaves beneath the tree, and afterwards leads them directly to the water. Among the varieties of ducks some are interesting, owing to some singularity of appearance, as the bow-bill or hook-bill duck, so named from the distorted shape of its bill, and the Penguin-duck, which waddles in an upright position, and thus resembles its namesake.

1212.—DUCK, ROUENNAISE STYLE. (*Fr.*—Canard à la Rouennaise.)

Ingredients.—1 large "Rouen" duck, 2 ozs. of butter, 1 tablespoonful of chopped shallots, a bouquet-garni (parsley, thyme, bay-leaf), ½ a teaspoonful of lemon-juice, 1 glass of claret, ½ a pint of stock, 1 dessertspoonful of flour. For the stuffing: the heart and liver of the duck, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely chopped parsley, 1 small onion parboiled and finely chopped, 1 oz. of butter, salt and pepper.

Method.—Remove the gall bladder from the liver, wash both liver and heart, and chop them finely. Add the breadcrumbs, parsley, onion, a good seasoning of salt and 1 oz. of butter, previously oiled. Stuff the duck with this preparation, secure the opening, and truss into shape. Heat the 2 ozs. of butter in a stewpan sufficiently large to hold the duck, put in the duck and chopped shallot, then fry until nicely browned. Remove the duck, sprinkle in the flour, let it brown, add the stock and claret, and stir until boiling. Replace the bird, add the bouquet-garni and lemon-juice, season to taste, cover closely, and braise in a moderately cool oven for about 1 hour, or until tender. Joint the duck, but keep it in shape, and serve with the sauce strained over.

Time.—About 1½ hours. **Average Cost,** 4s. to 4s. 6d. **Sufficient**

for 4 or 5 persons. **Seasonable** from March to September, but to be obtained all the year round.

The Rouen Duck, bred largely in Normandy, is a large and handsome variety of duck. Its plumage is somewhat sombre, and its flesh is darker and less delicate in flavour than the Aylesbury duck, with which breed the Rouen duck is usually mated, the result being an increase of size and strength. These ducks abound in Normandy and Brittany, and duck-liver patés are a popular relish in those districts.

The Shoveller-Duck is characterized by its long hooked bill, with a broadened tip. Its head and neck are green, and the colour of its body brown, with white underneath. It inhabits Britain during the winter.

1213.—DUCK, SALMI OF. (*Fr.*—Salmis de Canard aux Olives.)

Ingredients.—1 duck (or remains of cold ducks), 12 stoned French olives, 1½ ozs. of butter, 1 oz. of flour, ¾ of a pint of stock, 1 medium-sized Spanish onion, fat for basting, salt and pepper.

Method.—Singe, draw, and truss the duck, slice the onion, and put it into a baking-tin ; place the duck on the top, baste with hot fat, and roast in a moderate oven for ½ an hour, basting frequently. In the meantime, melt the butter, stir in the flour, and cook over the fire until a brown roux or thickening is formed, then add the stock, stir until boiling, and simmer until required. When the duck is sufficiently roasted, remove the trussing string, cut the bird into small joints, add these with the olives to the sauce, season well, and simmer gently for about ½ an hour. Return the baking-tin to the oven until the slices of onion are tender, then rub them through a fine hair sieve, and add them to the contents of the stewpan. Drain off every particle of fat, and add the sediment in the baking-tin to the sauce. When it is ready dish the salmi in the centre of a hot dish on a croute of fried bread, pour over the sauce, and the olives. Serve hot.

Time.—About 1 hour. **Average Cost,** 4s. to 5s. **Sufficient** for 4 or 5 persons.

The Wild Duck.—In many parts of England the wild duck is to be found, especially in desolate fenny places where water is abundant. Wild ducks are plentiful in Lincolnshire, and are taken in the decoys, or ponds situated in the marshes, and surrounded with wood or reeds to prevent the birds which frequent them from being disturbed. The birds sleep in these ponds during the day, and as soon as the evening sets in the decoy-duck rises, for the wild ducks feed during the night. Now is the time for the decoy-ducks to entrap the others. From the ponds in different directions canals diverge, at the end of which funnel-shaped nets are placed. Along these the decoy-ducks lead the others in search of food. When they have gone a certain length a decoy-man appears, and drives the birds further on until they are finally taken in the nets. The London market is largely supplied from the Lincolnshire fens. The Chinese have a singular method of capturing wild ducks. A man having his head covered with an empty calabash wades in the water up to his chin, and approaches the place where the ducks are swimming. The unsuspicious birds allow the calabash to move among them at will. The man accordingly walks about in the midst of the game, pulls them by the legs under the water, and fixes the ducks to his belt until he has secured as many as he requires, and then moves off without the birds discovering the trick played upon them. This mode of duck-hunting is also practised on the Ganges, earthen vessels being used by the Hindus instead of calabashes.

The male of the wild duck is called a "mallard," and the young ducks "flappers." The time to try to find a brood of these is about the month of July among the rushes of the deepest and most retired parts of some brook or stream, where, if the old bird is sprung, it may be assumed that its brood is not far off. When once found flappers are easily killed, as they attain their full growth before their wings are fledged. The sport, therefore, more resembles hunting water-rats than shooting birds. When the flappers take wing they are then called wild ducks, and about the month of August they betake themselves to the cornfields, remaining there until disturbed by the harvest operations. The wild ducks then frequent the rivers early in the evening, and afford excellent sport to those who possess the patience to wait for the birds. To recognize a wild duck it is only necessary to look at its claws, which should be black.

1214.—DUCK, STEWED WHOLE. (*Fr.*—Canard en Ragoût.)

Ingredients.—1 duck, 1 pint of brown stock, 1½ ozs. of butter, 1½ ozs. of flour, 2 onions sliced, 2 sage leaves, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Roast the duck, or bake it in a good oven for 20 minutes, then place it in a stewpan with the herbs and onions, and cook slowly for ¾ of an hour. Melt the butter, add the flour, and, when well browned, strain in the stock. Stir over the fire until a smooth sauce is obtained, then draw the stewpan aside, simmer gently for 20 minutes and strain. Serve the duck on a hot dish, pour over it some of the sauce, and send the remainder to table in a sauceboat.

Time.—About 1¼ hours. **Average Cost,** 3s. 6d. to 4s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** from August to March.

The Mallard or Wild Duck (Fr. *canard sauvage*).—*Anas boschas* is the original stock from which the numerous varieties of the domesticated duck have been derived. It is found throughout Europe, Asia and America. The plumage of the male is metallic green on the head and neck, the latter being encircled with a collar of white ; the body is of a dark chestnut colour, marked with black ; that of the female is of a dull brown hue. In the spring the plumage of the male begins to fade, and in about two months the brilliancy of his feathers disappears, so that the mâle bird is scarcely distinguishable from the female. Then the greens and the blues and the browns begin to bud out again, and by October he is once more a gorgeous drake. It is a curious fact that domestication has seriously deteriorated the moral character of the duck. In the wild state the drake is a faithful husband, devoting himself to one wife, but in the domestic state he becomes a polygamist and owns a dozen wives. The females are much more solicitous for their progeny in the wild state than when tame, and if her ducklings are molested she will buffet the transgressor with her broad wings, and dash boldly into his face, striking vigorously with her stout beak. If her nest is searched for in the long grass, the mother bird will try by every means in her power to lure away the intruder, a favourite manœuvre being to simulate lameness to encourage pursuit and capture. After being pursued for half a mile or so, the bird will fly up and make her escape.

The duck was highly esteemed by the Romans for the delicacy and flavour of its flesh, to which even medicinal virtues were ascribed. Plutarch states that Cato preserved his household in health during a plague by dieting its members on roast duck.

1215.—DUCK STEWED WITH GREEN PEAS. (*Fr.*—Canard aux Petits Pois.)

Ingredients.—Remains of cold roast ducks, 1 pint of brown sauce (*see* Sauces, No. 233), 1 pint of shelled peas, 1 sprig of mint, 1 lump of sugar, lemon-juice.

Method.—Parboil the peas with the mint and sugar, and drain well. Divide the remains of the ducks into neat pieces, put them into the hot brown sauce, add the peas, season to taste, and simmer very gently for ½ an hour. Before serving, add a few drops of lemon-juice.

Time.—From 45 to 60 minutes. **Average Cost,** 1s., exclusive of the ducks. **Sufficient** for 3 or 4 persons. **Seasonable** from August to March.

The Common Teal (Fr. *sarcelle*) is the smallest of the *Anatidae*, or duck family. Its bill is long and furnished with a horny tip ; the plumage of the male is brown, with feathers of a lustrous metallic green. It visits Britain during the winter, and teal shooting is a favourite sport in the fen districts. It is also captured in large numbers by means of decoys. The green-winged teal and the blue-winged teal of North America are handsome birds ; and the Chinese teal, or Mandarin duck, is especially noted for the bright tints of purple, green, white and dark brown, which distinguish the male bird.

The Blue-bill Duck, known also as the Scaup-duck, frequents our coasts in winter, and feeds upon small fish and molluscs. Its flesh is coarse.

1216.—DUCKLING, STUFFED. (*Fr.*—Caneton à la Rouennaise.)

Ingredients.—1 large "Rouen" duckling, 1 chicken liver, ¾ of a pint of brown sauce (*see* Sauces No. 233), 3 ozs. of breadcrumbs, 1 oz. of butter, the yolks of 2 eggs, ½ a shallot finely-chopped, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped thyme, or ½ the quantity of powdered thyme, salt and pepper, nutmeg.

Method.—Blanch the chicken liver and the liver from the duckling, chop them finely, add the herbs, breadcrumbs, butter melted, a pinch of nutmeg, a good seasoning of salt and pepper, and bind with the yolks of eggs. Stuff the duckling, baste it well with hot butter or fat, and roast in a quick oven for about ½ an hour, basting frequently. Then drain off every particle of fat, pour the hot brown sauce into the baking-tin, and continue the cooking until the duckling is tender ; 15 or 20 minutes should be sufficient, and the duckling must be almost constantly basted during the time with the sauce. Serve on a hot dish, strain over a little of the sauce, garnish with orange quarters, and send the remaining sauce to table in a sauce-boat.

Time.—About 1 hour. **Average Cost,** 4s. 6d. to 6s. 6d., according to size and season. **Seasonable** from March to August.

The Eider-Duck (Fr. *eider*) *Somateria mollissima*, supplies the useful "down" used for making coverlets and other purposes. It is obtained from the nests of the eider-duck, the female plucking from her breast the warm, soft elastic down to line her nest and cover over and keep warm the eggs which she has laid. Each female bird supplies about ½ a lb. of down. The down is imported in the form of balls, weighing 3 to 4 lb. The eggs of a pale green colour are five or six in number and two broods are produced each year. The eider-duck is twice the size of the ordinary duck, about 24-in. in length, and weighs some 7 lb. The plumage of the male is white on the neck and back and black underneath the body, the crown of the head is deep black, and the sides of the head white. It has a green bill and green legs. The female is reddish-brown marked with black. Its wings have two white bands. The king eider-duck, common in Greenland, has a red beak and legs, and the male has a warty protuberance on the base of the upper bill. The chief habitats of the eider-duck are Greenland, Norway, Sweden, Iceland and the northern islands of Britain. where it frequents solitary rocky shores. It is also abundant on the coasts of North America.

1217.—DUCK, TO STEW WHOLE. (*Fr.*—Canard en Ragoût.)

Ingredients.—1 duck, good stock, 2 ozs. of butter, 1½ ozs. of flour, 2 onions sliced, 4 sage-leaves, 2 or 3 strips of lemon-thyme, salt and pepper, fat for basting.

Method.—Truss the duck, baste it well with hot fat, and cook it quickly either in front of a clear fire or in a hot oven until well-browned. Melt the butter in a stewpan, fry the onions brown, then remove them and sprinkle in the flour, and let it cook slowly until well-browned. Place the duck in a stewpan containing sufficient hot stock to barely cover it, add the fried onions, sage-leaves and lemon-thyme, cover closely, and simmer gently for ½ an hour. When ready, strain and add ¾ of a pint of the stock to the blended butter and flour, stir until boiling, season to taste, and simmer gently for 5 minutes. Serve with a little sauce poured over, and hand the remainder separately. Plainly-boiled green peas should accompany this dish.

Time.—About 1 hour. **Average Cost,** 3s. 9d. to 4s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from March to August.

Duck Snares in the Lincolnshire Fens.—The following method was formerly practised in snaring wild ducks in the fens of Lincolnshire. The favourite haunts of the birds in the lakes to which they resorted were noticed, and a ditch was cut across the entrance to the most sequestered part of a haunt. This ditch of a circular shape narrowed gradually from its entrance to the further end which was usually 2 feet in width. On each side of the ditch the banks of the lake were kept clear of weeds and close herbage, to enable the ducks to rest upon them. Along the ditch poles were driven into the ground, close to the edge on each side, the top of the poles being bent across and secured together. The poles then bent forward at the entrance to the ditch, and formed an arch, the top of which was 10 feet distant from the surface of the water; the arch was made to decrease in height as the ditch decreased in width, so that the remote end was not more than 18 in. in height. The poles were placed about 6 ft. from each other, and connected with other poles laid lengthwise across the arch and fastened together. A net was thrown over all, and made fast to a reed fence at the entrance 9 or 10 yards up the ditch, and afterwards strongly pegged to the ground. At the end of the ditch furthest from the entrance was fixed a "tunnel" net, 4 yards in length of a circular form, and kept open by a number of hoops 18 in. in diameter, placed at a small distance from each other to keep it distended. On one side a number of reed fences, called "shootings," were constructed, for the purpose of screening the decoy-man from observation, and in such a manner that the fowl in the decoy might not be alarmed while he was driving those in the pipe. These "shootings," ten in number, were about 4 yards in length and 6 feet in height. From the end of the last shooting a person could not see the lake owing to the bend of the ditch, and there was then no further occasion for shelter. Except for these "shootings" the fowl that remained about the mouth of the ditch would have been alarmed if the person driving the ducks already under the net should have been exposed, and would become so shy as entirely to forsake the place.

1218.—DUCK WITH CARROTS. (*Fr.*—Canard aux Carottes.)

Ingredients.—Remains of cold ducks, 3 or 4 large carrots, ½ a pint of Espagnole sauce (*see* Sauces, No. 244), 1 oz. of butter, sugar, salt and pepper.

Method.—Boil the carrots in a small quantity of water with a small piece of loaf sugar until tender, then rub them through a fine sieve, season to taste, add the butter, and re-heat. Cut the ducks into pieces convenient for serving, put them into the hot sauce, and let them simmer very gently for ½ an hour. Place the purée of carrots on a hot dish, arrange the pieces of duck neatly on the top, pour the sauce round, and serve.

Time.—About 1 hour. **Average Cost,** 9d., exclusive of the duck. **Sufficient** for 3 or 4 persons. **Seasonable** from August to March.

The Decoy-Man, Dog and Ducks.—The decoy-man on approaching the ditch, described above, took a piece of lighted peat or turf and held it near to his mouth, to prevent the ducks smelling him. A specially trained dog accompanied him. The man then walked very silently about half-way up the shootings, where a small piece of wood was thrust through the reed fence, making an aperture just large enough to enable him to see if any fowls were inside; if none were there he walked on to ascertain if the ducks were about the entrance to the ditch. If successful in his search the decoy-man stopped, made a motion to his dog, and gave him a piece of cheese to eat, when the sagacious animal went directly to a hole through the reed fence, and the birds immediately flew off the bank into the water. The dog returned along the bank between the reed fences, and came out to his master at another hole. The master then gave his canine assistant something more to encourage him; and the dog repeated his rounds until the birds were attracted by his motions, and followed him into the mouth of the ditch—this operation was called "working" the ducks. The man now retreated further back, "working" the dog at different holes until his prey were sufficiently under the net. The man next commanded the dog to lie down under the fence, and going himself forward to the end of the ditch nearest to the lake, he took off his hat, and waved it between the shootings. All the birds that were under the net could then see him, but not those which were in the lake. The former flew forwards; and the man ran to the next shooting, and waved his hat, driving the birds along until they came into the tunnel net, into which they crept. When they were all in, the decoy-man gave the net a twist, thus preventing them from getting back. He then took the net off from the end of the ditch, and taking the ducks out, one by one, dislocated their necks.

1219.—DUCK, ROASTED, WILD. (*Fr.*—Canard Sauvage Rôti.)

Ingredients.—1 wild duck, ½ a pint of Espagnole sauce, (*see* Sauces, No. 244), 1 glass of port wine or claret, the juice of a lemon, watercress, salad-oil, salt and pepper.

Method.—Draw and truss the bird, and roast it in front of a clear fire or in a moderate oven for about 45 minutes, basting frequently. Make the sauce as directed, add to it the wine and lemon-juice, season to taste, and keep hot until required. Serve the duck on a hot dish, garnish with watercress, previously well washed, dried and seasoned with pepper and salad-oil, and send the sauce to table in a sauceboat.

Time.—About 30 minutes. **Average Cost,** 3s. 6d. to 4s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from August to March.

Duck's Eggs.—All ducks are good layers if carefully fed and properly tended. Ducks when in good health usually lay at night or early in the morning, and one of the surest signs of indisposition among birds of this class is their irregularity in laying. The tint of the eggs laid depends chiefly upon the colour of the duck—light-coloured ducks laying white eggs, brown ducks eggs of greenish-blue, and dark-coloured birds producing the largest-sized eggs. When placing the eggs of other birds under a duck to be hatched, care should be taken that the eggs match those of the duck as nearly as possible, otherwise the duck may turn out of the nest and destroy the eggs which differ from her own in size and colour.

Cooping and Feeding Ducklings.—Brood ducks should be cooped at some distance from the other birds. Just outside the coop should be placed a wide and flat dish of water, which must be frequently renewed. Barley or meal should be given to the ducklings as their first food. If the weather be wet the tails of the young birds must be clipped to prevent these draggling and causing weakness. The state of the weather and the strength of the ducklings will determine the period of their confinement to the coop. As a general rule a fortnight is sufficient, and the luxury of a swim may sometimes be permitted them at the end of a week. At first the ducklings should not be allowed to stay too long in the water, for they then will become ill, their feathers get rough, and their stomachs disarranged. In the latter case the birds must be closely cooped up for a few days, and bean-meal or oatmeal be mixed with their usual food.

Fattening Ducks.—Some duck keepers allow their ducks to wander about and pick up food for themselves, and they appear to fatten on this precarious living; but unless ducks are supplied in addition to chance food with a liberal morning and evening meal of corn or grain their flesh will become flabby and insipid. The simplest way to fatten ducks is to allow them to have as much substantial food as they will eat, especially bruised oats and pea-meal. No cramming is required, as they will eat to the verge of suffocation. They should, however, be well supplied with clean water and allowed to have plenty of exercise.

1220.—FOWL, BOILED. (*Fr.*—Poulet Bouilli.)

Ingredients.—1 fowl, 1½ ozs. of butter, 1½ ozs. of flour, ¾ of a pint of stock, 1 onion, 1 carrot, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

Method.—Truss the fowl for boiling. Have ready a saucepan just large enough to contain the fowl, and as much boiling stock or water as will cover it. Rub the breast of the bird with lemon, wrap it in a buttered paper, put it into the saucepan, bring to the boil, and skim well. Add the sliced vegetables, bouquet-garni, peppercorns and salt if necessary, and cook very gently until the fowl is tender. A young fowl should be ready to serve at the end of 1 hour, but an old bird may need twice that length of time. Meanwhile, melt the butter in a stewpan, add the flour, cook for a few minutes without browning, pour in the stock (use some of the liquor in which the fowl was cooked if none other is at hand), and boil up, stirring all the time. Season to taste, and simmer for 10 minutes, or until the fowl is ready. Remove the trussing string, place on a hot dish, pour over the sauce, which must be thick enough to coat it, garnish with chopped truffle, parsley, or hard-boiled yolk of egg, and serve.

Time.—From 1 to 2 hours, according to age. **Average Cost,** 3s. 3d. to 4s. 6d. **Sufficient** for 4 or 5 persons.

THE SPECKLED OR SPANGLED HAMBURG.—There are two varieties of this fowl—a favourite with many fanciers—the "golden speckled" and the "silver speckled." The general colour of the former is golden or orange-yellow, each feather having a glossy dark brown or black tip, particularly on the hackles of the cock, the wing-coverts, and on the darker feathers of the breast. The female is yellow or orange-brown, the feathers are margined with black. The ground colour of the "silver speckled" bird is silver-white, with a tinge of straw-yellow, each feather being edged with a glossy black half-moon shaped mark. Both these varieties are very handsome, and the hens are good layers.

1221.—FOWL, BOILED WITH OYSTERS.

(*Fr.*—Poulet aux Huîtres.)

Ingredients.—1 fowl, 3 dozen oysters, $\frac{3}{4}$ of a pint of Béchamel sauce (*see* Sauces, No. 178) $\frac{1}{2}$ a gill of cream, 1 oz. of butter, the yolks of 2 eggs, 1 blade of mace, salt and pepper.

Method.—Beard the oysters, place 2 dozen of them inside the fowl, and truss for boiling. Put the fowl with the mace and butter into an earthenware fireproof stew-jar with a close-fitting lid. Place the stew-jar in a baking-tin, surround with boiling water, and cook on the stove or in a moderate oven for $2\frac{1}{2}$ hours, or until the fowl is perfectly tender. Blanch the remaining oysters in their liquor, strain the liquor, pour it over the oysters, and put both aside until required. When the fowl is sufficiently cooked, transfer it to a hot dish, strain the liquor and add it to the Béchamel sauce, and, when boiling, stir in the cream and yolks of eggs, previously blended. Continue the stirring and cooking until the sauce thickens, but it must not boil, or the eggs may curdle. Season to taste, pour a little of the sauce over the fowl, add the oysters and their liquor to the remainder, and serve it in a sauceboat.

Time.—About 3 hours. **Average Cost,** 7s. 6d. **Sufficient** for 4 or 6 persons, according to size.

1222.—FOWL, BROILED, WITH MUSHROOM SAUCE. (*Fr.*—Poulet Grillé aux Champignons.)

See "Chicken, Grilled, with Mushroom Sauce," No. 1166.

1223.—FOWL, CURRIED. (*Fr.*—Poulet en Kari.)

See "Fowl, Hashed, Indian Style," No. 1231, also "Indian Cookery."

1224.—FOWL, HASHED. (*Fr.*—Hachis de Volaille.)

Ingredients.—The remains of cold roast fowls, 1 pint of stock, 1½ ozs. of butter, 1½ ozs. of flour, salt and pepper.

Method.—Divide the fowls into neat joints and, when no stock is at hand, simmer the bones and trimmings for at least 1 hour, adding the usual flavouring vegetables. Melt the butter, fry the flour until lightly-browned, add the stock, and stir until boiling. Season to taste, put in the pieces of fowl, let the stewpan stand for at least ½ an hour, where its contents will keep hot without cooking, then serve with the sauce strained over.

Time.—About 1 hour. **Average Cost,** 6d. to 9d., in addition to the fowl. **Sufficient,** for 3 or 4 persons. **Seasonable** at any time.

Black Spanish.—The real Spanish fowl is characterized by its uniformly black colour, burnished with tints of green, its peculiar white face, and the large development of its comb and wattle—the large high comb of the cock being erect—and blue legs. The Black Spanish fowl is an excellent layer, and its eggs are of a large size. It is, however, a bad sitter, and its eggs should therefore be placed in the nests of other varieties for hatching. It is a good bird for the table, although somewhat small. The handsome carriage and striking contrast of colour in the comb, face and plumage make the Black Spanish fowl an addition to the poultry yard. They are admirably adapted as a town fowl, and their flesh is esteemed.

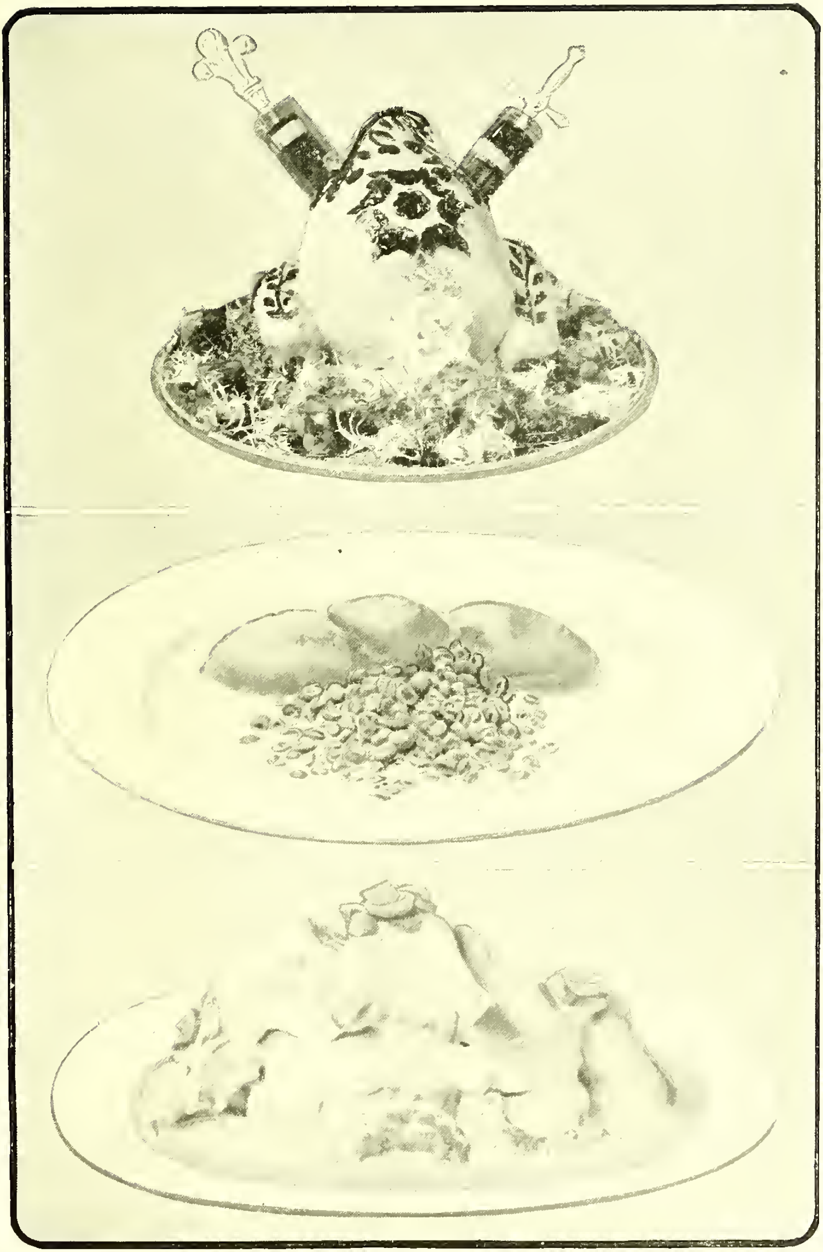
1225.—FOWL, RAGOÛT OF. (*Fr.*—Ragoût de Volaille.)

Ingredients.—1 fowl, ¼ of a lb. of ham or bacon cut into dice, 2½ ozs. of butter, 1½ ozs. of flour, 1¼ pints of stock, 1 onion finely-chopped, salt and pepper.

Method.—Divide the fowl into neat joints. Heat the butter in a stewpan, fry the pieces of fowl until nicely-browned, then remove and keep it hot. Fry the onion slightly, then sprinkle in the flour, cook slowly until well-browned, and add the stock. Stir until boiling, season to taste, replace the fowl, put in the ham or bacon, and cover closely. Cook very gently from 1 to 1½ hours, or until the fowl is tender, then serve with the sauce strained over.

Time.—About 1½ hours. **Average Cost,** 4s. to 4s. 6d. **Sufficient** for 5 or more persons, according to size.

POULTRY.



1. Chaudfroid of Capon. 2. Chicken Quenelles and Peas. 3. Fricassée of Chicken.

1226.—FOWL, ROAST, GERMAN STYLE. (*Fr.*—Poulet Rôti aux Marrons.)

Ingredients.—1 fowl, veal farce, 1 lb. of chestnuts, 1 lb. of sausages, 1 pint of good stock, 1 oz. of butter, 1 oz. of flour, 1 lemon, salt and pepper, butter or fat for basting.

Method.—Slit the skins of the chestnuts, throw them into boiling water, cook them for 15 minutes, then remove both skins, and bake until tender. When ready, lay a dozen aside, put the remainder into the body of the bird, and stuff the crop with veal forcemeat. Truss into shape, and roast in front of a clear fire or in a moderately-hot oven for about 1 hour, basting frequently. Meanwhile, melt the butter, fry the flour until lightly-browned, then add the stock and stir until boiling. Season to taste, add the remaining 12 chestnuts, and simmer gently for 10 or 15 minutes. Serve garnished with fried sausage and slices of lemon, and send the sauce to table separately.

Time.—About 1 hour. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 5 or 6 persons. **Seasonable** in winter.

The Cochin China.—This familiar fowl, a native of Cochin China, now common among our domestic poultry was, on the introduction of the first pair of these birds from Shanghai, the occasion of a remarkable *furore* among poultry fanciers. The fowls were exhibited by the late Queen Victoria, to whom they had been presented at the Dublin Poultry Show of 1846. They created an immense sensation; the approaches to the house of a dealer who possessed some of these birds were blocked by broughams, carriages and cabs, containing people eager to obtain specimens of the new importation. Large sums were paid for the coveted birds, and guineas were weighed against the eggs. The reign of the Cochin China was, however, of short duration. The bird is large and ungainly in appearance, but is an excellent layer even during the winter, and its buff-coloured eggs are much esteemed; the quality of its flesh is inferior to that of the Dorking and some other breeds, but by cross breeding with other varieties it is much improved.

1227.—FOWL, ROAST, STUFFED. (*Fr.*—Poulet Farci rôti.)

Ingredients.—1 fowl, veal forcemeat, No. 396, bread sauce, gravy (*see* "Sauces and Gravies"), thin slices of bacon.

Method.—Press the forcemeat lightly into the crop of the fowl, truss into shape, and roast in front of a clear fire, or in a moderately-hot oven for about 1 hour. Serve garnished with crisply-fried rolls of bacon, and hand round bread sauce and gravy separately.

Time.—About 1 hour. **Average Cost,** 3s. 9d. to 4s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

The Game Fowl (Fr. *coq de combat*).—This bird, known for its pugnacious disposition and handsome plumage, has been domesticated from early ages. Pliny writes: "The gait of the cock is proud and commanding; he walks with head erect and elevated crest; alone of all birds, he habitually looks up to the sky, raising at the same time his curved and scythe-formed tail, and inspiring terror in the lion himself, that most intrepid of animals. . . . They regulate the conduct of our magistrates, and open or close to them their own houses. They prescribe rest or movement to the Roman forces; they command or prohibit battles. In a word, they lord it over the masters of the world." Among the Greeks as well as the Romans, "alectomancy," or divination by means of a cock, was practised, as in the case of deciding the day on which a battle should be fought. A grain of corn was placed on the letter of each day in the week, turned face downwards; the sacred cock was then liberated, and according to the letter he picked the corn from, the time of battle was regulated. The breeding of game fowls for cock-fighting was in practice many hundred years before the Christian era, for Themistocles (514–449 B.C.), the Athenian King, is said to have taken advantage of a pitched battle between two cocks to harangue his soldiers on their courage. "Observe" he said, "with what intrepid valour they fight, inspired by no other motive than love of victory; whereas you have to contend for your religion and liberty, for your wives and children, and for the tombs of your ancestors."

1228.—FOWL STEWED WITH RICE. (*Fr.*—Poulet au riz.)

Ingredients.—1 fowl, 4 ozs. of rice, 1 quart of stock, 2 or 3 onions, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt and pepper.

Method.—Truss the fowl for boiling, put it into a stewpan, or earthenware stew-casserole, with the cold stock; when it boils add the onions and celery in large pieces, and the herbs and peppercorns tied in muslin. Cover closely, and cook very slowly for 1 hour, then add the rice (previously well washed), salt to taste, and continue the gentle cooking until both fowl and rice are perfectly tender. The rice should absorb nearly all the stock. Before serving, remove the vegetables and herbs, season with salt and pepper, and place the fowl on a hot dish, surrounded by the rice.

Time.—From 1½ to 2 hours. **Average Cost,** 3s. 9d. to 4s. 6d. **Sufficient** for 5 or 6 persons.

The Best Fowls to Fatten, etc.—The chicks most likely to fatten well are those first hatched in the brood, and those with the shortest legs. Long-legged fowls, as a rule, are by far the most difficult to fatten. The most delicate sort are those which are put up to fatten as soon as the hen forsakes them; for, as says an old writer, "then they will be in fine condition and full of flesh, which flesh is afterwards expended in the exercise of foraging for food and in the increase of stature; and it may be a work of some weeks to recover it, especially with young cocks." But whether you take them in hand as chicks or not till they are older, the three prime rules to be observed are—sound and various food, warmth and cleanliness. There is nothing that a fatting fowl grows so fastidious about as water. If water any way foul be offered him he will not drink it, but sulk with his food and pine, and you all the while wondering the reason why. Keep them separate, allowing to each bird as much space as you can spare. Spread the ground with sharp sandy gravel; take care that they are not disturbed. In addition to their regular diet of bruised corn, make them a cake of ground oats or beans, brown sugar, milk and mutton suet. Let the cake lie till it is stale, then crumble it, and give each bird a gill measureful morning and evening. No entire grain should be given to fowls during the time they are fattening, indeed the secret of success lies in supplying them with the most nutritious food without stint, and in such a form that their digestive mills shall find no difficulty in grinding it.

1229.—FONDU OF CHICKEN.

See "Chicken, Ramakins of," No. 1186, and "Chicken, Small Soufflé of," No. 1193.

1230.—FOWL, FRIED, WITH PEAS. (*Fr.*—Poulet Sauté aux petits pois.)

Ingredients.—The remains of 1 or 2 cold roast fowls, 2 ozs. of butter, 1 oz. of flour, ¾ of a pint of stock, 1 pint of shelled peas, salt and pepper.

Method.—Divide the fowl into pieces convenient for serving, and boil the bones and trimmings down for stock. Fry the fowl in hot butter until well-browned, then remove and keep it hot, and sprinkle in the flour. Brown slightly, add the stock, stir until boiling, and season to taste. Replace the fowl, cover closely, draw the stewpan aside where the contents will keep hot without cooking, and let it remain for ½ an hour. Meanwhile boil and drain the peas, and season them with pepper. Serve the fowl arranged in a circle on a hot dish with the sauce strained over and the peas piled in the centre, or, if preferred, serve the peas separately.

Time.—About 1 hour. **Average Cost,** about 2s. 6d. to 2s. 9d. **Seasonable** from June to September.

1231.—FOWL, HASHED, INDIAN STYLE. (*Fr.*—Hachis de Volaille à l' Indienne.)

Ingredients.—The remains of cold roast fowls, ¾ of a pint of curry, sauce, *see* Sauces, No. 241.

Method.—Divide the fowls into pieces convenient for serving, and when stock is needed, simmer the bones and trimmings for at least 1 hour in just as much cold water as will cover them. Make the sauce as directed, put in the pieces of fowl, and allow the stewpan to stand for about ½ an hour where its contents will remain just below simmering point. Serve with boiled rice.

Time.—To re-heat the fowl, about ½ an hour. **Average Cost,** 9d., in addition to the chicken.

1232.—FOWL, INDIAN DISH OF. (*Fr*—Poulet à la Diable.)

Ingredients.—The remains of 1 or 2 cold roast fowls, 2 or 3 small onions sliced, 2 or 3 ozs. of butter, 1 tablespoonful of curry-powder, salt, 1 lemon.

Method.—Divide the fowl into neat joints, score them, spread on a little butter, sprinkle on a little salt and the curry-powder, and let stand for about 1 hour. Heat the remainder of the butter, fry the onions brown, then remove and keep hot. Now fry the pieces of fowl, and when nicely-browned, pile them on the onions, and serve garnished with sliced lemon.

Time.—To fry, altogether, about 30 minutes. **Average Cost,** exclusive of the fowl, 8d. **Seasonable** at any time.

1233.—GALANTINE OF FOWL. (*Fr.*—Galantine de Volaille.)

Ingredients.—1 boned fowl, 1 lb. of sausage meat, ¼ of a lb. of ham or bacon, 2 hard-boiled eggs, 2 truffles, ½ an oz. of pistachio nuts blanched, pepper and salt, aromatic spice.

Method.—Bone the fowl cut it down the centre of the back, spread it out on the table, season the flesh well, and distribute it in such a manner that all parts are of nearly equal thickness. Spread on half the sausage meat, on the top place narrow strips of bacon, slices of egg, slices of truffle, intersperse the nuts, season liberally with salt and pepper, and cover with the remainder of the sausage meat. Roll up tightly, fasten securely in a cloth, and simmer gently in stock for about 2 hours. When cooked, tighten the cloth and press between 2 boards or dishes until cold. Before serving, glaze thickly and garnish with aspic jelly.

Time.—About 2 hours, to cook the galantine. **Average Cost,** 5s. 6d. to 8s. 6d., according to size and quality of fowl. **Sufficient** for 6 or 7 persons.

1234.—GIBLET PIE. (*Fr.*—Pâté aux Abatis à l'Anglaise.)

Ingredients.—1 set of goose giblets, 1 lb. of rump steak, 1 onion, a bouquet-garni (parsley, thyme, bay-leaf), puff or rough paste, salt, pepper.

Method.—Wash the giblets, put them into a stewpan with the onion sliced, bouquet-garni, peppercorns, ½ a teaspoonful of salt, cover with cold water, and simmer gently from 1½ to 2 hours. Cut the steak into small thin slices, put a layer of them at the bottom of a pie-dish, add the giblets and the remainder of the steak in alternate layers, and season well. Strain the stock, season to taste, pour over the meat to about ¾ its depth, and add the remainder when the pie is baked. Cover with paste (*see* Veal Pie, No. 481), bake in a brisk oven for about ½ an hour, then reduce the temperature, and continue the cooking for about 45 minutes longer. The appearance of the pie may be improved by brushing it over with yolk of egg either before baking or when it is 3 parts done. Before serving, pour in the remainder of the hot stock.

Time.—To bake, from 1¼ to 1½ hours. **Average Cost,** 2s., exclusive of the giblets. **Sufficient** for 5 or 6 persons.

1235.—GIBLETS, CAPILOTADE OF. (*Fr.*—Capilotade d'Abatis.)

Ingredients.—Cooked giblets, to which may be added slices of any kind of cold poultry or meat, 1 large onion shredded, 1 carrot thinly sliced, 2 tablespoonfuls of coarsely chopped mushrooms, preferably fresh ones, salad-oil, ½ a pint of good stock, 1 dessertspoonful of flour, salt and pepper.

Method.—Put 4 or 5 tablespoonfuls of oil or an equal quantity of butter into a stewpan, and when it is thoroughly hot add the onion, carrot and mushrooms. Sprinkle in the flour, cook gently for about ½ an hour, then add the stock, and stir until boiling. Season to taste, put in the giblets, make thoroughly hot, and serve. In Italy, white wine is used instead of stock.

Time.—To re-heat the giblets, about 20 minutes. **Average Cost,** 1s. 4d. to 1s. 8d. **Sufficient** for 4 or 5 persons. **Seasonable** from September to February.

1236.—GIBLETS, STEWED. (*Fr.*—Abatis d'Oie.)

Ingredients.—1 set of goose giblets, ¾ of a pint of stock, 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Prepare the giblets as directed in the recipe, wash them, cover them with stock and water, and stew them until tender. Remove the liver, neck and tendons as soon as these are sufficiently cooked, and continue to stew the gizzard until it can be easily pierced with a fork. Meanwhile heat the butter in a stewpan, fry the flour brown, and, when ready, remove the giblets, and strain ¾ of a pint of the stock on to the flour and butter. Stir until boiling, season to taste, put in the giblets, and when thoroughly hot, serve.

Time.—About 2 hours. **Average Cost,** 11d. to 1s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable,** September to February.

1237.—GOOSE, HASHED. (*Fr.*—Ragoût d'Oie.)

Ingredients.—Remains of roast goose, 2 ozs. of butter, 1 oz. of flour, 1 pint of stock, 2 finely-chopped onions, 6 button-mushrooms or a few fresh ones, 2 cloves, 1 blade of mace, 6 allspice, salt and pepper, croûtons of fried bread, apple sauce, No. 316.

Method.—Cut the remains of the goose into neat pieces. Fry the onions in the butter, when turning brown add the flour, stir over the fire until it acquires a nut-brown colour, then add the stock, and boil for 10 minutes. Add the goose, mushrooms, spices wrapped in muslin, and simmer very gently for ¾ of an hour. Arrange the pieces of goose neatly on a hot dish, remove the spices, season the sauce to taste, and pour it over. Garnish with croûtons of fried bread, and serve with apple sauce.

Time.—About 1¼ hours. **Average Cost,** 8d., exclusive of the goose. **Seasonable** from September to February.

The Goose (Fr. *oie*).—This familiar bird is generally distributed over the world, being met with in North America, Lapland, Iceland, Arabia and Persia. There are many varieties, but they do not differ widely from each other; in England there is only one species, which is supposed to be a native breed. The best geese are those on the borders of Suffolk, and in Norfolk and Berkshire, but the largest flocks are reared in the fens of Lincolnshire and Cambridge. Geese thrive best where they have an easy access to water, and large quantities are annually sent to the London market. The period when the goose is at its greatest perfection for the table is when it has just acquired its full growth and has not begun to harden. The best time for green geese is from the second week in June to the first of September. A tradition ascribes the institution of the Michaelmas goose to Queen Elizabeth, who is said to have chanced to dine on one at the table of an English baronet, when the news of the defeat of the Spanish Armada reached her Majesty. In commemoration of this event she commanded the goose to make its appearance at table on every Michaelmas.

1238.—GOOSE, ROASTED. (*Fr.*—Oie Rôtie.)

Ingredients.—1 goose, onion stuffing (*see* Forcemeats), ¾ of a pint of good beef stock or gravy, apple sauce, fat for basting.

Method.—Prepare and truss the goose, put the onion forcemeat inside the body, baste it well with hot fat, and either roast or bake from 2 to 2½ hours, according to size and age. Baste frequently, and if the surface is not well browned, dredge with flour when the bird is ¾ cooked. Remove the trussing string, serve on a hot dish, and send the gravy and apple sauce to table in sauce-boats.

Time.—From 2 to 2½ hours. **Average Cost,** from 6s. to 12s., according to size. **Sufficient** for 10 or more persons, according to size. **Seasonable** from September to February.

The Wild Goose.—This bird is sometimes called the "Grey-lag," and is believed to be the original of the domestic goose. The Gray-lag (*Anser ferus*) is a denizen of all the extensive marshy districts throughout the temperate regions of Europe. Northwards it ranges to the 53° of latitude, and southwards to the northern parts of Africa, and easterly to Persia. It is the legendary bird that saved the Capitol by its vigilance, and was valued accordingly by the grateful Romans.

1239.—GOOSE HAMS.

Ingredients.—1 large goose, ¼ of an oz. of saltpetre, 2 ozs. of common salt, 1 oz. of coarse sugar.

Method.—Split the goose down the back, and rub in the saltpetre, salt and sugar. Let it lie in pickle 12 days in summer, 14 in winter. Rub and turn it regularly every day, then roll it in sawdust and smoke it.

Time.—12 to 14 days. **Average Cost,** 9d. to 1s. per lb.

The Brent Goose.—This is the smallest and most numerous of the species of the geese which visit the British Islands. It makes its appearance in winter, and ranges over the whole of the coasts and estuaries, frequented by other migratory geese. A very large number of these birds annually resort to the extensive sandy and muddy flats which lie between the mainland and Holy Island on the Northumbrian coast, and are covered by every flow of the tide. This part of the coast appears to have been a favourite resort of these birds from time immemorial, where they have always received the name of Ware geese, possibly from the fact of their continually feeding on marine vegetables. The flesh of the Brent goose has an agreeable flavour.

1240.—GOSLING ROAST. (*See* To Dress a Green Goose.)

1241.—GREEN GOOSE, TO DRESS A. (*Fr.*—Oison Rôti.)

Ingredients.—1 Goose, 3 ozs. of butter, pepper and salt to taste.

Method.—Geese are called green until they are about 4 months old, and should not be stuffed. After the goose has been singed and trussed, put into the body a seasoning of pepper and salt, and the butter to moisten it inside. Roast before a clear fire for about ¾ of an hour, allow it to brown nicely, and serve with a brown gravy, and, when liked, gooseberry sauce. This dish should be garnished with watercresses.

Time.—About an hour. **Average Cost,** 4s. 6d. each. **Sufficient** for 5 or 6 persons. **Seasonable** August to November.

The Egyptian Goose.—The Greek historian Herodotus calls special attention to this bird, which he stated was held sacred by the ancient Egyptians. Mr. Salt, the traveller, remarks: "Horus Apollo says the old geese stay with their young in the most imminent danger, at the risk of their own lives, which I have myself frequently witnessed. Vielpansier is the goose of the Nile, and wherever this goose is represented on the walls of the temples in colours, the resemblance may be clearly traced." The goose is also stated to have been a bird under the care of the goddess Isis. The Egyptian goose has been placed by the naturalist, Mr. Gould, among the birds of Europe; not from the number of half-reclaimed individuals who are annually shot in Britain, but from the circumstance of its occasionally visiting the southern parts of the Continent from its native country Africa.

1242.—GUINEA FOWL, ROASTED. (*Fr.*—Pintade Rôtie.)

Ingredients.—1 guinea fowl, bacon, fried breadcrumbs, bread sauce, Espagnole sauce, No. 244 (*see* Sauces), watercress, salad-oil, salt and pepper.

Method.—Truss the bird, cover the breast with slices of fat larding bacon, and roast it in front of a clear fire or in a moderately hot oven for about 1 hour. When ¾ cooked remove the bacon, that the breast may brown. Wash, drain, and dry the watercress, and season it with salt, pepper, and a little salad-oil. Serve on a hot dish, garnish with watercress, and hand the fried breadcrumbs, bread sauce, and Espagnole sauce separately.

Time.—About 1 hour. **Average Cost,** from 4s. each. **Sufficient** for 4 or 5 persons.

The Guinea Fowl (Fr. *pintade*), called also *Pintado*, is a genus of gallinaceous birds domesticated in England, and belongs to the same family as the pheasants. It is, as its name implies, a native of the West of Africa; it is common in poultry yards, and bears some resemblance to the turkey. Its plumage is slate-coloured, variegated with small white spots. Its head is ornamented with a hard protuberance or "casque." The wattles are prominent, those of the male being of a purplish-red, and those of the female red. Its size is about the same as that of the common fowl, but its legs are longer. The guinea-fowl is gregarious in its habits, associating in large flocks, perching at night in trees or elevated situations. Though domesticated it retains much of its wild nature, and is apt to wander. The hens lay abundantly, and its eggs, yellow-red spotted with dark brown, are excellent Its flesh is not so white as that of the common fowl, and more resembles the flesh of the pheasant in colour. It is savoury and easy of digestion, and the guinea-fowl is in season when game is out.

1243.—LARK PIE. (Fr.—Pâté de Mauviettes.)

Ingredients.—12 larks, 1 lb. of rump steak, ¼ of a lb. of bacon, ½ a pint of good stock. For the farce or stuffing: 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 tablespoonful of finely-chopped ham or parboiled chickens' livers, 1 tablespoonful of chopped mushrooms (preferably fresh ones), 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, ¼ of a teaspoonful of powdered mixed herbs, 1 egg, a good pinch of nutmeg, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper, puff paste, the yolk of 1 egg.

Method.—Bone the larks and stuff them with the farce, cut the beef into small thin slices, and the bacon into strips. Put a layer of beef at the bottom of a pie-dish, arrange the larks on the top, intersperse the remainder of the meat and the strips of bacon, season well with pepper and salt, ¾ fill with stock, and cover with the paste. Brush over with yolk of egg, bake in a quick oven until the paste has risen and become set, then cook more slowly for about 1 hour. Before serving, add the remaining stock, pouring it carefully through the hole in the centre of the pie. Serve either hot or cold, but a little gelatine must be added to the stock if the pie is intended to be eaten cold, in order that the gravy may form a jelly.

Time.—To bake the pie, about 1¼ or 1½ hours. **Average Cost,** 3s. 6d. to 4s. 6d. **Sufficient** for 6 or 8 persons. **Seasonable** from November to February.

1244.—LARKS, BROILED. (*Fr.*—Mauviettes Grillées.)

Ingredients.—1 dozen larks, 1 egg, breadcrumbs, salt and pepper, croûtes of toasted bread, butter.

Method.—Prepare the larks as directed in "Larks, Roasted," brush them over with beaten egg, and coat them carefully with breadcrumbs seasoned with a little salt and pepper. Broil over a clear fire for 10 minutes, and as soon as the breadcrumbs are set, brush them lightly over with oiled butter. Serve on croûtes.

Time.—About 10 minutes. **Average Cost,** 2s. 3d. to 3s. **Sufficient** for 5 or 6 persons. **Seasonable** November to February.

1245.—LARKS, ROASTED. (*Fr.*—Mauviettes Rôties.)

Ingredients.—12 larks, 12 small thin slices of bacon, 12 round or oval pieces of buttered toast, fried breadcrumbs, water-cress, salad-oil, lemon, butter or fat for basting, salt and pepper.

Method.—Pick and singe the birds, cut off the feet, and remove the gizzards. Truss them in shape by means of a skewer, which should be long enough to hold six. Brush them over with hot butter or fat, cover each breast with a piece of bacon, and roast the birds before a hot fire for about 10 minutes, basting them constantly. Place each bird on a piece of toast, arrange them in a close circle on a hot dish, fill the centre with fried breadcrumbs, and garnish with cut lemons, and watercress seasoned with salad-oil, salt and pepper.

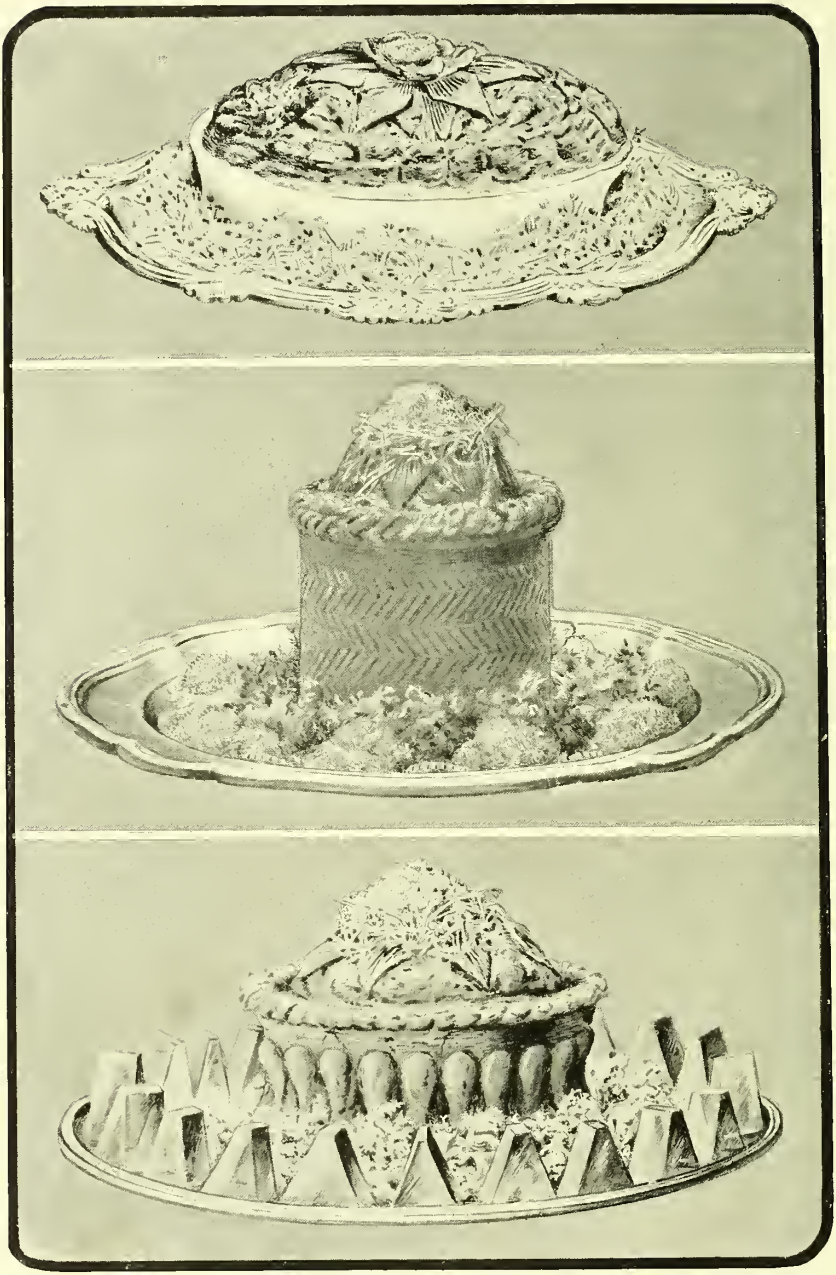
Time.—About 10 minutes, to roast. **Average Cost,** from 2s. to 3s. per dozen. **Sufficient,** 5 or 6 persons. **Seasonable** from November to February.

1246.—LARKS STUFFED AND ROASTED. (*Fr.*—Mauviettes Farcies et Rôties.)

Ingredients.—8 or 9 larks, 8 or 9 very small rolls of crisply-fried bacon, 8 or 9 round or oval pieces of buttered toast. For the farce or stuffing: 1 oz. of warm butter, 1 tablespoonful of breadcrumbs, 1 tablespoonful of finely-chopped cooked ham or tongue, 1 large, finely-chopped fresh mushroom, or 4 small preserved ones, 1 dessertspoonful of finely-chopped parsley, 1 very finely-chopped shallot, salt and pepper, egg, brown breadcrumbs, butter for basting, fried potato straws.

Method.—Prepare the birds as in the preceding recipe, stuff with the prepared farce, coat with egg and brown breadcrumbs, truss and fix on a skewer, and roast for about 10 minutes before a clear fire. As soon as the coating becomes fixed, baste with hot butter, and repeat the process frequently. Place each bird on a piece of toast, dish them in a close circle, pile the potato straws in the centre, and garnish with the rolls of bacon. Serve with a boat of nicely seasoned gravy.

COLD COLLATION ENTRÉES.



1. Pigeon Pie. 2. French Raised Pie. 3. Raised Game Pie, with Aspic Jelly.

Time.—About 10 minutes to roast. **Average Cost,** from 2s. to 3s. per dozen. Allow 2 to each person. **Seasonable** from November to February.

1247.—LARKS, SALMI OF. (*Fr.*—Salmis de Mauviettes.)

Ingredients.—2 dozen larks, 1 pint of good gravy or stock, 1 glass of port wine or claret, the juice of ½ a lemon, 2 ozs. of butter, 2 ozs of flour, 3 finely-chopped shallots, cayenne, salt, butter for basting, croûte of fried bread.

Method.—Roast the larks before a clear fire or in a moderately-hot oven for 10 minutes, basting them frequently with hot butter. Fry the shallots in the butter, add the flour, cook over the fire until brown, put in the stock, and stir until boiling. Simmer for 10 minutes, add the wine, lemon-juice, salt and cayenne to taste, put in the birds, and cook very gently for about 10 minutes. Dish the larks on the croûte, strain the sauce over, and serve.

Time.—About 20 minutes, to cook the larks. **Average Cost,** 4s. to 5s. **Seasonable** from November to February.

1248.—PICKLED POULTRY.

Ingredients.—2 or 3 fowls, 4 quarts of water, 2 lb. of common salt, 4 ozs. of brown sugar, ¼ of an oz. of saltpetre.

Method.—Boil the salt, sugar, saltpetre and water together for ½ an hour, skimming when necessary. Pour the brine into an earthenware vessel, and when quite cold put in the fowls, and let them remain 2 or 3 days. This method of preserving poultry is employed in South Africa, Australia and other hot countries. The birds are killed, immediately scalded and stripped of their feathers, and at once immersed in brine. They are usually conveyed to market in small barrels, 3 or 4 being packed closely together, and covered with brine. They are best when dressed as a curry or pilau.

1249.—PIGEONS, COMPOTE OF. (*Fr.*—Compôte de Pigeons.)

Ingredients.—3 pigeons, 1½ ozs. of butter, ¼ of a lb. of raw ham or bacon, 2 dozen button onions, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 1 clove, 6 peppercorns, 1 pint of good stock, 1 tablespoonful of flour, salt and pepper.

Method.—Truss the pigeons for roasting, cut the bacon into dice, peel the onions, and fry the whole in hot butter until well browned. Add the stock, and when boiling put in the herbs and the carrot and turnip, previously cut into dice. Cover closely and cook gently for nearly 1 hour. A few minutes before serving skim off all the fat, add the flour, previously blended with a little cold water, stir until the sauce reboils, season to taste, and simmer at least 10 minutes to cook the flour. Remove the trussing strings, cut the birds in halves, arrange them neatly on a hot dish, strain the sauce over, group the vegetables and bacon round the dish, and serve.

Time.—About 1¼ hours. **Average Cost,** from 1s. to 1s. 6d. each. **Sufficient** for 6 or 7 persons.

The Pigeon (Fr. *pigeon*).—This familiar bird is widely distributed over the world, and some species are found eveo in the Arctic regions. The true pigeons or *Columbidae* are represented by the stock-dove ; the ring-dove or cushat is the largest British species. Pigeons in general are arboreal in their habits, and build their nests in high places. Their food consists chiefly of grain The note of the pigeon is the well-known "cooing." From the wild or rock pigeon the numerous domestic varieties are derived. The flesh of the pigeon is savoury, delicate and stimulating.

1250.—PIGEONS, CURRY OF. (*Fr.*—Kari de Pigeon.)

Ingredients.—2 pigeons, 2 ozs. of butter, ¾ of a pint of curry-sauce No. 241 (*see* "Sauces"), boiled rice.

Method.—Make the sauce as directed, strain, replace in the stewpan, and keep hot until required. Divide each pigeon into 4 quarters, fry them in hot butter until well-browned, and drain them free from fat. Put them into the sauce, let the stewpan stand for about ½ an hour, where its contents will remain just below simmering point, then serve with plainly-boiled rice handed round at the same time.

Time.—To cook in the sauce, about ½ an hour. **Average Cost,** pigeons, 2s. 6d. to 3s. **Sufficient** for 4 or 5 persons.

The Pigeon-house or Dovecote.—The first requisite for keeping pigeons is the provision of a suitable and commodious habitation. This may be a wall-locker fixed to the side of a house, stable or other out-building, or a pole-locker, a barrel, or barrel-shaped structure, fixed upon a long pole. The latter kind of locker can be placed on a lawn, in a shrubbery or courtyard, as may be most convenient. Each pair of pigeons should have two holes or rooms to nest in, otherwise there will be the constant possibility of confusion among the inmates, the breaking of eggs and the destruction of the young birds. If pigeons be kept for the special purpose of pairing, breeding and rearing it will be preferable to keep the pigeons in a loft or outhouse adapted for that object. The nesting places should be from 12 in. to 18 in. in height and depth, and 2 ft. 6 in. in length for each pair of birds. Loose movable boxes may be used with advantage if floor-space is available.

1251.—PIGEONS, CUTLETS OF, WITH ESPAGNOLE SAUCE. (*Fr.*—Côtelettes de Pigeons a l'Espagnole.)

Ingredients.—3 pigeons, 6 ozs. of liver farce or stuffing, No. 398, 1 pig's caul, ½ a pint of Espagnole sauce (*see* Sauces), 1½ ozs. of butter, 1 white of egg, glaze, asparagus points, green peas, or other suitable vegetable.

Method.—Split the pigeons in half, remove all bones except the leg bones, leave the feet attached, but cut off the tips of the toes; season well, fold the skin underneath, form the birds into a nice plump shape, fry lightly on both sides in hot butter and press between 2 dishes until cold. Wash the caul in salt and water and dry well before using.

Mask one side of the cutlets with the prepared farce, enclose them in thin pieces of caul, brush over with white of egg, cover with a buttered paper, and cook in a moderate oven for about 20 minutes. Brush the pigeons over with liquid glaze, arrange them in an almost upright position on a potato border, fill the centre with the prepared vegetable, pour the hot sauce round and serve.

Time.—Altogether 2 hours. **Average Cost,** 4s. 6d. **Sufficient** for 5 or 6 persons.

Aspect of the Pigeon-house.—The front of a pigeon-house should have a south-west aspect to shelter the birds from the cold of the north and east winds, which frequently occasion canker in the mouth or throat of young pigeons. If the birds are kept in a room a hole should be made in the roof of the building fitted with a trap-door, which can be opened or shut at convenience. A trap or cage should also be provided for the pigeons to perch upon and look about them. This should be furnished with bolting-wires to protect the birds from the attacks of cats, which will frequently depopulate a whole dovecote. It is also necessary to secure the pigeons from rats and mice which suck the eggs. The platform or trap should be painted white and renewed as the paint wears off, white being a favourite colour with pigeons; it also serves as a conspicuous mark, enabling the birds to find their way home when flying abroad. The boxes should be painted in a similar manner. Lime and water will serve the purpose as well as paint.

The Necessity of Cleanliness.—This is of the first importance in keeping the birds in good health and comfort. If cleanliness be neglected the pigeons, both young and old, will speedily be covered with filth and vermin. The pigeon-house should be cleaned once a week at least—more frequently if possible—and the floor covered with sifted gravel or gritty sand, which aids the digestion of the birds; old lime and salt should be provided for the formation of eggshell and the prevention of many ailments to which pigeons are liable. Pigeons are very fond of water, and should be furnished with a wide pan of this liquid, often renewed; this serves them for a bath, cools and refreshes the birds, and assists them to keep their bodies clear of vermin.

1252.—PIGEONS, DUCHESS STYLE. (*Fr.*—Pigeons à la Duchesse.)

Ingredients.—3 pigeons (trussed), 4 or 5 ozs. of sausage meat, 1½ ozs. of butter, ½ a pint of Espagnole sauce (see Sauces No. 244), eggs, breadcrumbs frying-fat, vegetable garnish, peas, beans or macedoine.

Method.—Cut the pigeons in halves, remove all the bones except the first bone of the leg, season well, and fold the skin under, shaping them as much as possible like plump cutlets. Fry them on both sides in clarified butter, press until cold, then mask the upper surface with sausage-meat force. Coat with egg and breadcrumbs, fry until nicely browned in hot fat and drain well. Arrange neatly on a potato border, fill the centre with a dressed vegetable, pour the sauce round and serve.

Time.—Altogether about 1½ hours. **Average Cost,** from 1s. to 1s. 6d. each. **Sufficient** for 5 or 6 persons.

Breeding Pigeons.—In breeding pigeons it is necessary to match a cock and hen and shut them up together, or place them near to each other, and in the course of a day or two there is little doubt of their mating. Various rules have been laid down for the purpose of assisting to distinguish the cock from the hen pigeons; but the masculine forwardness and action of the cock is generally so remarkable, that he is easily ascertained. The pigeon being monogamous, the male attaches and confines himself to one female; and the attachment is reciprocal, and the fidelity of the dove to its mate is proverbial. Under the age of six months young pigeons are termed "squeakers," and then begin to breed when properly managed. Their courtship and the well-known tone of voice in the cock, just when acquired and commencing, are indications of their approaching union. Nestlings, while fed by cock and hen, are termed "squabs," and are at that age sold and used for the table; their flesh is far more delicate than that of older birds. The dovehouse pigeon is said to breed monthly, when well supplied with food. At all events, pigeons of any healthy and well-established variety may be depended upon to breed eight or ten times in the year, whence it may readily be conceived how large are the numbers that may be raised.

1253.—PIGEONS, GRILLED. (*Fr.*—Pigeons Grillés.)

Ingredients.—2 or 3 Bordeaux Pigeons salad-oil or oiled butter, salt and pepper.

Method.—Split the birds down the back, flatten them with a cutlet-bat, and skewer into shape. Brush over with oil or butter, season with salt and pepper, and grill over or in front of a clear fire from 15 to 20 minutes, turning frequently. Serve with tomato, piquante, brown, mushroom, or other suitable sauce.

Time.—From 15 to 20 minutes. **Average Cost,** 1s. to 1s. 6d. each, **Sufficient,** for 4 or 6 persons.

The Carrier Pigeon.—Of the various varieties of pigeons, the carrier, with the exception of the blue-rock pigeon, is probably the earliest known of these domestic birds. Carrier pigeons were used to convey to distant parts of Greece the names of the successful competitors in the Olympic games. During the Crusades, when Acre was besieged by King Richard I, his antagonist Saladin kept up a constant correspondence with the beleaguered garrison by means of carrier pigeons. The stratagem was, however, discovered when the crossbow of an English archer brought one of these feathered messengers to the ground, and Saladin's plans thus unexpectedly disclosed were frustrated.

1254.—PIGEONS, JUGGED. (*Fr.*—Civet de Pigeon.)

Ingredients.—4 pigeons, veal forcemeat, 2 or 3 ozs. of butter, ½ a pint of strong beef stock, 1 oz. of flour, 1 finely-chopped onion, 1 glass of port or claret, salt and pepper.

Method.—Truss the pigeons as if for roasting, fry them in hot butter until well-browned, then place them in a stew-jar. Brown the onion in the butter, turn both into the stew-jar, add the stock, and a good seasoning of salt and pepper, and cover closely. Place the jar in a saucepan of boiling water, or, if more convenient, in the oven in a baking tin filled with water, and cook slowly for 2 hours. Knead the flour and 1 oz. of butter together, divide it into small pieces, and add these to the contents of the jar about ½ an hour before serving. Shape the forcemeat into small balls, egg-crumb them, fry them in hot butter or fat, and drain well. Add the wine 15 minutes before serving. Serve with the sauce poured over, and garnished with the fried forcemeat balls.

Time.—About 2½ hours. **Average Cost,** pigeons from 1s. to 1s. 6d. **Sufficient,** for 6 to 8 persons. **Seasonable** any time.

Tumbler Pigeons.—These pigeons are general favourites, and are found in most parts of the world. They derive their name from the inherited power they possess of turning somersaults in the air. The Tumbler pigeon is characterized by its full breast, smooth round head, thin neck, comparatively short beak, and unfeathered legs and feet. The flight and tail feathers are moderately long. The iris of a perfect bird should be a pearl-white. In the colour of its plumage and marking there is great variety. The Almond tumbler is one of the most beautiful of these birds. Highly-bred birds will attain a high elevation in the air, and there exhibit their peculiar powers. There are numerous varieties of Tumbler pigeons, as the Cumulet or Volant, Long-faced, Whiteside, Muffled, Beard, Baldhead, etc. There are also many varieties of foreign birds of this particular class, including the Bander, Magpie, Helmet and Stralsund Tumblers.

1255.—PIGEON PIE. (*Fr.*—Pâté de Pigeons.)

Ingredients.—2 or 3 pigeons, 1 lb. of rump steak, ¼ of a lb. of ham or lean bacon, ¾ of a pint of good stock, 2 hard-boiled eggs, the yolk of 1 egg, puff paste, salt and pepper.

Method.—Cut each pigeon into 4 or more pieces, according to their size; cut the beef into small thin slices, the ham into strips, and the eggs into sections or slices. Put these ingredients into a pie-dish in layers, season well, and pour in stock to ¾ fill the dish. Put on the cover (*see* "Veal and Ham Pie," No. 798), brush over with yolk of egg, bake in quick oven until the paste is risen and set, then cook at a lower temperature for about 1 hour. Have ready a few of the pigeons' feet, scalded and the toes cut off, also the remainder of the stock. Before serving, pour in the stock through the hole in the centre of the pie, and replace the pastry ornament with the feet, fixing them in a nearly upright position. The pie may be served either hot or cold ; if the latter, the stock must form a jelly when cold.

Time.—About 1½ hours, to bake the pie. **Average Cost,** 4s. to 4s. 6d. **Sufficient,** for 6 to 8 persons. **Seasonable** at any time.

The Runt Pigeon.—This bird, which is supposed to be of great antiquity, is one of the largest of the pigeon varieties. Its colour is usually blue and silver, but black, red and yellow runts are also met with. Although delicate birds to rear, if crossed with the common pigeon, a strong, healthy medium-sized bird is produced, the flesh of which is of good flavour and useful for the table. The Runt is frequently called the Spanish Runt, the name by which it was originally known in England.

The Nun Pigeon.—The Tumbler bears a strong resemblance to this variety of pigeon, in the formation of its head and beak ; but the Nun, although a good flyer, has not the power of tumbling. According to the colour of its head the Nun is named red, yellow or black, but the last is the favourite colour. The shell-crest, a semi-circular tuft of feathers rising at the back of the head, should, in a bird of good breed, terminate neatly at each side of the head ; the larger and more perfectly it is formed, the more highly is the bird esteemed and proportionately valued. The head and beak should be small and the primary flight and tail feathers coloured, but the rest of the plumage white. The iris of a well-bred bird should be of the purest pearl-white. The toenails deep black. The handsome appearance of the Nun renders it a favourite toy pigeon.

1256.—PIGEONS, POTTED. (*See* Chicken Potted.)

The Trumpeter Pigeon.—This bird has been thus designated from the peculiarity of its voice, which resembles the sound of a trumpet instead of the "coo" of other pigeons. It is of a medium size, and has its legs and feet heavily hocked and covered with long feathers ; its plumage, which is loose feathered, is usually black and white. The rose on the forehead in a bird of good breeding should spread out regularly and cover the entire head, concealing the eyes and beak. The Trumpeter pigeon is known on the Continent as the "Drummer."

The Wood or Wild Pigeon.—The stock-dove, as the wood or wild pigeon is also called, is still found in its native state in some parts of Britain. It forms its nest in the holes of rocks, old towers and in the hollows of trees, but, unlike the ring-dove, does not nestle in the branches. Numbers of wild pigeons still visit our shores in the winter, making their appearance about November from their more northerly retreats, and returning thither in the spring. When formerly forests of beechwood covered large tracts of ground in England, the wood pigeon frequented them in vast numbers.

1257.—PIGEONS, ROASTED. (*Fr.*—Pigeons Rôtis.)

Ingredients.—Pigeons, bacon, watercress, salad-oil, salt and pepper Espagnole, tomato or piquante sauce (*see* Sauces), croûtons of fried bread.

Method.—Draw and truss the birds, cover each breast with a slice of larding bacon, and roast before a clear fire or in a brisk oven for about 20 or 30 minutes, according to age and size. Baste frequently, and a few minutes before serving remove the bacon to allow the breasts to brown. Remove the trussing strings, replace the bacon, serve each bird on a croûton, garnish with watercress previously washed, dried, and seasoned with salt, pepper, and salad-oil, and serve the sauce in a sauce boat.

Time.—From 20 to 30 minutes. **Average Cost,** 1s. to 1s. 6d. each. **Sufficient,** allow 1 bird for 2 persons.

FANTAIL.—This well-known and curious variety is characterized by its possessing the power of erecting its tail in the manner of a turkey cock, during which action it trembles or shakes its neck in a similar way to the peacock when moving about with his train expanded and in full display. The chief colour of the fantail is pure white, but black, blue and other hues are met with. The head is narrow and flat, the beak long and slender, the legs and feet naked, the tail-feathers long and broad. When flying, the fantail contracts its tail contrary to the habit of other pigeons. The Fantail is common in India, where it possibly originated, and is a favourite bird with the Hindus, who ornament the legs of their Fantails with small brass bangles containing little silver balls.

1258.—PIGEONS, STEWED. (*Fr.*—Compôte de Pigeons à la Bourgeoise.)

Ingredients.—3 pigeons, ¾ of a pint of Espagnole sauce (*see* Sauces No. 244), 1 glass of claret, 1 oz. of butter, ½ a pint of shelled peas, 12 button onions, 6 or 7 very small carrots, salt and pepper, croûte of fried bread, 1½ inches in thickness.

Method.—Cut each pigeon into 4 pieces, and fry them brown in the butter. Have ready the hot Espagnole sauce, put in the pigeons and claret, cover closely, and stew gently for about 35 minutes, or until the birds are tender. Strain the butter into a small stewpan, put in the onions, and cook until tender and well browned. Boil the carrots and peas separately, and drain them well. Arrange the pigeons on the croûte, strain the sauce over, group the onions, peas, and carrots tastefully round the dish, and serve.

Time.—To cook the pigeons, about 35 minutes. **Average Cost,** from 4s. 6d. to 5s. **Sufficient** for 5 or 6 persons.

THE JACOBIN.—This is one of the most prized of fancy pigeons. It is a handsome bird, distinguished by a remarkable ruff or frill of raised feathers, which commence behind the head and proceed down the neck and breast, forming a kind of hood which, if perfect, should come forward as far as the eyes. In form the Jacobin should be slenderly made, narrow shouldered, with unfeathered legs, and soft, silky, and very narrow feathers; the head should be somewhat broad and round, and the eyes pearl-white. Its principal colours are red, black, white and yellow.

THE TURBIT PIGEON.—This variety resembles the Jacobin, having a kind of frill in the fore part of the neck. The present breed of Turbit is characterized by a full frill, small head, broad forehead, short thick beak, prominent hazel eyes, the wings coloured with the exception of the primary flight-feathers, and the remainder of the plumage white. The feathers at the back of the head should end in a high, sharp point, just above the crown. Turbits are of various hues, black, red, blue, silver, yellow and variants of these. The Oriental Turbit, a stronger built bird than the English Turbit, has no crest.

1259.—PIGEONS WITH OLIVES. (*Fr.* Pigeons aux Olives.)

Ingredients.—2 pigeons, 24 stoned French olives, ¾ of a pint of Espagnole sauce. (*see* Sauces No. 244), 1½ ozs. of butter, stock.

Method.—Divide each pigeon into quarters, and fry them brown in the butter. Have the sauce ready in a stewpan, put in the pigeons, cover closely, and cook them very gently for about 40 minutes, or until tender. Meanwhile, braise or stew the olives in a little good stock. Serve the pigeons on a hot dish, with the sauce strained over, and the olives grouped at the base.

Time.—About 1 hour. **Average Cost,** 3s. to 3s. 9d. **Sufficient** for 4 persons. **Seasonable** at any time.

The Barb Pigeon.—The name of this bird is probably a contraction of Barbary, since Shakespeare refers to it under that designation. The Barb somewhat resembles the Carrier pigeon in appearance. The head is broad and flat, the beak short and the wattle small. The chief characteristic of the Barb is the spongy, bright red, wheel-shaped wattle, standing out all round the eyes, which increases in size until the bird is three or four years old. The brilliancy of the colour of the eye wattles diminishes with age. The eyes of a well-bred Barb should be pearl-white, and its beak white.

The Rock Pigeon.—In its wild state the rock pigeon is found more abundantly on the rocky parts of the West of Scotland and the bold shores of the Western Isles than in any other parts of the British Isles. In these localities the pigeons congregate in great numbers, and flocks from different parts of the coast frequently meet on the feeding grounds, but when the time arrives for returning to rest each pigeon keeps to its own party. A very conspicuous trait of the rock pigeon is its love of home and its constancy in returning to it. The rock pigeon is the original progenitor of the numerous domestic varieties of the pigeon, and is used by the late Dr. Darwin in his *Origin of Species* and *Animals under Domestication*, to illustrate his theory of descent by natural selection.

The Pouter Pigeon.—This favourite pigeon is a tall and strong bird with white feathered legs, and is characterized by his great round inflated crop. The more common birds of this variety are the blues, buffs and whites, or an intermixture of these colours. The pouter is not a prolific breeder, is a bad nurse, and degenerates, if not repeatedly crossed and re-crossed with fresh stock, more rapidly than any other kind of pigeon. It is, however, a useful bird, being much attached to its home and strays but little, and thus induces more restless pigeons of other varieties to remain at home.

The Owl Pigeon.—Like the Turbit, the Owl pigeon has a remarkable tuft of feathers on the breast, resembling a frill or rosette, going partly round the neck; the size of the frill constitutes a point of excellence in the bird. Well-bred birds of the Owl type are rounded, broad and short from the eye to the tip of the beak, which should be short and thick, the eye prominent and the breast broad. The Owl pigeon is probably a native of the southern shores of the Mediterranean. There are several varieties of the Owl pigeon, the Whiskered Owl, which has a very large frill, and is supposed to have come from China; in Germany it is called the Chinese Owl; the African Owl, with bare legs and destitute of a crest; and the Eastern Owl, imported from Turkey and Asia Minor.

1260.—SAVOURY DUCK.

See "Faggots."

1261.—SMOTHERED CHICKEN.

Ingredients.—A boiled fowl, No. 1220, white sauce, No. 222

Method.—Divide the hot cooked fowl into neat joints, place them on a hot dish, cover completely with sauce, then serve.

1262.—TURKEY, BAKED, À LA MILANAISE.

See "Italian Cookery."

1263.—TURKEY, BLANQUETTE OF. (*Fr.*—Blanquette de Dinde.)

Ingredients.—The remains of a cold turkey, ¾ of a pint of stock, 1½ ozs. of butter, 1 oz. of flour, 1 yolk of egg, 2 tablespoonfuls of cream, 1 small onion, 1 small blade of mace, nutmeg, salt and pepper.

Method.—Cut the turkey into neat slices, and set these aside until wanted. Put the bones, trimmings, onion, mace and a little salt and pepper into a stewpan, cover with cold water, simmer gently for at least 1 hour, and strain. Heat the butter in a stewpan, add the flour, cook for a few minutes without browning, put in the stock, and stir until boiling. Simmer gently for 10 minutes, season to taste, add a pinch of nutmeg, put in the slices of turkey, and let them become quite hot without boiling. Mix the cream and yolk of egg together, add them to the contents of the stewpan, stir gently for about 5 minutes, then serve.

Time.—To re-heat the turkey, about 20 minutes. **Average Cost,** 6d. to 8d., exclusive of the turkey. **Sufficient** for 1 dish.

The Turkey (Fr. *dindon*).—This is one of the gallinaceous birds, the principal genera of which are the pheasants, turkeys, peacocks, bustards, pintatoes and grouse. They live chiefly on the ground scraping the earth with their feet, and feeding on seeds and grain which, previous to digestion, are macerated in their crops. They usually associate in families consisting of one male and several females. Turkeys are especially partial to the seeds of nettles. The common turkey is a native of North America, and it was introduced into England during the reign of Henry VIII. According to Tusser's *Five Hundred Points of Good Husbandry*, it began about the year 1585 to form a dish at the rural Christmas feast.

> "Beefe, mutton, and pork, shred pies of the best,
> Pig, veal, goose and capon, and turkey well drest:
> Cheese, apples and nuts, jolly carols to hear,
> As then in the country is counted good cheer."

The turkey is one of the most difficult birds to rear, and its flesh is much esteemed.

1264.—TURKEY, BOILED. (*Fr.*—Dinde Bouilli.)

Ingredients.—1 turkey, sausage meat (1 to 2 lbs., according to size of turkey), forcemeat balls (*see* Forcemeats); a small head of celery, 1 pint of celery sauce (*see* Sauces No. 184), stock or water, 2 onions, 2 carrots, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

Method.—Prepare and truss the turkey for boiling, stuff the crop with sausage meat, wrap the bird in a well-buttered paper, and put it into a pan containing as much boiling stock or water as will cover it. When the liquor boils, add the onions, carrots, and turnip cut into large pieces, the bouquet-garni, peppercorns, and salt to taste, put on the cover and cook gently from 1½ to 2¼ hours, according to size. Meanwhile, make the forcemeat balls, and fry them in a little hot fat or butter. Cut the celery into neat pieces, and boil in well-seasoned stock or water until tender. When the turkey is sufficiently cooked, remove the trussing skewers and strings, place on a hot dish, pour the sauce over, and garnish with groups of celery, dice, and forcemeat balls. If preferred, Béchamel sauce may be substituted for the celery sauce; in any case the quantity provided should be proportionate to the size of the bird. Boiled ham or tongue usually accompanies boiled turkey.

Time.—From 2 to 2½ hours. **Average Cost,** 6s. to 20s., according to size of turkey and season. **Seasonable,** from September to March. In best condition in December and January.

The Disposition of the Turkey.—The turkey among its own flock is both fierce and quarrelsome, but among other birds is usually both weak and cowardly. The domestic cock will often keep a flock of turkeys at a distance and they will rarely attack him except in an united body, when the cock is crushed rather by the superior weight of his antagonists than by their prowess. The female is less ferocious in her disposition than the male, and when leading forth her young, to which she is very affectionate, to collect their food, gives them if attacked but slight protection, warning them of their danger rather than offering to protect her threatened brood.

1265.—TURKEY, CROQUETTES OF. (*Fr.*—Croquettes de Dinde.)

See "Chicken, Croquettes of," No. 1157.

1266.—TURKEY, DEVILLED. (*Fr.*—Dinde à la Diable.)

Ingredients.—Cold roast turkey. For the devilled butter: 1 oz. of butter, ½ a saltspoonful each of cayenne, black pepper, and curry-powder, a pinch of ground ginger, piquante sauce.

Method.—Mix the ingredients for the devilled butter together on a plate. Divide the turkey into pieces convenient for serving, remove all skin, score the flesh deeply, and spread lightly with the butter. Put aside, and let them remain for 1 hour, or longer when a highly-seasoned dish is desired, then grill over the fire, and serve with piquante or other suitable sauce.

Time.—To grill, about 8 minutes. **Average Cost,** 8d., exclusive of the turkey. **Sufficient,** one leg will serve 2 persons.

Hunting Turkeys.—A favourite diversion among the Indians of Canada was hunting turkeys. When the retreat of these birds was discovered, usually near to a field of nettles or grain a well-trained dog was sent among the flock. As soon as the turkeys perceived their enemy they ran away at the top of their speed, leaving the dog far behind, but still following in their wake. The turkeys fatigued by their efforts after a time sought shelter in the trees. Sitting there worn out by their exertions, the birds were easily secured by the hunters, who knocked them down one by one with long poles which they carried for that purpose.

1267.—TURKEY, DEVILLED. (*Fr.*—Dinde à la Diable.) (Another Method.)

Ingredients.—2 turkey legs, made mustard, pepper and salt cayenne.

Method.—Score the legs in deep ridges, in regular lines, both along and across; prepare and salt these, adding cayenne, when liked very hot. Cover with mixed mustard, pressing well into the openings, and let it remain until the next morning. Have a bright clear fire, and grill them until the outside is crisp and brown. Spread with small pieces of fresh butter, seasoned with cayenne,and serve quickly.

Time.—About 8 minutes, to grill. **Average Cost,** 4d., exclusive of the turkey. **Sufficient** for 3 or 4 persons.

1268.—TURKEY, FRICASSÉE OF. (*Fr.*—Fricassée de Dinde.)

See "Chicken, Fricasséed," No. 1164.

1269.—TURKEY, GALANTINE OF.

See "Galantine of Fowl," No. 1233, and use a boned turkey in place of chicken.

1270.—TURKEY, HASHED. (*Fr.*—Hachie de Dinde.)

Ingredients.—The remains of cold roast turkey, 1½ ozs. of butter, 1½ ozs. of flour, ¾ of a pint of stock made from bones and trimmings of turkey, salt and pepper, a few drops of liquid caramel.

Method.—Divide the turkey into small neat joints, and put them aside. Put the bones and trimmings into a stewpan with a small onion, a blade of mace, a few peppercorns and a little salt, simmer gently for 2 hours, then strain and use. Melt the butter, stir in the flour, add the stock, and stir until boiling. Let the sauce boil gently for about 10 minutes, in order that the flour may be thoroughly cooked, then season to taste, add the pieces of turkey, draw the stewpan aside, and let it remain for about ½ an hour, where the contents will be kept just below simmering point. Before serving, improve the colour of the sauce by the addition of a few drops of caramel. The dish may be garnished with sippets of toasted bread, or surrounded by a border of mashed potato.

Time.—About 45 minutes after the stock is made. **Average Cost,** 6d. exclusive of the turkey.

Note.—For other methods of re-heating turkey, see the numerous recipes for re-heating chicken.

English Turkeys.—These are reared in great numbers in Suffok, Norfolk and several other counties, whence they were wont to be driven to the London market in flocks of several hundreds; the improvements in our modes of travelling now, however, enable them to be brought by railway. Their drivers used to manage them with great facility, by means of a bit of red rag tied to the end of a long stick, which, from the antipathy these birds have to that colour, effectually answered the purpose of a scourge. There are three varieties of the turkey in this country, the black, the white, and the speckled or copper-coloured. The black approaches nearest the original stock, and is esteemed the best. Its flesh is white and tender, delicate, nourishing and of excellent flavour; it greatly deteriorates with age, however, and is then good for little but stewing.

1271.—TURKEY POULT, ROASTED. (*Fr.*—Dindon rôti.)

Ingredients.—Turkey poult, butter or fat for basting, gravy (*see* "Gravies").

Method.—Truss the bird for roasting and cover the breast with 2 or 3 folds of buttered paper. Roast for about 1 hour in front of a clear fire, basting frequently, and serve with good gravy, and, if liked, either fried bacon or boiled ham.

Time.—About 1 hour. **Average Cost,** 6s. to 7s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from June to October.

The Wild Turkey.—In its wild state the turkey is a gregarious bird, going together in large flocks, frequently some hundreds in number. They frequent the great swamps of America, where they roost, but at sunrise repair to the dry woods in search of berries and acorns. They perch on the boughs of trees, usually mounting to the highest tops. In its manner of flight the wild turkey is awkward, but runs with great swiftness. In the early spring they become so fat that they are readily overtaken by a horseman. Wild turkeys are now rare in the inhabited parts of America, but are found in great numbers in the more distant and less frequented districts.

1272.—TURKEY, ROASTED. (*Fr.*—Dinde Rôti.)

Ingredients.—1 turkey, 1 to 2 lb. of sausage meat, 1 to 1½ lb. of veal forcemeat (*see* Forcemeats), 2 or 3 slices of bacon, 1 pint of good gravy, bread sauce (*see* Sauces, No. 180), fat for basting.

Method.—Prepare and truss the turkey. Fill the crop with sausage meat, and put the veal forcemeat inside the body of the bird. Skewer the bacon over the breast, baste well with hot fat, and roast in front of a clear fire or in a moderate oven from 1¾ to 2¼ hours, according to age and size of the bird. Baste frequently, and about 20 minutes before serving remove the bacon to allow the breast to brown. Remove the trussing strings, serve on a hot dish, and send the gravy and bread sauce to table in sauce-boats.

Time.—From 1¾ to 2¼ hours. **Average Cost,** 10s. to 16s. **Seasonable** from September to February.

1273.—TURKEY, STEWED OR BRAISED. (*Fr.*—Dinde braisé.)

Ingredients.—1 small turkey, 2 or 3 slices of bacon, 4 ozs. of butter, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, 1 pint of oyster sauce (*see* " Sauces, No. 310 "), stock.

Method.—Truss the bird as for roasting. Heat the butter in a stewpan, fry the turkey until the whole surface is well-browned, then remove it. Put in the vegetables, bouquet-garni, peppercorns and a good seasoning of salt, and add stock to nearly cover the whole. Replace the turkey, lay the slices of bacon on the breast, cover closely, and cook gently for about 2 hours, or until the turkey is quite tender. If preferred, brown sauce may be substituted for the oyster sauce, in which case the bird might be stuffed, as when roasted.

Time.—About 2 hours. **Average Cost,** 6s. 6d. to 8s. 6d., exclusive of the sauce. **Sufficient** for 8 persons. **Seasonable** September to February.

The Origin of the Turkey.—It is to North America that we are indebted for this bird, which is popularly associated with Christmas fare and rejoicing. It is asserted by some that the turkey was known to the ancients, and that it formed a dish at the wedding feast of Charlemagne. There is, however, little doubt that it is a native of the north of America, where it is found in its wild state, from whence it was introduced into Europe in the sixteenth century. It was imported into France by the Jesuits, who had been sent out as missionaries to the West; and in many localities of France even at the present day a turkey is called a Jesuit. On the farms of North America, where turkeys are very common, they are raised from eggs which have been found, or from young birds caught in the wood; they thus preserve almost entirely their original plumage. The turkey only became gradually acclimatized, both on the Continent and in England; in the middle of the eighteenth century scarcely more than ten out of twenty young turkeys were reared; now about fifteen of the same number arrive at maturity.

1274.—TURKEY WITH CHESTNUTS. (*Fr.*—Dinde Farcie aux Marrons.)

Ingredients.—1 turkey, 2 or 3 lb. of chestnuts, 1 to 1½ lb. of sausage meat or veal forcemeat (*see* Forcemeats), 3 or 4 slices of bacon, ½ a pint of stock, 1 pint of good gravy, or brown sauce (*see* Gravies and Sauces), 2 ozs. of butter, 1 egg, a little cream or milk, salt and pepper.

Method.—Slit the skins of the chestnuts, throw them into boiling water, cook for 15 minutes, then remove both skins. Replace in the stewpan, add the stock, cover closely and simmer gently for nearly 1 hour, or until the chestnuts are tender. Rub them through a fine sieve, add the butter, egg, a good seasoning of salt and pepper, and if the purée appears at all dry, a little cream or milk. Prepare, and truss the turkey, stuff the crop with sausage meat or veal farce, and fill the body with the chestnut purée. Skewer the bacon over the breast, baste well with hot fat, and roast before a clear fire or in a moderate oven from 1¾ to 2¼ hours, according to size. Baste well, and shortly before serving remove the bacon in order that the breast may brown. Remove the trussing strings, serve on a hot dish, and send the sauce or gravy to table in a sauce-boat.

Time.—From 1¾ to 2¼ hours. **Average Cost,** 10s. to 16s. **Seasonable** from September to February; in best condition in December and January.

THE FEATHERS OF THE TURKEY.—Human ingenuity has utilized almost every material for use or for ornament, and among primitive races feathers have been widely employed for such purposes. The American Indians made an elegant cloth by twisting the inner ribs of the turkey's feathers into a strong double string with hemp or the inner bark of the mulberry tree, weaving these materials in a similar manner to matting and forming a fabric of a rich and glossy appearance. The tail feathers were made into fans by the Indians of Louisiana.

1275.—TURKEY, WITH CHIPOLATA GARNISH.
(*Fr.*—Dinde à la Chipolata.)

Ingredients.—1 turkey, 1½ to 2½ lb. of sausage meat, 1 to 2 lb. of veal forcemeat (*see* Forcemeats), larding bacon, 1 bottle of preserved mushrooms, ½ a pint each of carrot and turnip scooped out into rounds, 1½ ozs. of butter, ½ a pint of stock, 1 pint of Espagnole sauce, No. 244, fat for basting.

Method.—Prepare and truss the turkey, lard the breast, put ½ a lb. of the sausage meat aside, the remainder into the crop of the bird, and stuff the body with veal forcemeat. Baste well with hot fat, and roast before a clear fire, or in a moderate oven from 1¾ to 2¼ hours, according to size. Baste frequently, and as soon as the breast has acquired sufficient colour, cover it with 3 or 4 folds of greased paper. Divide the butter and put it into 2 small stewpans, add the carrots to one and the turnips to the other, and fry for 10 or 15 minutes. Season with salt and pepper, add 1 or 2 tablespoonfuls of stock, cover closely, and cook the carrot gently for about 45 minutes, and the turnip for ½ that length of time. The stewpans should be occasionally shaken, and it may be necessary to add more stock, all of which, however, must be well drained from the vegetables before dishing. 15 minutes before serving, put the mushrooms and their liquor into a stewpan, let them become thoroughly hot, then drain and use. Shape the remainder of the sausage meat into small balls, and fry them in hot butter or fat until brown. Remove the trussing strings, place the turkey on a hot dish, arrange the mushrooms, carrots, turnips and sausage meat balls in groups, and serve the Espagnole sauce in a sauce-boat.

Time.—From $1\frac{3}{4}$ to $2\frac{1}{4}$ hours. **Average Cost,** 10s. to 16s. **Sufficient** for 12 or more persons, according to size of the turkey. **Seasonable** from September to March ; in best condition in December and January.

1276.—TURKEY, WITH MUSTARD SAUCE.
(*Fr.*—Dinde, Sauce Moutarde.)

Ingredients.—2 turkey legs, $\frac{1}{2}$ a pint of brown sauce (*see* Sauces, No. 233) 1 tablespoonful of made mustard, 1 tablespoonful of piquante sauce (*see* Sauces, No. 265).

Method.—Score the legs deeply, pour over them the mustard and piquante sauce. Let them soak for $\frac{1}{2}$ an hour, or longer if preferred highly seasoned. Make the brown sauce as directed, add to it the legs and the marinade, simmer gently for 20 minutes, then serve on a hot dish with the sauce strained over.

Time.—About 1 hour. **Average Cost,** 9d., exclusive of the turkey. **Sufficient** for 3 or 4 persons.

1277.—WHEATEARS, TO DRESS.

Ingredients.—Wheatears, fresh butter, watercress.

Method.—After the birds are picked, drawn and cleaned, truss them like larks, cook them in front of a quick fire, and baste them well with oiled butter. When done, which will be in about 20 minutes, dish them up, garnish the dish with watercress, and serve with fried breadcrumbs.

Time.—20 minutes. **Average Cost,** from 6d. each. **Seasonable** from July to October.

THE WHEATEAR (Fr. *vitrec*).—This elegant little bird, some 6 inches in length, belongs to the family of the *Sylviadac*, or Warblers, and is a visitant of Britain during the summer, arriving from the middle of March to May and quitting our island in September. The male is light-grey, the wing-quills and coverts are black, the breast is brown with an orange tinge, and the under parts brown and white. The wheatear is esteemed as a table delicacy when the birds are well-nourished. Large quantities of the wheatear are captured by nets and snares made of horsehair. The wheatear builds its nest in the crannies of rocks and similar situations. Its eggs are of a pale blue tint. It is also known as the *Fallow-chat.*

GAME

CHAPTER XXIV

General Observations on Game and the Game Laws

The Game Laws, by which term is meant those statutes which establish a peculiar kind of property in wild animals, trace their origin to two principles of Common Law ; the first is, that physical possession is the underlying idea of the law of property : as wild animals cannot, by their nature, be so physically possessed, no property in them can be recognized : they are **res nullius** ; the second principle or maxim of the Common Law of England is that **res nullius**, that is, goods in which no person can claim any property, belong by royal prerogative to the Sovereign. Those animals accordingly, those **ferae naturae** which come under the denomination of game, are in our laws styled His or Her Majesty's, and may, therefore, as a matter of course, be granted by the Sovereign to another ; in consequence of this royal privilege another may prescribe to possess the same rights within a certain precinct of lordship. Hence arose the rights of lords of manors and others to the game within their respective liberties ; and to protect this right innumerable Acts of Parliament were passed. Many of these inflicted penalties of extraordinary severity upon persons convicted of illegally killing game ; but they are now all abrogated, and the principal statutes, composing what are known as the Game Laws, may be enumerated as follows : 9 Geo. IV c. 69, referred to as the Night Poaching Act ; 1 and 2 William IV c. 32, the Game Act ; 11 and 12 Vict. c. 29, the Hares Killing Act ; and 23 and 24 Vict. c. 90, the Game Licences Act ; to these must be added 43 and 44 Vict. c. 35, the Wild Birds' Protection Act. It is the Game Act of William IV that concedes to any one the right to kill game on his own ground, irrespective of qualifications of rank or property, game being defined in this statute, as in the earlier one of George IV, to include "hares, pheasants, partridges, grouse, heath or moor game, black game, and bustards." This Act, however, requires all persons killing or pursuing game to take out a yearly certificate ; and dealers selling it must also obtain a yearly licence.

The Object of the Game Laws is not, however, wholly confined to the restraint of the illegal sportsman. Even qualified and privileged persons must not kill game at all seasons. During the day, the hours allowed for sporting are from one hour before sunrise until one hour after sunset ; and the time of killing certain species is also restricted to certain seasons. Thus :—

Partridges	may be shot	from	September 1 to January 31.
Pheasants	,,	,,	October 1 to January 31.
Black Game	,,	,,	August 20 to December 9.
Grouse	,,	,,	August 12 to December 9.
Bustard	,,	,,	September 1 to February 28.
All other wild birds		,,	August 1 to February 28.

It is the Wild Birds' Protection Act of 1880, referred to above as 43 and 44 Vict. c. 35, which has fixed the close season for wild birds other than those specified in the Game Act of William IV ; by Sec. 3 of this Act it is made a punishable offence to kill any between the first day of March and the first day of August, or to have any killed birds in possession after the fifteenth day of March. This Act was amended by 44 and 45 Vict. c 51, exempting birds received from abroad, and included larks in the schedule of protected birds. The sand-grouse may not be killed at any time. Local Acts are also occasionally passed, extending the close season in the interest of certain species. By an Act passed in 1892 the sale of hares and leverets killed in the United Kingdom is prohibited from March to July inclusive ; in Ireland the close season is between April 1 and August 12. This Act does not apply to foreign hares.

The Exercise or Diversion of pursuing Four-footed Beasts or Game is called hunting, and to this day is followed in the field and forest with gun and hound. Birds are not hunted but shot in the air, or taken with nets and other devices, which is termed fowling ; or they are pursued and taken by birds of prey, which is termed hawking, a form of sport fallen almost entirely into desuetude in England, although now showing signs of being revived in some parts of the country. Men have been engaged from the earliest ages in the pursuit of four-footed beasts, such as deer, boars and hares, properly termed hunting. It was the rudest and the most obvious means of acquiring human support before the agricultural arts had in any degree advanced. It is an employment, however, requiring both art and contrivance, as well as a certain fearlessness of character, combined with considerable powers of physical endurance. Without these, success could not be very great ; but, at best, the occupation is usually accompanied with rude and turbulent habits ; and when combined with such, it constitutes what is termed the savage state of man. As culture advances, and the soil becomes devoted to the plough or to the sustenance of the tamer and more domesticated animals, the range of the huntsman is proportionably limited ; so that when a country has attained to a high state of cultivation, hunting becomes little else than an amusement of the wealthy. In the case of fur-bearing animals, however, it is somewhat different, for these continue to supply the wants of civilization with one of its most valuable materials of commerce.

The Themes which form the Minstrelsy of the Earliest Ages relate either to the spoils of the chase or to the dangers of the battlefield. The sacred writings introduce us to Nimrod, the first mighty hunter before the Lord, and tell us that Ishmael, in the solitudes of Arabia, became a skilful bowman ; and that David, when yet young, was not afraid to join in combat with the lion or the bear. Greek mythology teems with hunting exploits ; Hercules overthrows the Nemaean lion, the Erymanthean boar and the hydra of Lerna ; Diana descends to the earth and pursues the stag ; Æsculapius, Nestor, Theseus, Ulysses and Achilles are all followers of the chase. Aristotle, the philosopher, advises young men to apply themselves early to it ; and Plato finds in it something divine. Horace exalts it as a preparative exercise for the path of glory, and several of the heroes of Homer are its ardent votaries. The Romans followed the hunting customs of the Greeks, and the ancient Britons were hunters before Julius Caesar invaded our shores. Although the ancient Britons followed hunting, however, they did not confine themselves solely to its pursuit. They bred cattle and tilled the ground and, to some extent, indicated the rudimentary state of a pastoral and agricultural life ; but, in every social change field sports maintained their place. After the expulsion of the Danes, and during the brief restoration of the Saxon monarchy, such sports were still followed ; even Edward the Confessor, who would join in no other secular amusement, took the greatest delight, says William of Malmesbury, " to follow a pack of swift hounds in pursuit of game, and to cheer them with his voice." Nor was Edward the only English sovereign who delighted in the pleasures of the chase. William the Norman, and his two sons who succeeded him, were passionately fond of the sport, and greatly circumscribed the liberties of their subjects in reference to the killing of game. The privilege of hunting in the royal forests was confined to the king and his favourites ; and in order that these might be made more extensive, whole villages were depopulated, places of worship levelled with the ground, and every means adopted that might give a sufficient extension of space for the beasts of the chase. King John was especially devoted to field sports, and went so far as to lay an interdict upon the winged as well as upon the four-footed creation. These forest laws at length became so tyrannical and intolerable that our ancestors became almost as anxious for their reformation as they were for the relaxation of the feudal system, and they wrung from the king the Charta de Forestâ with as much insistence as they wrung from him Magna Charta. Edward III was so enamoured of the exercise that even during his absence at the wars in France he took with him sixty couples of stag-hounds and as many hare-hounds, and every day amused himself either with hunting or hawking. Great in wisdom as the Scotch Solomon, James VI of Scotland and I of England, conceived himself to be, he was much addicted to the amusements of hunting, hawking and shooting. From his days down to the present, field-sports have continued to hold their high reputation, not only for the promotion of health, but also for the development of that manliness of character which enters so largely into the composition of the British race.

The late Duke of Grafton when hunting was, on one occasion, thrown into a ditch. A young curate, engaged in the same chase, cried out, "Lie still, my lord!" leapt over him, and pursued his sport. Such an apparent want of feeling might be expected to have been resented by the duke; but not so. On his being helped up by his attendant, he said, "That man shall have the first good living that falls to my disposal; had he stopped to have given me his sympathy, I never would have given him anything." Such was the manly sentiment of the duke, who delighted in the manifestation of a spirit as ardent as his own in sport, and superior to the baseness of an assumed sorrow.

That Hunting has in many instances been carried to an excess is well-known. The match given by the Prince Esterhazy, Regent of Hungary, on the signing of the treaty of peace with France, is not the least extraordinary instance upon record. On that occasion there were killed 160 deer, 100 wild boars, 300 hares and 80 foxes; this was the achievement of one day. Enormous, however, as this slaughter may appear, it is greatly inferior to that made by the contemporary King of Naples on a hunting expedition. That sovereign had a larger extent of ground at his command and a longer period for the exercise of his talents; consequently his sport, if it can be so called, was proportionably greater. It was pursued during his journey to Vienna, in Austria, Bohemia and Moravia; he killed 5 bears, 1,820 boars, 1,950 deer, 1,145 does, 1,625 roebucks, 11,121 rabbits, 13 wolves, 17 badgers, 16,354 hares and 354 foxes; of birds, during the same expedition, he killed 15,350 pheasants and 12,335 partridges. Such prodigious destruction can hardly be called sport; it resembles more the indiscriminate slaughter of a battlefield, where the scientific engines of civilized warfare are brought to bear upon defenceless savages.

Deer and Hares may be considered to be the only four-footed animals now hunted in Britain for the table; and even these are not followed with the same ardour as they were in bygone days. Still, there is no country in the world where the sport of hunting on horseback is carried on to such an extent as in Great Britain, and where the pleasures of the chase are so well understood and conducted on such purely scientific principles. The fox, of all "the beasts of the field," is now considered to afford the best sport. For this, it is infinitely superior to the stag;

for the real sportsman can only enjoy that chase when the deer is sought for and found like other game, which are pursued with hounds. In the case of finding an outlying fallow-deer, which is unharboured in this manner, great sport is frequently obtained, but this is now rarely to be met with in Britain. Hare-hunting is followed in many parts of this and the sister island. Although it is less dangerous and exciting than fox-hunting, it has great charms for those who do not care for the hard riding which the other requires.

The Art of taking or killing Birds is called "fowling," and is either practised as an amusement by persons of rank or property, or for a livelihood by persons who use nets and other apparatus. When practised as an amusement, it principally consists in killing them with a light firearm called a "fowling-piece," and the sport is secured to those who pursue it by the game laws. The other means by which birds are taken consists in imitating their voices, or leading them, by other artifices, into situations where they become entrapped by nets, bird-lime or other methods. For taking large numbers of birds, the pipe or call is the most common means employed ; and this is done during the months of September and October. We will here give a brief description of the *modus operandi* pursued in this sport. A thin wood is usually the spot chosen, and a cabin is erected under a tree at a little distance from the others ; only such branches are left on the tree as are necessary for the placing of the bird-lime, with which they are covered. Around the cabin are placed avenues with twisted perches, also covered with bird-lime. Having thus prepared all that is necessary, the bird-catcher places himself in the cabin and, sunrise and sunset, imitates the cry of a small bird calling the others to its assistance. Supposing that the cry of the owl is imitated, different kinds of birds will immediately flock together at the cry of their common enemy when, at every instant, they will be seen falling to the ground, their wings being of no use to them, from their having come in contact with the bird-lime. The cries of those which are thus situated now attract others, and large numbers are thus taken in a short space of time.

It is only during the night, and by counterfeiting the squeak of a mouse, that owls themselves can be taken. Larks and other birds and water-fowl are sometimes taken by nets ; but to give a full description of the manner in which this is done would occupy too much space.

Feathered game have from time immemorial gratified the palate of man. With the exception of birds of prey and some other species, the Israelites by the Mosaic code were permitted to eat them; the Egyptians made offerings to their priests of their most delicate birds. The ancient Greeks commenced their repast with little roasted birds ; and feathered game, amongst the Romans, was served as the second course. Indeed, several of the ancient gourmets of the "imperial city" were so fond of game that they brought themselves to ruin by eating flamingoes and pheasants. "Some modern nations, the French amongst others," says Monsieur Soyer, "formerly ate the heron crane, crow, stork, swan, cormorant and bittern." The first three especially were highly esteemed; and *Laillevant*, cook of Charles VII, teaches us how to prepare these meagre, tough birds. "*Belon*" says that in spite of its revolting taste when unaccustomed to it, the bittern is, however, among the delicious treats of the French. This writer also asserts that a falcon or vulture, either roasted or boiled, is excellent eating, and that if one of these birds happened to kill itself in flying after game, the falconer instantly cooked it. Lebaut calls the heron" a royal viand."

The Heron was hunted by the Hawk, and the sport of hawking is usually placed at the head of those amusements that can only be practised in the country. This precedency it probably obtained from its being a pastime so generally followed by the nobility, not in Great Britain only, but likewise on the Continent. In former times, persons of high rank rarely appeared in public without their dogs and their hawks; the latter they carried with them when they journeyed from one country to another, and sometimes even took them to battle with them, and would not part with them when taken prisoners, even to obtain their own liberty. Such birds were esteemed as the ensigns of nobility, and no action was reckoned more dishonourable in a man of rank than that of giving up his hawk.

We have already alluded to the hunting propensities of our own Edward III, and we may also allude to his being equally devoted to hawking. According to Froissart, when this sovereign invaded France, he took with him thirty falconers on horseback, who had charge of his hawks, and every day, as his royal fancy inclined him, he either hunted, or went to the river for the purpose of hawking.

As the inevitable Result of Social Progress is, at least, to limit, if not entirely to suppress, such sports as we have been treating of, much of the romance of the country life has passed away. This is more especially the case with falconry, which had its origin about the middle of the fourth century, although lately attempts have been made with some degree of success to institute a revival of the "gentle art" of hawking. Julius Firmicus, who lived about that time, is, so far as we can find, the first Latin author who speaks of falconers, and of the art of teaching one species of birds to fly after and catch others. The occupation of these functionaries has now all but ceased. New and nobler efforts characterize the aims of mankind in the development of their civilization, and field sports have, to a large extent, been superseded by other exercises; it may be less healthful and invigorating, but is certainly more elegant, intellectual and humanizing.

The Wild Birds, of which we have now to speak, are protected by the law, and may only be killed or sold during some months of the year.

In a country so thickly populated as England they would otherwise soon be exterminated. It is, however, more as a matter of custom than as a matter of fact, that we speak of all game as wild, for thousands of birds are bred, like barn-door fowls, and turned loose for sport in the autumn.

Season for Game.—Between March 15 and August 1 is the worst time for game, for since 1872 a £5 penalty has been exacted from any person who shall kill or sell any one of a scheduled list of birds, of which these have most to do with the housekeeper—coot, dotterel, mallard, moorhen, plover, quail, snipe, woodcock, swan, teal, widgeon, wild duck, wheatear. They may be sold, however, if they are proved to come from outside the limits of the United Kingdom ; and a good deal of foreign game is sold to those who cannot content themselves during those months without a game course to dinner. Partridges and prairie hens come to us from America, Russia and Norway, and some of the Colonies supply us with game " out of season " ; there is also a large importation of quails from Egypt.

To Keep Game.—All water birds should be eaten as fresh as possible, because their flesh is oily and soon becomes rank. Most game is kept until putrefaction has commenced, it being thought that the flavour is thereby developed. The time that it may be kept depends upon (1) the taste of the persons who are to eat it ; (2) the weather ; (3) the age of the bird. Taking all these together, it is impossible to lay down any precise rules. In damp, muggy weather, even if the thermometer is not very high, game will keep a very little time, but in clear, windy weather, even if it is not very cold, it will keep for many days. It should always be kept in the fur or feathers, and should not be drawn, and should be hung up in a current of air. It may sometimes be necessary to pluck, truss and half cook it, in which state it will keep a day or two longer.

Old birds may always be kept longer than young ones, so that it is well, in case of having a good deal of game, to cook the old on one day and the young on another. Old birds also need longer cooking.

To Choose Game.—At the beginning of the season it is easy to distinguish between old and young, but towards the end of the year the distinctions become obliterated. Besides the smoothness of the claws and the small lip cleft of a young hare, the ear is tender and can be easily torn. This sign, however, is not infallible if the ear is torn by the poulterer, who, by long practice, can always tear it very readily. The short, stumpy neck and long joints of a young rabbit or hare are a better guide, and a small bony knob can be felt near the foot of a leveret, which is absent in a full-grown hare. Partridges, at the beginning of the season, can always be distinguished by the shape of the long feathers in the wing ; in an old bird they are round at the end, like the letter U ; in a young one they are pointed, like a V.

The red-legged French partridges are rather larger and cheaper than the English, but they are not considered so good. The size of the spur, the smoothness of the legs and the tenderness of the pinion are the best guides in choosing a pheasant ; and, indeed, these always are the points to observe in all birds, so far as their age is concerned.

If they are in good condition the breast is thick and hard ; if lean, the breast feels thin and soft. The feet generally tell if a bird is fresh. They should be supple and moist, especially in water birds, but they soon become stiff and dry after the bird is dead.

Game is less fat than poultry or butcher's meat, and is generally thought to be very nourishing. It is also easy of digestion, and is valued in the sick room as well as on the table of the epicure. This does not apply to wild fowl, which have close, firm, and rather oily flesh, and are, therefore, unsuitable for delicate persons.

A number of small birds spoken of in this chapter do not, stricty speaking, come within the limits of either game, wild fowl or poultry. They are eaten as articles of luxury to no great amount, and are included here because they often replace game on the dinner table.

Table Showing Relative Value of Poultry and Game.

Giving the actual cost of the eatable portion of all, after deducting Loss in Weight from Cooking, Bone, Skin and Waste.

Much time and trouble has been spent in preparing the following table, all the Poultry and Game having been specially cooked and tested. It will surprise many to see the result, which shows how very costly most of the small birds are, reckoning their price per lb., instead of the usual way at so much each, or per brace.

Name of Bird.	How usually Cooked.	Weight before Cooking.		Weight when Cooked, with bone and waste deducted.		Loss per lb. by Cooking, bone and waste.	Average cost per lb.		Cost per lb. without bone and waste.	
		lb.	oz.	lb.	oz.	oz.	*s.*	*d.*	*s.*	*d.*
Chicken	Boiled	2	4	1	4	7	1	0	1	9¼
Duck	Roasted	3	0	1	8	8	1	0	2	0
Fowl	,,	4	0	2	4	7	0	10½	1	6¾
Goose	,,	10	6	5	3	8	0	9	1	6
Grouse	,,	0	14	0	10	4½	2	0	2	9¼
Hare	,,	4	0	2	12	5	1	0	1	5½
Partridge	,,	0	14	0	8	7	1	8	2	11½
Pheasant	,,	2	6	1	3	8	1	2	2	4
Pigeon	,,	0	5	0	2½	8	2	0	4	0
Plover	,,	0	7	0	4	6¾	1	6	2	5½
Rabbit	Boiled	3	0	0	11	7	0	8	1	2¼
Snipe	Roasted	0	3	0	1⅜	8	2	6	5	0
Turkey	,,	10	0	5	10	7	0	11	1	7½
Venison	,,	13	8	9	4	5	1	3	1	10
Wild Duck	,,	2	0	1	1	7½	1	0	1	10½
Woodcock	,,	0	8	0	4	8	3	0	6	0

Note.—The weights given in the third column are those of poultry and game, after being drawn and trussed for cooking.

Table Giving Weight of Bone, Skin and Waste and Loss by Cooking in Poultry and Game.

Name of Bird.	Weight when Bought.		Weight of bone, skin and waste.		Loss by Cooking.		Total Loss by Cooking, bone and waste.		Weight of eatable matter.	
	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.
Duck	3	0	1	0	0	8	1	8	1	8
Fowl	4	0	1	0	0	12	1	12	2	4
Goose	10	6	2	15	2	4	5	3	5	3
Grouse	0	14	0	2	0	2	0	4	0	10
Hare	4	0	0	9	0	11	1	4	2	12
Partridge	0	14	0	3¼	0	2¾	0	6	0	8
Pheasant	2	6	0	11	0	8	1	3	1	3
Pigeon	0	5	0	1	0	1½	0	2½	0	2½
Rabbit	3	0	0	11	0	4	1	0	2	0
Turkey	10	0	3	0	1	6	4	6	5	10
Woodcock	0	8	0	2½	0	1½	0	4	0	4

RECIPES FOR COOKING GAME

CHAPTER XXV

1278.—BLACKBIRD PIE. (*Fr.*—Pâté de Merle.)

Ingredients.—Blackbirds, rump steak, veal forcemeat (*see* "Forcemeats"), hard-boiled eggs, good stock, salt and pepper, paste.

Method.—Pick and draw the birds, and stuff them with veal forcemeat. Line the bottom and sides of a piedish with rather thin slices of steak, put in the birds cut in halves, season them with salt and pepper and intersperse sections or slices of hard-boiled eggs. Half fill the dish with good stock, cover with paste (*see* "Veal and Ham Pie"), and bake in a moderately hot oven. Add more stock before serving.

Time.—To bake the pie, from 1¼ to 1¾ hours, according to size. **Average Cost**, uncertain, blackbirds being seldom sold. **Seasonable** from November to the end of January.

1279.—BLACK COCK, FILLETS OF, À LA FINANCIÈRE. (*Fr.*—Filets de Coq de Bruyère à la Finançière.)

Ingredients.—2 black cocks, 3 slices of bacon, ½ a pint of brown sauce (*see* Sauces), ¼ of a pint of stock, 1 glass of sherry or Madeira, 12 button mushrooms, 1 medium-sized onion, 1 small carrot, ½ a turnip, salt and pepper.

Method.—Cut the birds into neat fillets, slice the vegetables, place them in a sauté-pan with the stock, add the slices of bacon, lay the fillets on the top of them, cover closely with a well-buttered paper, and cook gently for about 30 minutes. Make the brown sauce as directed, add to it the mushrooms (fresh ones must be previously fried in a little butter), and the wine, season to taste, and keep hot until required. When the fillets are done, arrange them on a hot dish, strain the sauce over, and garnish with the mushrooms, and, if liked, the bacon cut into dice and grouped round the base.

Time.—From 30 to 35 minutes. **Average Cost**, from 3s. 6d. to 4s. 6d. per brace. **Seasonable** from the middle of August to the end of November.

1280.—BLACK COCK, GRILLED. (*Fr.*—Coq de Bruyère Grillé.)

Ingredients.—1 black cock, a little warm butter, ½ a teaspoonful of lemon-juice, a few drops of anchovy essence, ½ a pint of brown sauce (*see* Sauces, No. 233), salt and pepper.

Method.—Split the bird down the back, cut off the legs at the first joint, and skewer into as flat a shape as possible. Brush over with warm butter, sprinkle with salt and pepper, and grill over or in front of a clear fire from 25 to 30 minutes. The bird should be turned frequently, and occasionally brushed over with butter during the process of cooking. Make the sauce as directed, add to it the lemon-juice and anchovy-essence, season to taste, strain and serve in a sauce-boat. Fried potato chips or straws are frequently served with this dish.

Time.—From 25 to 30 minutes. **Average Cost** 3s. 6d. to 4s. 6d. per brace. **Seasonable** from the middle of August to the end of November.

Black-cock (Fr. *coq de bruyère*)—The name given to the male of the black grouse a species of Rasorial birds included in the *Tetraonidae* or grouse famly. The Black-cock frequents the moors of Scotland, and is also found on the Alps and Apennines, and in Norway and Russia. The male, about the size of the common hen, weighs some 4 lb., the female about 2 lb.; the eggs of the latter are of yellowish-white colour spotted with brown. The flesh of the Black-cock is highly esteemed. Large numbers of these birds are imported from Norway, but although larger in size than the Scotch bird, their flavour is not so delicate. The plumage of the male bird is a fine glossy black, whence its name, with white on its lower wing-coverts. The four outer feathers of the tail on each side are curved outwards at their tips, thus giving to the tail a double-hooked or lyre-shaped appearance. The colour of the females is brown, and the tail straight. Both sexes are feathered on the shanks. Until they are about half-grown the males are scarcely distinguishable from the females, when the black feathers begin to appear about the sides and breast. The food of the Black-cock consists of the tops of the birch and heather and ripe mountain berries, and in the summer these birds frequently descend to the lower lands to feed upon the corn. The Black-cock is gregarious, but in winter the sexes keep in separate flocks and pair in the spring. The Black-cock is also known locally as the Black-game, Heath-cock, Moor-fowl, or Heath-poult.

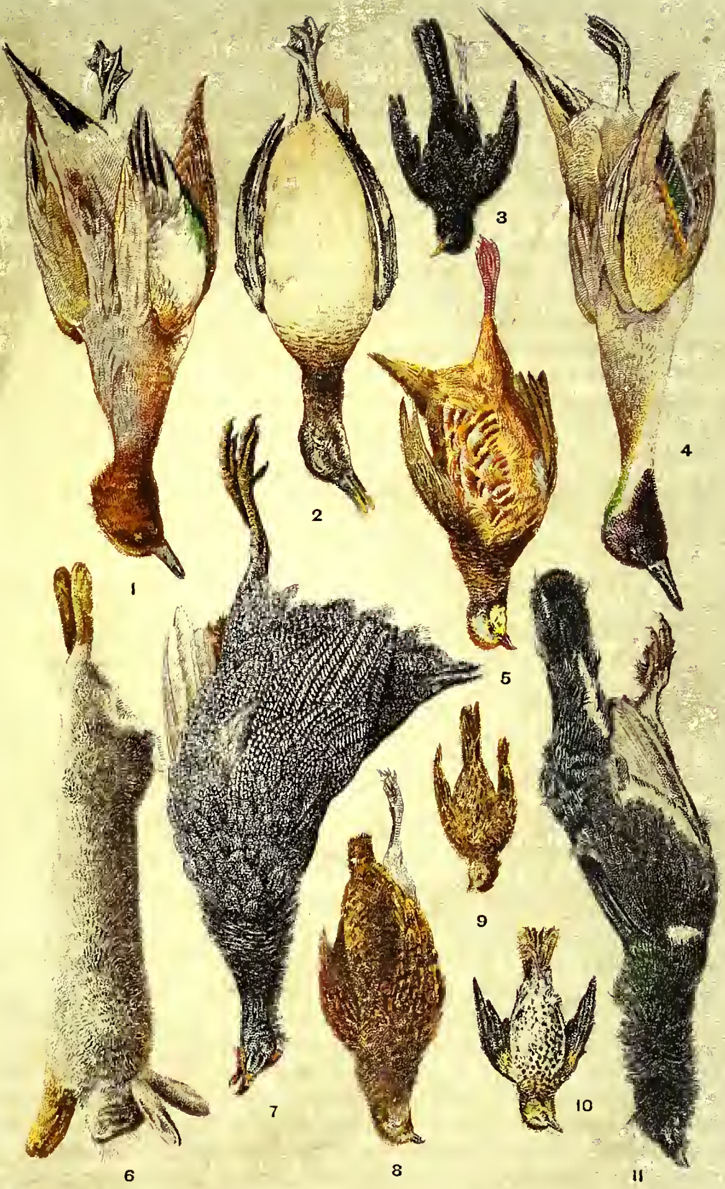
1281.—BLACK COCK, ROASTED. (*Fr.*—Coq de Bruyère Rôti.)

Ingredients.—Black cock, butter, toast, gravy, bread sauce, No. 180 (*see* Sauces and Gravies), fried breadcrumbs.

Method.—Let the birds hang for a few days, for they will be tough and tasteless, if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss as a roast fowl, cutting off the toes, and scalding and peeling the feet. Baste the bird well with hot butter, and roast it in front of a clear fire, or in a moderate oven, from 45 to 60 minutes, according to size, basting frequently with butter during the process. Dish on a slice of buttered toast, and serve the gravy, bread sauce and breadcrumbs separately.

Time.—From 45 to 60 minutes. **Average Cost,** 3s. 6d. to 4s. 6d. per brace. **Seasonable** from the middle of August to the end of November.

GAME.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1.—Cock Widgeon. 2.—Dumb-bird. 3.—Blackbird. 4.—Pintail. 5.—French Partridge.
6.—Rabbit. 7.—Guinea Fowl. 8.—Partridge. 9.—Lark. 10.—Thrush.
11.—Black Game.

1282.—CAPERCAILZIE, ROASTED. (*Fr.*—Capercailzie Rôti.)

Ingredients.—1 capercailzie, ¼ of a lb. of beefsteak, 1 or 2 slices of bacon, butter, good gravy, bread sauce (*see* Sauces and Gravies), fried breadcrumbs, watercress, salad-oil, salt and pepper.

Method.—Prepare and truss the bird in the same way as a roast chicken. Put the beefsteak inside the bird ; it greatly improves the flavour, and may afterwards be used in the preparation of some cold meat dish. Cover the breast with slices of bacan, and roast in front of a clear fire or in a moderate oven for about 1 hour, basting frequently. When ¾ cooked remove the bacon from the breast, dredge lightly with flour, and baste well to give the bird a nice brown appearance. Serve on a hot dish garnished with watercress, previously well washed, dried and seasoned with salt, pepper, and a little salad-oil, and send the gravy, bread sauce and breadcrumbs to table in sauce-boats.

Time.—About 1 hour. **Average Cost,** 4s. 6d. **Seasonable** from August 20 to December 20.

The Capercalzie or Wood Grouse (Fr. *capercalzie*).—This bird, known also as the Cock of the Wood, was once abundant in the Highlands of Scotland, but became for some time almost or entirely extinct ; efforts have, however, been made to re-introduce it, and with success. The Capercalzie is the largest of the European gallinaceous birds, measuring some 3 feet in length, and weighing from 9 to 15 lb. The female is about one-third the size of the male, and differs considerably in the colour of her feathers, which are grey, variegated with brownish-black, and striped or spotted with red or bay-black or white, those of the head and tail being of a ruddy hue. The neck of the male is grey, the breast green, the wings brown spotted with black, and the tail feathers black with white spots. The bill is short, with a band of naked scarlet-coloured skin above the eyes. The male is polygamous and lives apart from the female, except at the pairing season. The nest of the capercalzie is built on the ground, and its eggs are of a pale reddish-brown tint, spotted with brown. The capercalzie is found principally in lofty mountainous regions, and is common in N. Asia and in the pine forests of Russia, Sweden and Norway, from whence it is imported during the winter into England.

1283.—FRENCH GAME PIE. (Pâté de Gibier.)

Ingredients.—¾ of a lb. of lean veal, ¾ of a lb. of fresh pork, 1 blackcock, pheasant, partridge, or other game, a slice of bacon, 1 large truffle or truffle trimmings, aromatic spice, salt, paste.

Method.—Chop the meat (veal and pork) finely, or pass it through a mincing machine, season it highly with aromatic spice, salt, etc., and add finely-chopped truffle. Cut the game into neat joints. Line a pie-dish with the prepared forcemeat ; on this place a layer of pieces of game, then a few slices of bacon, and more forcemeat ; continue to add these until the pie-dish is well filled. Moisten with a gill of stock or water, cover with a good paste crust, decorate and egg over, bake in a moderate oven for about 1¼ hours. Serve hot or cold.

Time.—To bake, about 1¼ hours. **Average Cost,** 4s. 6d. to 6s.

1284.—GAME, ANDOUILETTES OF. (*Fr.*—Andouilettes de Gibier.)

Ingredients.—4 ozs. of finely-chopped cooked game, 2 ozs. of finely-chopped cooked ham, 2 ozs. of butter, 1 dessertspoonful of flour, 3 finely-chopped mushrooms, 1 finely-chopped shallot, 1 teaspoonful of chopped parsley, fried parsley, a pig's caul, meat glaze, ½ a gill of stock (about), 1 egg, tomato or piquante sauce, lemon-juice, salt and pepper, nutmeg.

Method.—Heat ½ an oz. of butter in a small stewpan, fry the shallot slightly, stir in the flour, and when lightly browned add the stock and boil well. Put in the game, ham, mushrooms, parsley, the yolk of the egg, a few drops of lemon-juice, a pinch of nutmeg, salt and pepper to taste, stir over the fire until well mixed and thoroughly hot, then spread on a plate to cool. Brush the inside of 8 or 9 oval paper cases with butter, and fry sufficient parsley to form little beds for each case. Mould the game preparation into oval or cork-shaped pieces of suitable size, enclose them in pieces of caul, previously washed and well-dried, and seal the ends with a little white of egg. Heat the remaining 1½ ozs. of butter in a sauté-pan, fry the andouilettes until nicely browned, then brush them over with warm meat glaze, and place them on the top of the fried parsley in the paper cases. Arrange neatly in an entrée dish, and serve the sauce in a sauce-boat.

Time.—About 1 hour altogether. **Average Cost** 1s 9d. **Sufficient** for 5 or 6 persons.

1285.—GAME CUTLETS. (*See* Pheasant Cutlets.)

1286.—GAME, GARNISH FOR.

The usual garnish for roast game consists of watercress and crisply fried potatoes, the latter being usually stamped out into small thin slices, or cut into julienne strips. Mushrooms, truffles and many other ingredients are used to garnish a salmi of game. *See* "Wild Duck, Salmi of."

1287.—GAME, HASHED. (*See* Wild Duck, Salmi of.)

1288.—GAME IN ASPIC JELLY. (*Fr.*—Gibier en Aspic.)

Ingredients.—Cold cooked game, hard-boiled eggs, thin strips of lean cooked ham, aspic jelly.

Method.—Rinse a plain mould with cold water, cover the bottom with a thin layer of liquid aspic, and, when set, decorate with stamped-out pieces of ham and white of egg. Fix the decorations with a little aspic, and as soon as it has stiffened, add small pieces of game, previously seasoned and freed from skin and bone. Leave plenty of space to be filled with jelly, and let the jelly covering one layer of game become quite set before adding another. Let the mould remain on ice, or in a cool place until wanted, then turn out and serve.

1289.—GAME PIE. (*See* French Game Pie and Raised Pie.)

1290.—GAME, PUREE OF. (*Fr.*—Purée de Gibier.)

Ingredients.—Cold game, butter, gravy, cream, salt and pepper.

Method.—Remove the bones, and simmer them in a little water for at least 1 hour, when gravy is not at hand. Chop the flesh of the bird finely, pound it in a mortar until smooth, moistening gradually with a little good gravy and oiled butter, and pass through a wire sieve. Season to taste, stir in a little cream, turn the preparation into well buttered scallop shells, make thoroughly hot, then serve.

1291.—GAME, TO KEEP FROM TAINTING.

In cold, frosty weather game may be hung for 2 or 3 weeks in an ordinary larder without becoming tainted, but when the atmosphere is warm and damp, great care should be taken to hang it in a well ventilated place, preferably where there is a current of air. The feathers are a great protection from flies, but it is advisable to apply a good sprinkling of pepper, which usually serves to keep away these pests.

The Red Grouse (*Lagopus Sctiocus*), called also the Moor-cock and Gor-cock, is plentiful in the wild heathy tracts of the northern counties of England, and also in Wales and the Highlands of Scotland, and appears to be peculiar to the Northern parts of Britain. Its colour is a rich chestnut, marked and speckled with black. The red grouse is a wild and timid bird, and lives in flocks of about fifty in number. Its average weight is about 19 oz.; that of the female is somewhat less. Its flesh is of an exquisite flavour. The red grouse is subject to the epidemic disease, known as "grouse disease."

1292.—GAME, TO REMOVE TAINT FROM.

As soon as there is the least evidence of taint, remove the feathers and draw the birds, and wash them in water with plenty of salt and a little vinegar. If badly tainted, repeat the process 2 or 3 times, and afterwards rinse in fresh water. Dry thoroughly before cooking. The tainted flavour may be still further removed by putting some fresh powdered charcoal, tied in muslin, inside the crop before cooking, which must be removed before the birds are served. When charcoal is not at hand it may easily be made by placing wood in a hot oven until it is burnt through.

1293.—GROUSE PIE. (*Fr.*—Pâté de Coq de Bruyère.)

Ingredients.—2 grouse, ¾ lb. of rump steak, ½ pint of good stock, 2 or 3 slices of streaky bacon, 2 hard-boiled-eggs, salt and pepper, puff-paste.

Method.—Cut the birds into neat joints and remove the lower parts of the back, which if allowed to remain would impart a bitter flavour to the pie. Cut the steak into small thin slices, the bacon into narrow strips, and the eggs into sections or thin slices. Line the bottom of a pie-dish with slices of meat, cover with a layer of grouse, add a few strips of bacon and slices of egg, and season well with salt and pepper. Repeat until the materials are used, add stock to ¾ the depth of the dish and cover with paste (*see* Veal Pie, No. 798). The pie must be baked about 1½ hours; for the first ½ hour in a hot oven to make the paste rise, and afterwards in a lower temperature in order that the birds and meat may be sufficiently cooked. Meanwhile simmer the necks and any trimmings of the birds there may be in the remainder of the stock, strain, season to taste, and pour it into the pie before serving. When about ¾ baked the pie should be brushed over with yolk of egg. When a more highly-seasoned dish is desired, a flavouring of parsley, shallot and mushrooms, all finely-chopped and mixed together, should be added to the meat.

Time.—To bake, about 1½ hours. **Average Cost,** from 4s. 6d. to 5s. **Seasonable** from August 12 to December 10.

GROUSE (Fr. *coq de bruyère*).—Under this general term are included several species of game birds called respectively black, red, wood and white grouse. They all form the type of a large family *Tetraonidae,* which includes the genus *Tetrao,* or the grouse. The characteristic mark of the grouse is a naked band, frequently of a red colour, which takes the place of an eyebrow; the nostrils are feathered, the bill is short and broad, the wings rounded, the tarsi feathered and the toes long. Grouse live in families in forests, moors and barren mountainous regions, feeding on the buds and berries of mountain trees and the tips of heather. The male birds are polygamous. Grouse are much esteemed as game birds. They are subject to "grouse disease," to which large numbers fall victims at particular seasons. It is of an epidemic and febrile character, and in some cases takes the form of acute inflammation of the respiratory mucous membrane.

1294.—GROUSE, ROASTED. (*Fr.*—Coq de Bruyère Rôti.)

Ingredients.—A brace of grouse, 2 slices of toast, butter, good brown gravy, bread sauce, No. 180 (*see* Gravies and Sauces), fried bread-crumbs, bacon.

Method.—Let the birds hang in a cool dry place for 3 or 4 days. When ready for use, pluck, draw, and truss them in the same manner as roast chicken. Tie over each breast a thin slice of bacon, and roast before a clear fire from 30 to 35 minutes, basting frequently with butter. When nearly done remove the bacon, dredge with flour, and baste well to give the birds a nice brown appearance. Toast the bread lightly, and when the birds are about ¾ cooked, put it into the dripping-tin to catch the gravy that drops from them. Dish on the toast, and serve the gravy, bread sauce and bread crumbs separately.

Time.—From 40 to 45 minutes. **Average Cost,** from 4s. the brace. **Seasonable** from August 12 to December 10.

THE RUFFLED GROUSE.—This bird is a native of North America, and is so named from the curious velvet-black tufts of feathers on its shoulders. The plumage of the back is a rich chestnut, and its tail is grey, barred with black.

THE PINNATED GROUSE, also called the Prairie Hen, frequents the open desert plains of North America. The male has two winged-like appendages on the neck, covering two loose orange-coloured sacs which the bird can inflate at pleasure. Its plumage is brown, marked with black and white.

THE SAND GROUSE, (*Pterocles bicinctus*), is chiefly an inhabitant of the warm sandy regions of Africa and Central Asia. It is longer in the legs than the ordinary grouse, and the tarsi are covered with feathers, the toes are short and connected at the base by a membrane. The wings and tail are pointed. The colour of the sand grouse is of a sandy hue, whence its name, resembling the sands of the desert where it dwells. A vast flock of these birds in 1863 and again in 1888, crossed the North Sea and visited Europe, settling in Britain and the Faroe Islands.

1295.—LANDRAIL, OR CORN-CRAKE, ROASTED.

Ingredients.—3 or 4 landrail, butter, fried breadcrumbs.

Method.—Pluck and draw the birds, wipe them inside and out with a damp cloth, and truss them in the following manner : Bring the head round under the wing, and the thighs close to the sides ; pass a skewer through them and the body, and keep the legs straight. Roast the birds before a clear fire, keep them well basted, and serve with fried breadcrumbs, with a tureen of brown gravy. If preferred, bread sauce may also be sent to table with them.

Time.—12 to 20 minutes. **Average Cost,** uncertain, being seldom sold. **Sufficient** for a dish. **Seasonable** from August 12 to the middle of September.

The Landrail or Corn-crake (Fr. *râle de genêt*).—This bird, *Crex pratensis*, belongs to the family *Rallidae*, or the rails, and is of a reddish-brown colour, marked with black or dark brown. Its bill is thick and shorter than its head, the wings are short, and the bird flies in a heavy embarrassed manner. When it alights on the ground it can hardly be sprung a second time, and it runs very rapidly and depends more on the fleetness of its feet than the strength of its wings. Its singular harsh cry, *crek, crek,* is first heard when the grass begins to shelter the bird, and it continues to be heard until the grass is cut. The bird, however, is seldom seen, for it constantly skulks among the thickest portion of the herbage, and runs so nimbly through it, doubling and winding in every direction, that it is very difficult to get near to it. Marshy meadows and corn-fields are the chief habitat of the landrail, where it feeds principally on worms, slugs and insects, of which it destroys large numbers. The landrail is a migratory bird, and makes its appearance in England during April and May, about the same time as the quail, and frequents similar places. It leaves this island in the autumn, and visits the southern parts of Europe and the African coasts of the Mediterranean during the winter. The corn-crake is common in Ireland, and while migrating to the country is also seen in large numbers in the Isle of Anglesea. Its flesh is much esteemed.

1296.—LEVERET, ROASTED. (*Fr.*—Levraut Rôti.)

Ingredients.—2 leverets, butter, flour.

Method.—Leverets should be trussed in the same manner as a hare, but they do not require stuffing. Roast them before a clear fire, and keep them well basted all the time they are cooking. A few minutes before serving dredge them lightly with flour. Serve with plain gravy in the dish, and send them to table with red currant jelly.

Time.—From 40 to 50 minutes. **Average Cost,** about 4s. **Seasonable** from May to August.

1297.—LEVERET, TO DRESS. (*See* Leveret Roasted.)

1298.—ORTOLANS, ROASTED. (*Fr.*—Ortolans Rôtis.)

Ingredients.—Ortolans, toast, bacon, bay-leaves or vine-leaves, butter for basting, brown gravy, No. 164 (*see* Gravies), fried breadcrumbs, watercress.

Method.—Remove the head, neck and crop, but let the trail remain. Truss for roasting, brush over with warm butter, cover the breast of each bird with a vine-leaf or bay-leaf, and tie over them thin slices of bacon. Attach them to a long steel skewer, running it through the body of each bird, and roast them in front of a quick fire for about 10 minutes. Baste the birds almost continuously with hot butter, and put the toast under them to catch the drippings from the trail. When cooked, remove the skewers and strings, but, if liked, the bacon may remain and be brushed over with warm glaze. Serve the birds on the toast, garnish with watercress, and send the gravy and breadcrumbs to table separately.

Time.—20 minutes. **Average Cost,** 1s. 6d. each. **Seasonable** from March to May.

1299.—PARTRIDGE, BROILED. (*Fr.*—Perdreaux Grillés.)

Ingredients.—Partridges, salt and cayenne to taste, a small piece of butter, brown gravy or mushroom sauce.

Method.—Pluck, draw and cut the patridges in half, and wipe the insides thoroughly with a damp cloth. Season the birds with salt and cayenne, broil them over a very clear fire, and dish them on a hot dish; rub a small piece of butter over each half, and send them to table with brown gravy or mushroom sauce.

Time.—From 20 to 25 minutes. **Average Cost,** from 3s. 6d. a brace. **Seasonable** from September 1 to February 12.

1300.—PARTRIDGE, ESCALOPES OF. (*Fr.*—Escalopes de Perdreaux.)

Ingredients.—1 partridge, 2 slices of bacon, $\frac{3}{4}$ of a pint of brown sauce (*see* Sauces), $\frac{1}{2}$ a pint of stock, 1 small onion, 1 carrot, $\frac{1}{2}$ a turnip, a bouquet-garni (parsley, thyme, bay-leaf). For the farce or stuffing: 4 ozs. of finely-chopped cold roast partridge, 2 ozs. of raw ham or bacon cut into narrow strips, 1 tablespoonful of finely-chopped suet, 1 tablespoonful of breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 raw egg, 1 hard-boiled egg, a good pinch each of nutmeg and powdered mixed herbs, salt and pepper.

Method.—Cut the bird down the back, and remove all the bones. Mix the minced partridge, suet, breadcrumbs, parsley, herbs and nutmeg together, season well with salt and pepper, and bind with the raw egg. Flatten the partridge on the board, season the inside with salt and pepper, spread on half the farce, on the top of which arrange slices of egg and strips of bacon. Season well with salt and pepper, spread on the remainder of the farce, draw the two sides together, forming it as much like a roll as possible, and sew securely with strong cotton. Slice the vegetables, and place them in a stewpan with the 2 slices of bacon on the top. Wrap the bird in buttered paper, lay it on the top of the bacon, cover closely, and cook gently for about $1\frac{1}{2}$ hours. When ready to serve, remove the paper and string and cut the roll into slices about $\frac{1}{2}$ an inch in thickness. Arrange the escalopes in 2 close rows on a potato border, and strain the hot sauce over. Variety may be introduced by dishing the escalopes in a circle, and filling the centre with a purée of spinach or mushrooms. When more convenient, veal may be used for the farce instead of cold partridge.

Time.—To cook, about 1½ hours. **Average Cost,** 3s. 6d. to 4s. **Seasonable** from September 1 to February 12.

THE PARTRIDGE (Fr. *perdrix*).—This bird is found in nearly all the temperate countries of Europe, in North Africa and in certain parts of Asia, and is abundant as a game-bird in England. It is noted for its instinct in the preservation of its young. An eminent writer and naturalist says: "I have seen it often, and once in particular I saw an extraordinary instance of an old bird's solicitude to save its brood. As I was hunting with a small pointer, the dog ran on a brood of very small partridges; the old bird cried, fluttered, and ran tumbling along just before the dog's nose, till she had drawn him to a considerable distance, when she took wing and flew further off, but not out of the field. On this the dog returned to me, near the place where the young ones lay concealed in the grass, which the old bird no sooner perceived than she flew back to us, settled just before the dog's nose again, and by rolling and tumbling about drew off his attention from her young, and thus preserved her brood a second time. I have also seen where a kite has been hovering over a covey of young partridges the old birds fly up to the bird of prey screaming and fighting with all their might, to preserve their brood." Partridges should be chosen young; if old they are valueless. The young birds are generally known by their yellow legs and dark-coloured bills.

1301.—PARTRIDGE, FILLETS OF, FARCED. (*Fr.*—Filets de Perdreaux Farcis.)

Ingredients.—2 partridges, or the remains of cold roast birds, ½ a lb. of liver farce, No. 398, ½ a pint of Espagnole sauce, No. 244 (*see* Sauces), 1 oz. of butter, egg, breadcrumbs, salt and pepper, purée of spinach or mushrooms.

Method.—Remove the fillets intact from the breast, bone the legs and wing, form into a good shape, fry lightly in hot butter, and press between 2 dishes until cold. Then mask one side with the liver farce or stuffing, coat both sides carefully with egg and breadcrumbs, and fry until nicely browned in hot butter or fat. Arrange in a circle on a border of potato, strain the hot Espagnole sauce over, and serve the purée of spinach or mushroom in the centre. When cold birds are used, the preliminary frying and pressing are unnecessary, the farce being spread on the cold cooked fillets and completed as directed above.

Time.—About 2½ hours altogether, when fresh birds are used. **Average Cost,** 4s. **Seasonable** from September 1 to February 12.

1302.—PARTRIDGES, HASHED. (*See* Wild Duck, Salmi of.)

1303.—PARTRIDGE PIE. (*Fr.*—Pâté de Perdreaux.)

Ingredients.—2 partridges, ¾ of a lb. of veal cutlet, 2 or 3 slices of streaky bacon, ½ a pint of good stock, 1 oz. of butter, 2 hard-boiled eggs, 2 tablespoonfuls of coarsely-chopped mushrooms, preferably fresh ones, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of very finely-chopped shallot or onion, salt and pepper, paste.

Method.—Draw, singe, divide the birds into quarters and fry them until lightly browned in hot butter. Cut the veal into small thin slices, place them in the bottom of a pie-dish, season well with salt and pepper, and lay the partridges on the top interspersed with strips of bacon and quarters of egg. Sprinkle on the mushrooms, parsley and onion, season well with salt and pepper, add stock to ¾ the depth of the dish, and cover with paste (*see* Veal Pie, No. 798). The pie will bake in about 1¼ hours ; it should first be put into a hot oven to make the pastry rise, and afterwards baked more slowly. Several folds of well-greased paper laid on the top of the pie will prevent the crust becoming too brown, and a glazed appearance may be given to it by brushing it over with yolk of egg when ¾ baked. The remainder of the stock should be warmed and poured into the pie before serving.

Time.—To bake, from 1¼ to 1½ hours. **Average Cost,** 5s. to 6s. **Seasonable** from September 1 to February 12.

1304.—PARTRIDGE, ROASTED. (*Fr.*—Perdreau Rôti.)

Ingredients.—Partridge, brown gravy, bread sauce (*see* Gravies and Sauces, No 180), fried breadcrumbs, slice of toast, butter for basting, 1 slice of bacon.

Method.—Pluck, draw, and truss in the same manner as a roast chicken. Cover the breast with a slice of fat bacon, and roast before a clear fire for about 30 minutes, basting frequently with hot butter. A few minutes before serving remove the bacon, dredge lightly with flour, and baste well to give the bird a nice pale brown appearance. Dish on the toast, and serve the gravy, breadcrumbs, and bread sauce separately.

Time.—To roast, about 30 minutes. **Average Cost,** 3s. 6d. to 4s. 6d. the brace. **Seasonable** from September 1 to February 12.

1305.—PHEASANT, BOILED. (*Fr.*—Faisan Bouilli.)

Ingredients.—1 pheasant, 1 pint of oyster sauce, No. 310 (*see* Sauces) For the forcemeat : 12 sauce oysters, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, ¼ of a teaspoonful of finely-chopped parsley, nutmeg, cayenne and salt to taste, sufficient raw egg to bind.

Method.—Beard the oysters, strain the liquor, and add both to the dry ingredients with as much of the egg as is necessary to moisten the whole. Truss the bird in the same manner as a boiled fowl, and stuff the breast with the oyster forcemeat. Wrap it in a well-buttered paper, put it into boiling stock or water, to which must be added, when it re-boils, 1 onion, 1 carrot, ½ a small turnip, and a bouquet-garni (parsley, thyme, bay-leaf). Simmer gently from 40 to 60 minutes, according to size, then remove the trussing strings, and serve on a hot dish with a little of the oyster sauce poured over, and the remainder sent to table in a sauce-boat. If preferred, a purée of chestnuts may be substituted for the oyster forcemeat, or the bird may be dressed without forcemeat, and served with oyster or celery sauce.

Time.—From 40 to 60 minutes. **Average Cost,** 2s. 6d. to 4s. each. **Seasonable** from October 1 to February 12.

The Pheasant (Fr. *faisan*).—According to the classical legend, this handsome bird was discovered by the Argonauts on the banks of the Phasis, near to Mount Ararat, in their expedition to Colchis. It is, however, common to all the southern parts of the European continent, and various species are also found in Southern Asia, the Eastern Archipelago, China, Tibet, Burma, India and Japan. The pheasant has long been naturalized in the warmer and more wooded counties of England Although it has been domesticated, this is not easily accomplished, nor is its flesh so palatable as when in the wild state. Respecting the flavour of the pheasant M. Ude the celebrated gastronomist, says: "It is not often that pheasants are met with, possessing that exquisite taste which is acquired only by long keeping, as the damp of this climate prevents their being kept as long as they are in other climates. The hens in general are the more delicate. The cocks show their age by their spurs. They are only fit to be eaten when the blood begins to run from the bill, which is commonly six days or a week after they have been killed. The flesh is white, tender, and has a good flavour, if you keep it long enough; if not, it is not much different from that of the common fowl or hen."

1306.—PHEASANT, BROILED. (*Fr.*—Faisan Grillé.)

Ingredients.—1 pheasant, butter, cayenne, salt, piquante, mushroom, Madeira (No. 255), or other suitable game sauce (*see* Sauces).

Method.—The bird, if small, may be cut down the back, and flattened and cooked like a spatch-cock of chicken; if large, it is better divided into joints. In either case the whole of it must be brushed over with warm butter, and seasoned with salt and a very little cayenne, before grilling. Prepare one of the above-named sauces, strain, return to the stewpan, and keep hot until required. Broil the bird over a clear fire from 15 to 20 minutes, turning occasionally, and brushing over frequently with warm butter. Serve as hot as possible, and send the sauce to table in a sauce-boat.

Time.—To grill, from 25 to 30 minutes. **Average Cost,** 3s. to 4s. 6d. each. **Seasonable** from October 1 to February 12.

1307.—PHEASANT, BROILED. (*Fr.*—Faisan Grillé.) (Another Method.)

Ingredients.—1 pheasant, butter, egg, breadcrumbs, salt, cayenne, piquante, mushroom, Madeira (No. 255), or other suitable sauce (*see* Sauces).

Method.—Divide the bird into neat joints, season with salt and a little cayenne, fry lightly in hot butter, and press between 2 dishes until cold. Then coat carefully with egg and breadcrumbs, and broil over a clear fire. As soon as the crumbs are set, brush over with warm butter, and repeat at frequent intervals during the process of grilling. Arrange in a pyramidal form on a hot dish, and serve the sauce in a sauceboat.

Time.—To grill, from 15 to 20 minutes. **Average Cost,** 3s. to 4s. 6d. each. **Seasonable** from October 1 to February 12.

1308.—PHEASANT, CROQUETTES OF. (*Fr.*—Croquettes de Faisan.)

Ingredients.—4 tablespoonfuls of finely-chopped cooked pheasant, ¼ of a pint of thick brown sauce (*see* Sauces), 2 eggs, breadcrumbs, salt and pepper.

Method.—Make the sauce as directed, add the minced pheasant, the yolk of 1 egg, salt and pepper, and stir briskly over the fire until the mixture thickens, then turn on to a plate. When cold, form into cork-shaped croquettes, coat with egg and breadcrumbs, and fry until nicely browned in hot fat. Drain well, pile on a hot dish covered with a folded serviette or dish-paper, garnish with crisply-fried parsley, and serve.

Time.—Altogether, about 2 hours. **Average Cost,** 6d., exclusive of the pheasant. **Seasonable** from October 1 to February 12.

1309.—PHEASANT, CUTLETS OF. (*Fr.*—Côtelettes de Faisan.)

Ingredients.—1 large pheasant, 1 egg, breadcrumbs, butter or frying-fat, ½ a pint of Espagnole sauce, No. 244, salt and pepper.

Method.—Divide the birds into neat joints, and remove the bones, keeping the flesh as intact as possible. Season, flatten, and trim each piece of pheasant, fold the skin under, and form them into a good shape. Coat first with egg, and afterwards with breadcrumbs seasoned with salt and pepper, fry gently in hot fat or butter until sufficiently cooked and well browned, then drain well. Insert a small bone in each cutlet, put on a frill, and serve with the sauce poured round.

Time.—To fry the cutlets, about 10 minutes. **Average Cost,** small pheasants from 3s. to 4s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** from October to February.

The Height of Excellence in a Pheasant.—If eaten when fresh the pheasant has no distinct flavour. If, however, the bird be kept a proper length of time, distinguishable by a slight smell and change of colour, it becomes a highly-flavoured dish, occupying a middle distance in delicacy between chicken and venison. The exact time a pheasant should be "hung" is difficult to define, but the right moment a pheasant should be taken down is instinctively detected by a good cook.

1310.—PHEASANT, ROASTED. (*Fr.*—Faisan Rôti.)

Ingredients.—1 pheasant, ¼ of a lb. of beefsteak, fried breadcrumbs, bacon, brown gravy, bread sauce (*see* Gravies and Sauces), watercress, salad-oil, salt and pepper.

Method.—Pluck and draw the bird, truss in the same way as a roast chicken, but leave the head on. Put the beefsteak inside the pheasant; the beefsteak is intended to improve the flavour of the bird and keep it moist, and not to be eaten with it, but it may afterwards be used in the preparation of some cold meat dish. Cover the breast with thin slices of bacon, or lard it with strips of fat bacon, and roast in front of a clear fire or in a moderate oven from 40 to 50 minutes, according to size and age. Baste frequently with butter, and when the cooking is about ¾ completed remove the bacon, dredge the breast lightly with flour, and baste well to give the bird a nice light brown appearance. Remove the trussing strings, serve on a hot dish, garnished with watercress previously well washed, dried and seasoned with salt, pepper, and salad-oil, and send the gravy, bread sauce, and fried breadcrumbs to table separately.

Time.—From 40 to 50 minutes. **Average Cost,** 3s. to 4s. 6d. each. **Seasonable** from October 1 to February 12.

1311.—PHEASANT, SALMIS OF. (*Fr.*—Salmis de Faisan à la Modérne.)

Ingredients.—1 pheasant, ½ a pint of brown sauce, No. 233 (*see* Sauces), 6 or 8 slices of goose liver, 6 or 8 slices of truffle, 2 or 3 ozs. of butter 2 finely-chopped shallots, ¼ of a teaspoonful of finely-chopped lemon-rind, ¼ of a teaspoonful of thyme, 1 bay-leaf, 1 glass of Madeira or Marsala wine, salt and pepper.

Method.—Pluck, draw and truss the bird for roasting. Baste it well with hot butter, roast in a quick oven for 30 minutes, basting frequently, then strain the butter used for basting into a stewpan. Divide the bird into neat joints, put the breast, wings and legs aside, and cut the remainder into small pieces. Re-heat the butter in the stewpan, put in the small pieces of pheasant, add the lemon-rind, shallots, bay-leaf and thyme, fry well, then drain off the butter, return the pieces of pheasant to the stewpan. Heat up the brown sauce in a stewpan, add to it the wine, season to taste, and simmer for 10 minutes, then put in the pheasant Meanwhile, re-heat the butter, fry the slices of liver, and drain them well. Arrange the pheasant in a silver or earthenware casserole, or stewpan, interspersed with slices of liver and truffle, pour the sauce over, garnish with glazed croûtes of fried bread and serve hot.

Time.—Altogether from 1¼ to 1½ hours. **Average Cost,** 5s. to 6s. 6d. **Seasonable** from October 1 to February 12.

1312.—PLOVERS, ROASTED. (*Fr.*—Pluviers Rôtis.)

Ingredients.—Plovers, a slice of toast and a slice of bacon for each bird, butter for basting, brown sauce, No. 253 (*see* Sauces), 1 glass of port wine or claret, 2 lemons, watercress.

Method.—Pluck and truss the birds, but do not draw them. Brush over with warm butter, tie a slice of thin bacon over each breast, and roast in front of a clear fire from 15 to 20 minutes, according to taste. Hang the birds on the spit feet downwards, and put slices of toast in the dripping-tin to receive the trail as it drops from the birds. Keep them well basted with butter, and shortly before serving remove the bacon, dredge lightly with flour, and baste well to give the breasts a light brown appearance. Make the brown sauce as directed, and add to it the wine and the juice of 1 lemon. Serve the birds on the toast, garnish with watercress and quarters of lemon, and send the sauce to table in a sauce-boat. Oiled butter, made acid with lemon-juice, frequently accompanies these birds instead of the brown sauce.

Time.—From 15 to 20 minutes. **Average Cost,** 2s. 6d. to 3s. the brace. **Seasonable** from the beginning of October to the end of January.

The Plover (Fr. *pluvier*).—The name applied to various birds belonging to the *Grallatores*, or wading birds, found in all parts of the world. The Plover is gregarious, and usually frequents the marshes and the muddy borders of rivers, where it seeks its food, consisting of aquatic insects and worms. Some species, however, live on dry sandy shores, and others breed on the mountains. The plover has a short straight, slender and compressed bill; its legs are long and slender, with three toes in front, connected by a short web. It makes its nest on the ground. There are various species of Plover; that best known is the Golden Plover, called also the Yellow or Whistling, Green Plover (*Charadrius pluvialis*). It is about 1 foot in length, of a greyish-black colour, and variegated with yellow spots. The Grey Plover is somewhat larger than the golden species, is smaller than the woodcock, to which it is inferior in delicacy of flavour. The Dotterel (*C. morinellus*) frequents the coasts, and is dark brown and is marked with white patches; its eggs resemble those of the golden plover. Previous to dressing, plovers are kept until they have the flavour of game. Their flesh is esteemed by many, but it is not universally relished.

1313.—PLOVERS, TO DRESS. (*See* Plovers Roasted.)

1314.—POTTED GAME.

Ingredients.—Cooked game of any kind; to each lb. allow 2 or 3 ozs. of butter, salt and pepper, cayenne.

Method.—Free the game from skin and bone, chop it finely, or pass it 2 or 3 times through a mincing machine. Pound in the mortar until smooth, moistening gradually with strong game gravy or stock, or, failing this, clarified butter. Season well with salt, pepper and cayenne, then rub through a fine sieve. Press into small pots, and cover with clarified butter.

1315.—POTTED PARTRIDGE. (*See* Potted Game.)

1316.—PTARMIGANS, ROASTED. (*Fr.*—Pertrix blanche Rôties.)

Ingredients.—Ptarmigans, butter for basting, a slice of bacon for each bird, fried breadcrumbs, good brown gravy, bread sauce (*see* Gravies and Sauces).

Method.—Let the birds hang in a cool dry place for 3 or 4 days. When ready for use, pluck, draw and truss them in the same manner as roast grouse. Tie over each breast a slice of fat bacon, and roast before a clear fire from 30 to 35 minutes, basting very frequently with butter. When about $\frac{3}{4}$ cooked remove the bacon, dredge lightly with flour, and baste well to give the birds a nice appearance. Dish on the toast, which should be previously put into the dripping-tin to catch the gravy that drops from the birds, and serve the bread sauce, breadcrumbs and gravy separately.

Time.—From 30 to 35 minutes. **Average Cost,** from 2s. to 3s. the brace. **Seasonable** from September to April.

The Ptarmigan, or White Grouse (Fr. *ptarmigan*).—The ptarmigan (*Lagopus vulgaris*), the smallest of our English grouse, is characterized by having its legs and tarsi fully feathered. It derives its name from the circumstance that its ash-grey plumage mottled with black, changes to white in the winter. Its habitat is the mountainous districts of Scotland and Norway, and it is also found in Greenland. In weight it averages from 8 oz. to 10 oz. When young the ptarmigan is much esteemed, and differs but little in flavour from the common grouse. In winter the ptarmigan flies in flocks and feeds on the wild vegetation of the hills, which imparts to its flesh a bitter but not an altogether unpalatable taste. It is dark-coloured, and somewhat resembles the hare in flavour, and is much relished and sought after by some sportsmen.

1317.—QUAILS, ROASTED. (*Fr.*—Cailles Rôties.)

Ingredients.—Quails, as many vine-leaves, small slices of fat bacon, and square croûtons of buttered toast as there are birds, good brown gravy (*see* Gravies), fried breadcrumbs, watercress, butter for basting.

Method.—Pluck the birds, remove the head, neck and crop, but leave the trail. Truss the birds for roasting, brush them over with warm butter, cover each breast with a vine-leaf, and tie a piece of bacon over the leaf. Attach them to a long steel skewer, running it through the body of each bird, and either roast or bake from 12 to 15 minutes, basting frequently with hot butter. When cooked, remove the skewers and strings, but the bacon and vine-leaves may be served or not as preferred ; if not removed, the bacon should be brushed over with warm glaze. Serve the birds on the toast, which should previously be put into the dripping-tin to catch the trail as it drops from the birds, garnish with watercress, and send the gravy and breadcrumbs to table in sauce-boats.

Time.—From 12 to 15 minutes. **Average Cost,** 1s. each. **Seasonable** from September to February.

1318.—QUAILS, STUFFED. (*Fr.*—Cailles Farcies.)

Ingredients.—Quails, liver farce No. 398 (*see* Forcemeats), Madeira sauce No. 255 (*see* Sauces), finely-chopped truffle, finely-chopped cooked ham, 2 ozs. of butter, white of egg, pork caul, salt and pepper. Vegetables for garnish.

Method.—Bone the quails, stuff them with the prepared farce, press into a good shape, and encircle each one with a band of buttered paper. Heat the butter in a sauté-pan, baste the birds well, and roast them in a moderate oven from 15 to 20 minutes, basting frequently. Meanwhile, wash the caul in salt and water, dry it well, and cut it into pieces large enough to contain half a bird. Split the birds in halves with a hot wet knife, enfold each half in a piece of caul, brush over with white of egg, and sprinkle one half of them with ham and the other half with truffle. Re-heat the butter in the sauté-pan, replace the birds, cover them with a buttered paper, and cook gently in the oven for 10 minutes.

Dish in a close circle on a potato border, alternating the colours, fill the centre with asparagus points, peas, flageolets, or purée of spinach, and pour the hot Madeira sauce round. If preferred, the birds, instead of being sprinkled with ham and truffle, may be simply wrapped in caul, cooked for 10 minutes, then brushed over with warm glaze, and served in paper cases.

Time.—About ½ an hour to cook. **Average Cost,** 9d. to 1s. each. **Seasonable,** from September to February.

The Quail (Fr. *caille*).—The quail is found in almost all the countries of Europe, and is widely distributed in North Africa, India, China and North America. It is a bird of passage, and immense flocks traverse the Mediterranean Sea from Europe to Africa in the autumn, returning again in the spring, frequently alighting in their passage on many of the islands of the Archipelago which they almost cover with their vast numbers, and are taken in great quantities. The quail arrives in Britain in May, and migrates southwards in October. The male arrives first, and appears to cry for its mate by a peculiar whistling note. The colour of the plumage is brown on the upper parts of the body, with lighter and darker markings. The under parts are of a yellowish shade. Its wings are rounded, the tail is short, and the tarsi are destitute of spurs. Its average length is 8 inches. Its eggs are of a light-greenish tint. It is a very pugnacious bird, and in classical times "quail fights" were an amusement of the Greeks and Romans. Among various species are the Coromandel Quail, the Virginian or American Quail, a larger bird than the European Quail, and the handsome little Chinese Quail, some 4 inches in length. The flesh of the quail is white and tender and delicate in flavour.

1319.—RAISED PIE. (*Fr.*—Pâté de Gibier.)

Ingredients.—Game of any kind, equal quantities of finely chopped veal and pork, veal forcemeat, paste (*see* Pork Pie, No. 1116), coarsely chopped truffle, stock that will jelly when cold (preferably game stock), egg, salt and pepper.

Method.—Mix the veal and ham together, season liberally with salt and pepper, and add 1 or 2 tablespoonfuls of chopped truffle. Divide the birds into neat joints, and remove all bones except those which are deeply imbedded in the flesh and difficult to detach. Make and mould the paste as described in the recipe for Pork Pie, and line the bottom and sides with veal forcemeat. Put in the prepared game, season each layer with salt and pepper, and intersperse small pieces of the meat farce, taking care to leave spaces to be afterwards filled with stock. Pile the game high in the centre, cover with a thin layer of veal farce, put on the cover, then follow the directions given for preparing, baking and finishing Pork Pie.

Note.—*See* French Game Pie, Grouse Pie, and Partridge Pie.

1320.—RAGOUT OF WILD DUCK.

Follow the directions given for Wild Duck, Salmi of, No. 1340, when utilising cold remains; otherwise first roast the duck for about 20 minutes (*see* Wild Duck, Roasted, No. 1339), cut it into neat joints, and afterwards proceed as directed.

1321.—REEVES, TO DRESS. (*See* Larks, Roasted, No. 1245, Larks, Stuffed and Roasted, No. 1246, and Wheatears To Dress, No. 1277.)

1322.—RISSOLETTES OF GAME À L'HORLY.

Ingredients.—For the mixture : 6 tablespoonfuls of any kind of game, ¼ of a pint of thick brown sauce (*see* Sauces), 1 egg, salt and pepper. For the batter : 1 egg, 2 tablespoonfuls of flour, 1 tablespoonful of milk, ½ a teaspoonful of salad-oil, salt to taste.

Method.—Heat the sauce in a small stewpan, put in the minced game, egg and seasoning, stir briskly over the fire until the mixture thickens, then turn on to a plate to cool. Mix the flour, milk, salt, salad-oil and yolk of egg smoothly together, put it aside for about ½ an hour, and when ready to use lightly add the white of egg previously whipped to a stiff froth. Divide the game preparation into pieces about the size of a large walnut, dip them into the batter, and fry in a deep pan of hot fat until nicely browned. Drain well, dish in a pyramidal form on a folded serviette or dish-paper, garnish with crisply-fried parsley, and serve hot.

Time.—From 1¼ to 1½ hours. **Average Cost,** 6d., exclusive of the game.

1323.—ROOK PIE.

Ingredients.—6 young rooks, ¾ of a lb. of rump steak, ¼ of a lb. of butter, ½ a pint of stock, salt and pepper, paste.

Method.—Skin the birds without plucking them, by cutting the skin near the thighs, and drawing it over the body and head. Draw the birds in the usual manner, remove the necks and backs, and split the birds down the breast. Arrange them in a deep pie-dish, cover each breast with thin strips of steak, season well with salt and pepper, intersperse small pieces of butter, and add as much stock as will ¾ fill the dish. Cover with paste (*see* Veal Pie), and bake from 1½ to 2 hours, for the first ½ hour in a hot oven to make the paste rise, and afterwards more slowly to allow the birds to become thoroughly cooked. When the pie is about ¾ baked, brush it over with yolk of egg to glaze the crust, and, before serving, pour in, through the hole on the top, the remainder of the stock.

Time.—To bake, from 1½ to 2 hours. **Average Cost,** uncertain, as they are seldom sold. **Sufficient** for 5 or 6 persons.

THE ROOKS are wild birds, found abundantly in most parts of Britain and Ireland. They live in communities, and feed on seeds, insects and vermin. Their flesh is tough and coarse-flavoured. Only the young birds are eaten, generally being shot almost before they take to the wing. The backbones and adjoining flesh is always removed, as these parts have a strong, bitter taste, which soon contaminates the rest of the flesh.

1324.—RUFFS, TO DRESS. (*See* Larks, Roasted, No. 1245, Larks, Stuffed and Roasted, No. 1246, and Wheatears, To Dress, No. 1277.

1325.—SNIPE, ROASTED. (*Fr.*—Bécassines Rôties.)

Ingredients.—Snipe, toast, bacon, good gravy (*see* Gravies), watercress, butter for basting.

Method.—These birds, like the ortolan, plover and woodcock, are dressed without being drawn. They are trussed in the same way as other birds for roasting, but the head is skinned and left on, the long beak of the bird being passed through the legs and body instead of a skewer. Brush them over with warm butter, tie a thin slice of fat bacon over each breast, and hang them on the spit feet downwards. Put the toast under them to catch the drippings from the trail, baste frequently with butter, and roast them for about 15 minutes, or less if preferred very much underdone. Dish on the toast, garnish with watercress, and serve the gravy in a sauce-boat.

Time.—About 15 minutes. **Average Cost,** 2s. 6d. to 3s. 6d. the brace. **Seasonable** from November to February.

The Snipe (*Fr. becassine*) is a migratory bird, generally distributed over Europe, and met with abundantly in most parts of Britain, where it frequents damp and marshy grounds, feeding on insects, small molluscs, and worms, which form its principal food. In the Hebrides and Orkneys snipes are plentiful, and are fattest in frosty weather. The snipe, which is a grallatore or wading bird is characterized by its long slender bill, and the peculiar bleating which it utters in the summer, changing its note entirely during the breeding season When the female is sitting upon her nest the male bird will keep on the wing for hours, mounting like a lark, and uttering a shrill piping noise; then, with a bleating sound, resembling that of a goat, it will descend with great velocity to the nest, from which it will not wander far. The eggs of the snipe, four in number, are olive-white, spotted with brown. The Jack snipe, very similar to the common snipe in appearance, and the smallest of the British snipes, only visits Britain in winter. The Great or Solitary Snipe is less common than the ordinary variety, which it resembles in colour, but is of a darker brown. When flying it spreads its tail like a fan. All the snipes are active cautious birds, and when their nests are menaced will affect lameness to divert attention.

1326.—TEAL, ROASTED. (*Fr.*—Sarcelle Rôtie.)

Ingredients.—Teal, butter for basting, good brown gravy, Bigarade sauce No. 226 (*see* Gravies and Sauces), watercress, lemons.

Method.—Pluck, draw, and truss the teal for roasting. Brush them over with hot butter, and roast before a clear fire from 25 to 30 minutes, basting frequently. Serve on a hot dish, garnish with watercress and quarters of lemon, and send the sauce to table in a sauce-boat.

Time.—From 25 to 30 minutes. **Average Cost,** from 2s. each. **Seasonable** from October to March 15; in better condition after the frost has set in.

1327.—THRUSH, TO ROAST. (*Fr.*—Grive Rôtie.)

Ingredients.—Thrush, butter for basting, gravy, watercress, croûtes.

Method.—After trussing the birds, cover each breast with well-buttered paper, instead of bacon, which would impair the delicate flavour of the birds. Place them side by side on a skewer, baste well with hot butter and roast before a clear fire for about 10 minutes, basting almost continuously with butter. Serve on croûtes, garnish with watercress, and send the gravy to table separately.

Time.—To roast the birds, about 10 minutes. **Average Cost,** uncertain, thrush being seldom sold. Allow 2 to each person.

1328.—VENISON, BROILED POLISH FASHION.

(*Fr.*—Escalopes de Venaison à la Polonaise.)

Ingredients.—8 or 10 slices, $\frac{1}{4}$ of an inch thick, cut from a leg of venison, $1\frac{1}{2}$ ozs. of clarified butter, $\frac{1}{2}$ a pint of Velouté or Allemande sauce, $\frac{1}{2}$ a gill of wine vinegar, 1 tablespoonful of meat glaze or meat extract, 12 juniper berries, salt and pepper.

Method.—Crush the juniper berries, simmer them for 10 or 15 minutes in the vinegar, then add the meat glaze and sauce, and cook gently for 15 minutes. When ready to use, strain, return to the stewpan, season to taste, and stir in $\frac{1}{2}$ an oz. of butter. Flatten the slices of venison with a cutlet-bat, and trim neatly. Heat the remainder of the butter in a sauté-pan, and fry the slices of venison quickly until nicely browned on both sides. Arrange them neatly in a hot entrée dish, pour over the prepared sauce and serve.

Time.—To fry, from 10 to 15 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. per lb. **Seasonable** from September to January, but may be bought from June.

The Deer (Fr. *daim*).—These elegant and active animals, included under the name of deer, constitute the family *Cervidae*, the typical genus *Cervus*, being represented by the stag or red-deer. The horns or antlers are solid, more or less branched, according to the age of the deer, and are shed and reproduced annually. Except in the case of the reindeer, the male alone is furnished with antlers, which are used as defensive and offensive weapons. Particular terms are used to designate deer according to their age. A stag of the first year is called a *calf* or *hind-calf*; the second year it is termed a *knobber*; the third year a *brock*, the fourth year a *staggard*, the fifth year a *stag*, and the sixth year a *hart*. The female is called a *calf* the first year, the second year a *hearse*, and the third year a *hind*. Deer are found widely distributed over the world, with the exception of Australia and South Africa; in the latter continent the antelope, characterized by permanent horns, takes its place. There are numerous species of deer, as the reindeer, elk, fallow-deer, roebuck, moose, etc. The flesh of deer is called venison, and is highly esteemed.

1329.—VENISON, CHOPS AND STEAKS OF.

Venison chops are cut from the loin, and a thick slice from the leg is usually served as a steak. They should be grilled over a clear fire, and served with a sauce made of equal quantities of oiled butter, red wine, and dissolved red-currant jelly. *See* Venison, Broiled Polish Fashion, and Venison Cutlets.

Venison.—This is the name given to the flesh of some kinds of deer, and is esteemed very delicious. Different species of deer are found in warm as well as cold climates, and are in several instances invaluable to man. This is especially the case with the Laplander, whose reindeer constitutes a large proportion of his wealth. There—

> The reindeer unharness'd in freedom can play,
> And safely o'er Odin's steep precipice stray,
> Whilst the wolf to the forest recesses may fly,
> And howl to the moon as she glides through the sky.

In Lapland the reindeer is the substitute for the horse, the cow, the goat and the sheep. From its milk is produced cheese; from its skin clothing; from its tendons bowstrings and thread; from its horns glue; from its bones spoons; and its flesh furnishes food. In the middle ages the deer formed food for the not over-abstemious monks, represented by Friar Tuck's larder, in Sir Walter Scott's novel, *Ivanhoe*; and at a later period it was a deer-stealing adventure that drove the "ingenious" William Shakespeare to London, to become a common player, and the greatest dramatist that ever lived. In England we have the stag, an animal of great beauty, and much admired. He is a native of many parts of Europe, and is supposed to have been originally introduced into this country from France. About a century back the stag was to be found wild in some of the rough and mountainous parts of Wales as well as in the forests of Exmoor, in Devonshire, and the woods on the banks of the Tamar. Herds of deer may still be seen in many English parks and in some of our forests.

1330.—VENISON CUTLETS. (*Fr.*—Côtelettes de Venaison.)

Ingredients.—Best end of the neck of venison, butter, fresh mushrooms, to each lb. allow ¼ of a pint of good brown stock or gravy (*see* Stocks and Gravies), and 1 oz. of butter, salt and pepper.

Method.—Skin and trim the mushrooms, put them into a stewpan with the butter, gravy, and plenty of seasoning, and stew gently from 35 to 40 minutes, or until tender. Divide the venison into cutlets about ½ inch in thickness, trim the bones at the end, but let the rest of the fat remain ; flatten and pare the cutlets. Brush over with warm butter, season with salt and pepper, and grill over or in front of a clear fire from 20 to 25 minutes, turning occasionally, and brushing over frequently with hot butter. Place a small pat of fresh butter on the top of each cutlet, serve as hot as possible, and send the stewed mushrooms to table separately.

Time.—About 40 minutes. **Average Cost,** 1s. 6d. per lb. **Seasonable** from September to January.

The Roebuck (Fr. *chevreuil*).—The common roe or roebuck (*Cervus capreolus*) is smaller in size than the fallow deer, and its antlers are smaller, with only three short branches. It is brown in colour, varied with grey and red tints. The roebuck is very graceful in its movements, and is a denizen of wooded and mountainous districts.

1331.—VENISON, HASHED. (*Fr.*—Capilotade de Venaison.)

Ingredients.—Remains of roast venison, and to each lb. allow 2 ozs. of butter, 1½ ozs. of flour, 1 glass of port wine, 1 tablespoonful of red currant jelly.

Method.—Cut the meat into neat slices, break up the bones, put them with the trimmings of the meat, and any venison gravy there may be, into a stewpan, cover with cold water, and simmer gently for 1 hour. When water alone is used, a small onion and a bunch of herbs should be added. Melt the butter in a stewpan, stir in the flour, and fry until brown. Add the strained stock, stir until boiling, then put in the meat, wine, jelly, salt and pepper to taste, cover the stewpan closely, and let it stand at the side of the stove for about 20 minutes for the meat to become thoroughly impregnated with the flavour of the sauce, which must not, however, be allowed to boil. Serve as hot as possible, garnished with croûtons of fried or toasted bread, and hand red currant jelly separately.

Time.—About ½ hour, after the stock is made. **Average Cost,** 8d. to 10d., exclusive of the venison. **Seasonable** from September to January, but may be bought from June.

THE STAG (Fr. *cerf*).—The male of the red-deer is called the stag or hart, and the female a hind. The stag is much larger than the fallow-deer, and his age is indicated by his horns, which are round instead of palmated, like those of the fallow-deer. During the first year the stag has no horns, but a short and rough excrescence covered with a thin hairy skin. The following year the horns are single and straight, and in the third year they have two antlers, three the fourth, four the fifth, and five the sixth year.

This number is not always constant, for they are sometimes more and frequently are less. After the sixth year the antlers do not invariably increase; and though they may amount in number to six or seven on each side, the animal's age is estimated rather by the size of the antlers and the thickness of the branch which sustains them than by their variety. These horns are shed every year, usually in the spring, and new ones supply their place. When the old horns have fallen off the new ones do not make their appearance immediately, but the bones of the skull are covered with a transparent periosteum, or membrane which enwraps the bones of animals. After a short time the skin begins to swell and to form a sort of tumour. From this presently rising from the head the antlers shoot forth from side to side; and in a short time, if the animal is in good condition, the entire horns are completed. The solidity of the extremities, however, is not perfect until the horns have arrived at their full growth. Old stags usually shed their horns first, which generally happens towards the end of February or the beginning of March. Those between five and six years old shed theirs about the middle or latter end of March; those still younger in April, and the youngest of all not until the middle or latter end of May. These rules, which are applicable generally, are subject to variation, for a severe winter will retard the shedding of the horns. The hind has no horns, and is less fitted for being hunted than the stag. She takes the utmost care of her fawns and secretes them in the most obscure thickets, lest they should fall a prey to their numerous enemies, as the wolf, the dog, the eagle and the falcon. When the hind has young she defends her offspring with the most resolute bravery. If pursued by the hunter she will fly before the hounds for half a day and then return to her fawn, whose life she has thus preserved at the hazard of her own.

1332.—VENISON, HAUNCH OF, ROASTED.
(*Fr.*—Quartier de Chevreuil Rôti.)

Ingredients.—A haunch of venison, flour, brown sauce or brown gravy (*see* Sauce and Gravies), red currant jelly.

Method.—The haunch is the prime part of venison, and its excellence depends greatly on the relative proportions of fat and lean. An abundance of clear creamy-white fat of close texture may be generally accepted as an indication of the good quality of the meat. The flesh of the buck is more highly esteemed than that of the doe. Venison, like mutton, improves with age, and this can be judged by the condition of the hoof, which in an old animal is deeply cut and rugged, whereas that of a young one has a small and smooth cleft. In cold weather venison should be allowed to hang for about 14 days in a cool, dry place, but it must be carefully examined every day. The meat round the haunch bone first becomes tainted; it is therefore advisable to run a small sharp knife into the flesh; on being withdrawn, it has an unpleasant smell, the effected parts must at once be washed with warm milk and water, dried thoroughly, and covered thickly with ground ginger and pepper, which must, however, be washed off before cooking. If a little of these condiments be sprinkled on the venison in the first instance, and the meat wiped dry every day, decomposition may be considerably retarded. When ready for use, saw off the knuckle-bone, rub well all over with clarified fat or dripping, and enfold in a well-greased paper. Make a stiff paste of common flour and water, put it over the joint, cover with another well-greased paper, and tie securely with string. Roast in front of a clear fire or in a moderate oven from 3 to 4 hours, according to size and baste frequently. Within ½ an hour of serving remove the paper and paste, dredge lightly with flour, and baste well with hot butter until the joint acquires a good brown colour. Serve as hot as possible, as the fat quickly cools and hardens, and send the brown sauce or gravy and the red currant jelly to table separately. The best end of the neck of venison, boned and rolled, makes an excellent dish, but other parts are not often roasted, the neck and shoulder being considered better adapted for stews, pies, and pasties.

Average Cost.—1s. 6d. per lb. **Seasonable**—buck venison from June to the end of September ; doe venison from October to January.

The Reindeer (Fr. *renne*).—This species of deer inhabits the northern and Arctic regions, and is thicker in the body and its legs are proportionately shorter than those of the red-deer. It is distinguished from other species by the circumstance that the female as well as the male possesses horns ; those of the latter are, however, much larger and stronger. In colour the reindeer is of a dusky-brown hue, with greyish under parts ; these change to lighter tints in the winter. The reindeer is very hardy, keen of sight and hearing, swift of foot, its pace averaging nine or ten miles an hour, at which speed it can draw with ease a sledge attached to it with a burden of some 200 lbs. Its strength and hardiness render the reindeer invaluable to the Laplander, to whom it is the substitute for the horse, sheep and goat. From its milk cheese is provided ; from its skin clothing ; from its tendons bowstrings and thread ; from its horns glue ; from its bones various articles of use, and its flesh furnishes food. Reindeer moss, a lichen which grows extensively in the sterile tracts of northern and arctic Europe and America, provides the reindeer with its chief supply of food during the winter season. A variety of the reindeer, the Caribou, inhabits northern America, and is hunted for the sake of its skin and flesh, the layer of fat, called *depouille*, on the back of the male, being esteemed a special delicacy.

1333.—VENISON IN A CHAFING-DISH.

Ingredients.—1 lb. of venison, the juice of 3 small onions, 1 egg, 1 oz. of butter, flour, 1 teaspoonful of finely chopped parsley, nutmeg, salt and pepper.

Method.—Pound the peeled, sliced and blanched onions in a mortar until reduced to a pulp, place this in muslin, and press out the juice with the back of a wooden spoon. Remove all skin, fat and gristle from the meat, chop it finely, and mix with it the onion-juice, parsley, and a pinch of nutmeg. Stir in the egg, season to taste, form into flat cakes the size and shape of a fillet, and coat them lightly with flour. Heat the butter in a chafing-dish, put in the steaks, and fry gently for 10 minutes, turning them once. Place the cover on the chafing-dish, continue to cook gently for 5 minutes longer, then serve.

Time.—To cook the steaks, about 15 minutes. **Average Cost,** 2s. **Sufficient** for 3 or 4 persons. **Seasonable** from June to January.

The Fallow Deer (Fr. *daim*).—This is the domestic or park-deer, is allied to the stag, but is smaller in size and differs in the shape of its horns. The colour of the fallow-deer is reddish-brown with white spots, and white inside the limbs and beneath the tail. Fallow deer are chiefly kept in parks, and roam in herds under the control of a " master deer." The male is termed a *buck*, the female a *doe*, and the young deer *fawns*. They are readily tamed and become very docile. Their flesh furnishes excellent venison, and a soft leather is manufactured from their skins. From the shavings of their horns ammonia is prepared, whence the popular name of " hartshorn."

1334.—VENISON, NECK OF, TO ROAST.

Method.—Let the neck remain attached to the shoulder until required for use, so as to preserve the appearance of both joints. In preparing, follow directions for Neck of Mutton, To Roast, No. 1054; and cook according to instructions given in Venison, Haunch of, Roasted, No. 1332.

1335.—VENISON, SHOULDER OF. (*See* Venison, Haunch of, Roasted. Also Venison, Stewed.)

1336.—VENISON STEWED. (*Fr.*—Ragoût de Venaison.)

Ingredients.—A shoulder of venison well hung and boned, a few thin slices of mutton fat (preferably off the best end of a neck), ¼ of a pint of port, 1½ pint of stock, ½ a teaspoonful of peppercorns, ½ a teaspoonful of whole allspice, salt and pepper, red-currant jelly.

Method.—Pour the wine over the slices of mutton fat, and let them remain for 2 or 3 hours. Flatten the venison with a cutlet-bat or rolling-pin, season liberally with salt and pepper, and cover with the slices of mutton fat. Roll up lightly, bind securely with tape, put it into a stew-pan already containing the boiling stock and the bones from the joint. Add the wine in which the mutton fat was soaked, the peppercorns and allspice, cover closely, and simmer very gently from 3 to 3½ hours. Serve with the gravy strained over, and send red-currant jelly to table separately.

Time.—To cook the venison, from 3 to 3½ hours. **Average Cost,** 1s. 6d. per lb. **Sufficient** for 10 or 12 persons. **Seasonable** September to January, but may be bought from June.

THE NEW VENISON.—The deer population of our splendid English parks was, for a very long time, limited to two species, the fallow and the red. But as the fallow-deer itself was an acclimatized animal, of comparatively recent introduction, it came to be a question why might not the proprietor of any deer-park in England have the luxury of at least half a dozen species of deer and antelopes, to adorn the hills, dales, ferny brakes and rich pastures of his domain? The temperate regions of the whole world might be made to yield specimens of the noble ruminant, valuable either for their individual beauty, or for their availability to gastronomic purposes.

We are indebted for the introduction of foreign deer to some English noblemen, who have made the experiment of breeding them in their parks, and have obtained such a decided success that it may be hoped their example will induce others to follow in a course which will eventually give to England's rural scenery a new element of beauty, and to English tables a fresh viand of the choicest character.

A practical solution of this interesting question was made by Viscount Hill, at Hawkestone Park Salop, in January, 1859. On that occasion a magnificent eland, an acclimated scion of the species whose native home is the South African wilderness, was killed for the table. The noble beast was thus described: "He weighed 1,176 lb. as he dropped; huge as a short-horn, but with bone not half the size; active as a deer, stately in all his paces, perfect in form, bright in colour, with a vast dew-lap, and strong-sculptured horn. This eland in his lifetime strode majestic on the hill-side, where he dwelt with his mates and their progeny,all English born, like himself." Three pairs of the same species of deer were left to roam at large on the picturesque slopes throughout the day, and to return to their home at pleasure. Here, during winter, they are assisted with roots and hay, but in summer they have nothing but the pasture of the park; so that, in point of expense, they cost no more than cattle of the best description. The male eland is unapproached in the quality of his flesh by any ruminant in South Africa; it grows to an enormous size, and lays on fat with as great facility as a true short-horn, while in texture and flavour it is infinitely superior. The lean is remarkably fine, the fat firm and delicate. It has been tried in every fashion—braised brisket, roasted ribs, broiled steaks, filet saute, boiled aitchbone, etc.—and in all these points has demonstrated that a new meat of surpassing value has been added to the products of the English park.

1337.—VENISON, POTTED. (*Fr.*—Terrine de Venaison.)

Ingredients.—2 lbs. of venison, ¼ of a lb. of butter, 1 glass of port wine, salt and pepper, clarified butter.

Method.—Put the venison into a stewing-jar with a close-fitting lid, add the wine and ¼ of a lb. of butter, and season with salt and pepper. Cover the top of the jar with 2 or 3 thicknesses of buttered paper, press the lid down tightly, and cook in a moderately cool oven for 2 hours. Drain well, chop finely, pound in a mortar until smooth, moistening the preparation gradually with gravy, and pass it through a wire sieve. Season to taste, press into small pots, and cover with clarified butter.

Time.—To cook the venison, about 2 hours. **Average Cost**, 3s. 10d. **Sufficient** for 6 or 8 pots. **Seasonable** from June to February.

1338.—WIDGEONS, ROASTED. (*Fr.* Sarcelle Rôtie.)

Ingredients.—Widgeons, butter for basting, watercress, lemons. For the sauce : ½ a pint of brown sauce (*see* Sauces), 1 glass of port wine or claret, the juice of 1 lemon and 1 orange, salt and pepper, castor sugar.

Method.—Truss the birds for roasting. Baste well with hot butter, and roast in front of a clear fire for about 20 minutes, or bake in a moderately hot oven for the same length of time. Keep them well basted with hot butter, and shortly before serving sprinkle lightly with flour, to give the birds a nice appearance. Meanwhile make the brown sauce as directed, add to it the wine, orange and lemon-juices, a pinch of sugar, salt, and pepper to taste, simmer for 15 minutes, then strain, skim, and serve with the birds on a hot dish, garnished with watercress and quarters of lemon, and hand the sauce separately.

Time.—About 20 minutes. **Average Cost,** from 1s. 6d. each. **Seasonable** from August 1 to March 15.

1339.—WILD DUCK, ROASTED. (*Fr.*—Canard Sauvage Rôti.)

Ingredients.—1 wild duck, ½ a pint of good gravy, ½ a pint of either Bigarade or port wine sauce (see Gravies and Sauces), flour, butter for basting, lemons.

Method.—Truss the bird for roasting, and if the fishy taste is disliked, cover a deep baking-tin to the depth of ½ an inch with boiling water, add a tablespoonful of salt, put in the bird, and bake it for 10 minutes, basting very frequently with the salt and water. Then dry, sprinkle lightly with flour, baste well with hot butter, and either roast in front of a clear fire for about 20 minutes, or bake for the same length of time in a moderately hot oven, basting frequently with hot butter. These birds should always be served rather underdone, otherwise they lose their flavour. An orange salad frequently accompanies this dish. To make this salad the oranges should be cut across into thin slices, the pips, every particle of skin and pith removed, and the fruit arranged in layers in a dish, each layer being sprinkled with a little castor sugar, salad-oil and, if liked, a little brandy.

Time.—About 30 minutes. **Average Cost,** from 3s. each. **Seasonable** from August 1 to March 15.

1340.—WILD DUCK, SALMI OF. (*Fr.*—Canards Sauvages en Salmis.)

Ingredients.—The remains of cold roast wild ducks, 1 pint of stock made from the bones and trimmings of game, 1 glass of port wine or claret, 1½ ozs. of butter, 1 oz. of flour, 1 teaspoonful each of orange-juice and lemon-juice, a few thin strips of fresh orange-rind, 1 small onion, 2 or 3 sprigs of thyme, 1 bay-leaf, salt and pepper, cayenne.

Method.—Cut the remains of the ducks into neat pieces, put the bones and trimmings, the onion, thyme and bay-leaf into a stew-pan, cover with cold water, and simmer for at least 1½ hours. Melt the butter in a stewpan, stir in the flour, cook until a brown roux or thickening is formed, then add the strained stock, and stir until it boils. Add the pieces of duck, orange and lemon-juices, and wine, season to taste, cover the stewpan closely, and let it stand for about 20 minutes, where the contents will become thoroughly hot, but they must not be allowed to boil.

A salmi is a convenient way of utilizing cold game of any description, and with a little variation of flavouring the above may be adapted to hare, grouse, pheasant, or partridge. Although the cold remains of any bird make, with the addition of a good sauce, an excellent dish a salmi to be eaten in perfection should be made from birds freshly cooked for the purpose. A salmi may be garnished with croûtons of fried bread or puff paste, braised olives, button mushrooms or truffles, while slices of lemon, or divisions of oranges are considered a suitable garnish for wild duck.

Time.—About 2 hours. **Average Cost,** 9d. to 10d., exclusive of the wild duck. **Seasonable** from August 1 to March 15.

Note.—In cooking or re-heating game, every effort should be made to retain the characteristic flavour of the bird or animal; and all flavouring materials added to the sauce or gravy must be used in moderation, otherwise they overpower and destroy the flavour the dish should possess.

1341.—WOODCOCK, ROASTED. (*Fr.*—Bécasse Rôtie.)

Ingredients.—Woodcocks, toast, bacon, butter for basting, good brown gravy (*see* Gravies), watercress.

Method.—The skin of these birds is particularly tender, therefore they must be plucked very carefully. They are trussed in the same manner as other birds for roasting, but the head is skinned and left on, the long beak of the bird being passed through the legs and body in place of a skewer. Brush over with warm butter, fasten a thin slice of fat bacon over each breast, and hang them on the spit feet downwards to roast. Put the toast under to receive the drippings from the trail, baste frequently with hot butter, and roast for about 15 minutes, or 4 or 5 minutes less when preferred very much underdone. Serve on the toast, garnish with watercress, and send the gravy to table in a sauce-boat.

Time.—About 15 minutes. **Average Cost,** from 3s. 9d. to 5s. per brace. **Seasonable** from August 1 to March 15.

THE WOODCOCK (Fr. *bécasse*) is a long-billed bird of the same genus as the snipe, and migratory in its habits. It arrives in flocks in Britain in March and April, returning to warmer climates in the autumn. It is also found during the winter in Aleppo and Japan. The woodcock is about 12 inches in length, and weighs about 12 oz. Its colour is brown, variegated with darker hues; the tail is black, tipped with grey. Its eggs are brownish-white, mottled with brown. The woodcock is a shy bird, and difficult to capture. It feeds at early morn and at dusk; its principal food are worms. The flesh of the woodcock is held in high estimation. This bird is common in North America and resembles the European woodcock in its plumage and habits, but is of a smaller size.

RECIPES FOR COOKING HARE AND RABBIT

CHAPTER XXVI

1342.—HARE, BAKED, WITH TRUFFLES. (*Fr.*—Lièvre aux Truffes.)

Ingredients.—1 young hare, ½ a lb. of truffles, 6 ozs. of finely-chopped pickled pork, 6 ozs. of finely-chopped veal, 1 finely-chopped shallot, 1 glass of sherry, aromatic seasoning, salt and pepper, fat for basting, ¾ of a pint of Espagnole Sauce No. 244.

Method.—Prepare the hare as directed in Notes on Trussing. Pound the pork, veal and shallot until smooth, and moisten meanwhile with a little good stock, and truffle liquor when using bottled truffles. Pass the farce through a wire sieve, season to taste, and add the sherry. Cut the truffles into dice, put 1 tablespoonful aside to be afterwards used for the sauce, and add the remainder to the farce. Press lightly into the body of the hare, sew up the opening, truss into shape, and cover the back with 2 or 3 folds of greased paper. Baste well with hot fat, bake in a moderately hot oven from 1 to 1¼ hours, basting frequently, and 20 minutes before serving remove the paper to allow the back to brown. Add the remainder of the truffle to the Espagnole sauce, and serve separately.

Time.—To bake, from 1 to 1½ hours, according to size. **Average Cost,** hare, 4s. 6d. to 6s. **Sufficient** for 5 or 6 persons. **Seasonable** from September to March.

Hares and Rabbits.—Indications of youth in a hare or rabbit are a narrow cleft in the lip, sharp and smooth claws, soft and thin ears. A thick haunch, ears dry and rough and blunt, and rugged claws, are all signs of advanced age. When freshly killed, the flesh has a moist and bluish appearance.

1343.—HARE, BROILED. (*Fr.*—Lièvre grillé.)

Ingredients.—Remains of a roast hare, salt, cayenne, butter.

Method.—Separate into neat joints, brush them over with oiled butter, and season highly with salt and pepper. Broil over a clear fire until both sides are nicely browned, brushing over with butter 2 or 3 times meanwhile. Serve with good gravy or any appropriate sauce.

Time.—10 minutes.

1344.—HARE IN CASSEROLE. (*Fr.*—Lièvre en Casserole.)

Ingredients.—1 hare, 1½ pints of good stock, or equal parts of stock and good stout, 3 ozs. of butter, 1 oz. of flour, 1 onion chopped, 3 cloves, 10 peppercorns and a bouquet-garni (parsley, thyme, bay-leaf), all tied together in muslin, salt and pepper, veal forcemeat (*see* Forcemeats, No. 413), red-currant jelly.

Method.—Prepare the hare as directed and cut it into pieces convenient for serving. Heat 2 ozs. of butter, fry the hare until nicely browned, and pack closely in a casserole. Fry the onion brown, add it and the cloves, etc., to the hare, cover with stock, put on the lid, and cook gently for about 2½ hours, or until the hare is tender. Knead the remaining oz. of butter and the flour smoothly together, divide into small pieces, and add them to the contents of the casserole, about ½ an hour before serving. Shape the forcemeat into small balls, fry in hot butter or fat, drain well, and add them 5 minutes before serving. Remove the herbs tied in muslin, season to taste, and serve in the casserole, with red currant jelly handed separately.

Time.—From 2½ to 3 hours. **Average Cost,** 5s. 6d. to 6s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** from September to March.

THE HARE (Fr. *lièvre*).—This little animal is found generally distributed over Europe, and, indeed in most parts of the northern world. Its extreme timidity is its protection, for it is attentive to every sound, and its ears, both long and tubular, enable it to hear with great acuteness. By the construction of its large prominent eyes it possesses a wide range of vision. The hare lives upon vegetable food, but its flesh is considered dry, although it is esteemed in many respects to be superior to that of the rabbit, being more savoury, and of a much higher flavour. The hare usually feeds in the evening but during the day it adheres closly to its "form."

1345.—HARE, CIVET OF. (*Fr.*—Civet de Lièvre.)

Ingredients.—1 young hare, ¼ of a lb. of fat bacon, 1 pint of good stock, 1 glass of port or claret, 2 ozs. of butter, 2 ozs. of flour, 2 dozen button onions, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, croûtons of fried bread

Method.—Divide the hare into small joints, cut the bacon into dice, fry it lightly in 1½ ozs. of hot butter in a stewpan, then take it out and put in the pieces of hare. Sprinkle in the flour, and let it brown with the hare, which should be turned occasionally so that every part of it may acquire a good colour. Replace the bacon in the stewpan, add the stock and the bouquet-garni, season to taste, stir until boiling, then cover closely and simmer gently for about 1¼ hours. Meanwhile skin the onions, fry them until well browned in the remainder of the butter, and about 20 minutes before serving add them with the wine to the contents of the stewpan. Pile the pieces of hare on a hot dish, interspersed with dice of bacon and onions. Season the sauce to taste, and strain it over, and garnish the base of the dish with the fried croûtons.

Time.—About 1¼ hours. **Average Cost,** from 6s. to 7s. 6d. **Seasonable** from September to February.

1346.—HARE, CROQUETTES OF. (*Fr.*—Croquettes de Lièvre.)

Ingredients.—6 tablespoonfuls of finely-chopped cooked hare, 2 yolks of eggs, ½ a pint of brown sauce (*see* Sauces, No. 233), a pinch of powdered cloves, salt and pepper, egg and breadcrumbs, frying-fat, parsley.

Method.—Make the sauce as directed, add the yolks of eggs, and stir over the fire until it thickens. Put in the hare, add the cloves, and salt and pepper to taste, mix well, and turn on to a plate. When cool, form into cork-shaped pieces, coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, and serve garnished with crisply-fried parsley.

Time.—To fry, from 4 to 5 minutes. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 4 persons.

1347.—HARE, HASHED. (*Fr.*—Lièvre hashé.)

Ingredients.—Remains of cold roast hare, ¾ of a pint of brown sauce (*see* Sauces), 1 glass of port or claret, salt and pepper, red currant jelly.

Method.—Cut the hare into neat slices, and put these aside while the bones and trimmings are being boiled for stock. Make the brown sauce as directed, and, when economy is an object, use equal parts of stock and stout instead of adding wine to the sauce when finished. Season the sauce to taste, put in the slices of hare, let them remain until thoroughly hot, then serve with red-currant jelly.

Time.—15 minutes, to reheat the hare. **Average Cost,** 1s. 4d. to 1s. 6d.

1348.—HARE, JUGGED. (*Fr.*—Civet de Lièvre à l'Anglaise.)

Ingredients.—1 hare, 1½ pints of good stock, 1 glass of port wine or claret, 1 tablespoonful of lemon-juice, 3 ozs. of butter, 1 oz. of flour, 1 medium-sized onion, 4 cloves, 12 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, veal forcemeat (*see* Forcemeats, No. 413), red currant jelly.

Method.—Prepare the hare as directed in Notes on Trussing, and cut it into pieces about the size of a small egg. Heat 2 ozs. of butter in a frying-pan, fry the pieces of hare brown, then put them into a stew-jar with a little salt, the onion stuck with cloves, 1 glass of wine, the lemon-juice, peppercorns, herbs, and the stock previously made hot. Cover the jar closely, and cook in a moderate oven for about 3 hours. When the oven is too hot the jar should be placed in a baking-tin surrounded by boiling water, or, when more convenient, the jar may stand in a saucepan of boiling water on the stove. About ½ an hour before serving, knead the remaining oz. of butter and the flour together, stir into the stock, add the other glass of wine, and seasoning if necessary. Make the forcemeat as directed, shape it into small balls, fry in hot butter or fat, and drain well. Pile the pieces of hare on a hot dish, strain the gravy over, arrange the forcemeat balls round the base, and serve the red currant jelly separately.

Time.—To cook, about 3 hours. **Average Cost,** 5s. 6d. to 6s. 6d. **Seasonable** from September to March.

1349.—HARE, POTTED.

Ingredients.—1 hare, slices of bacon, good stock, a bouquet-garni (parsley, thyme, bay-leaf), 3 cloves, 10 peppercorns, 1 blade of mace, 2 bay-leaves, cayenne, salt and pepper, clarified butter.

Method.—Prepare the hare as directed in Notes on Trussing, and cut it into rather small pieces. Line the bottom of a stew-jar or stewpan with slices of bacon, pack the pieces of hare closely on the top, add the herbs, cloves, peppercorns, mace, bay-leaves, and a liberal seasoning of salt. Barely cover with stock, lay slices of bacon on the top, cover closely, and cook very gently either on the stove or in the oven for about 3 hours, adding more stock from time to time. Remove the bones, chop the flesh and the bacon finely, and pound these in a mortar until smooth, moistening gradually with stock, previously strained. Season rather highly, pass the preparation through a fine sieve, and press it into small pots. Cover with clarified butter, and keep in a cool dry place.

Time.—To stew, about 3 hours. **Average Cost,** 5s. 6d. to 6s.

Note.—Cold remains of hare may also be potted, a little good gravy or brown sauce being used to moisten the preparation.

1350.—HARE, ROASTED. (*Fr.*—Lièvre Rôti.)

Ingredients.—1 hare, bacon, veal forcemeat (*see* Forcemeats), ¾ of a pint of stock, 1 glass of port, 2 ozs. of butter, 1½ ozs. of flour, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of finely-chopped parsley, a good pinch of thyme, salt and pepper, red currant jelly, milk for basting.

Method.—Choose a young hare, which may be known by its smooth and sharp claws, and the narrow cleft in the lip. To be eaten in perfection it should hang about 8 days. When ready for use, skin, draw, and truss according to directions given in Notes on Trussing. Forcemeat is a matter of taste; if used, it should be pressed lightly inside the hare and the body sewn up with a needle and strong cotton before trussing. Carefully follow the directions given for trussing, then brush the hare all over with warm butter or dripping, cover the back with slices of fat bacon, and tie it down with string in 3 or 4 places. Roast the hare in front of a clear fire or in a moderate oven from 1½ to 2 hours, basting it very frequently with milk, to which may be added, when economy is not an object, 1 or 2 ozs. of butter. Meanwhile, remove the gallbladder carefully from the liver, put the liver into cold water, bring to the boil, cook for 5 minutes, then drain and chop finely. Melt the butter in a small stewpan, add the liver, onion, parsley and thyme, fry for 10 minutes, then drain, and return the butter to the stewpan. If available, pound the liver, etc., in a mortar until smooth, and rub through a fine wire sieve. Re-heat the butter, stir in the flour, and cook over the fire until a nut-brown roux is obtained, then add the stock (if none is at hand substitute the milk used for basting), stir until it boils, then add the liver preparation, season to taste, simmer for 10 minutes, and just before serving put in the wine. When the hare is rather more than three parts cooked remove the bacon, to allow the back to brown, dredging slightly with flour, and basting frequently with butter during the process. Remove the trussing strings, dish up on a hot dish, and serve with the liver sauce and red currant jelly separately.

Time.—To roast, from 1½ to 2 hours. **Average Cost**, 6s. to 6s. 6d. **Seasonable** from September to March.

1351.—HARE, ROAST BARON OF. (*Fr.*—Baron de Lièvre Rôti.)

Ingredients.—1 hare, larding bacon, veal forcemeat (*see* Forcemeats), ¾ of a pint of brown sauce (*see* Sauces, No. 233) 1 glass of port, red currant jelly, butter or fat for basting.

Method.—This dish will be found most useful for a small dinner. The body, cut close to the shoulder-blades, alone is used, but the legs, neck and head can be converted into soup, potted, or made into a civet of hare. Parboil the liver, chop it finely, add it to the veal forcemeat, then stuff the body of the hare and sew it up with strong cotton. Carefully remove the skin from the back, and lard it, i.e., insert fine stips of larding bacon. Wrap the hare in 2 or 3 folds of well-greased paper, secure it with string, and roast in front of a clear fire or in a moderate oven from 40 to 50 minutes, basting frequently with hot butter or dripping. When the cooking is nearly completed remove the paper to allow the lardoons to crisp. Make the sauce as directed, add the wine, season to taste, and serve in a sauce-boat.

Time.—To cook, 40 to 50 minutes. **Average Cost**, 6s. to 6s. 6d., including the whole hare. **Seasonable** from September to the end of March.

1352.—HARE SOUP. (*Fr.*—Potage de Lièvre.)

See page 166, Soup Section, Recipe No. 69.

1353. RABBIT IN ASPIC JELLY. (*Fr.*—Lapin en Gelée.)

Ingredients.—Cooked rabbit, aspic jelly, hard-boiled eggs, shredded bacon.

Method.—Divide the rabbit into neat pieces. Cover the bottom of a plain mould with a thin layer of liquid, but cold, aspic jelly, and, when set, decorate with slices or sections of egg, and add more jelly. Arrange the pieces of rabbit in layers interspersed with strips of bacon and slices of egg, and fill up with jelly. Put aside until set, then unmould, garnish with chopped aspic, and serve.

Time.—To set the aspic, from 2 to 3 hours. **Average Cost,** 2s. 6d. to 3s. **Seasonable** from September to March.

The Rabbit.—This animal is an inhabitant of the temperate regions, but does not reach so far north as the hare, to which it is allied. The wild rabbit is a native of Great Britain, and is found in large numbers in Norfolk and Cambridgeshire. The flesh of the wild rabbit is darker than that of the domesticated species, and is by some considered to possess a higher flavour, although neither so white nor so delicate. It is also smaller in size and less fat than the tame rabbit.

1354.—RABBIT, AMERICAN STYLE. (*Fr.*—Lapin à l'Americaine.)

Ingredients.—1 rabbit, ¼ of a pint of tomato purée, 1½ ozs. of butter, 1 oz. of flour, 2 ozs. of dripping, stock, salt and pepper, lemon-juice, castor sugar.

Method.—Wash and dry the rabbit thoroughly, and divide it into neat joints. Heat the dripping in a stewpan, fry the rabbit until well-browned, and drain away the fat. Barely cover with stock, put on a close-fitting lid, and cook very gently until tender. Meanwhile heat the butter in another stewpan, fry the flour slowly until it acquires a nut-brown colour, then stir in the tomato purée. When ready, remove the rabbit and keep it hot. Strain and add ¾ of a pint of the stock to the blended flour and butter. Stir until boiling, season to taste, and add a pinch of sugar and about 1 teaspoonful of lemon-juice. Put in the rabbit, make thoroughly hot, then serve.

Time.—To stew, from 1 to 1¼ hours. **Average Cost,** 1s. 9d. to 2s. 1d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

1355.—RABBIT À LA MINUTE. (*Fr.*—Lapin à la Minute.)

Ingredients.—1 young rabbit, 4 ozs. of butter, 1 good tablespoonful of flour, 2 tablespoonfuls of chopped mushrooms, ½ dessertspoonful of chopped parsley, ½ a saltspoonful of mace, salt and pepper, ¾ of a pint of boiling stock or water.

Method.—Wash and thoroughly dry the rabbit and cut it into neat joints. Heat 2½ ozs. of butter in a stewpan, put in the rabbit, sprinkle with salt and pepper, and add the mace. Put on the cover, which should fit as closely as possible, and cook gently for 45 minutes, turning the pieces over and basting frequently. Meanwhile melt the remainder of the butter in another stewpan, add the flour, stir and cook gently for a few minutes without browning, then add the stock. Boil up, simmer gently for 10 minutes, and pour over the rabbit when it has cooked for 40 minutes. Add the parsley, mushrooms, salt and pepper to taste, and continue to cook slowly for 20 minutes longer, or until the rabbit is tender. Serve with the sauce poured over.

Time.—About 1 hour. **Average Cost,** 1s. 10d. to 2s. 2d. **Sufficient** for 4 persons. **Seasonable** from September to March.

Varieties of Rabbits.—Among the numerous varieties of rabbits, some are kept for their beauty, and are known as "fancy" rabbits. These are of foreign origin, and probably came originally from Persia, India and China. The most valued are the lop-eared and Angora; other kinds, as the Belgian hare-rabbit, the silver-grey, the Himalayan and the Dutch rabbit, are kept for some qualities of form or for the excellence of their flesh. For the table the Belgian hare-rabbits are the best, for their size, weight and the rapidity with which they arrive at maturity. The common white, and yellow and white species have white and delicate flesh, and when cooked in a similar way to the turkey are said to rival it in flavour. Wild or semi-wild rabbits are distinguished as "warreners," who burrow underneath the earth, and live in communities; "parkers," whose favourite resort is the park or pleasure ground of an estate, where they usually breed in great numbers, and frequently drive away the hares; and the "hedgehog," of roaming habits.

1356.—RABBIT, BARBECUE OF. (*Fr.*—Lapin Grillé.)

Ingredients.—1 very young rabbit, salad-oil or oiled butter, salt and pepper. For the sauce: 2 tablespoonfuls of good gravy, 1 tablespoonful of lemon-juice, 1 teaspoonful of French mustard. For the garnish: sliced lemon, fried parsley.

Method.—Cut off the head, let the rabbit lie in salt and water for 1 hour, and afterwards dry it thoroughly. Score the back and legs closely, season with salt and pepper, and coat liberally with salad-oil or oiled butter. Heat up the gravy and other ingredients. Let it remain for 1 hour, then again sprinkle the rabbit with salt and pepper, brush it over with oil or butter, and broil it over or in front of a clear fire. Turn frequently, and brush over with oil or butter whenever it appears in the least dry. Divide into neat joints, and dish up, pour over a little brown sauce, and garnish with sprigs of fried parsley and sliced lemon.

Time.—To broil, from 20 to 25 minutes. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 3 to 4 persons. **Seasonable** from September to March.

The Common or Wild Rabbit.—This well-known rodent belongs to the same family (*Leporidæ*) as the hare, but is smaller in size, and its hind legs and ears are shorter. In the wild state the fur of the rabbit is a greyish-brown; the colour under domestication, however, changes frequently to black, white or other shades. The fur is used for many purposes, as the manufacture of hats, the imitation of more costly furs, etc. The rabbit is one of the most prolific of animals, and in Australia and New Zealand, where it was introduced from England, it has increased so rapidly as to become a serious pest. During the time of the Roman power under the Emperor Augustus the Balearic Islands were once infested by rabbits to such an extent that the inhabitants were obliged to beg the aid of a military force to exterminate the prolific rodents. Sandy tracts and the slopes of hills, in which it burrows, are the favourite resort of the rabbit. Martial, the Roman writer of epigrams, declared that it was from the rabbit, with its remarkable faculty for tunnelling in the earth, that man first learned the art of fortification, mining and covered roads. Large numbers of wild rabbits are kept in enclosures or "warrens" in favourable localities, and are killed to supply the markets, as well as for their fur and skin.

1357.—RABBIT, BOILED. (*Fr.*—Lapin bouilli.)

Ingredients.—1 rabbit, 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt, onion sauce (*see* Sauces, No. 265), boiled or fried bacon.

Method.—Truss the rabbit (*see* Notes on Trussing), put it into boiling water; when the water re-boils add the vegetables cut into large pieces, the bouquet-garni, peppercorns, and a teaspoonful of salt. Cook gently from 45 to 60 minutes, according to the age and size of the rabbit. Remove the skewers, serve on a hot dish, coat with onion sauce, and send the remainder to table in a sauce-boat. Serve the bacon on a separate dish, unless small rolls are preferred, when they may be used as garnish. The liquor in which the rabbit was cooked may be served separately as broth, or afterwards converted into a white soup.

Time.—From 45 to 60 minutes. **Average Cost,** 1s. 9d. to 2s. **Sufficient,** one large rabbit for 4 persons.

1358.—RABBIT, CREAM OF. (*Fr.*—Créme de Lapin.)

Ingredients.—½ a lb. of raw rabbit, ¼ of a pint of THICK white sauce (No. 221), 1 small egg, salt and pepper, ½ a pint of brown sauce (No. 233).

Method.—Chop the flesh of the rabbit finely, or pass it 2 or 3 times through a mincing machine, and pound it in a mortar until smooth. Work in the egg, add the white sauce, season well with salt and pepper, and pass the mixture through a fine sieve. Press lightly into 6 or 8 well-buttered bomb or other small moulds, steam gently until firm, and serve with the brown sauce strained over the dish.

Time.—To steam the moulds, from 15 to 20 minutes. **Average Cost,** about 2s. **Sufficient** for 6 or 8 moulds. **Seasonable** from September to March.

FECUNDITY OF THE RABBIT.—The reproduction of this animal has been the subject of wonder to all naturalists. It breeds seven times in the year, and generally begets seven or eight young ones at a time. If we suppose this to happen regularly for a period of four years, the progeny that would spring from a single pair would amount to more than a million. The rabbit, however, has many enemies, and its numbers are largely kept down by carnivorous animals of every description. As previously mentioned, in the time of the Roman power rabbits once infested the Balearic Islands to such an extent that the inhabitants were obliged to implore the assistance of a military force from Augustus to exterminate them.

1359.—RABBIT, CURRIED. (*Fr.*—Lapin au Kari.)

Ingredients.—1 rabbit, 4 or 5 ozs. of cooked rice, 3 ozs. of butter or fat, 2 onions, 1 apple, ¾ of a pint of stock, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, the juice of a lemon. Salt.

Method.—Wash the rabbit, dry it thoroughly, and divide it into small joints; slice the apple and the onions. Heat the butter or fat in a stew-pan, fry the rabbit until lightly browned, remove it, put in the onions, and when they have acquired a deep brown colour add the curry-powder and flour, and fry for 10 minutes. Now put in the stock, and when boiling replace the rabbit, add the apple, salt to taste, cover, and

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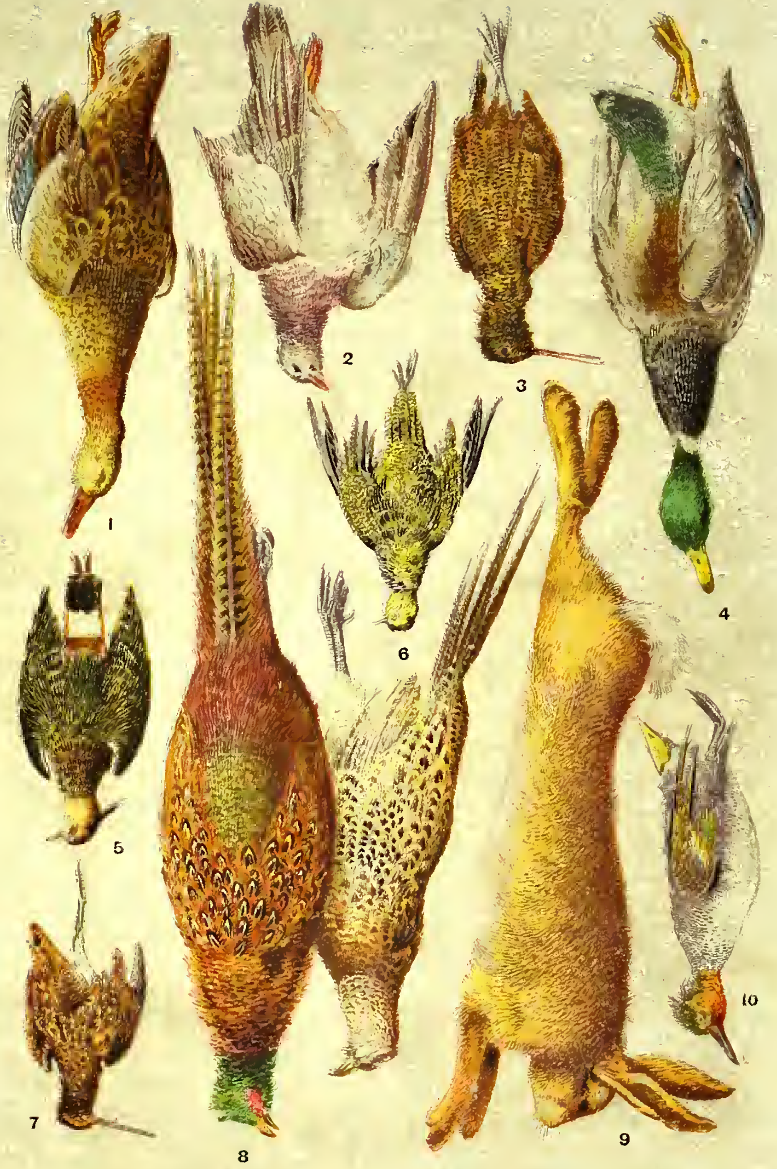


1.—Hen Wild Duck. 2.—Wood Pigeon. 3.—Woodcock. 4.—Cock Wild Duck.
5.—Black Plover. 6.—Golden Plover. 7.—Snipe. 8.—Pheasants. 9.—Hare.
10.—Teal.

simmer gently for 1½ to 1¾ hours. Before serving, add the lemon-juice and seasoning if necessary. Pile the rabbit in the centre of a hot dish, strain the sauce over, and serve the rice separately.

Time.—From 2¼ to 2½ hours. **Average Cost,** from 2s. to 2s. 6d. **Sufficient** for 3 or 4 persons.

1360.—RABBIT CUTLETS. (*Fr.*—Côtelettes de Lapin.)

Ingredients.—2 rabbits, liver farce No. 398, brown sauce (*see* Sauces), egg, breadcrumbs, butter or frying-fat, parsley.

Method.—Cut off the legs and necks of the rabbits, and put them aside to be afterwards converted into a ragoût or pie. Remove the flesh from the back of each rabbit, keeping it whole, and afterwards divide it into pieces of even and suitable size. Flatten them with a cutlet-bat, trim neatly, and fry gently for 10 or 15 minutes in hot butter or fat. Press between 2 dishes until cold, then cover one side rather thickly with liver farce, and coat carefully with egg and breadcrumbs. Fry in a deep pan of fat until nicely browned, then drain well and serve garnished with fried parsley. Send the sauce to table in a sauce-boat.

Tim .—To fry, 10 or 15 minutes, and afterwards 6 or 7 minutes. **Average Cost,** rabbits from 1s. 2d. to 1s. 6d. each. **Seasonable** from September to March.

1361.—RABBIT, DARIOLES OF. (*Fr.*—Darioles de Lapin.)

Ingredients.—½ a lb. of finely-chopped raw rabbit, 1 oz. of panada, 2 tablespoonfuls of brown sauce No. 233, 2 tablespoonfuls of cream, 1 egg, salt and pepper, mushroom or oyster sauce.

Method.—Pound the rabbit until smooth, add the egg, panada, salt and pepper to taste, and, when well mixed, pass through a fine wire sieve. Stir in the cream and brown sauce, press the preparation lightly into well-buttered darioles, and steam gently until firm. Unmould and serve with mushroom, oyster or celery sauce.

Time.—To steam the darioles, from 20 to 25 minutes. **Average Cost,** 1s. 8d. to 2s. 2d. **Sufficient** for 6 or 8 darioles. **Seasonable** from September to March,

1362.—RABBIT, FRICASSEE OF. (*Fr.*—Lapin en Fricassée.)

Ingredients.—1 young rabbit, 2 ozs. of butter, 1½ ozs. of flour, white stock, ½ a pint of milk, 2 onions sliced, 1 carrot sliced, ½ a small turnip sliced, 1 or 2 strips of elery shredded, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 6 white peppercorns, salt and pepper.

Method.—Cut the rabbit into neat joints, and after rinsing in warm water, place them in a stewpan, and add just sufficient white stock to cover. Bring to boiling point, add the prepared vegetables, peppercorns and a little salt, cover closely, and cook gently for about 1¼ hours, or until the rabbit is tender, adding a little milk from time to time, to replace the stock. Meanwhile melt the butter, add the flour, stir and cook gently without browning, and put aside until wanted. When ready, take up the rabbit and keep it hot, strain and add ¾ of a pint of the stock to the blended flour and butter, stir until boiling, and simmer gently for 10 minutes. Pass the vegetables through a fine sieve, and stir the purée into the sauce. Season to taste, replace the rabbit, make thoroughly hot, then serve.

Time.—About 1½ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

1363.—RABBIT, FILLETS OF. (*Fr.*—Filets de Lapin.)

Ingredients.—2 rabbits, larding bacon, a mirepoix (*see* No. 949), stock glaze, ½ a pint of brown sauce.

Method.—Remove the flesh from the back of each rabbit (*see* Rabbit Cutlets), divide into pieces of suitable size, and lard one side of them in close even rows. Place the vegetables in a stewpan, add stock to nearly cover them, and lay the fillets on the top. Cover with a greased paper, put on the lid, which should fit closely, and cook very gently for about 1 hour, adding more stock from time to time. Put the fillets into a hot oven for a few minutes, to crisp the bacon, then brush them over with glaze, and serve on a hot dish with the sauce poured round.

Time.—To braise the fillets, about 1 hour. **Average Cost,** rabbit from 1s. 2d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from September to March.

1364.—RABBIT, FRIED WITH TARTARE SAUCE. (*Fr.*—Lapereau frit à la Tartare.)

Ingredients.—1 young rabbit. For the marinade, or sauce: ¼ of a pint of salad-oil, 1 tablespoonful of chili vinegar, 1 tablespoonful of malt, vinegar, 1 finely-chopped shallot, 2 cloves, 1 bay-leaf, 1 blade of mace, salt and pepper, ¼ of a pint of mayonnaise sauce No. 201, 1 tablespoonful of coarsely-chopped pickled gherkins, egg, breadcrumbs, frying-fat.

Method.—Bone the legs of the rabbit, and remove the flesh from the back in large fillets. Place them in a deep dish, pour over the marinade, and let them remain in it for at least 1 hour, turning frequently. Make the mayonnaise sauce as directed, and add to it the chopped gherkin. Drain the pieces of rabbit well, coat them with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, arrange in a pyramidal form on a hot dish, garnish with crisply-fried parsley, and serve the mayonnaise sauce in a sauce-boat.

Time.—From 1½ to 2½ hours. **Average Cost,** 2s. 3d. to 2s. 9d. **Sufficient** for 3 or 4 persons.

1365.—RABBIT, JUGGED. (*Fr.*—Civet de Lapin.)

Ingredients.—1 rabbit, 1 pint of good stock, 1 glass of port or claret, 1 dessertspoonful of lemon-juice, 2½ ozs. of butter, 1 oz. of flour, 1 medium-sized onion, 2 cloves, 8 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, veal forcemeat No. 413, red-currant jelly.

Method.—Wash and dry the rabbit and cut it into neat joints. Fry in 1½ ozs. of hot butter until well browned, and afterwards follow the directions for Hare, Jugged, p. 763.

Time.—To cook, about 2 hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

THE RABBIT HOUSE.—To keep rabbits in good health, especially if they are valuable and of a pure and delicate breed, it is very important that the hutches should be properly constructed, sheltered from draughts, and protected from damp. If a number of rabbits are kept, a dry brickwork building, such as a stable or similar outbuilding, with good ventilation, may advantageously be used for this purpose. Around three sides of the building hutches in tiers should be arranged, the lowest tier being placed some few inches from the ground. The size of the hutches will be dependent upon the number of rabbits and the particular purpose for which they are required, but should not be less than 20 in. in width, constructed of white deal, with a gradual slope from the front to the back of the hutch, the latter being provided with a zinc gutter. Each hutch should be divided into two sections, the smaller, about one-third of the length of the hutch, serving as a dark or sleeping compartment with an arched hole, made smooth to prevent injury to the fur of the rabbit when passing from one part of the hutch to the other. A double floor to the hutch will conduce to the health and cleanliness of the rabbit. The lower floor should be constructed of pine, about 1 in. in thickness, and the upper floor made of half-inch laths, 1 in. apart, placed diagonally or at right angles to one another. In the case of "outside hutches" care must be taken that the hutches have a southern aspect, and are protected from cold and wet, but ventilation must not be forgotten, for pure air is indispensable where many rabbits are kept; it should, however, be regulated in cold or wet weather by the closing or shutting of opposite doors or windows. Where a large number of rabbits are kept for breeding and rearing for the market, a rabbit-court is the most advantageous for that purpose.

1366.—RABBIT, LARDED AND BRAISED. (*Fr.*—Lapin piqué et braisé.)

Ingredients.—1 rabbit, larding bacon, stock, 1 oz. of butter, 1 oz. of flour, 2 ozs. of dripping, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Wash and dry the rabbit thoroughly, cut it into neat pieces, and lard each piece by inserting thin strips of larding bacon. Heat the dripping in a stewpan, fry the rabbit quickly until lightly browned, and drain away the fat. Cover with stock, add salt and pepper to taste, and the herbs tied in muslin, cover closely, and cook gently from 1¼ to 1½ hours, or until the rabbit is quite tender. Knead the butter and flour together, and add it, in small pieces, to the contents of the stewpan about 20 minutes before serving. Serve with the sauce strained over.

Time.—From 1½ to 1¾ hours. **Average Cost,** 1s. 8d. to 2s. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

1367.—RABBIT, MARBLED.

Ingredients.—2 rabbits, 1 lb. of pickled pork or bacon in slices, stock, 2 hard-boiled eggs, 1 raw egg, ½ an oz. of gelatine, ½ a teaspoonful of powdered mixed herbs, ½ a teaspoonful of finely-chopped parsley.

Method.—Cut off the heads and necks, wash the rabbits, and let them soak for at least 1 hour in strong salted water. Pack closely in a stewpan, lay the slices of pork or bacon on the top, and barely cover with stock. Cover closely, simmer gently from 1 hour to 1¼ hours, or until the rabbits are tender, and remove the flesh from the bones in as large pieces as possible. Chop all the small pieces of flesh as finely as possible, mix with it the herbs and seasoning, and half its weight in breadcrumbs, and finely-chopped pork or bacon, and moisten with egg. Cut the remainder of the pork or bacon into strips. Fry the livers and kidneys in hot butter or fat, drain them well, and when cool slice them rather thinly. Form the prepared forcemeat into small balls, drop them into boiling stock or water, and simmer for 10 minutes. Add 1 pint of strained stock to the gelatine, stir over the fire until dissolved, season to taste, and, if cloudy, clear with white of egg. When cool, pour a little into a mould, let it set, then cover with pieces of rabbit, interspersed with strips of pork or bacon, forcemeat balls, liver, kidney, and slices of egg. Repeat until all the materials are used, taking care to leave spaces to admit the stock, which must be added to completely cover the rest of the ingredients. Put aside until set, then unmould, and use as required.

Time.—Altogether, about 4 hours. **Average Cost,** 3s. 4d. to 4s. **Sufficient** for 1 or 2 moulds. **Seasonable** from September to March.

1368.—RABBIT PATTIES. (*Fr.*—Pâtés de Lapin.)

Ingredients.—6 ozs. of either raw or cooked rabbit, 2 ozs. of ham or lean bacon, stock or water, salt and pepper, short crust or puff paste, 1 egg.

Method.—Cut both rabbit and bacon into rather small dice, season liberally with salt and pepper, mix well, and moisten with stock or water. Have ready some patty-pans lined with paste, fill them with the meat preparation, and put on the covers. Brush over with egg, and bake in a moderately hot oven for about 20 minutes, or until cooked if using raw meat. Serve either hot or cold.

Time.—To bake, 20 minutes or longer. **Average Cost,** about 1s., in addition to the rabbit. **Sufficient** for 12 patties. **Seasonable** from September to March.

Fancy Rabbits.—The chief points required by a fancier are respectively the graceful fall of the ears, the dewlap, the colour and marked points, and the shape and general appearance. The ears should extend at least 7 in., measured from tip to tip in a line across the skull, and must also have a uniform and graceful droop. Sometimes the ears, instead of drooping down, slope backwards; a rabbit with this characteristic is scarcely admitted into a fancy lot, and is of little value. The next position is when one ear lops outwards and the other stands erect; this constitutes the half-lop. The forward or horn-lop is one degree nearer perfection than the half-lop; the ears slope forward and down over the forehead. Horn-lops are often perfect in other respects, with the exception of the droop of the ears, and frequently become the parents of young ones which are perfect. In the ear-lop, the ears spread out in a horizontal position like the wings of a bird when in flight. Occasionally a rabbit drops one ear completely, but raises the other so nearly horizontally as to constitute an ear-lop. This variety is superior to all others except the perfect full-lop, and if well-bred and with good points is esteemed a valuable rabbit.

The ears of the real or full-lop hang down by the side of the cheek, slanting somewhat outward in their descent, with the open part of the ear inward, and sometimes either backwards or forwards instead of perpendicular; when the rabbit stands in an easy position, the tips of the ears touch the ground. The hollows of a fancy rabbit of the first quality should be turned so completely backwards that only the outer part of them should remain in front; they should match exactly in their *descent*, and should slant outwards as little as possible.

The dewlap, seen only in fancy rabbits when they have attained their full growth, is a fold of skin under the neck and throat, which commences immediately under the jaw and goes down the throat and between the forelegs, and projects in breadth beyond the chin. If perfect, it adds greatly to the beauty of the appearance of the rabbit.

The colour of the fur of fancy rabbits may be of various hues, provided these colours are arranged in a particular manner, forming imaginary figures or fancied resemblances to certain objects, such peculiarities of marking being denoted by distinctive designations.

A good fancy rabbit must also have other characteristic marks to be a perfect model of its kind. The tail must be of the same colour as the back and snout; there must be a black or blue-black patch on the back, known as "the saddle"; there should also be dark stripes on both sides of the body in front, passing backwards to meet the saddle and uniting on the top of the shoulders. These stripes form "the chain," and are so called from their resemblance to a chain or collar hanging round the neck.

Comparatively few thoroughbred fancy rabbits will have all these markings clearly defined on the fur; but the more closely they approach to the pattern described, the greater will be the value of the animal as relates to its colour. The beauty and consequent worth of a fancy rabbit depends, however, much on its shape, or what is styled its carriage. A rabbit is said to have a good carriage when its back is finely arched, rising full two inches above the top of its head, which must be held so low as to allow the muzzle and the points of the ears to reach almost to the ground.

1369.—RABBIT PIE. (*Fr.*—Pâté de Lapin.)

Ingredients.—1 rabbit, ½ a lb. of bacon or pickled pork, ½ a lb. of beefsteak, ½ a pint of stock, salt and pepper, short crust or puff paste.

Method.—Wash the rabbit, divide it into small joints, cut the beef into small thin slices, and the pork into dice. Place these ingredients in layers in a pie-dish, season each layer liberally with salt and pepper, and ¾ fill the dish with stock. Cover with paste (*see* Veal and Ham Pie No. 798), bake from 1¾ to 2 hours in a brisk oven until the paste has risen and set, and afterwards more slowly. Before serving, add the remainder of the hot stock to the pie. When the pie is intended to be eaten cold, forcemeat balls and hard-boiled eggs will be found an improvement, and the appearance may be improved by brushing it over with yolk of egg when ¾ baked.

Time.—To bake, from 1¾ to 2 hours. **Average Cost,** 2s. 3d., exclusive of the paste. **Sufficient** for 6 or 7 persons.

The Angora Rabbit.—As its name implies, this handsome rabbit is a native of Angora, a city and district of Asia Minor, and noted for the long hair of the animals which live in this region, particularly the sheep, goats and cats, whose wool and fur are exceptionally fine in texture. The fur of the Angora rabbit is long, waved and silky and is much valued as an article of commerce.

1370.—RABBIT, PILAU OF. (*Fr.*—Pilau de Lapin.)

Ingredients.—1 rabbit, ½ a lb. of Carolina rice, 4 ozs. of butter, 2 large onions sliced, 1½ pints of stock (about), salt and pepper.

Method.—Wash and dry the rabbit thoroughly, and divide it into neat joints. Heat 2 ozs. of butter in a stewpan, add the onions, and cook gently until lightly browned. Wash and drain the rice, add it to the onions and butter, stir over the fire for about 10 minutes, then cover with boiling stock and simmer gently. Fry the rabbit very slowly in the remainder of the butter until well browned, and put it, and the butter in which it was fried, into the stewpan containing the rice. Continue to cook slowly for 1 hour, or until the rabbit is quite tender, adding, from time to time, just as much stock as is necessary to prevent the rice sticking to the bottom of the stewpan, meanwhile keeping the stewpan closely covered. Serve the rabbit piled on the rice.

Time.—About 2 hours. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

THE HIMALAYA RABBIT.—Amidst the mighty Himalaya mountains, whose peaks are the highest on the globe, the pretty rabbit here portrayed is found; and his colour seems to be like the snow, which, above the altitude of from 13,000 to 16,000 feet, perpetually crowns the summits of these monarchs of the world.

1371.—RABBIT PUDDING. (*Fr.*—Pouding de Lapin.)

Ingredients.—1 rabbit, ½ a lb. of pickled pork cut into dice, flour, salt and pepper, suet paste No. 1671.

Method.—Wash the rabbit, cut it into neat joints, and put the head, neck, liver and kidneys aside, to be afterwards stewed for gravy. Mix together 1 tablespoonful of flour, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper; coat the pieces of rabbit with the mixture, and put them closely in a basin lined with paste, interspersing the dice of pork (*see* Beef and Kidney Pudding, No. 841). Nearly fill the basin with cold water, cover first with paste, and afterwards with 2 or 3 folds of greased paper, and steam for at least 2½ hours. Turn out the pudding on a hot dish and send the gravy made from the head, etc. to table separately.

Time.—To steam the pudding, from 2½ to 3 hours. **Average Cost,** 2s. to 2s. 4d. **Sufficient** for 5 or 6 persons. **Seasonable** from September to March.

1372.—RABBIT, ROAST WITH ESPAGNOLE SAUCE. (*Fr.*—Lapin Rôti à l'Espagnole.)

Ingredients.—1 rabbit, veal forcemeat (*see* Forcemeats), bacon, ¾ of a pint of Espagnole sauce No. 244.

Method.—Stuff the rabbit with the forcemeat, sew up the opening, and truss according to directions given on Trussing. Cover the back with slices of streaky bacon, baste well with hot dripping, and roast from 50 to 60 minutes before a clear fire or in a moderately hot oven. Baste frequently, otherwise the flesh will be dry, and a few minutes before serving remove the bacon to allow the back of the rabbit to brown. Remove the skewers, serve on a hot dish with some of the sauce poured round, garnish with the bacon cut into dice, or have ready some crisply-fried small rolls of bacon, and send the remainder of the sauce to table in a sauce-boat.

Time.—From 50 to 60 minutes. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 3 or 4 persons.

1373.—RABBIT, RICH STEW OF. (*Fr.*—Gibelotte de Lapin.)

Ingredients.—1 rabbit, $\frac{1}{4}$ of a lb. of streaky bacon, 1 pint of good stock, 1 glass of claret, 2 ozs. of butter, 1½ ozs. of flour, 18 button onions, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 6 peppercorns, salt and pepper.

Method.—Divide the rabbit into small joints, cut the bacon into dice, and peel the onions. Heat the butter in a stewpan, fry the onions and bacon until brown, and remove to a plate. Now put in the rabbit, and when it has acquired a little colour sprinkle in the flour, and continue the frying until both rabbit and flour are well browned. Replace the onions and bacon, add the hot stock, bouquet-garni, cloves, peppercorns, and salt to taste, cover closely, and stew gently for about 1 hour, or until the rabbit is tender. 15 minutes before serving add the claret, and when the sauce again reaches simmering point put in the liver, previously washed and cut into small pieces, and let it cook for about 10 minutes. Pile the rabbit in the centre of a hot dish, season the sauce to taste and strain it over, garnish the base with groups of bacon-dice and onions, and serve.

Time.—About 1½ hours. **Average Cost,** 2s. 6d. **Sufficient** for 3 or 4 persons.

1374.—RABBIT SOUFFLÉ. (*Fr.*—Soufflé de Lapin.)

Ingredients.—6 ozs. of finely-chopped raw rabbit, 2 ozs. of butter, 2 ozs. of flour, 3 eggs, ½ a pint of milk, salt and pepper, brown sauce (*see* Sauces).

Method.—Melt the butter, add the flour, stir in the milk, simmer gently for 10 minutes, and put the sauce aside to cool. Pound the flesh of the rabbit until smooth, work in the yolks of eggs, add the white sauce, and season liberally with salt and pepper. Pass the mixture through a wire sieve, add the stiffly-whipped whites of eggs, and turn into a well-buttered soufflé-tin. Steam gently from 40 to 50 minutes, and serve with the brown sauce poured round.

Time.—To steam, from 40 to 50 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 1 large soufflé. **Seasonable** from September to March.

1375.—RABBIT WITH SPANISH ONIONS.

Ingredients.—1 large rabbit, ¼ of a lb. of ham or bacon, 4 or 5 Spanish onions, flour, salt and pepper.

Method.—Wash the rabbit, cut it into pieces convenient for serving, cut the onions into thin slices, and the ham or bacon into dice. Line the bottom and sides of a fireproof earthenware stew-jar or casserole with slices of onion, put in a single layer of rabbit, add a few pieces of ham, sprinkle well with flour, salt and pepper, and cover with slices of onion. Now put in the remainder of the rabbit, with the bacon, flour, and seasoning as before, cover the surface completely with slices of onion, and add 2 tablespoonfuls of cold water. Put on the lid, which must fit closely, place the stew-jar in a moderate oven, or on a cool part of the stove, and cook very slowly from 2 to 2½ hours. At the end of that time it will be found that the onions have yielded an abundance of gravy. If a homely dish is desired, serve the contents of the stew-jar in their simple form, or transfer the pieces of rabbit to a stewpan, strain over them the gravy, rub the onions through a fine hair sieve, add these to the contents of the stewpan, and when thoroughly hot, serve.

Time.—From 2 to 2½ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 4 or 5 persons.

1376.—RABBIT STEWED IN MILK. (*Fr.*—Lapin au lait.)

Ingredients.—1 rabbit, 1 small onion very finely-chopped, a small blade of mace, 1 pint of milk (about), salt and pepper, 1 teaspoonful of cornflour.

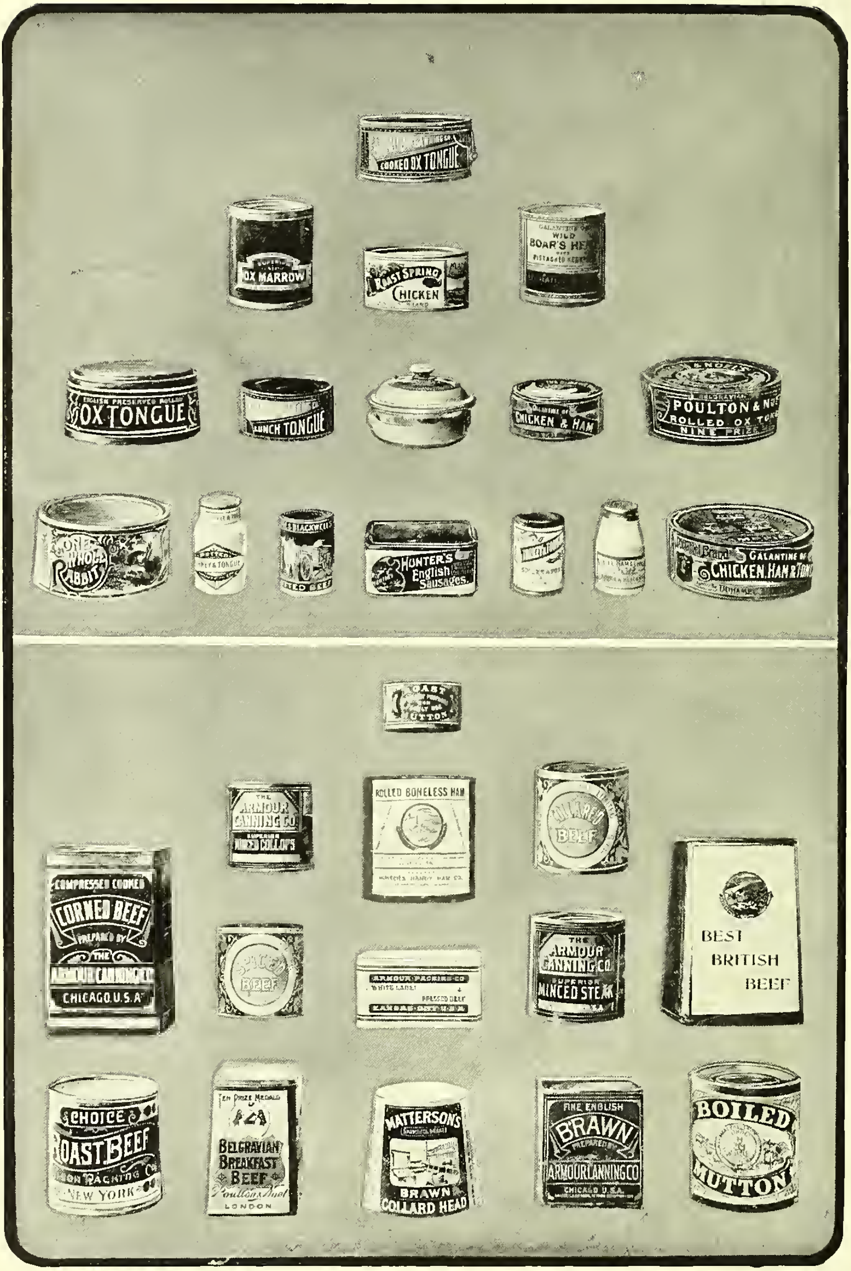
Method.—Wash the rabbit, cut it into neat joints, and soak and blanch the head and neck in strong salted water. Pack the pieces closely in a baking-dish or pie-dish, sprinkle over them the onion, season well with salt and pepper, and add the mace. Nearly fill the dish with milk, cover with an inverted dish or piedish, and cook in a moderate oven from 1¼ to 1½ hours. About 10 minutes before serving mix the cornflour smoothly with a little cold milk, boil up, and add it to the contents of the piedish and allow to cook for another 10 minutes. When ready, arrange the rabbit neatly on a hot dish, strain the sauce over, then serve.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 4d. to 1s. 8d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

1377.—RABBIT, BROWN STEW OF. (*Fr.*—Ragoût de Lapin.)

Ingredients.—1 rabbit, 1 pint of stock, 2 ozs. of butter, ¾ of an oz. of

PRESERVED AND TINNED MEATS.


COOKED OX TONGUE
OX MARROW
ROAST SPRING CHICKEN
GALANTINE OF WILD BOAR'S HE
ENGLISH PRESERVED ROLLED OX TONGUE
LUNCH TONGUE
GALANTINE OF CHICKEN & HAM
POULTON & NO ROLLED OX TO NINE PRIZE
ONE WHOLE RABBIT
HUNTER'S English Sausages
GALANTINE OF CHICKEN, HAM & TO
ROAST MUTTON
THE ARMOUR CANNING CO. SUPERIOR MINCED COLLOPS
ROLLED BONELESS HAM
COLLARED BEEF
COMPRESSED COOKED CORNED BEEF PREPARED BY THE ARMOUR CANNING CO. CHICAGO, U.S.A.
BEST BRITISH BEEF
SPICED BEEF
ARMOUR PACKING CO. WHITE LABEL PRESSED BEEF KANSAS CITY U.S.A.
THE ARMOUR CANNING CO. SUPERIOR MINCED STEAK
CHOICE ROAST BEEF NEW YORK
TEN PRIZE MEDALS BELGRAVIAN BREAKFAST BEEF Poulton & Noel LONDON
MATTERSON'S BRAWN COLLARD HEAD
FINE ENGLISH BRAWN PREPARED BY ARMOUR CANNING CO CHICAGO U.S.A.
BOILED MUTTON

flour, 2 cloves, 1 blade of mace, 1 bay-leaf, salt and pepper, small rolls of crisply-fried bacon.

Method.—Cut up the rabbit, fry it in hot butter, removing the pieces as soon as they are lightly browned. Fry the onions and flour until well browned, add the stock, herbs and seasoning, stir until boiling, then replace the rabbit, cover, and simmer gently for about 1 hour. Arrange the rabbit neatly on a hot dish, strain over the sauce, and garnish with the bacon.

Time.—From 1¾ to 2 hours. **Average Cost,** 1s. 9d. to 2s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

1378.—RABBIT, WHITE STEW OF. (*Fr.*—Lapin en Blanquette.)

Ingredients.—1 young rabbit, ¾ of a pint of white stock, ¾ of a pint of milk, 1 oz. of butter, 1 oz. of flour, 1 onion sliced, 1 or 2 strips of celery shredded, 1 blade of mace, 8 white peppercorns, salt and pepper. For the garnish: 2 tablespoonfuls each of finely-shredded carrot, onion and turnip.

Method.—Wash and joint the rabbit, place it in a stewpan with the stock and milk, and bring to the boil. Add the onion, previously blanched, celery, mace, peppercorns and a little salt, and simmer gently until the rabbit is tender. Knead the flour and butter together, and add it, in small pieces, when the rabbit is three-quarters cooked. Serve with the sauce strained over, garnished with the vegetables, previously cooked separately.

Time.—From 1¼ to 1¾ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

1379.—RABBIT, RAGOUT OF. (*Fr.* Ragoût de Lapin.)

Ingredients.—1 rabbit, 4 ozs. of streaky bacon, 2 ozs. of butter, 1½ ozs. of flour, 1 onion cut into dice, 1 carrot cut into dice, ½ a small turnip cut into dice, 6 peppercorns, salt and pepper, 1 pint of boiling stock or water.

Method.—Wash and dry the rabbit thoroughly, and cut the bacon into 1 inch squares. Heat the butter in a stewpan, fry the rabbit until the entire surface is nicely browned, then remove and keep it hot. Fry the onion slightly, put in the flour, stir and cook slowly until well-browned, and add the stock or water. Boil gently for 10 minutes, add salt to taste, put in the carrot and the turnip, and the bacon and peppercorns. Replace the rabbit in the stewpan, cover closely, and cook very gently for about 2 hours, or until the rabbit is tender. Serve on a hot dish, with the sauce strained over, and garnished with the dice of turnip and carrot, which should be previously boiled separately.

Time.—About 2½ hours. **Average Cost,** 1s. 8d. to 2s. **Sufficient** for 3 or 4 persons. **Seasonable** from September to March.

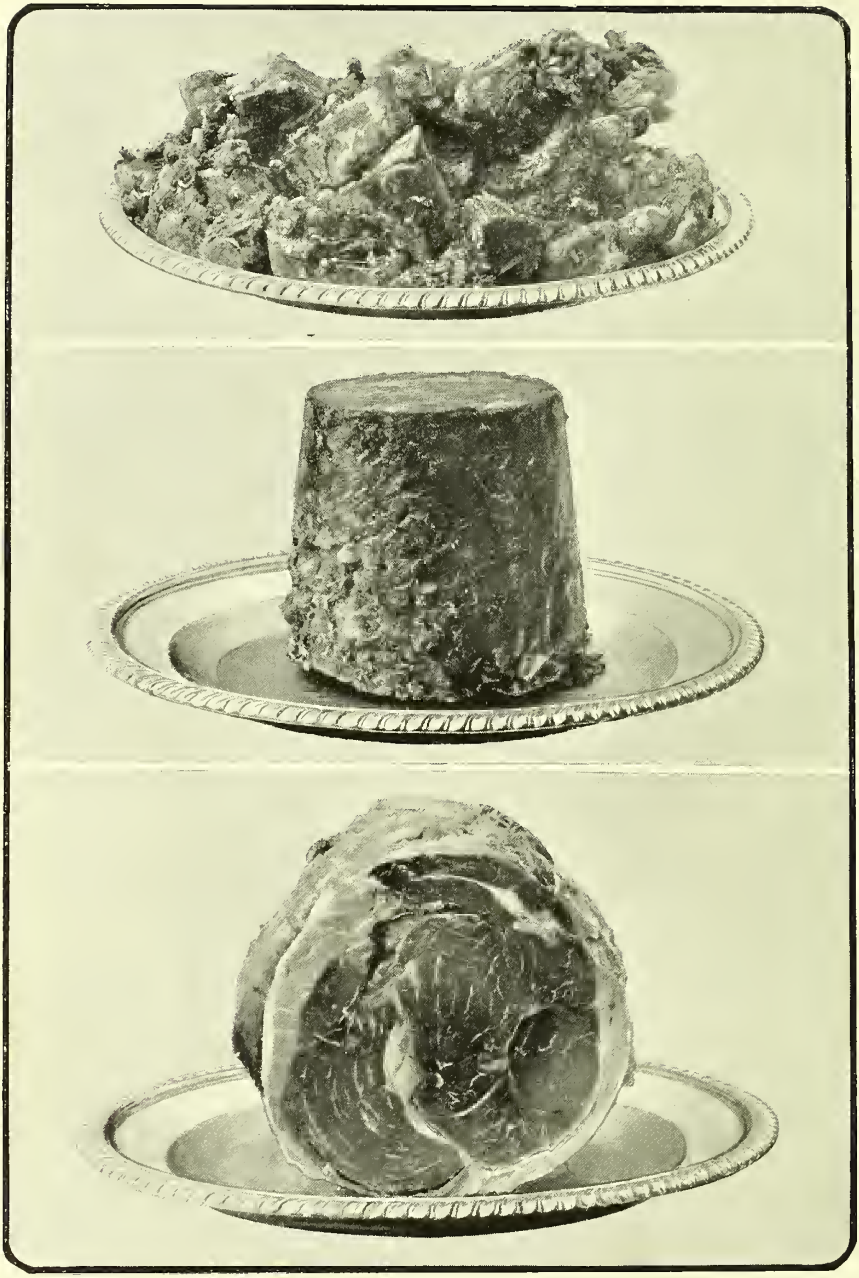
1380.—RABBIT, TURBAN OF.

Ingredients.—2 rabbits, larding bacon, 1 oz. of butter, ½ an oz. of flour, 1 egg, ½ a gill of stock or water, pepper and salt, glaze, brown sauce (*see* Sauces, No. 233.).

Method.—Separate the flesh from the bones (*see* Rabbit Cutlets, No. 1360, and Rabbit, Fillets Of, No. 1361), divide the back into pieces of even size, and lard them neatly. Melt the butter, stir in the flour, add the stock, cook until the mixture leaves the sides of the pan, then put it aside to cool. Chop the remainder of the flesh finely, or pass it 2 or 3 times through a mincing machine, and afterwards pound it until smooth. Work in the panada, add the egg and seasoning to taste, and when well mixed pass through a fine wire sieve. Press the mixture lightly into a well-buttered border or turban mould, and steam until firm. Meanwhile, the fillets should have been braised and glazed according to directions given in Rabbits, Fillets Of. Now arrange them neatly within the shape, pour the sauce round, and serve.

Time.—To cook the fillets, about 1 hour. To steam the turban, about 35 minutes. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 5 or 6 persons.

TINNED MEAT.



1. Spiced Beef. 2. Corned Beef. 3. Preserved Ham.

TINNED AND PRESERVED FOODS.

CHAPTER XXVII.

General Remarks on the various Foods, Instructions for opening tins and serving, etc.

The Nutritive Value of Tinned Meat is less than that of fresh meat, and it is somewhat insipid owing to the loss of the osmasome, which gives to meat its agreeable flavour. In consequence of this, and because when it is overcooked the fibres become tough, a comparatively small proportion may be digested and assimilated, and so it is less satisfying than an equal amount of fresh meat. Tinned goods of nearly every description are more or less cooked, the time varying from five minutes to an hour. Tinned food is a valuable substitute for salt meat on board ship and elsewhere, and is especially useful to persons removed from the general sources of supply.

Tins containing meat are placed in a vessel and surrounded by a strong solution of common salt, which is heated to a temperature of 230° to 260° F. The top of each tin is securely soldered, and provided with a small hole through which the air and some of the steam escapes. As soon as the air is exhausted the aperture is immediately closed with a drop of solder, thus hermetically sealing the tin, and preserving all the essential elements of the meat. If any air remains, fermentation may ensue : a bulging tin indicates this condition. In all tinned foods there is a danger that small lumps of solder, used in sealing the tin, may fall inside, and be accidentally swallowed with the meat. In turning out a tin they should be looked for in the sediment at the bottom and removed. The danger is frequently obviated by the manufacturer leaving a small projection of tin underneath the hole to catch the solder.

Tinned Goods to be Stored in a Cool Place.—They can then be turned out easily and sliced more evenly. The larger end of the tin should be cut away, and a small hole made in the opposite end to admit air, which, by its pressure, enables the meat to slip out easily. Great care is needed in opening tinned game and poultry.

To Re-heat Tinned Meat, etc.—The tin containing meat, game or poultry should be immersed in boiling water until its contents are sufficiently heated, then opened and emptied. Birds may be served whole, but they are better cut up and cooked gently in a good sauce, which should be highly seasoned and flavoured to counteract the insipidity which very often characterizes tinned foods. Birds, intended to be served cold should be taken out of the tin very carefully, well-dried and glazed. Breasts and wings of tinned birds are, as a rule, quite tender, but the legs are usually hard and tough, and should be converted into rissoles or croquettes and disposed of with as little delay as possible. Tinned foods of this description soon become unfit for use.

Tinned Fish.—Salmon, lobster, oysters, prawns, sardines, anchovies, herrings and red mullet are the chief varieties of tinned fish. A good brand of the two first-named, if well drained, may be used as a substitute for fresh fish in many fish entrees and salads, thus materially reducing their cost. Tinned oysters should not be served "au naturel," but they answer very well for soup, sauce and forcemeat. A good brand of prawns may be used for a curry.

Tinned and Bottled Soups.—Among the best may be mentioned : gravy, mock turtle, oxtail, tomato, turtle and other thick soups ; the thin soups are less satisfactory. In an emergency tinned soups are invaluable, as they only require warming and a little additional flavouring and seasoning. Generally they may be diluted by rinsing out the tin or bottle with a small quantity of hot water.

Tinned or Bottled Vegetables are used extensively, and form an excellent substitute for fresh vegetables. To obtain satisfactory results, the method of warming should be adapted to the vegetable. A tin containing asparagus should be immersed in boiling water for about ten minutes and afterwards carefully opened, and its contents allowed to slide gently on to a drainer or a slice of toast. Peas, flageolets, lima beans and haricots verts should be well rinsed and afterwards immersed in cold water for a short time, well drained, and cooked for a few minutes in boiling water. Salt to taste should be added ; a little fresh mint and a good pinch of sugar will greatly improve the flavour of peas. A little butter and a good seasoning of salt and pepper should be added to spinach, while tomatoes should be well drained, heated and seasoned to taste. Vegetables are also preserved in bottles.

Tinned and Bottled Fruits of all kinds should be emptied into a glass or porcelain dish several hours before being served, and, when possible, chilled in a refrigerator. Unsweetened bottled fruit will be found an excellent substitute for fresh fruit.

Other Methods of Preserving Meat.—There are, of course, other means of preserving meat than by tinning it. Much of the fresh meat is spoken of as "frozen" meat, and it is actually frozen as hard as a board directly it is killed, and in that state carried to the coast and put on board ships fitted with refrigerating chambers, where the air is maintained at a temperature just below freezing point, experience having shown that meat is better preserved by this method than if kept below 32° F. On its arrival in England it is transferred to similar store-houses on land. So long as the heat does not rise above a certain point it is preserved, but, like the fish taken from the slab of ice used by the fishmongers, it very soon goes bad at the ordinary temperature. This method of preserving meat is merely a larger application of the common practice of storing meat in an ice-chamber or refrigerator. Neither meat nor any other food can putrefy without some air, some moisture, and a certain degree of heat. From the tins all the air is excluded, and so whatever the temperature of the tin, after once it is sealed the meat remains sweet. It may be carried to the tropics, or stand in the hottest cupboard in the house, with the same satisfactory result. A few years ago some bodies of the extinct mammoth were found in Siberia buried in the ice, but although they had lain there for so long a period, they were as well preserved as if the animals had only died the day before.

Dried Meat.—Both animal and vegetable food is also preserved by drying. Fish is constantly smoked and dried, and thus prepared, forms a large part of the food of our town poor. Beef and other meat is cut in slices, and dried in the sun and wind in countries where the heat of the sun is more powerful than in our own land. Pemmican is dried meat reduced to powder and mixed with fat, but even that is now much less used than formerly ; and in general it may be said that drying as a means of preserving meat has been superseded by more modern and improved methods.

Salt Meat.—Salt and saltpetre are the antiseptics most commonly used in the preservation of food, and their use for this purpose dates from long ago. Centuries back, even in the more favoured districts of the south of England, there was no food to keep the cattle all the winter, for the grass was scanty, and turnips were then unknown. In the autumn every one killed the cattle and salted the meat down for home consumption through the coming months. Fresh meat, winter and summer alike, was a luxury which no one could have, and no one expected.

It is not to be regretted if salt meat is driven away from our markets by fresh, for salt draws the juice out of the meat with all its soluble constituents, and at the same time hardens the fibre of the meat itself, and so makes it less digestible. The brine in which several pieces of meat have been pickled will almost set into a jelly, so much of the valuable juices has it extracted from the meat, and all these are, of course, wasted. It is said that a third of the meat, or even a greater proportion, is lost by salting. The salt can be drawn out of the meat by soaking it in water, but nothing can restore to it what it has lost. Every one knows that salted food cannot be used for any length of time without injury to the health. Its smallest drawback is—and even this smallest is considerable—that it naturally encourages thirst, and it is allowed that all animals thrive better on moist foods than on dry foods and water. The worst is that salted meat has lost those saline constituents that are not readily supplied except in fresh fruits and vegetables, precisely those foods that are rarest wherever salt meat is most likely to be used, in large towns, cold countries, during the winter season, or at sea. Sailors at sea get rations of lime-juice when their supply of vegetables brought from shore comes to an end, not to counteract the effects of the salt, as some suppose, but to furnish in another form what the brine has taken away. In Norway, salt food and scurvy are alike common.

Smoked Meat.—Smoking meat and fish greatly increases its power of keeping. Creosote is an excellent antiseptic, and is sold to paint over meat as a substitute for the lengthy and troublesome process of smoking. Borax is also used as a preservative.

RECIPES FOR TINNED AND PRESERVED FOODS

CHAPTER XXVIII

Soup, fish, meat, poultry, and sweets.

Soup.

1381.—BROWN SOUP FROM TINNED MUTTON.

Ingredients.—2 lbs. of tinned mutton, 2 quarts of boiling water, 1 medium onion sliced, 1 small carrot sliced, ½ a small turnip sliced, a bouquet garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Turn the meat out of the tin into 1 quart of boiling water, let it remain until quite cold, and remove the fat. Empty the contents of the basin into a stewpan, add another quart of boiling water, boil up, and put in the vegetables, herbs, add a little salt and pepper. Cook gently for 1 hour, and pass the whole through a fine wire sieve. Heat the butter, add the flour, cook gently and stir occasionally until a good brown colour is obtained, then replace the purée and liquor. Boil up, season to taste, and serve. Beef essence, sherry, ketchup and many other things may be added to enrich the soup and improve its flavour.

Time.—2 hours after the fat has been removed. **Average Cost,** 1s. 6d. **Sufficient** for 5 or 6 persons.

1382.—MOCK TURTLE SOUP.

Ingredients.—½ a tin of calf's head, 2 ozs. of ham, cut into dice, 1 medium-sized onion sliced, 1 small carrot sliced, 1 or 2 strips of celery, a bouquet garni (parsley, thyme, bay-leaf), 1½ ozs. of butter, 1½ ozs. of flour, sherry, lemon-juice, forcemeat balls (*see* Forcemeats), salt and pepper, 5 pints of boiling stock or water.

Method.—Melt the butter in a large stewpan, fry the ham and vegetables until lightly browned, and sprinkle in the flour. Let the ingredients cook slowly until well browned, and meanwhile drain the calf's head, add the liquor to the stock or water, and cut the meat into neat pieces. Pour the boiling stock or water over the browned vegetables, boil up, skim well, and, when the vegetables are tender, pass the whole through a fine sieve or tammy. Replace in the stewpan, bring to the boil, season, add sherry and lemon-juice to taste, put in the prepared meat and forcemeat balls, and serve when thoroughly hot.

Time.—From 1½ to 2 hours. **Average Cost,** 2s. 6d., exclusive of the sherry. **Sufficient** for 6 or 7 persons.

1383.—OX-TAIL SOUP. (*See* Mock Turtle Soup. No. 1382.)

Omit the forcemeat balls and lemon-juice, and substitute a tin of ox-tail for the ½ tin of calf's head.

1384.—WHITE SOUP FROM TINNED RABBIT.

Ingredients.—1 tin of rabbit, 1 oz. of butter, 1 oz. of flour, 2 small onions sliced, 1 small carrot sliced, 2 or 3 slices of turnip, a bouquet garni (parsley, thyme, bay-leaf), 3 pints of hot water, 1 pint of milk, 3 tablespoonfuls of cream (this may be omitted), salt and pepper.

Method.—Place the whole contents of the tin in a stewpan, add the water and, when boiling, put in the vegetables and herbs, with a little salt and pepper. Simmer gently for about 1 hour, then pass the rabbit and the liquor through a fine wire sieve, and return to the stewpan. Boil up, add the milk, the butter and flour, previously mixed smoothly together and divided into small pieces, with seasoning to taste. Make thoroughly hot, and stir in the cream just before serving. The soup may be garnished with shredded vegetables, macaroni, spagheti, etc.

Time.—About 1¾ hours. **Average Cost,** 1s. 8d. **Sufficient** for 5 or 6 persons.

Fish.

1385.—LOBSTER CURRY.

Ingredients.—1 tin of lobster, ½ a pint of curry sauce (*see* Sauces, No. 241).

Method.—Thoroughly drain the lobster, and divide it into rather small neat pieces. Make the sauce as directed, put in the prepared lobster, make thoroughly hot, and serve. Well boiled rice and sliced lemon should be served with this dish.

Time.—10 minutes, after the sauce is made. **Average Cost,** 1s. 2d. to 1s. 6d. **Sufficient** for 3 or 4 persons.

1386.—LOBSTER IN WHITE SAUCE.

Ingredients.—1 tin of lobster, ⅓ of a pint of white sauce (*see* Sauces, No. 221), puff paste trimmings, breadcrumbs, butter, salt and pepper, cayenne.

Method.—Thoroughly drain the lobster, and divide it into large flakes. Put a border of puff paste round a pie dish, and bake in a quick oven. Make the sauce as directed. Place the lobster in the pie-dish, sprinkling each layer liberally with pepper and very sparingly with cayenne, add the white sauce, and cover rather thickly with breadcrumbs. Season with salt and pepper, add a few small pieces of butter, and bake in a quick oven until the surface is browned.

Time.—From 35 to 45 minutes. **Average Cost,** 1s. 2d., exclusive of the paste. **Sufficient** for 4 persons.

1387.—LOBSTER, POTTED.

Ingredients.—Tinned lobster, butter, anchovy sauce, cayenne.

Method.—Drain and pound the lobster to a paste, adding sufficient butter and anchovy sauce to moisten it. Season highly with cayenne, if available, pass the mixture through a fine sieve, press it into small pots, and cover it with clarified butter.

Time.—About 35 minutes. **Average Cost,** 1s. 3d. to 1s. 5d. when the whole tin is used. **Sufficient** for 3 or 4 pots.

1388.—PRAWNS, CURRIED.

Ingredients.—1 tin of prawns, ¼ of a pint of curry sauce (*see* Sauces, No 241), well-boiled rice, lemon-juice.

Method.—Make the sauce as directed (tinned curry sauce may be substituted, or the prawns may be obtained ready curried), put in the prawns, make thoroughly hot, add lemon-juice to taste, and serve in a border of rice, or hand the rice separately.

Time.—10 minutes, after the sauce is made. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 3 or 4 persons.

1389.—SALMON KEDGEREE.

Ingredients.—1 tin of salmon (about ½ a lb.), 4 ozs. of well-boiled rice, 1 oz. of butter, finely-chopped parsley, salt and pepper, grated nutmeg.

Method.—Divide the fish into rather large flakes. Heat the butter in a stewpan, put in the rice, make it thoroughly hot, season to taste, and add the fish. Stir very gently over the fire for 3 or 4 minutes, and serve piled on a hot dish. One or two hard-boiled eggs coarsely chopped are sometimes added to the above ingredients.

Time.—½ an hour. **Average Cost,** 10d. to 1s. **Sufficient** for 4 or 5 persons.

1390.—SALMON SCALLOPED.

Ingredients.—1 tin of salmon, breadcrumbs, white sauce (*see* Sauces, No. 221), butter, salt and pepper, grated cheese.

Method.—Divide the salmon into rather large flakes. Butter as many scallop shells as are required rather thickly with butter, and sprinkle them lightly with breadcrumbs. Nearly fill them with salmon, add 1 or 2 tablespoonfuls of sauce, and cover the surface with breadcrumbs. Sprinkle lightly with cheese, season with salt and pepper, then add 2 or 3 small pieces of butter. Bake in a moderate oven until nicely browned, and serve.

Time.—20 minutes. **Average Cost,** 1s. to 1s. 3d., when the whole tin is used. Allow 1 to each person.

1391.—SALMON, POTTED. (*See* Lobster Potted. No. 1387.)

1392.—SARDINE PASTIES.

Ingredients.—1 tin of sardines, short crust or rough puff paste, or puff paste trimmings, 1 egg.

Method.—Skin the sardines, take away the backbone, and replace the two halves. Roll out the paste as thinly as possible, cut it into strips about 4 in. by 2 in., and in each strip enclose a sardine, leaving the ends open. Brush over with beaten egg, bake in a quick oven, and serve hot.

Time.—To bake the pasties, about 15 minutes. **Average Cost,** 1s. to 1s. 4d. per tin. Allow 1 to each person, when served as a savoury.

1393.—SARDINES POTTED.

Ingredients.—Sardines, butter, cayenne.

Method.—From each sardine remove the skin and backbone. Pound to a paste, adding butter as required, and season highly with cayenne. Pass through a hair sieve, press into small pots, and cover with clarified butter.

Time.—About 40 minutes. **Average Cost,** 1s. to 1s. 4d. per tin. **Sufficient,** 1 tin for 2 or 3 small pots.

Meat, Poultry, &c.

1394.—BEEF COLLOPS.

Ingredients.—1 lb. of Australian beef, 2 ozs. of butter or dripping, 1 onion, $\frac{1}{4}$ of a pint of stock, 1 lemon, 1 teaspoonful of mushroom ketchup, salt and pepper.

Method.—Mince the beef finely, put the butter or dripping into a stewpan. Add the onion (chopped finely) and fry till it is nicely browned. Add the juice of the lemon, the stock, ketchup and seasoning, simmer for 5 minutes, then add the meat, simmer for 5 minutes longer, and serve on a hot dish with a border of mashed potatoes or rice.

Time.—20 minutes. **Average Cost,** 10d. **Sufficient** for 3 or 4 persons.

1395.—BEEF OR MUTTON CURRY.

Ingredients.—1 lb. of beef or mutton, 1 oz. of butter or dripping, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 onion sliced, 1 apple sliced (an equal amount of gooseberries or rhubarb may be substituted), ¾ of a pint of stock, 1 teaspoonful of lemon-juice, salt, 4 ozs. of cooked rice.

Method.—Cut the meat into small pieces and boil down any jelly or trimmings for gravy. Heat the butter or dripping in a stewpan, fry the onion until brown, put in the flour and curry-powder, stir and cook for 5 minutes, then add the apple and stock, and stir until the ingredients boil. Cover closely and simmer for about 30 minutes, then strain and return to the stewpan. Bring nearly to boiling point, add the lemon-juice, season to taste, and put in the meat. Draw the saucepan to the side of the stove, and let the meat remain in the hot sauce for about 20 minutes, but do not allow it to boil. Serve in a border of boiled rice.

Time.—About 1 hour. **Average Cost,** 10d. **Sufficient** for 3 or 4 persons.

1396.—BEEF ROLL.

Ingredients.—1 lb. of tinned roast beef, coarsely chopped, ½ a lb. of cooked bacon, cut into small dice, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, salt and pepper, 2 eggs.

Method.—Mix the meat, bacon, parsley, herbs and a good seasoning of salt and pepper well together, and moisten gradually with beaten egg. Shape into a roll, brush over with egg, and bake gently for about 1 hour.

Time.—About 1½ hours. **Average Cost,** 1s. 2d. to 1s. 4d. **Sufficient** for 4 or 5 persons.

1397.—BEEF, BROILED, AND MUSHROOMS.

Ingredients.—1 lb. of tinned roast beef, 12 preserved mushrooms, 1 oz. of butter, 1 oz. of flour, ¾ of a pint of stock or water, salt and pepper.

Method.—Slice the mushrooms, fry them lightly in hot butter, and sprinkle in the flour. Cook until nicely browned, add the stock or water, season to taste, stir until boiling, and afterwards simmer gently for about ½ an hour. Slice the meat, coat each slice lightly with oil or oiled butter, and broil over or in front of a clear fire. Serve with a little sauce and all the mushrooms round the dish, and put the remainder of the sauce in a sauce boat.

Time.—About 1 hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 persons.

1398.—BEEF-TEA CUSTARD.

Ingredients.—Beef essence, 1 egg, ¼ of a pint of boiling water, salt and pepper.

Method.—Make a stock of required strength with beef essence and water. Beat the egg well, then add the stock, and season to taste. Turn into a buttered cup, place in a saucepan, surround with boiling water, and cook very gently until the custard is set firmly.

Time.—About 20 minutes. **Average Cost,** 4d. or 5d. **Sufficient** for 1 person.

1399.—CORNISH PASTIES.

Ingredients.—For the pastry : 8 ozs. of flour, 3 ozs. of fat, 1 teaspoonful of baking powder, 1 saltspoonful of salt. For the mixture : ¼ of a lb. of beef, ¼ lb. of potato (parboiled), ½ a teaspoonful of onion (parboiled and finely chopped), 2 tablespoonfuls of gravy or water, mixed herbs, salt and pepper to taste.

Method.—Cut the meat and potatoes into dice, add the onion, herbs, salt, pepper and gravy, and mix well together. Mix the flour, baking powder and salt together, rub in the fat, lightly, add the water, being careful not to make the paste too moist. Divide the paste into 8 equal portions, and roll them out, keeping the portions as round as possible. Pile the mixture in the centre of each piece of pastry, wet the edges and join them together on the top to form an upstanding frill, prick them 2 or 3 times with a fork, and bake in a moderate oven for about ½ an hour.

Time.—About 1 hour. **Average Cost,** 6d.

1400.—CROÛTES OF MEAT.

Ingredients.—4 tablespoonfuls of beef coarsely-chopped, 4 squares of stale bread, 1 oz. of butter, 1 teaspoonful of flour, 2 tablespoonfuls of gravy or water, 1 teaspoonful of Worcester or other sauce, salt and pepper.

Method.—Remove the crust and trim the bread into shape. Melt the butter in a frying-pan, fry the bread until brown, then remove and keep hot. Brown the flour in the butter, add the gravy or water, salt, pepper, Worcester sauce, and when boiling draw aside. When the sauce has cooled slightly, stir in the meat, let it become thoroughly hot, then pile on the croûtes of bread, and serve at once.

Time.—About 10 minutes. **Average Cost,** 3d.

1401.—CALF'S HEAD.

Ingredients.—1 tin of calf's head, frying-batter, tomato, piquant or other suitable sauce (*see* Sauces, Nos. 265, 282), frying-fat.

Method.—Slice the head neatly, dip each slice into the prepared batter, and fry in hot fat until crisp and nicely browned. Serve the sauce separately.

Time.—About ½ an hour, after the batter is made. **Average Cost,** 1s. 4d., exclusive of the sauce. **Sufficient** for 5 or 6 persons.

1402.—FOWL ROASTED.

Ingredients.—1 tin of roast fowl, 2 or 3 rashers of bacon, gravy, bread sauce (*see* Sauces), dripping.

Method.—Immerse the tin containing the fowl in boiling water, let it become thoroughly hot, then open the tin and remove the bird carefully. Cover the breast with rashers of bacon, baste well with hot dripping, and cook in a brisk oven for 15 to 20 minutes. Serve the bread sauce and gravy separately.

Time.—About 40 minutes. **Average Cost,** 3s. 6d. **Sufficient** for 4 or 5 persons.

1403.—GAME, SALMI OF.

Ingredients.—1 tin of partridge or pheasant, ¾ of a pint of brown sauce (*see* Sauces, No. 233), 1 glass of port, salt and pepper, fried croûtons.

Method.—Divide the game into pieces convenient for serving (the trimmings and jelly will provide the stock for the brown sauce). Make the sauce as directed, add to it the game, wine and seasoning to taste, and, when thoroughly hot, serve garnished with croûtons of fried bread.

Time.—About ½ an hour, after the sauce is made. **Average Cost,** 2s. 6d. **Sufficient** for 4 persons,

1404.—GROUSE, ROAST.

Ingredients.—1 tin of roast grouse, fried potatoes, good gravy, butter or dripping.

Method.—Let the tin stand in hot water until the bird is thoroughly heated, then take it out of the tin and transfer it to a baking tin containing some hot butter or dripping. Baste it well, cook in a brisk oven for 15 or 20 minutes, and serve with potato straws or chips and good gravy.

Time.—About 40 minutes. **Average Cost,** 3s. 9d. **Sufficient** for 2 or 4 persons.

1405.—HARE, JUGGED.

Ingredients.—1 tin of jugged hare, 1 glass of port wine, red currant jelly, salt and pepper.

Method.—Let the tin remain immersed in hot water until its contents are thoroughly heated, then turn out into a stew-pan, add the wine, and seasoning if necessary, heat up again and dish up neatly, and serve. The red currant jelly may be served separately.

Time.—About ½ an hour. **Average Cost,** 2s. **Sufficient** for 4 persons.

1406.—HARICOT OF BEEF.

Ingredients.—1 pint of haricot beans, 1 lb. tin of beef, 1½ ozs. of butter, 2 onions, ½ a pint of stock, 1 carrot, 1 turnip, 1 tablespoonful of Harvey's sauce, pepper and salt, flour, ground rice.

Method.—Soak the beans overnight, drain them and put them in a saucepan with 2 quarts of water and boil for 2 hours, or until they are thoroughly tender, drain and put them to dry beside the fire with the saucepan lid slightly raised, then put in ½ an oz. of butter, pepper and salt. In another saucepan prepare a sauce as follows: put 1 oz. of butter in the pan and fry the sliced onions to a nice brown, cut up the turnip and carrot, add them, and mix the stock smoothly with 1 tablespoonful of ground rice and flour, place the stock in the saucepan, add the Harvey's sauce and simmer for ½ an hour. Empty the tin of beef, cut the meat into neat squares, roll these in flour and put them into the sauce to simmer for 5 minutes. Dish with the meat and gravy in the centre and the beans in a border round.

Time.—2 hours. **Average Cost,** 1s. 4d. **Sufficient** for 4 persons.

1407.—HARICOT MUTTON.

Ingredients.—1 tin of boiled mutton, 2 ozs. of butter, 1½ ozs. of flour, 2 or 3 small onions sliced, 1 small carrot sliced, 2 or 3 slices of turnip cut into strips, 2 or 3 tablespoonfuls of mushroom ketchup, or some sharp sauce, salt and pepper, ¾ of a pint of boiling stock or water.

Method.—Slice the meat rather thinly, putting all the jelly into the stock or water, and rejecting the fat. Heat the butter in a stewpan, fry the vegetables slightly, sprinkle in the flour, and cook gently. When well browned put in the stock or water, stir until boiling, simmer gently until the vegetables are tender, and add the meat. Season to taste, add ketchup or other sauce, make thoroughly hot, and serve.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 5 or 6 persons.

1408.—IRISH STEW.

Ingredients.—2 lbs. of Australian mutton, 2 large onions, 2 lbs. of potatoes, ¾ of a pint of stock or water, salt and pepper.

Method.—Cut the meat into pieces convenient for serving; cut the potatoes into thick slices, and the onions into very thin slices. Take a saucepan with a close-fitting lid, and in it place the potato and onion in alternate layers; sprinkle each layer with salt and pepper, pour in the stock, and cook the ingredients very gently for about 1½ hours.

By this time the potato and onion should be cooked, and as the meat requires no further cooking, but simply heating, it should be put into the saucepan and well mixed with the onion and potato, and served as soon as it has become thoroughly hot.

Time.—About 1¾ hours. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons.

1409.—IRISH STEW. (Another Method.)

Ingredients.—1 tin of boiled mutton sliced, 2 lbs. of potatoes sliced, 4 large onions thinly sliced, salt and pepper, stock or water.

Method.—Place the sliced potato and onion in alternate layers in a stewpan, stewjar, or pie-dish, seasoning each layer liberally with salt and pepper, add a little stock or water, cover closely, cook gently until nearly done, then stir in the slices of meat. When thoroughly hot, serve.

Time.—About 2 hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 5 or 6 persons.

1410.—KEBOBS.

Ingredients.—1 lb. of tinned meat, 1 medium-sized onion finely chopped, 1 dessertspoonful of curry powder, 1 egg, salt and pepper, flour, dripping.

Method.—Mince the meat finely, stir in the onion, curry powder, pepper and salt to taste, and the egg. Form into small balls or flat cakes, roll lightly in flour, and fry in hot dripping until nicely browned. Plainly boiled rice and chutney usually accompany this dish.

Time.—About 35 minutes. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 5 or 6 persons.

1411.—KIDNEYS, CURRIED.

Ingredients.—1 tin of stewed kidneys, 1 tin of devilled ham, ⅓ of a pint of curry sauce (*see* Sauces, No. 241), or use a small tin of curry sauce, croûtes of toasted bread.

Method.—Heat the kidneys in the curry sauce, and meanwhile prepare the croûtes of toasted bread, and spread them thickly with devilled ham (a rasher of bacon or potted ham may be substituted). Serve the kidneys on the toast, and, if liked, the dish may be accompanied by chutney.

Time.—About 20 minutes. **Average Cost,** about 2s. 6d. **Sufficient** for 6 or 8 persons.

1412.—LAMB'S SWEETBREADS.

Ingredients.—1 tin of lamb's sweetbreads, 1 egg, breadcrumbs, frying-fat, brown sauce (*see* Sauces, No. 233).

Method.—Drain and dry the sweetbreads, and divide them into neat pieces. Coat them carefully with egg and breadcrumbs, fry in hot fat until crisp and brown, and serve piled on a hot dish. Send the sauce to table in a sauce boat.

Time.—About 20 minutes. **Average Cost,** 2s. **Sufficient** for 4 or 5 persons.

1413.—MEAT CAKES.

Ingredients.—½ a lb. of beef, ½ a lb. of mashed potato, 2 tablespoonfuls of either gravy or milk, ½ a teaspoonful of mixed herbs, salt and pepper, browned breadcrumbs, 1 egg.

Method.—Remove all the fat and chop the meat finely. Heat the milk or gravy in a saucepan, put in the meat, potato, herbs, salt and pepper, and stir briskly over the fire for about 10 minutes ; if the mixture is too stiff to hold together a little more gravy or milk must be added. Spread the mixture on a plate ; when cold, divide it into 6 or 8 portions, form these into round cakes, brush them over with egg (a little milk may be used instead), and sprinkle with browned breadcrumbs. Place the cakes in a greased baking-tin, put small pieces of fat on the top of each cake and bake them in a moderate oven for 15 minutes. The cakes may also be brushed over with egg, covered with white breadcrumbs, and fried in hot fat.

Time.—2 hours. **Average Cost,** 8d. **Sufficient** for 3 persons.

1414.—MEAT AND EGG TOAST.

Ingredients.—Slices of bread, remains of cold meat, 2 eggs, 2 tablespoonfuls of milk, 1 oz. of butter, 1 tablespoonful of tomato sauce, salt and pepper.

Method.—Cut some rounds of bread and fry them, or toast and butter them. Mince finely any small pieces of tongue, or corned or fresh beef. Put in a saucepan 2 eggs, 1 oz. of butter, salt and pepper, and 2 tablespoonfuls of milk. When the eggs begin to thicken add the meat, and, if possible, a tablespoonful of tomato sauce. Stir the mixture over the fire until it is as thick as cream, pour it over the toast, and serve at once.

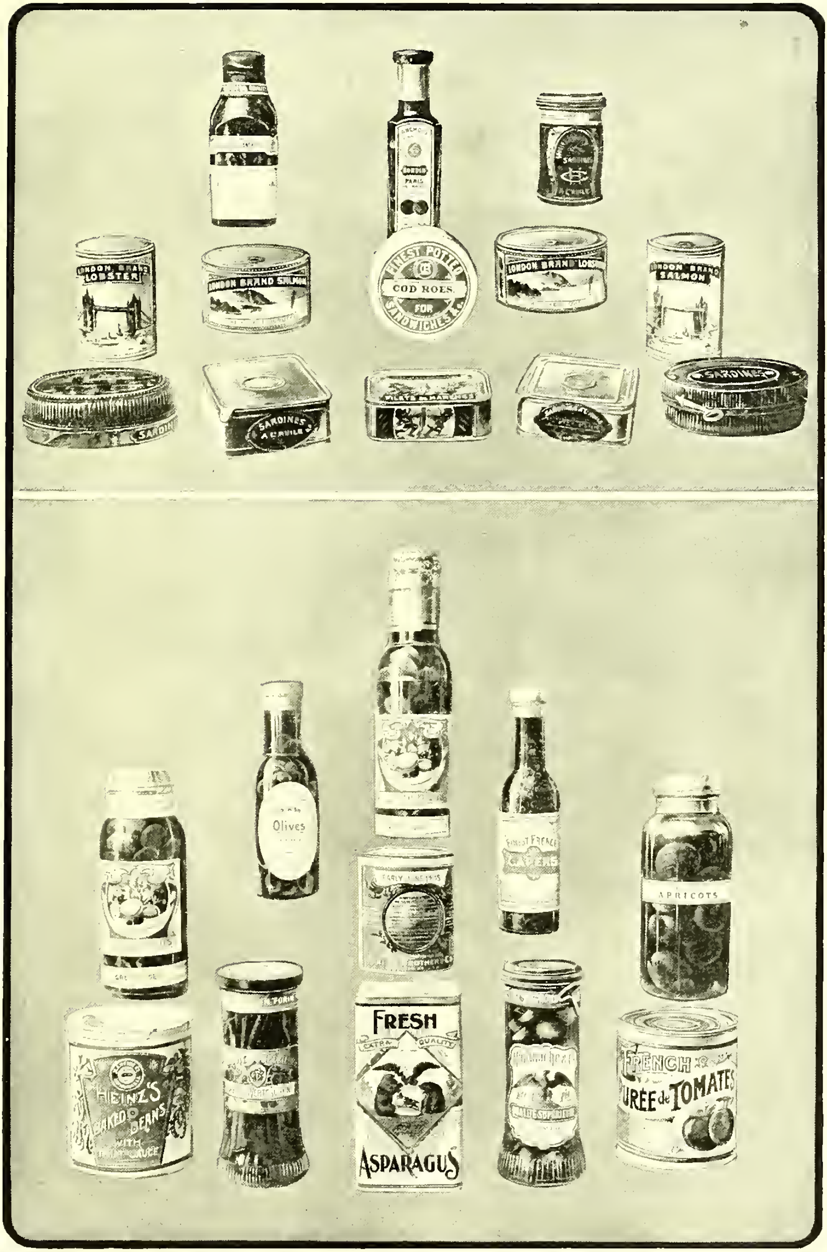
Time.—10 to 15 minutes. **Average Cost,** 6d., exclusive of the meat. **Sufficient** for 3 persons.

1415.—MEAT AND MACARONI.

Ingredients.—¼ of a lb. of macaroni, 2 lbs. of tinned meat, 1 oz. of butter or dripping, 1 small onion, 1 teaspoonful of flour, 1 teaspoonful of ketchup or other sauce, ½ a pint of stock or gravy.

Method.—Put the macaroni into sufficient boiling water to cover it and cook till tender, then cut into short lengths and keep hot. Re-

PRESERVED FOODS: TINNED AND BOTTLED.


LONDON BRAND LOBSTER
LONDON BRAND SALMON
FINEST POTTED COD ROES FOR SANDWICHES &c.
LONDON BRAND LOBSTER
LONDON BRAND SALMON
SARDINES
SARDINES A L'HUILE
SARDINES
Olives
APRICOTS
HEINZ'S BAKED BEANS WITH TOMATO SAUCE
FRESH EXTRA QUALITY ASPARAGUS
FRENCH PURÉE de TOMATES

move any jelly or gristle from the meat, and put it, together with any bones, trimmings of meat, ham, or bacon into a saucepan with rather more than ½ a pint of cold water, and simmer at least 1 hour. Cut the meat into small slices, and the onions into dice. Melt the butter or fat in a stewpan or frying-pan, fry the onion until brown, sprinkle in the flour, cook for about 10 minutes, add the gravy and sauce and stir until boiling. Put in the meat, baste it well with the gravy, and when quite hot, serve on a dish with the macaroni arranged as a border.

Time.—About 1½ hours. **Average Cost,** 1s. 4d. **Sufficient** for 4 or 5 persons.

1416.—MEAT PATTIES.

Ingredients.—For the pastry: 8 ozs. of flour, 3 ozs. of fat, 1 teaspoonful of baking powder, 1 saltspoonful of salt. For the mixture: ¼ of a lb. of beef, ½ a saltspoonful of pepper, ½ a saltspoonful of mixed herbs, 1 tablespoonful of gravy or water.

Method.—Cut the meat into small dice, add to it the other ingredients, and mix them well together. The first 8 rounds cut from the pastry should be put aside for the lids, for the cuttings, when re-rolled, may be less light and flaky. When shallow patty-pans are used, the lids should be a little larger than the linings of the patty-pans, so as to easily cover the mixture, which should be piled up fairly high. Make a small hole in the top of each patty, brush over with egg or milk, and bake in a hot oven for about 20 minutes.

Time.—About 1 hour. **Average Cost,** 6d.

1417.—MEAT POTTED.

Ingredients.—1 lb. of Australian meat, ¼ of a lb. of butter, pepper and salt, pounded allspice.

Method.—Take 1 lb. of lean meat, removing all gristle, skin, etc., and flavour it highly with salt, pepper and spice. Put it in a mortar and pound it well, adding butter at intervals until a smooth paste is obtained. Place the meat into small pots, pressing it down tightly, and pour clarified butter over the top.

Average Cost.—1s.

1418.—MEAT AND POTATO PIE.

Ingredients.—1 lb. of mutton, 1 lb. of potatoes, 2 onions, ½ a pint of gravy, salt and pepper.

Method.—Cut the meat into small thin slices, parboil and slice the potatoes and onions. Line the bottom of a pie-dish or earthenware baking-dish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer being formed of potato. Pour in the gravy, cover with a greased paper, and bake for about 1¼ hours in a moderate oven ; ½ an hour before serving, remove the paper in order that the surface may brown.

Time.—About 1¼ hours. **Average Cost,** 1s. 4d. **Sufficient** for 5 or 6 persons.

1419.—MEAT SANDERS.

Ingredients.—Cold boiled potatoes, 2 ozs. of butter, salt, flour, tinned meat, white of egg.

Method.—Rub some boiled potatoes through a sieve, or mash them well in a basin. Add 1 or 2 ozs. of butter or dripping, salt, and sufficient flour to make a paste firm enough to roll out. Cut this paste into squares of 4 or 5 inches, put some chopped and seasoned meat in the middle, and fold it over the same as for sausage rolls. Glaze them with egg, and bake them in a good oven until they are brown. Serve hot.

Time.—¼ of an hour.

1420.—MEAT SHAPE.

Ingredients.—½ a lb. of beef, ¼ of a lb. of mashed potato, 1 slice of stale bread (½ an inch thick), 1 teaspoonful of onion (parboiled and finely-chopped), ¼ of a pint of gravy or milk, browned breadcrumbs, salt and pepper.

Method.—Break the bread into small pieces, soak them in the gravy or milk, beat out all the lumps with a fork, and add the meat (chopped finely). Add also the potato, onion, pepper, and a little salt if necessary. Mix all well together ; grease a basin or mould, coat it thickly with browned breadcrumbs, put in the mixture and press it down firmly. Cover with a greased paper, and either steam or bake gently for 1 hour. Serve with rich gravy.

Time.—About 1 hour. **Average Cost,** 6d. **Sufficient** for 2 or 3 persons.

1421.—MUTTON WITH CAPER SAUCE.

Ingredients.—1½ lbs. of tinned mutton, ¾ of a pint of caper sauce (*see* Sauces, No. 182).

Method.—Turn the meat out of the tin, and remove all jelly and gravy (to be afterwards converted into caper sauce). Replace the meat in the tin, put it in a stewpan and surround it with boiling water until thoroughly heated. Meanwhile make the sauce as directed, using the jelly and gravy with stock or water to make up the amount required. Serve the mutton on a hot dish with the sauce poured over.

Time.—About 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons.

1422.—MUTTON CUTLETS.

Ingredients.—1 tin of roast mutton, 1 egg, breadcrumbs, butter or frying-fat, ⅓ of a pint of tomato sauce (*see* Sauces, No. 282).

Method.—Carefully remove the meat from the tin, slice it rather thickly, and trim it to a cutlet shape, putting all jelly and trimmings aside to be afterwards converted into croquettes, rissoles or mince. Coat the cutlets with egg and breadcrumbs, which should be highly seasoned to counteract the lack of flavour in the meat, fry in hot butter or fat until nicely browned, and serve with the sauce poured round. The dish may be varied by serving tinned peas with it, haricots verts, flageolets, turnips and carrots, spinach or asparagus.

Time.—About ½ an hour. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 5 or 6 persons.

1423.—MEAT CROQUETTES.

Ingredients.—½ a lb. of beef or mutton, ½ an oz. of butter, ½ an oz. of flour, 3 level tablespoonfuls of breadcrumbs, 2 or 3 tablespoonfuls of gravy, 1 tablespoonful of Worcester sauce, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, salt and pepper, egg, breadcrumbs.

Method.—Chop the meat finely. Heat the butter in a stewpan, fry the onion until lightly browned, add the flour and stock, and boil for 1 or 2 minutes. Now put in the meat, breadcrumbs, Worcester sauce, parsley, herbs, salt and pepper, and mix well over the fire, adding more stock or water if the preparation appears at all dry. Turn on to a plate, and when cold divide into equal portions, form into balls, coat with egg and breadcrumbs, and fry until nicely browned in hot fat. If preferred, the mixture may be shaped into round cakes, coated with flour and fried in a little hot fat in a frying-pan.

Average Cost, 9d. **Sufficient** for 10 or 12 croquettes.

1424.—RUMP STEAK PUDDING.

Ingredients.—1 tin of rumpsteak, 1 small tin of mushrooms, 1 tin of oysters, beef extract, salt and pepper, boiling water, suet paste (*see* Pastries).

Method.—Drain the mushrooms and oysters, and divide the meat into neat pieces. Line a basin with paste, fill it with meat, oysters and mushrooms, in alternate layers, seasoning each layer with salt and pepper. Make a strong gravy of meat extract and boiling water, season to taste with salt and pepper, and pour it over the meat. Put on a lid of paste, cover with greased paper or a pudding cloth, and either steam or boil for about 2½ hours. Add more gravy before serving.

Time.—To cook the pudding, about 2½ hours. **Average Cost,** 3s. 6d. **Sufficient** for 6 or 7 persons.

1425.—SAVOURY BATTER.

Ingredients.—4 tablespoonfuls of finely-chopped beef or mutton, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 saltspoonful of salt, ½ a saltspoonful of pepper, 4 ozs. of flour, 1 egg, ½ a pint of milk.

Method.—Mix the flour, egg, milk and salt into a smooth batter, let it stand for ½ an hour, then add to it the meat, parsley and herbs. Melt a little dripping in a Yorkshire pudding-tin, pour in the batter, and bake until set in a moderately hot oven.

Time.—To bake, from 20 to 30 minutes. **Average Cost,** 6d. **Sufficient** for 2 or 3 persons.

1426.—SHEEP'S TONGUES.

Ingredients.—1 tin of sheep's tongues, 1 egg, breadcrumbs, frying fat, salt and pepper, tomato, piquant or brown sauce (*see* Sauces).

Method.—Turn the tongues carefully out of the tin, remove the jelly, split each tongue in half lengthwise, and take off the skin. Coat with egg and well seasoned breadcrumbs, fry in hot fat until well browned, and serve with a little of the sauce poured round, and the remainder in a sauce boat.

Time.—About ½ an hour. **Average Cost,** 1s. 4d. **Sufficient** for 5 or 6 persons.

1427.—SHEPHERD'S PIE.

Ingredients.—½ a lb. of beef or mutton, 1 lb. of mashed potato, 1 oz. of butter or dripping, ½ a pint of gravy or stock, 1 teaspoonful of parboiled and finely-chopped onion, salt and pepper.

Method.—Cut the meat into small thin slices. Melt half the butter or fat in a stewpan, add to it the potato, salt and pepper, and stir over the fire until thoroughly mixed. Place on the bottom of a greased pie-dish a thin layer of potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy, and cover with potato. The potato covering may be roughed with a fork or smoothed over with a knife: the latter method produces an appearance similar to that of ordinary crust. Before baking, the remainder of the fat or butter should be put on the top of the pie in small pieces, or when economy is not an object, the appearance of the pie may be improved by brushing it over with yolk of egg. Bake until the crust is well browned.

Time.—About ½ an hour. **Average Cost,** 6d. **Sufficient** for 2 persons.

1428.—TOAD-IN-THE-HOLE.

Ingredients.—1 lb. of beef or mutton, 4 ozs. of flour, 1 egg, ½ a pint of milk, ½ a teaspoonful of salt, dripping.

Method.—Cut the meat into 6 or 8 slices. Make a smooth batter of the flour, egg, salt and milk, and let it stand for half an hour. In a Yorkshire pudding tin melt sufficient dripping to form a layer on the bottom, pour in about ¼ of the batter and bake until slightly set. Season the pieces of meat well with pepper, and also a little salt if necessary, place them in the tin, pour in the remainder of the batter, and bake in a hot oven for 25 or 30 minutes, or until the batter is sufficiently browned.

Time.—40 minutes. **Average Cost,** 10d. **Sufficient** for 5 persons.

1429.—TONGUE, CURRIED.

Ingredients.—1 tin of sheep's tongues, or the remains of an ox tongue, ⅓ of a pint of curry sauce (*see* Sauces), well boiled rice, lemon-juice.

Method.—Remove the tongues carefully from the tin, strip off the skin, and slice rather thinly. Make the sauce as directed, put in the sliced tongue, and when thoroughly impregnated with the flavour of the sauce, serve either surrounded or accompanied by the rice.

Time.—About ½ an hour. **Average Cost,** 1s. 3d. **Sufficient** for 4 persons.

Sweets.

1430.—APPLE WATER.

Ingredients.—6 tinned apples, 1 oz. of castor sugar, 1 quart of boiling water.

Method.—Place the apples in a jug, with a teacupful of the juice and the sugar, add the boiling water, and cover closely. Serve cold.

Time.—1 hour, if cooled on ice. **Average Cost,** 6d. **Sufficient** for 1 quart.

1431.—APPLE COMPOTE.

Ingredients.—1 lb. of Normandy pippins, 1 oz. of almonds, blanched and halved, 8 ozs. of castor sugar, 1 pint of water.

Method.—Soak the apples for at least 12 hours in the water, then turn into a stewpan, add the sugar, and simmer gently until tender. Drain, replace the syrup in the stewpan, and boil rapidly until considerably reduced. Arrange the apples in a glass dish, pour the syrup over, garnish with the prepared almonds, and when cold, serve.

Time.—3 or 4 hours. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 7 persons.

1432.—DAMSON CHARLOTTE.

Ingredients.—1 bottle of damsons, stale bread, ¾ of a pint of boiled custard, milk (Swiss condensed milk and water may be used), sugar, butter, ½ an oz. of Swinbourne's gelatine.

Method.—Coat a round cake tin with butter, line the side with strips of bread, previously soaked in sweetened milk, and shape a round to fit the bottom of the tin. Turn the damsons and their juice into a stewpan, simmer until soft, and remove the stones. Replace the fruit in the stewpan, sweeten to taste, add the gelatine, previously soaked in cold water, and stir until it is dissolved. Pour the preparation into the tin, cover with another round of soaked bread, and place the tin under pressure until cold. Serve with the custard poured over and round. The custard may be made of a packet of custard powder, 2 tablespoonfuls of Swiss condensed milk, and ¾ of a pint of water.

Time.—Altogether, about 4 or 5 hours. **Average Cost,** 1s. 6d. **Sufficient** for 6 persons.

1433.—RASPBERRY AND CURRANT PUDDING.

Ingredients.—1 bottle of raspberries and currants, ½ a pint of water, stale bread, sugar. For the custard: 1 packet of custard powder, 2 tablespoonfuls of condensed milk, 1 pint of water.

Method.—Add ½ a pint of water to the fruit and juice, cook gently for 20 minutes, sweeten to taste and strain off the juice. Select a pie-dish large enough to contain three-fourths of the materials, line the bottom with a rather thin slice (or slices) of bread, and add a layer of fruit, cover with bread, repeat until all the fruit is used, and add the syrup, a little at a time, to avoid floating the bread. On the following day make the custard, pour it into the pie-dish, and serve when quite cold.

Time.—1 day. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons.

1434.—STRAWBERRY MOULD.

Ingredients.—1 packet of strawberry pudding powder, 1 pint of milk (or 2 tablespoonfuls of Swiss milk and 1 pint of water), ½ an oz. of butter, sugar to taste.

Method.—Mix the powder smoothly with a little cold milk, boil the remainder of the milk, add the blended milk and powder, and stir until boiling. Add the butter, sweeten to taste, boil gently for about 5 minutes, then turn into a wetted mould, and put aside until cold.

Time.—To make the mould, about 20 minutes. **Average Cost,** 6d. **Sufficient** for 4 persons.

GENERAL OBSERVATIONS ON VEGETABLES

CHAPTER XXIX

Remarks on the Science of Botany and the Properties of Vegetables.

THE knowledge of plants in the earlier history of mankind was restricted to those from which food was obtained, or were remarkable for their curative or poisonous nature, their relative value being determined by practical experience. As civilization advanced, the priests, who made a study of the medicinal properties of the plants then known to them, were the doctors of the period, and thus the connexion between religion and medicine which so long prevailed became established.

Hippocrates (fifth century B.C.), the "Father of Medicine," enumerated 234 species of plants known in his time and used for medicinal purposes. The first book, having a basis of science, was that of Aristotle (384–322 B.C.), the celebrated philosopher and naturalist of ancient Greece. His pupil, Theophrastus, describes some 500 plants known in agriculture, domestic use, and medicine. No further progress seems to have been made in the study of botany until the first century A.D., when Dioscorides, a Greek physician, the author of a celebrated work on medicine, long a standard work, describes some 600 plants used in the healing art. Pliny the Elder (23–79 A.D.), who perished in the eruption of Mount Vesuvius, which overwhelmed Pompeii and Herculaneum, utilized the labours of his predecessors, and collected the most interesting facts from their writings, which he embodied in his Natural History, the only work of the Roman naturalist now extant. The above-mentioned works on botany were the best until the sixteenth century, and were held in high reputation. At this period the Germans began those investigations in this branch of science in which they have long and honourably held a distinguished place. The first to classify plants systematically was Caesalpinius (died 1603), dividing the vegetable kingdom into woody and herbaceous plants. The growth of mercantile enterprise in the East and the discovery of America added greatly to botanical knowledge, hampered, however, by the different names given to the same plant by various discoverers, a difficulty which the brothers John and Casper Banhin endeavoured to overcome. Jung, the rector of the Gymnasium at Hamburg (died 1657), originated the Latin system of botanical nomenclature; and in 1700 Tournefort first classified plants into strictly defined genera founded on the form of the flower. It was, however, reserved to Carl von Linné, more generally known by his latinized name, Linnæus, in the eighteenth century, to place the science of botany on a firm foundation, and to propound the system which bears his name. The Linnæan system, although it possesses many advantages for the purpose of classification, is an artificial one, the Vegetable Kingdom being divided into 24 classes (23 comprising flowering plants, the 24th including the Cryptogamia, or flowerless plants), dependent on the number and arrangement of the stamens, and these, again, into orders with respect to the pistils or carpils. Linnæus also introduced the binomial system of classification, by means of which every plant is distinguished by two Latin names, the first denoting the genus, the second the species : for example, the common hemlock is described as Conium masculatum, L., the letter appended indicating the name of the botanist who first bestowed it. The Linnæan system has since been superseded by the natural system, originally promulgated by Jussieu (1748–1836) in his work "Genera Plantarum," the first complete exposition of the natural system, since modified by a combination of systems proposed by De Candolle, Endlicher, Meisner, Lindley, Sir W. and Dr. J. H. Hooker, Bentham, and other botanists. The natural system divides the Vegetable Kingdom into two great sections, Cryptogamia, or plants destitute of flowers, containing anthers, and Phanerogamia, or plants containing the organs above specified.

Lichens and Mosses.—These low classes of cryptogamous plants are widely distributed over the surface of the earth, the lichens being most abundant in the colder regions of the globe, and are of considerable importance in the economy of nature. They assist materially in the creation of the soil, and thrive in the coldest and most sterile situations, many of them growing on the barest rocks and receiving no other nourishment than that afforded by air and rain. They pass into a state of decay, and by their débris sustain other species, which in their turn supply nourishment to other plants. This continuous process of growth and decay assists by chemical and mechanical action in the disintegration of rock, and forms a soil sufficient to maintain larger plants, which also die and decay, and thus the soil is increased until it is sufficiently deep to sustain the beech or oak, or even the trees of a tropical forest. Some species of lichens are useful as articles of food to the inhabitants of the northern regions and their domesticated animals, as the "Iceland moss" (Cetraria islandica), which contains the gelatinous substance lichenin, and the "reindeer moss" (Cladonia rangiferina), which grows abundantly in the Arctic regions, and forms the chief nourishment of the reindeer. Other lichens are valuable for medicinal purposes, as Parmelia parietina, used as a remedy for fever. Several other lichens such as "Roccella tinctoria" are employed in dyeing important shades of crimson and purple in silk and wool. This colouring matter, known as archil, or orchil, is obtained from various lichens natives of the rocks of the Canary and the Cape de Verd Islands, and is principally used in conjunction with aniline dyes to improve their tints. The Parmelia esculenta of Asia Minor and the Sahara is identified by some with the "Manna" of Scripture.

In the vicinity of lichens, the Musci, or mosses, are generally to be found. Like the lichens, wherever vegetation can be sustained they are present, affording protection to the roots and seeds of more highly organized plants, and by their spongy texture retaining moisture which preserves other plants from the drought of summer. Mosses abound in our pastures and woods, attaching themselves both to the living and dead trunks and branches of trees. They also grow luxuriously in marshy places, and become a medium for the conversion of these into fruitful fields. The bog-mosses (Sphagnaceæ) grow in water or on some solid sub-stratum, and contribute largely to the formation of peats.

When nature has provided a soil, her next care is to perfect the growth of her seeds and then to disperse them. This is effected by the structure and arrangement of the seed varying according to the nature of its particular habitat. When the seed, or mature ovule, is ripe, it bursts the capsule in which it is contained and falls to the ground, or is scattered by the wind. Some seeds, as the Cuckoo-flower (Cardamine pratensis), escape by an elastic jerk at the moment of their explosion, and by this means are cast to a distance. Others like those of the maple, elm, and ash have wing-like appendages which enable the seed to be carried in the air; others again, like the thistle and dandelion, are provided with downy hairy filaments, by means of which they are conveyed long distances by the breezes.

Birds, quadrupeds and insects are likewise the means of dispersing the seeds of plants, and placing them in situations where they ultimately grow. Amongst the latter is the squirrel, which is an extensive planter of oaks. It is related that a gentleman was walking one day in some woods belonging to the Duke of Beaufort, near Troy House, in Monmouthshire, when his attention was arrested by a squirrel, sitting very composedly upon the ground. He stopped to observe its movements. In a short time the little animal suddenly quitted its position, and darted to the top of the tree beneath which it had been sitting. In an instant it returned with an acorn in its mouth, and with its paws began to burrow in the earth. After digging a small hole, it deposited in it an acorn, which it hastily covered, and then darted up the tree again. In a moment it was down with another which it buried in the same manner; and so continued its labour, gathering and burying, as long as the gentleman had patience to watch it. This industry in the squirrel is an instinct which directs it to lay up a store of provision for the winter; and it is probable that its memory is not sufficiently retentive to recollect all the spots in which it deposits its acorns; it no doubt makes some slips in the course of the season, and loses some of them. These few spring up, and are, in time, destined to supply the place of the parent tree. As with the squirrel, so with the jays and pies, which plant horse-beans among the grass and moss, and probably forget where they have secreted them. John White of Selborne, the naturalist, said that both horse-beans and peas sprang up in his field-walks in the autumn; and he attributed the sowing of them to birds. Bees, he also observed, are much the best setters of cucumbers. If they do not happen to take kindly to the frames, the best way is to tempt them with a little honey put on the male and female bloom. When they are once induced to haunt the frames they set all the fruit, and will hover with impatience round the lights in a morning till the glasses are opened. The important function which insects discharge in the fertilization of plants will be familiar to all who have read the late Mr. Darwin's works.

Some of the acorns planted by the squirrel of Monmouthshire may be now in a fair way to become, at the end of some centuries, venerable trees, for not the least remarkable quality of oaks is the strong principle of life with which they are endued. In Major Rooke's Sketch of the Forest of Sherwood, we find it stated that, on some timber cut down in Berkland and Bilhaugh, letters were found stamped in the bodies of the trees, denoting the King's reign in which they were marked. The bark appears to have been cut off, and then the letters to have been cut in, and the next year's wood to have grown over them without adhering to where the bark had been cut out. The ciphers were found to be of James I, William and Mary, and one of King John. One of the ciphers of James was about one foot within the tree, and one foot from the centre. It was cut down in 1786. The tree must have been two feet in diameter, or two yards in circumference, when the mark was cut. A tree of this size is generally estimated at 120 years' growth; which number being substracted from the middle year of the reign of James, would carry the year back to 1492, which would be about the period of its being planted. The tree with the cipher of William and Mary displayed its mark about nine inches within the tree, and three feet three inches from the centre. This tree was felled in 1786. The cipher of John was eighteen inches within the tree, and rather more than a foot from the centre. The middle year of the reign of that monarch was 1207. By subtracting from this 120, the number of years requisite for a tree's growth to arrive at the diameter of two feet, the date of its being planted would seem to have been 1085, or about twenty years after the Conquest.

Science tends more and more to show that a closer affinity exists between plants and animals than was formerly believed, and consequently the old "hard and fast" division made by older naturalists cannot now, in the presence of the facts established by microscopic research, be maintained. Some animals, as, for example, the sea-anemone, have no power of locomotion or the ability to effect changes of place at will; on the other hand, some plants are endowed with the power of voluntary movements, apparently spontaneous and independent. In certain cases these movements are effected by means of little vibrating hairs or cilia, in others, as the Diatomaceæ, and Desmidiæ, they are not produced by cilia, but by some other means. In general terms the differences between animals and plants may be stated as follows, it being borne in mind that the rules are not universally applicable, some fungi, for instance, cannot live on inorganic substances alone, while some of the lower forms of animal life act like plants and manufacture organic compounds out of inorganic materials.

1. Plants live on purely inorganic substances, such as water, carbonic acid and ammonia, and they have the power of making out of these true organic substances, such as starch, cellulose, sugar, etc. Plants, therefore, take as food very simple bodies, and manufacture them into more complex substances, so that plants are the great producers in nature.

2. Plants in the process of digestion break up carbonic acid into the two elements of which it is composed, namely, carbon and oxygen, keeping the carbon and setting free the oxygen. As carbonic acid occurs always in the air in small quantities, the result of this is that plants remove carbonic acid from the atmosphere, and give out oxygen.

3. Animals, on the other hand, have no power of living on inorganic matters, such as water, carbonic acid, and ammonia. They have no power of converting these into the complex organic substances of which their bodies are composed. On the contrary, animals require to be supplied with ready-made organic compounds if their existence is to be maintained. These they can only get in the first place from plants, and therefore are all dependent upon plants for food either directly or indirectly. Animals, therefore, differ from plants in requiring as food complex organic bodies, which they ultimately reduce to very much simpler inorganic bodies. Whilst plants, then, are the great manufacturers in Nature, animals are the great consumers. Another distinction arising from the nature of their food is that whilst plants decompose carbonic acid, keeping the carbon and setting free the oxygen, animals absorb oxygen and give out carbonic acid, so that their reaction upon the atmosphere is the reverse of that of plants.

A certain analogy may be observed between the organs of life in plants and those of animals. If, for example, we take a thin transverse slice of the stem of any plant, and cut across that stem and immerse it in pure water, and place it under a microscope, we shall find that it consists principally of cells of various shapes according to particular plants. The cells, which are generally very minute, are the elementary organs, and although the cell may vary in form, in its essential nature it is always the same. Most cells are inclosed by a cell-wall, and contain a watery cell-sap, and a mucilaginous semi-fluid substance called protoplasm, composed of different organic constituents ; among these nitrogenous or albuminous matter is always present, and in the largest proportion. In some plants the protoplasm is not at first inclosed by cell-walls, but it is sooner or later enclosed in a more or less elastic membrane. No cell can exist in a living state or grow unless it contains protoplasm, which is therefore the basis of all vegetable life. In addition to protoplasm and the watery cell-sap, there exists in the cell various substances and gases in a state of solution, albumins, proteins, etc., and chlorophyll, the green colouring matter in plants, which always occurs combined with protoplasm. The action of chlorophyll in the life of a plant is important, as it breaks up the carbonic acid gas taken in by the plant into its two elements, oxygen and carbon, converting the carbon with the water in the plant into starch, and giving back the oxygen to the air. Light is indispensable for the production of chlorophyll; without light plants become bleached or etiolated, a circumstance utilized by the gardener to produce a blanched appearance on certain vegetables. Those parts of a plant which are not green, as the petals of flowers, owe their colour to the presence of peculiar pigments which give their tint to the blossom.

The forms of the cells are various; they are also subject to various transformations. Sometimes a number of cells are laid end to end, and, by the absorption of the transverse partitions, form a continuous tube, as in the sap vessels of plants, or in muscular and nervous fibre; and when the cells are thus woven together, they are called cellular tissue, which, in the human body, forms a fine net-like membrane, enveloping or connecting most of its structures. In pulpy fruits, the cells may be easily separated, one from the other; and within the cells are smaller cells, commonly known as pulp. Among the cells contents of some plants are beautiful crystals, called raphides. The term is derived from "raphis," a needle, on account of the resemblance of a crystal to a needle. They are composed of the phosphate and oxalate of lime; but there is a great difference of opinion as to their use in the economy of the plant. The differences between the highest form of crystal and the lowest form of organic life known, viz., a simple productive cell, are manifold and striking. In a layer of an onion, a fig, a section of garden rhubarb, in some species of the aloe, in the bark of many trees, and in portions of the cuticle of the medicinal squill, bundles of these needle-shaped crystals are to be found. Some of them are as large as 1-40th of an inch, others are as small, as 1-1000th. They are found in all parts of the plant—in the stem, bark, leaves, stipules, petals, fruit, roots, and even in the pollen, with some few exceptions, and they are always situated in the interior of cells. Some plants, as many of the cactus tribe, are made up almost entirely of these needle-crystals; in some instances, every cell of the cuticle contains a stellate mass of crystals; in others the whole interior is full of them, rendering the plant so exceedingly brittle that the least touch will occasion a fracture; so much so, that some specimens of Cactus senilis, said to be a thousand years old, which were sent to Kew from South America, were obliged to be packed in cotton, with all the care of the most delicate jewellery, to preserve them during transport.

Besides the cellular tissue, there is a vascular system, which consists of another set of small vessels. If, for example, we, early in the spring, cut a branch transversely, we should perceive the sap oozing out from numerous points over the whole of the divided surface, except on that part occupied by the pith and the bark; and if a twig, on which the leaves are already unfolded, be cut from the tree, and placed with its cut ends in a watery solution of Brazil-wood, the colouring matter will be found to ascend into the leaves and to the top of the twig. In both these cases, a close examination with a powerful microscope will discover the sap exuding from the divided portion of the stem, and the colouring matter rising through real tubes to the top of the twig; these are the sap or conducting vessels of the plant. If, however, we examine a transverse section of the vine, or of any other tree, at a later period of the season, we find that the wood is apparently dry, whilst the bark, particularly that part next the wood, is swelled with fluid. This is contained in vessels of a different kind from those in which the sap rises. They are found in the bark only in trees, and may be called returning vessels, from their carrying the sap downwards after its preparation in the leaf. It is believed that the passage of the sap in plants is conducted in a manner precisely similar to that of the blood in man, from the regular contraction and expansion of the vessels; but, on account of their extreme minuteness, it is almost an impossibility to be certain upon this point. Numerous observations made with the microscope show that their diameter seldom exceeds a 3000th part of an inch. Leuwenhoeck reckoned 20,000 vessels in a piece of oak 1-19th of an inch in size.

In the vascular system of a plant we at once see the great analogy which it bears to the veins and arteries in the human system; but neither it, nor the cellular tissue combined, is all that is required to perfect the production of a vegetable. There is, besides, a tracheal system, which is composed of very minute elastic spiral tubes, designed for the purpose of conveying air both to and from the plant. There are also fibres, which consist of collections of these cells and vessels closely united together. These form the root and the stem. If we attempt to cut them transversely we meet with difficulty, because we have to force our way across the tubes, and break them; but if we slit the wood lengthwise the vessels are separated without breaking. The layers of wood which appear in the stem or branch of a tree cut transversely, consist of different zones of fibres, each the produce of one year's growth, and separated by a coat of cellular tissue, without which they could not be well distinguished. Besides all these, there is the cuticle, which extends over every part of the plant, and covers the bark with three distinct coats.

The root and the stem finally demand notice. The root is designed, not only to support the plant by fixing it in the soil, but also to fulfil the functions of a channel for the conveyance of nourishment; it is therefore furnished with pores, or spongioles, as they are called, from their resemblance to a sponge, to suck up whatever comes within its reach. It is found in a variety of forms, and hence its adaptation to a great diversity of soils and circumstances. We have heard of a willow-tree being dug up, and its head planted where its roots were, and these suffered to spread out in the air like naked branches. In course of time the roots became branches, and the branches roots, or rather roots rose from the branches beneath the ground, and the branches shot from the roots above. Some roots last one year, others two, and others, like the shrubs and trees which they produce, have an indefinite period of existence; but they all consist of a collection of fibres, composed of vascular and cellular tissues, without tracheæ, or breathing-vessels. The stem is the grand distributor of the nourishment taken by the roots to the various parts of the plant. The seat of its vitality is in the point or spot called the neck, which separates the stem from the root. If the root of a young plant be cut off, it will shoot afresh; if the stem be taken away it will be renewed.

Vegetables.—We here take the word "vegetable" in its usual acceptation, and not in its literal meaning. We will now more specially consider those vegetable foods that are eaten with, and to some extent supply the deficiences of, meat.

For convenience sake, these vegetables may be divided into four classes : 1, roots and tubers; 2, pulses; 3, leaves and salads; 4, fungi.

It is a rough classification, and some vegetables will not fall of themselves into either class, but it will serve for our present purpose.

Roots and Tubers.—Of roots and tubers the principal one is the potato. Brought from South America by Sir Francis Drake and Sir Walter Raleigh, it was a long time creeping into public favour, and even in the eighteenth century we find Bradley, a considerable authority on gardens, writing: "They are of less note than horseradish, radish, scorsonera, beets, skirret, but as they are not without admirers I will not pass them by in silence." In Mortimer's Garden Kalendar, written in the 18th century ago, he tells how, when he had to feed the poor of Munich, the prejudice against potatoes was so strong that he was obliged to prepare them in secret, and to let none of the people know what thickened the soup they liked so well, but when once accustomed to the new food they preferred it to any other soup.

Potato as Food.—No doubt much of its popularity is due to its cheapness, its good keeping power, and its unobtrusive flavour. Since the potato disease it has not always been as cheap as once it was, but it still remains one of the cheapest, if not the cheapest, of foods. We have cheap corn now, and if potatoes and corn were the same price per pound, corn would be the cheaper of the two. For potatoes are very watery. Three-quarters of the weight of every potato is water, and of the remaining quarter half is starch, there being much less of flesh-forming material than in many other cheap foods. If a man had to live on potatoes alone, he must eat many pounds weight daily in order to obtain flesh-formers enough to do even moderate work. The Irish, who do live on potatoes, add buttermilk to supply what is wanting, and even so consume immense quantities of vegetables. Potato, however, besides starch and water, contains much ash or salt, and is for that reason an excellent anti-scorbutic. It is a strange fact that many English people, from one week's end to another, eat no vegetable except potato, an exotic, acclimatised here at the cost of much pains and perseverance.

The potato belongs to the order Solanaceae, to which also belong some of the deadliest poisons we possess, and also contains a poisonous principle known as solanine. Potatoes that have been frozen rapidly decompose, because, owing to the freezing of the water that they contain, the cells are burst and broken. They also deteriorate if they are allowed to sprout. Some or all of the starch is changed to dextrine, a gummy substance with a sweetish taste, which no longer assumes a mealy appearance on boiling as does a starchy potato. The waste in boiling is much less if the tubers are boiled in their skins, which are of a cork-like substance impervious to water. There is also considerable waste in peeling potatoes, owing to the fact that the least watery and most albuminous part of the tubers lies immediately under the skin. It is said that one seventh of every potato is wasted by the common method of cooking.

Potato starch is largely used to adulterate other farinaceous preparations, as it is the cheapest form of starch. It is, however, stated that it turns watery sooner than other starches if allowed to stand after it is cooked.

Vegetables of the Olden Time.—Not only potatoes, but many other vegetables now common, were unknown to our forefathers even a few centuries back, and the fruits were very different to those at present produced in England. The following extract, from Professor Thorold Rogers' well-known work on the History of Prices, serves to show the then existing state of things.

"The manor house possessed a garden and orchard. But the former was very deficient in vegetables. The householder of the thirteenth and fourteenth centuries grew onions and leeks, mustard, and garden or green peas. He probably possessed cabbage, though I have never found either seed or plants quoted. Apples, and sometimes pears, are mentioned as part of the orchard produce, but we read of no plums except once of damsons. A regular part of the produce of the orchard was cider, and its low price seems to suggest that it was made in considerable quantities. Crabs were collected in order to manufacture verjuice—an important item in mediaeval cookery. Bees, though honey was dear, and wax very high priced, do not seem to have been commonly kept.

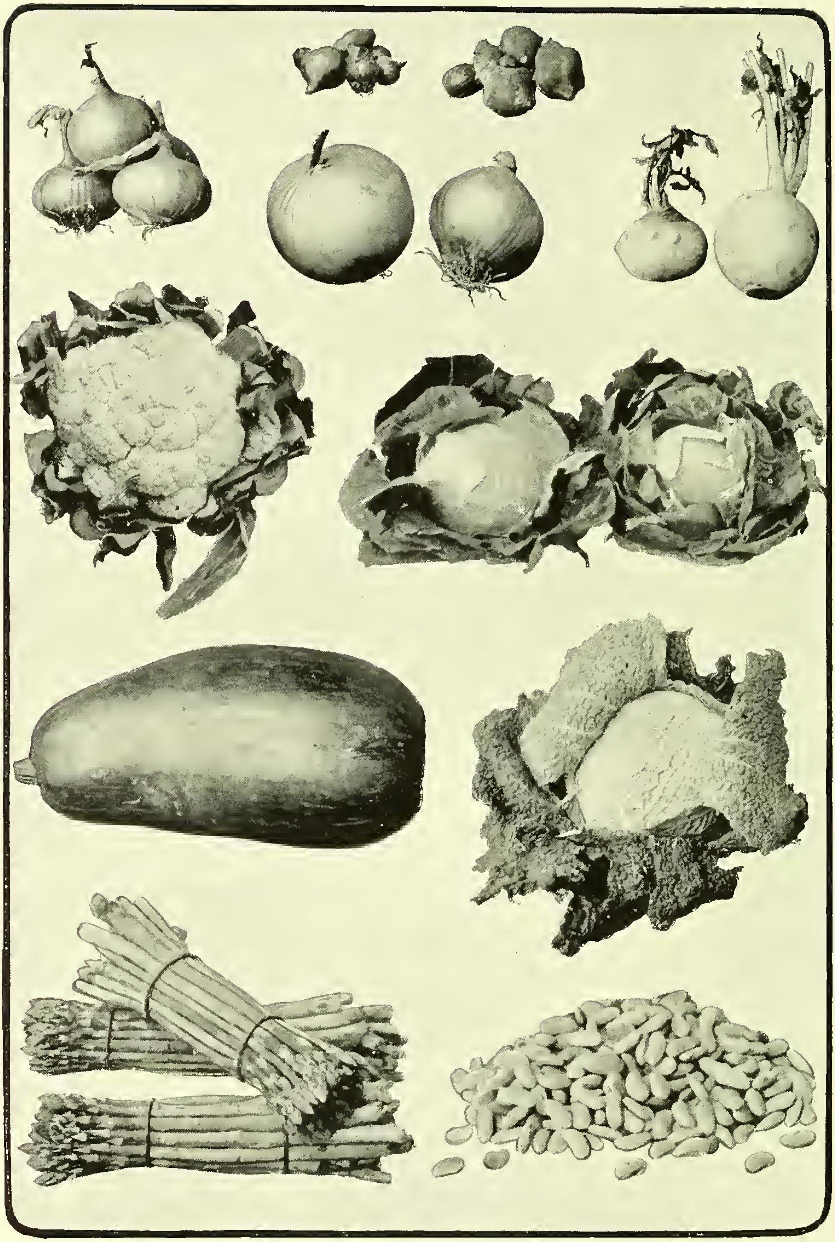
" Scurvy in its most violent forms, and leprosy, modified perhaps by the climate, were common disorders, for, as has often been said, the people lived on salt meat half the year, and not only were they without potatoes, but they do not appear to have had other roots now in common use, as carrots and parsnips. Onions and cabbage appear to have been the only esculent vegetables. It will be found that nettles (if we can identify those with urticae) were sold from the garden. Spices, the cheapest of which was pepper, were quite out of their reach. Sugar was a very costly luxury, and our forefathers do not appear, judging from the rarity of the notices, to have been skilful in their management of bees."

Value of Vegetable Food.—If potatoes are watery, most of the roots and tubers we have now to consider are even more so. Out of every 100 lbs. of potatoes, 75 lbs. are water; out of every 100 lbs. of carrot, 89 lbs.; of turnips, 92 lbs.; of the artichoke, 80 lbs. ; of onion, 91 lbs. ; of the 8 or 10 lb. that remain, there is sometimes starch, sometimes an analogous substance known as inulin, and there are 1 or 2 lbs. of albuminoids. In all, too, there is a considerable amount of cellulose and woody fibre, both of which are indigestible. We must ascribe their chief value to the salts they contain and to the value of variety in food. They also introduce into the system some water, necessary for digestion and assimilation. It is much to be regretted that, by the manner of cooking vegetables that prevails in this country, a great part of these salts is dissolved in water and thrown away, only the vegetable itself being eaten. All vegetables are best when they are grown quickly, in which case they have less woody fibre. Sometimes light is excluded, for light leads to the development of chlorophyll, and also of the characteristic principle of the plant, which is often unpleasantly pungent and occasionally unwholesome.

Fresh Vegetables.—All green vegetables should be as fresh as possible. A large number of those sold in towns are plucked days before, full of sap, and stacked in heaps under circumstances the most favourable to fermentation, and sufficiently accounts for the unpleasant results often experienced after eating cabbages, etc., in such a state.

Dried Vegetables.—Many vegetables are now sold dried and compressed. Sliced carrots, turnips, cauliflowers, etc., suitable for julienne soups, or stews, are often useful to the housewife when such vegetables are out of season and dear, and also when economy of time is necessary,

VEGETABLES.



Onions, Shallots, Spanish Onions, Turnips, Cauliflower, Colletts, Marrow, Savoy, Asparagus, Haricot Beans.

but they are not as well flavoured as the fresh vegetable. Granulated potato, sold in packets, is a preparation that is useful in the same way. It only requires to have boiling water poured on it, and in ten minutes is ready to serve as mashed potato, or to be made into fritters, etc. Potatoes, like other vegetables, however, are now sliced, and "evaporated" or dried.

Pulses afford the most nourishing food that we know. Lentils, beans, and peas in point of nourishment stand in the order in which we have placed them, though very near together, lentils heading the list with 14 per cent. of water and 24 per cent. of casein. The well-known Ravelenta Arabica contains lentil flour, generally mixed with barley or other meal, and salt. But it is sold at many times the price of any of its ingredients. The celebrated sausage served out to the German troops during the war of 1870–71, was made of peas, bacon and onions. Each one weighed a pound, and could be made into soup or eaten in sausage form. They were easily carried and kept, and contained the requisite proportions of the various kinds of food, but we are told that the men tired of it in a few days. It appears to be the fact that the pulses cannot be used as the only flesh-forming food, and taken even in moderation they disagree with some persons. Generally, however, they are relished if so prepared that the tough skin is removed, and for this reason there is no way of cooking them more suitable than as purée soups, where they require for nourishment's sake no addition of meat, owing to the amount of albuminoid, which is far greater than in meat itself. They do require added fat. Green peas are more digestible, but less nourishing, than dried or even than full-grown peas, which require prolonged boiling to make them digestible. Bi-carbonate of soda, usually added to green vegetables to preserve the colour, at the same time softens the cellulose. Consequently it is a useful addition to old green peas, or to any of the dried pulses.

Many varieties of dried beans are sold, and all, considered as food, have much the same value. French beans are eaten in an unripe state, pod and young seeds together, in which state they more nearly approach to other green vegetables than to the dried pulses.

Lentils are of two kinds, the orange-coloured Egyptian and the browner German lentil. The former is cheaper, the latter better flavoured.

Pea and lentil flour is often adulterated with other flour, which diminishes its food value.

Salads generally contain no flesh-forming or heat-giving material, but they are valuable because they introduce into the system large quantities of saline matter, which is generally removed from vegetables in the process of cooking. Their value in this way to the poorer inhabitants of our towns is scarcely to be over-rated. Sufficient care is not, however, always bestowed upon cleansing them, and there is no doubt that parasitic animals are sometimes introduced into the human body through such negligence. They need to be freshly gathered in order to be wholesome, although they may regain some of their crispness if the stalks are freshly cut and placed under water. Many salad plants contain some essential oil, to which their characteristic flavour and odour are due. Lettuce has, besides, a small quantity of mild narcotic, the effects of which may occasionally be observed.

Fungi are comparatively little used in this country, although they are plentiful and highly nutritious. Only three kinds are commonly considered as good for food, and of these only one can be said to be usually eaten. These are the mushroom, agaricus campestris; the morel, morchella esculenta; and the truffle, tuber cibarium. No doubt there are many other edible kinds, but the prejudice against them is strong, and the difficulty of distinguishing between edible and poisonous kinds prevents these foods from being more generally utilized. It seems, too, as if even the edible kinds might become poisonous under certain special conditions. Mushrooms contain much nitrogen and also much fat, and they are less watery than most of the vegetables of which we have spoken.

Lichens have not often been used as food. Iceland moss is used as a food for invalids, and is nourishing. It grows where nothing else will grow, on barren rocks in northern latitudes.

Seaweeds are occasionally employed as food in England. Irish moss, or carra geen, is given in the form of soups and jellies to consumptive patients, and is also used commonly as a food in some places. In 100 lbs. of the moss there are only 19 lbs. of water and 9 lbs. of albuminoids, so that it is among the most nourishing vegetable foods we have. Laver, tangle, or red ware, and pulse, are also collected and eaten in pickle, or as a substitute for other boiled vegetables.

LITTLE KNOWN VEGETABLES

There are many delicious vegetables which may be procured without much difficulty, and yet hardly seem to be known to the average housewife. Notwithstanding this, we so often hear the cry for greater variety. To those really anxious to extend their list of nourishing and appetising viands we can recommend sorrel, scorzonera, sweet potato, and maize (all of which may be grown in England), yams, egg-plants, and custard apples. Sorrel is not much used except as a flavouring herb for soups, but if carefully picked, washed, thoroughly boiled, then beaten and passed through a sieve, and served whipped with butter or cream, it rivals spinach, especially as an accompaniment to veal or poached eggs. It is a most wholesome vegetable, and can be grown easily. Scorzonera is a long black root, with a white interior; boiled and served with melted butter, it possesses a pleasant mucilaginous flavour. It is an Italian root, but flourishes here.

Sweet potatoes deserve to receive more intelligent attention in the kitchen. They can be served up like Jerusalem artichokes. Maize, although it will hardly ripen in these islands, except in an exceptionally hot summer, can be cultivated in the southern counties and in sunny sheltered spots. It is a very graceful plant, and the cobs reach sufficient maturity to furnish the "green-pea" maize. Riper cobs are imported from the Continent and the Canaries. There are many hundred varieties of maize, the grains ranging from soft pulp of almost pure white, through different stages of yellow, to a blood red and a purple black. The most useful kinds are the sweet yellow. The grains when full-sized and just turning yellowish-green, may be removed from the cobs and treated like green peas, or the cobs may be stewed; when the grains have turned yellow and begin to harden, the cobs may be roasted, sprinkled with pepper and salt, and basted with oiled butter. Yams are very delicious; they grow to a large size, and are now imported from the West Indies. They may be roasted, or treated like artichokes. Custard apples also reach us in fine condition from the West Indies, and should be served in the same way as vegetable marrows. Egg plants (the much-prized bringauls of India) are imported from the Continent and the Canaries. They possess a delicate flavour, a large amount of nourishing substances, and may be cooked in many ways. Pumpkins might also be used more often by town dwellers, both for making purée soups on damp and bleak autumn days, and pies. In certain country districts the young shoots of hops are treated like asparagus with very satisfactory results. In Provence the midribs of beet leaves are peeled, dipped in egg batter, and fried. They make a dainty dish. So do the male flowers of the vegetable-marrows, stuffed with parboiled rice, mixed with a little cheese and shredded meat, and then stewed gently in gravy.

RECIPES FOR COOKING VEGETABLES.

CHAPTER XXX

The time vegetables take to boil depends on their age. Young vegetables with tender fibres will, as a rule, cook in about 20 minutes, whereas those fully matured, and consequently containing a relatively larger amount of fibrous substance, will average no less than 40 minutes. The colour of green vegetables may be preserved by adding a little soda to the water in which they are boiled. The discoloration is due to hard water holding in solution a certain amount of lime, which is destroyed by the addition of a little soda, thereby softening the water and preserving the colour of the vegetables. As soon as the vegetables are sufficiently cooked they should be removed from the saucepan and drained, otherwise they absorb water, lose some of their flavour, and become discoloured.

GENERAL RULES FOR BOILING VEGETABLES.

All vegetables should be put into boiling water, to which salt should be added in the proportion of 1 tablespoonful to 2 quarts of water. The salt greatly improves the flavour of the vegetables, and it also raises the boiling point of the water, thus tending to preserve their colour. Plenty of water should be used for green vegetables, and a little soda to soften the water and counteract the hardening effect of the salt. All vegetables must be kept boiling, but Jerusalem artichokes, vegetable marrows, and others of a similar character, must be boiled more gently than cabbage and other greens, otherwise they may break. As soon as the vegetables are sufficiently cooked the water should be drained from them, for some are liable to break, and one and all become watery when kept in the water after they are done. They may, however, be covered with a cloth, and kept hot in a colander placed over an empty iron saucepan for a considerable time without injury.

GENERAL RULES FOR STEWING VEGETABLES.

The long, slow process of stewing is not often applied to green vegetables, for it would destroy their colour, but celery, celeriac, salsify, and cardons are frequently stewed, the method being peculiarly adapted to them when old. Very little stock or water should be used, and the vessel containing these vegetables must be kept closely covered to prevent the escape of the steam, which helps to cook them.

1435.—ARTICHOKES, BOILED. (*Fr.*—Artichauts au Naturel.)

Ingredients.—2-3 Globe artichokes, salt, Hollandaise or other suitable sauce.

Method.—Wash the artichokes in several waters, cut off the stems, and, if necessary, trim the leaves. Put them into boiling water, add about 1 teaspoonful of salt to each quart of water, and if the water be hard, or the vegetable old, also add a piece of soda, the size of a Spanish nut. Keep the saucepan uncovered, and boil quickly from 25 to 30 minutes, or until the vegetables are tender. Drain well, and serve with Hollandaise, white, or other suitable sauce, or, if preferred, oiled butter.

Time.—From 25 to 30 minutes. **Average Cost,** from 3d. to 6d. each. **Seasonable,** from July to October.

COMPOSITAE, OR COMPOSITE PLANTS.—This natural order is the most extensive and universally distributed of herbs and shrubs. The flowers are monopetalous, and from the form of its corolla are divided into three natural groups or sub-orders : *Tubuliflorae, Labiatiflorae,* and *Liguliflorae* ; the last comprises plants belonging to this order, which grow in colder and temperate climates, and the former tropical and extra-tropical plants. Included among the Compositae are many familiar and useful plants, as the daisy, dandelion, aster, chicory, lettuce, artichoke, arnica, chamomile, etc.

1436.—ARTICHOKES, FRENCH METHOD OF COOKING. (*Fr.*—Artichauts aux Fines Herbes.)

Ingredients.—Globe artichokes, a small bunch of savoury herbs, salt, oiled butter.

Method.—Prepare the artichokes as directed in the preceding recipe. Place them in boiling water, add the herbs and a little salt, boil until tender, then drain well, and serve with oiled butter.

Time.—To cook the artichokes, 25 to 30 minutes. **Average Cost,** 3d. to 6d. each. Allow ½ a large artichoke or 1 small one to each person. **Seasonable** from July to October.

1437.—ARTICHOKES, FRIED. (*Fr.*—Artichauts Frits.)

Ingredients.—6 artichokes. For the batter : 2 tablespoonfuls of flour, 2 tablespoonfuls of milk, 1 tablespoonful of salad-oil, 1 egg, salt.

Method.—Trim and boil the artichokes as in the preceding recipe. When they are quite tender take them up, remove the fibrous internal part, called the "choke," and divide the bottoms into 3 or 4 pieces, according to size. Mix the flour, salt, salad-oil, milk and yolk of the egg smoothly together, and let it stand for a time. When ready to use, beat the white to a stiff froth, and stir it lightly into the batter. Have ready a deep pan of boiling fat, dip the pieces of artichoke into the batter, take them out on the point of a skewer, drop them into the fat, and fry light-brown. Garnish with fried parsley, and serve with white sauce.

Time.—25 to 30 minutes to boil the artichokes; 5 to 7 minutes to fry them. **Average Cost,** from 1s. 10d. to 3s. **Sufficient** for 5 or 6 persons. **Seasonable** from July to October.

CONSTITUENT PROPERTIES OF THE ARTICHOKE.—These are in 1,000 parts—starch, 30 ; albumen, 10 ; saccharine matter, 148 ; gum, 12 ; fixed oil, 1 ; woody fibre, 12 ; inorganic matter, 27 ; water, 770. The constituents, however, vary with the different plants and the character of the soils in which they grow.

1438.—ARTICHOKES WITH MUSHROOM SAUCE.
(*Fr.*—Artichauts aux Champignons.)

Ingredients.—3 or 4 Globe artichokes, ½ a lb. of mushrooms, ½ a pint of white sauce, No. 223, 1 oz. of butter, pepper and salt.

Method.—Trim the artichokes, cut them into quarters, and boil them until tender in slightly salted water. Melt the butter in a stewpan, peel and trim the mushrooms, fry them very gently for about 15 minutes, then add the white sauce, salt and pepper to taste, and stir the ingredients until they boil. Drain the artichokes, arrange them on the dish in a circle, with the leaves outwards, and pour the mushroom sauce in the centre.

Time.—From 30 to 40 minutes, to boil the artichokes. **Average Cost,** about 2s. 6d. **Sufficient** for 8 or 10 persons. **Seasonable** from July to October.

1439.—ARTICHOKES, JERUSALEM, BOILED.
(*Fr.*—Topinambours au Naturel.)

Ingredients.—1½ to 2 lbs. Jerusalem Artichokes, vinegar, salt, water, white sauce or melted butter sauce (*see* Sauces).

Method.—Wash the artichokes and peel them, put them at once into the vinegar and water to preserve their colour. Have ready a saucepan of boiling water, to each quart allow a heaped teaspoonful of salt and a teaspoonful of vinegar, put in the artichokes, and boil gently for about 20 minutes. They should be tried frequently after a ¼ of an hour, as they are apt to break and become discoloured if overcooked. Drain well, and serve in a hot vegetable dish, with the sauce poured over.

Time.—About 20 minutes. **Average Cost,** 2d. or 3d. per lb. **Seasonable** from October to June.

Uses of the Jerusalem Artichoke.—This tuberous rooted plant, with its leafy stem, from four to six feet in height, affords excellent fodder for cattle. The tubers are also used as a nutritious culinary vegetable. The fibres of the stem can be separated by maceration, and manufactured into cordage or cloth ; an operation carried on in some parts of the north and west of France. The leaves form a convenient material for the packing of fruit. One drawback to the cultivation of artichokes in gardens is that if the soil is favourable to them, they spread rapidly, and are difficult to keep within bounds. The artichoke is a pleasantly flavoured and nourishing vegetable.

1440.—ARTICHOKES, JERUSALEM, FRIED.
(*Fr.*—Topinambours Frits.)

Ingredients.—Jerusalem artichokes, frying-batter.

Method.—Prepare and parboil the artichokes, cut them into rather thick slices, and season well with salt and pepper. Make the batter as directed in recipe No. 1437, dip in the slices of artichokes, fry them until nicely browned in hot fat, and drain well. Garnish with crisply-fried parsley, and serve as hot as possible.

Time.—To parboil the artichokes, 20 minutes after the water boils; to fry them, 6 or 7 minutes. **Average Cost,** 2d. to 3d. per lb. **Seasonable** from October to June.

1441.—ARTICHOKES, JERUSALEM, FRIED. (*Fr.*—Topinambours Frits.) (Another Method.)

Ingredients.—Artichokes, frying-fat or oil, salt and pepper.

Method.—Wash and peel the artichokes, drain them thoroughly, and cut them into thin slices. Have ready a deep pan of hot fat or oil, and fry the slices in a basket, a few at a time. Drain well, sprinkle with salt and pepper, and serve them as hot and as crisp as possible.

Time.—About 20 minutes, to fry the artichokes. **Average Cost,** 2d. to 3d. per lb. **Seasonable** from October to June.

1442.—ARTICHOKES, JERUSALEM, MASHED. (*Fr.*—Purée de Topinambours.)

Ingredients.—2 lbs. of artichokes, 1 oz. of butter, 2 tablespoonfuls of cream, salt and pepper.

Method.—Wash, peel, and boil the artichokes in the same manner as potatoes. Drain well, rub them through a fine sieve, replace them in the stewpan with the butter, cream and pepper, stir over the fire until the purée is quite hot, then serve.

Time.—From 30 to 35 minutes. **Average Cost,** from 2d. to 3d. per lb. **Seasonable** from October to June.

1443.—ARTICHOKES, JERUSALEM, WITH WHITE SAUCE. (*Fr.*—Topinambours, Sauce Blanche.)

Ingredients.—2 lbs. of artichokes, 1 quart of water (about), 1 heaped teaspoonful of salt, 1 teaspoonful of vinegar, ½ a pint of white sauce.

Method.—Wash, peel, and trim the artichokes to a cone shape. Add the salt and vinegar to the water when boiling, put in the artichokes, and boil for about 20 minutes. Drain well, serve in a hot vegetable dish, and pour over the hot white sauce.

Time.—About 20 minutes. **Average Cost,** from 2d. to 3d. per lb. **Seasonable** from October to June.

The Jerusalem Artichoke.—(Fr. *topinambour*) This well-known plant, which derives its name from the Italian *girasole*, a sunflower, was introduced into England in the sixteenth century. Its tubers are cultivated not only as a garden vegetable, but also as an agricultural crop. By many it is much esteemed as an esculent vegetable, when cooked in various ways, and domesticated animals eat both the fresh foliage and the tubers with much relish.

1444.—ASPARAGUS, BOILED. (*Fr.*—Asperges au Naturel.)

Ingredients.—1 bundle asparagus, salt, water, toast.

Method.—Scrape the white part of the stems, beginning from the head, tie them into bundles of about 20 each, keeping all the heads in one direction. Cut the stalks evenly, and keep the asparagus in cold water until it is time to cook it. Have ready a saucepan of boiling water, add a heaped teaspoonful of salt to each quart of water, put in the asparagus, and boil gently for about 20 minutes, or until tender.

Dish on toast, and serve with Hollandaise, white, or other suitable sauce, or, if preferred, oiled butter.

Time.—About 20 minutes. **Average Cost,** from 2s. to 3s. 6d. per 100 heads. **Seasonable** from April to July.

Asparagus (Fr. *asperges*).—This plant, which belongs to the natural order *Liliaceae*, is a native of Great Britain. It is found growing on various parts of the sea coast, and in the fens of Lincolnshire, but it is smaller in size than the cultivated plant. At Kynance Cove, in Cornwall, there is a rocky island called "Asparagus Island," from the circumstance that this plant was once cultivated there. Asparagus is raised from seed, and the plants are usually allowed to remain in the ground for three years before being cut, after which they yield an annual supply.

1445.—ASPARAGUS WITH EGGS. (*Fr.*—Asperges aux Oeufs.)

Ingredients.—50 heads of asparagus, 1 pint of milk (or equal quantities of milk and water), 1 large head of lettuce finely-shredded, 1 medium-sized onion parboiled and cut into small pieces, 1 bay-leaf, 2 or 3 sprigs of thyme, 1½ ozs. of butter, the yolks of 2 eggs, 2 tablespoonfuls of flour, 1 teaspoonful of lemon-juice, salt and pepper, 6 or 8 nicely poached eggs.

Method.—Cut off the tops of the asparagus, and keep them in cold water until wanted. Bring the milk to boiling point, put in the stalks of the asparagus, lettuce, onion, bay-leaf, thyme, and salt, simmer gently for about 20 minutes, then rub through a fine sieve. Melt the butter in a stewpan, stir in the flour, cook slightly, then add the pureé of vegetables, the milk in which they were cooked, and stir the mixture until it boils. Cool slightly, then add the yolks of eggs, and cook gently until they thicken, stirring meanwhile. Prepare the asparagus tops by boiling them from 10 to 15 minutes, and poach the eggs and trim them to a nice round shape. Add the lemon-juice to the purée, season to taste, pour it down the middle of a hot dish, arrange the eggs on either side, and garnish the top of the purée in the space between the two rows of eggs with the asparagus points.

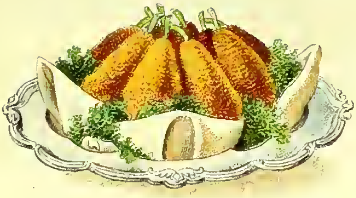
Time.—About 40 minutes. **Average Cost,** from 3s. 9d. to 4s. 6d. **Seasonable** from April to July.

1446.—ASPARAGUS, FRENCH STYLE. (*Fr.*—Asperges à la Bonne Femme.)

Ingredients.—1 bundle or 100 heads of asparagus, 1 pint of milk (or equal quantities of milk and water), 1 head of lettuce finely shredded and cut into short lengths, 1 medium-sized onion parboiled and finely-chopped, 1 bay leaf, one sprig of thyme, 1½ ozs. of butter, 2 tablespoonfuls of flour, the yolks of 2 eggs, 1 teaspoonful of lemon-juice, salt and pepper, croûtes of buttered toast or fried bread, chopped parsley, strips of cucumber.

Method.—Wash and trim the asparagus, and tie it into 3 or 4 bundles. Bring the milk to boiling point, put in the asparagus, lettuce, onion,

VEGETABLES.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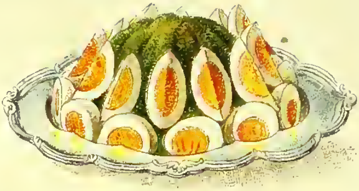
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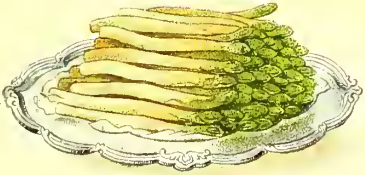
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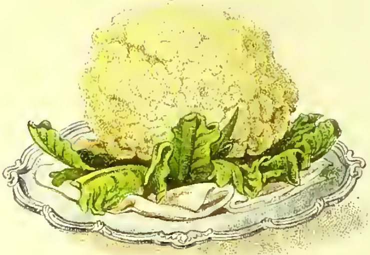
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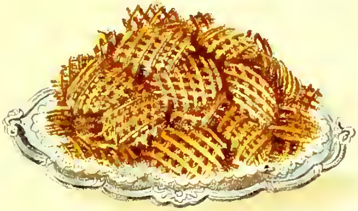
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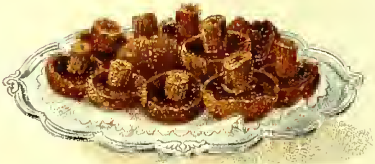
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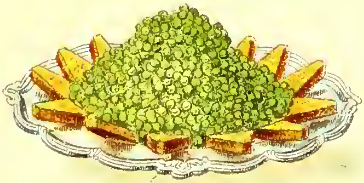
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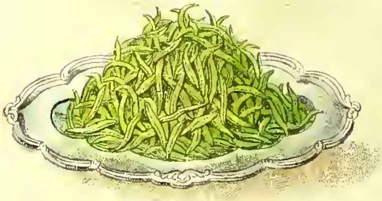
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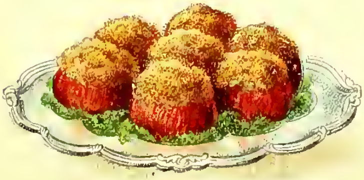
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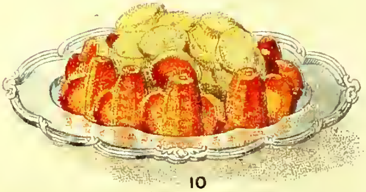
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1.—Croquette Potatoes. 2.—Spinach and Eggs. 3.—Asparagus. 4.—Cauliflower. 5.—Wafer Potatoes. 6.—Mushrooms 7.—New Peas. 8.—French Beans. 9.—Stuffed Tomatoes. 10.—New Carrots

bay-leaf, thyme, and salt, and simmer gently for about 20 minutes. Drain the asparagus well, cut off the points and the edible parts of the stalks, and keep them hot. Strain the milk and return it to the stewpan, add the butter and flour previously kneaded together, and stir until a smooth sauce is obtained. Beat the yolks of eggs slightly, add them to the sauce, and stir until they thicken, but do not allow the sauce to boil, or the yolks may curdle. Season to taste, and add the lemon-juice. Pile the asparagus on the croûtes, cover with sauce, garnish with strips of cucumber, and a little chopped parsley, and serve as a vegetable entremet, or as an entrée for a vegetarian dinner.

Time.—From 30 to 40 minutes. **Average Cost,** 5s. 6d. to 7s. **Seasonable** from April to July.

Medicinal uses of Asparagus.—Not only is this plant valuable as a wholesome and nutritious vegetable, but it possesses diuretic properties, due to the presence of a crystalline substance, which is also found in the potato and lettuce. The chemical analysis of its juice shows the presence of a peculiar crystallizable principle called aspargin, albumen, mannite, malic acid, and certain salts. The cellular tissue contains a substance analogous to sago.

1447.—ASPARAGUS, INDIAN STYLE. (*Fr.*—Asperges à l'Indienne.)

Ingredients.—Asparagus, curry sauce (*see* Sauces, No. 241).

Method.—Prepare, cook and drain the asparagus (*see* Asparagus, Boiled), and serve with a little curry sauce, either poured over the points, or handed round separately.

1448.—ASPARAGUS POINTS, OR PEAS. (*Fr.*—Pointes d'Asperges.)

Ingredients.—Green asparagus, oiled butter, pepper.

Method.—Cut the points and the tender green parts of the asparagus into short pieces, place them in slightly-salted boiling water, and cook gently from 5 to 10 minutes, according to size and age. Drain well, put the asparagus into a stewpan containing a little oiled butter, sprinkle with pepper, toss over the fire for a few minutes, then serve either as a garnish or vegetable. It is a mistake to add anything that will impair the delicate flavour of the asparagus, but sometimes a little chopped shallot and parsley are fried in the butter before putting in the asparagus; and the dish may be still further varied by stirring in, just before serving, either a few tablespoonfuls of good white sauce, or 2 or 3 tablespoonfuls of thick cream and a yolk of egg.

Time.—To boil the asparagus, from 15 to 20 minutes. **Average Cost,** 2s. 6d. to 10s. 6d. per 100. Allow 100 points for 6 or 8 persons. **Seasonable** from April to July; obtainable from January.

1449. ASPARAGUS PUDDING. (*Fr.*—Pouding d'Asperges.)

Ingredients.—¼ of a pint of asparagus points, 4 eggs, 2 tablespoonfuls of flour, 1 tablespoonful of very finely-minced ham, 1 oz. of butter, pepper and salt to taste, milk.

Method.—Cut up the nice green tender parts of asparagus, about the size of peas, put them into a basin with the eggs, which should be well beaten, and the flour, ham, butter, pepper and salt. Mix all these ingredients well together, and moisten with sufficient milk to make the pudding of a consistency of thick butter. Put it into a pint buttered mould, tie it down tightly with a floured cloth, place it in boiling water, and let it boil for 2 hours. Turn it out of the mould on to a hot dish, and pour plain melted butter round, but not over the pudding.

Time.—2 hours. **Average Cost,** about 3s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from April to July.

1450.—ASPARAGUS ROLLS. (*Fr.*—Petits Pains aux Asperges.)

Ingredients.—50 heads of asparagus, 6 small French rolls, ½ a pint of milk, 1 oz. of butter, 1 oz. of flour, the yolks of 2 eggs, salt and pepper.

Method.—Remove the crust from the bottom of each roll, scoop out the inside, and, if convenient, fry them in hot fat, if not, crisp them in the oven. Boil the asparagus in the usual way, then cut off the points and keep them hot, and rub the stalks through a fine sieve. Heat the butter in a stewpan, stir in the flour, and cook slightly, then add the milk, and stir until boiling. Put in the purée of asparagus and yolks of eggs, season with salt and pepper, and stir by the side of the fire until the mixture thickens, but it must not be allowed to boil or the eggs may curdle. Fill the rolls, piling the preparation rather high, garnish the top of each one with asparagus points, and serve as a vegetable entremet, luncheon dish, or vegetarian entrée.

Time.—About 40 minutes. **Average Cost,** from 3s. to 4s. **Seasonable** from April to July.

1451.—BEANS, FRENCH, BOILED. (*Fr.*—Haricots Verts au Naturel.)

Ingredients.—French beans, salt.

Method.—Cut off the heads, tails, and a thin strip on each side of the beans, so as to remove the string. Cut the beans in a slanting direction into slips, and, as they are cut, drop them into cold water. Have ready a saucepan of boiling water, add 1 heaped teaspoonful of salt to each quart of water, and a small piece of soda if the beans are old. Put in the beans, keep the saucepan uncovered, and boil briskly from 15 to 25 minutes, according to age. Drain well, sprinkle with pepper, then serve.

Time.—To boil the beans, from 15 to 25 minutes. **Average Cost,** from 3d. to 1s. per lb., according to season. **Seasonable** from July to October.

THE GOLDEN BEAN.—It is much esteemed in Germany, but is little known in England. It is sown early in June, and becomes a bright golden hue in September. It should hang on the plant until perfectly ripe. Both the pod and bean are eaten, and have a delicious taste.

1452.—BEANS, FRENCH METHOD OF COOKING. (*Fr.*—Haricots Verts, à la Maître d'Hôtel.)

Ingredients.—2 lbs. of French beans, 2 ozs. of butter, the juice of ½ a lemon, a dessertspoonful of finely-chopped parsley, salt and pepper.

Method.—Cut and boil the beans as in the preceding recipe; when tender drain them into a stewpan, and shake over the fire until the greater part of the moisture has evaporated. Add the butter, parsley, lemon-juice, season well with salt and pepper, toss over the fire for a few minutes, then serve.

Time.—From 20 to 30 minutes. **Average Cost,** from 2d. per lb. **Seasonable** from July to October; obtainable all the year.

ORIGIN AND VARIETIES OF THE BEAN.—It is uncertain from what region the bean was introduced into other countries; probably it first came from Asia. The bean was cultivated in ancient Egypt, and in Europe and Asia from time immemorial, and it has been long known in Britain. Its numerous varieties may be included under the general divisions—the white or garden-beans, and the grey or field-beans. Of the former, are the Windsor, the Mazagan, and long pod; of the latter, the horse-bean, and the small or ticks, are the principal sorts. New varieties are produced in the same manner as in other plants.

1453.—BEETROOTS, BAKED.

See Beetroot, Boiled. Recipe No. 1454.

1454.—BEETROOT, BOILED. (*Fr.*—Betterave au Naturel.)

Ingredients.—Beetroot, boiling water.

Method.—When large, young and juicy, this vegetable makes a very excellent addition to winter salads, and may easily be converted into an economical and quickly-made pickle (*see* Pickles). Beetroot is more frequently served cold than hot: when the latter mode is preferred, melted butter should be sent to table with it. Beetroot may also be stewed with button onions, or boiled and served with baked onions. Wash the beets thoroughly, but do not prick or break the skins before they are cooked, or they will lose some of their beautiful colour in boiling. Put them into boiling water, and let them boil until tender, keeping them well covered. If the beets are to be served hot, rub off the peel quickly, cut the beet into thick slices, and send to table with melted butter. For salads, pickle, etc., let the root cool, then peel by rubbing, and cut into slices.

Time.—Small beetroot, 1½ to 2 hours; large, 2½ to 3 hours. **Average Cost,** 1d. to 3d. each. **Seasonable,** at any time.

Note.—In boiling beetroot great care must be taken not to damage the skin otherwise it will "bleed," becoming white and tasteless. Should the skin be accidentally broken it is better to bake them in a moderate oven, previously covering the damaged parts with a little flour paste.

Beetroot (Fr. *betterave*).—The geographical distribution of the natural order, *Chonopodiaceae,* to which the beetroot belongs, is most common in extra tropical and temperate regions, where such plants grow as weeds, frequenting waste places, and on marshes by the sea shore. They are characterized by the large quantity of mucilage, sugar, starch, and alkaline salts which are found in them. Many are used as pot-herbs, and some are medicinally valuable as vermifuges and emetics. The root of the red beet is very wholesome and nutritious. From the white beet sugar is obtained, and the manufacture of beet-sugar is an important industry in France, Germany, Belgium, Holland, and other countries. Excellent beer is produced from the beet, which also yields a spirit of good quality.

1455.—BEETROOTS, STEWED.

See Beetroot, Boiled. Recipe No. 1454.

1456.—BROAD, OR WINDSOR BEANS. (*Fr.*—Fèves à la Maître d'Hôtel.)

Ingredients.—1 peck broad or Windsor beans, salted water, parsley sauce (*see* Sauces).

Method.—This favourite vegetable to be nice should be young and freshly gathered. After shelling the beans, put them into boiling water, salted to taste, and boil rapidly until tender. Drain them well in a colander; dish, and serve separately a boat of parsley sauce. Boiled bacon often accompanies this vegetable, but should be cooked separately. This dish is usually served with the beans laid round the bacon, and the parsley butter sauce in a tureen. Beans also make an excellent garnish to a ham: when used for this purpose they should have their skins removed.

Time.—Very young beans, 15 minutes; when of a moderate size, 20 to 25 minutes, or longer. **Average Cost,** unshelled, 6d. to 10d. per peck. Allow 1 peck for 6 or 7 persons. **Seasonable** in July and August.

1457.—BROAD BEANS, WITH PARSLEY SAUCE. (*Fr.*—Fèves à la Poulette.)

Ingredients.—2 pints of broad beans, ½ a pint of stock, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, ¼ of a pint of cream, pepper and salt to taste.

Method.—Procure some young and freshly gathered beans, and shell sufficient to make 2 pints; boil them, as in the preceding recipe, until nearly done, then drain them and put them into a stewpan, with the stock, finely-minced herbs, and sugar. Stew the beans until they are perfectly tender and the liquor has reduced a little, then beat up the yolk of an egg with the cream, and add this to the beans. Let the whole get thoroughly hot, and, when on the point of simmering, serve. Should the beans be very large, the skins should be removed previously to boiling them; they are, however, more quickly removed after they are boiled.

Time.—10 minutes to boil the beans, 15 minutes to stew them in the stock. **Average Cost,** unshelled, 6d. to 10d. per peck. **Sufficient** for 5 or 6 persons. **Seasonable** in July and August.

1458.—BROAD BEANS, WITH SPANISH SAUCE.
(*Fr.*—Fèves à l'Espagnole.)

Ingredients.—1½ pints of shelled beans, ¾ of a pint of good brown stock, ½ a glass of sherry, 1 oz. of butter, 1 oz. of flour, 1 small onion finely chopped, 1 teaspoonful of finely-chopped parsley, 6 or 8 button mushrooms, 1 bay-leaf, 2 or 3 sprigs of thyme, salt and pepper, lemon-juice.

Method.—Shell the beans, put them into boiling water, boil rapidly for 6 or 7 minutes, then drain, and remove the skins. Have the stock ready boiling in a stewpan, add to it the beans, onion, thyme, and bay-leaf, season with salt and pepper, and simmer gently from 20 to 30 minutes, according to the age of the beans. Meanwhile fry the mushrooms for a few minutes in the hot butter without browning, then transfer them to the stewpan containing the beans. Add the flour to the butter, cook over the fire until it acquires a nut-brown colour, then strain in the stock from the other stewpan, and stir until a perfectly smooth sauce is obtained. Season to taste, add the parsley, sherry and lemon-juice, the beans and mushrooms, and when thoroughly hot, serve. If liked, the dish may be garnished with tiny rolls of crisply-fried bacon, croûtes of fried bread, or potato croûtes (*see* recipe No. 1576). The sherry and mushrooms may be omitted, and the dish would then be Broad Beans with Brown Sauce. Vegetarians could substitute vegetable stock or milk for the meat stock.

Time.—From 35 to 40 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** in July and August.

1459.—GOLDEN BEANS.

See Lima, or Butter Beans. Recipe No. 1525.

1460.—BROCCOLI, BOILED.

Ingredients.—Broccoli. To each ½ gallon of water allow 1 heaped tablespoonful of salt.

Method.—Strip off the dead leaves, and cut off the inside ones level with the flower, cut off the stalk close to the bottom, and put the broccoli into cold salt and water, or vinegar and water with the heads downwards. Let them remain for about ¾ of an hour, then put them into a saucepan of boiling water, salted in the above proportion, and keep them boiling gently with the stalk upwards and the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a little of which should be poured over the broccoli. If left in the water after it is done, the broccoli will break, its colour will be spoiled, and its crispness lost. If boiled too fast they break.

Time.—Small broccoli, 10 to 15 minutes; large broccoli, 20 to 30 minutes. **Average Cost,** 2d. to 3d. each. **Seasonable** from October to March.

Note.—It is a good plan to place a small piece of toast or crust of bread in the saucepan in which any vegetable of the cabbage tribe is boiled, as this absorbs the unpleasant odour generated during the cooking.

THE KOHL-RABI, OR TURNIP CABBAGE.—This variety presents a singular development. The stem swells out like a large turnip on the surface of the ground, the leaves shoot from it all round, and the top is surmounted by a cluster of leaves. If used when young and tender, the Kohl-rabi is a wholesome and palatable vegetable.

1461.—BRUSSELS SPROUTS, BOILED. (*Fr.*—Choux de Bruxelles à la Sauce Blanche au Beurre, or, Maître d'Hôtel.)

Ingredients.—Brussels sprouts. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda, white sauce No. 222 or parsley butter.

Method.—Clean the sprouts from insects, wash them, and pick any dead or discoloured leaves from the outsides; put them into a saucepan of boiling water, with salt and soda in the above proportion; keep the pan uncovered, and let them boil quickly until tender; drain, dish, and serve with a tureen of melted butter: maître d'hôtel sauce is sometimes poured over them. Another method of serving is to toss the sprouts in about 1 oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, for on account of the smallness of the sprouts this vegetable soon cools.

Time.—From 10 to 15 minutes, after the water boils. **Average Cost,** 2d. to 3d. per lb. **Seasonable** from September to March.

SAVOYS AND BRUSSELS SPROUTS (Fr. *chou de savoie*).—When green kale, or borecole, has been further improved by cultivation, it develops the headed or hearted type, with blistered leaves; it is then known by the name of savoy, and brussels sprouts. Another of its headed forms, but with smooth, glaucous leaves, is the cultivated garden cabbage (*Borecole oleracea capitula*), with all its varieties of green, red, dwarf, tall, early, late, round, conical, flat, and other varieties.

1462.—CABBAGE, BOILED. (*Fr.*—Choux au Naturel.)

Ingredients.—Cabbages. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

Method.—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end; if very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir the cabbages once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done take the cabbages up into a colander, place a plate over them, let them thoroughly drain, dish, cutting them into squares.

Time.—Small young cabbages, 15 to 20 minutes; large cabbages and savoys, from 30 to 40 minutes. **Average Cost,** from 1d. each. **Seasonable** all the year.

THE CABBAGE TRIBE : THEIR ORIGIN.—Of all the species of the *Cruciferae*, those of the genus *Brassica* are the most important, containing plants which, both in themselves and their products, occupy a prominent position in agriculture, commerce, and domestic economy. In many places on the coast of Dorsetshire, Cornwall and Yorkshire, these grow as a wild plant, with variously indented, much waved, and loosely spreading leaves of a sea-green colour and large yellow flowers. This is the *Brassica oleracea*, the wild cabbage, or colewort, from which have originated all the varieties of cabbage, cauliflower, greens, and broccoli.

1463.—CABBAGE, BRAISED. (*Fr.*—Choux braisés.)

Ingredients.—Savoy cabbages, slices of fat bacon, 1 or 2 onions 1 or 2 carrots, a bouquet-garni (parsley, thyme, bay-leaf), stock, salt and pepper.

Method.—Wash, trim and halve the cabbages, cover them with boiling water, adding 1 tablespoonful of salt. Boil rapidly for 15 minutes, then drain well, and cut away the stalks. Sprinkle carefully with salt and pepper, put 2 halves together, and fasten them securely. Cover the bottom of a stewpan with slices of bacon, put in the cabbages, add the onions and carrots thickly sliced, herbs, and a good seasoning of salt and pepper. Add sufficient stock to nearly cover the cabbages, put on a closely-fitting lid, and simmer gently for 1 hour. When ready, remove the strings, drain well, press dry in a cloth, shape as required, and use as a garnish to an entrée.

Time.—Altogether, about 1½ hours. **Average Cost,** cabbages, 2d. each. Allow 1 small cabbage for 2 persons. **Seasonable** in winter.

1464.—CABBAGE WITH WHITE SAUCE. (*Fr.*—Choux à la Sauce Blanche.)

Ingredients.—Cabbage, ½ a pint of white sauce, or melted butter sauce (*see* Sauces, Nos. 223 and 202). To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

Method.—Pick off all dead or faded outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end; if they should be very large, quarter them. Wash them well in cold water, and drain. Throw them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir them down once or twice in the water, and let them boil quickly for 8 minutes; have another saucepan with fast-boiling water prepared as above, and throw them into it, and let them boil for 15 minutes; cast away the water contained in the first saucepan, and fill it as before, remove the cabbages once again into this, and let them boil for 10 minutes if small, for 20 minutes if large. Take up into a colander, drain and press well, and season with pepper. Serve in a hot vegetable dish, cut into squares, and pour over the sauce.

Time.—20 to 40 minutes, according to size and age. **Average Cost,** from 1d. each. **Seasonable** all the year.

1465.—CABBAGE, BUTTERED. (*Fr.*—Choux au Beurre.)

Ingredients.—1 good cabbage, 2 medium-sized Spanish onions, 1½ ozs. of butter, salt and pepper.

Method.—Boil the cabbage and onions together, allowing a little longer time to the latter, when the cabbage is young, then drain, and chop finely. Heat the butter in a frying-pan, put in the vegetables, season well with salt and pepper, fry for 10 or 15 minutes, then serve. If preferred, a tablespoonful each of good gravy and vinegar may be added before serving.

Time.—About 1 hour. **Average Cost,** 6d. **Seasonable** at any time.

The Wild Cabbage, or Colewort (Fr. *choux verts*).—This plant, found on the sea cliffs of Britain, is the original of the cabbage tribe in its simplest and normal form. In this state it is the true collet or colewort, although the name is now applied to any young cabbage which has a loose and open heart.

1466.—CABBAGE AU GRATIN. (*Fr.*—Choux au Gratin.)

Ingredients.—1 good cabbage, 3 or 4 slices of bacon, 1 dessertspoonful of grated cheese, 1 dessertspoonful of breadcrumbs, ½ a pint of white sauce (see Sauces, No. 223), 1 oz. of butter, salt and pepper.

Method.—Wash, trim, and quarter the cabbage, put it into boiling water, add a tablespoonful of salt, and boil rapidly. When ¾ cooked, drain well, chop coarsely, season with salt and pepper, and press into a pudding basin. Place the bacon in a gratin dish, or in any fire-proof dish that may be sent to table, invert the basin on the top, and turn out the cabbage. Cover the surface with the mixed grated cheese and breadcrumbs, put small pieces of butter on the top, and bake in a moderate oven until lightly brown. Serve the sauce separately.

Time.—From 40 to 60 minutes. **Average Cost,** 9d. **Seasonable** at any time.

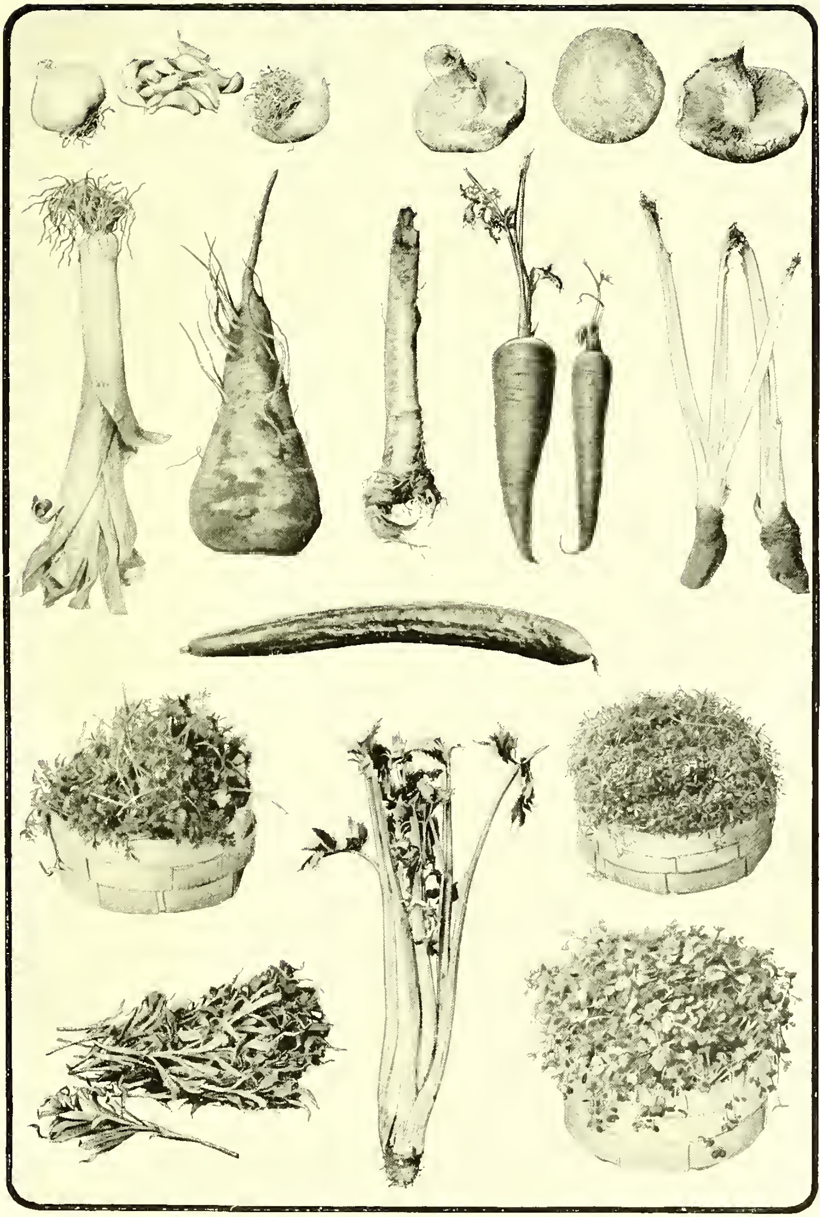
Green Kale or Borecole.—When colewort or wild cabbage is brought under cultivation it becomes greatly improved, although it still retains its large, open leaves, and in this form is called green kale, or borecole. The scientific name of borecole is *Borecole oleracea acephala*, and there are many varieties, both in respect of the form and colour of the leaves, and the height of the plants. Among these are included the thousand-headed, and the cow, or tree cabbage.

1467.—CABBAGE, MINCED.

Ingredients.—1 cabbage, 3 ozs. of butter, 1 oz. of flour, 2 tablespoonfuls of vinegar, salt and pepper, hard-boiled eggs.

Method.—Boil, press the cabbage dry, and chop it finely. Heat the butter in a frying-pan, sprinkle in the flour, mix smoothly, and put

VEGETABLES.



Shallots, Mushrooms, Leek, Parsnip, Horse-radish, Carrots, Sea-kale, Cucumber, Sorrel, Tarragon, Celery, Mustard, Cress.

in the cabbage. Add salt and pepper to taste, put in the vinegar, stir over the fire for 5 or 6 minutes, then serve garnished with sections of hard-boiled egg.

Time.—Altogether, from 1 to 1¼ hours. **Average Cost,** 6d. to 8d., exclusive of the eggs. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

1468.—CABBAGE, RED, STEWED. (*Fr.*—Choux au Jambon.)

Ingredients.—1 red cabbage, 1 small slice of ham, ½ an oz. of fresh butter, 1 pint of fresh stock, 1 gill of vinegar, salt and pepper to taste, 1 tablespoonful of pounded sugar.

Method.—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, ½ a pint of stock, and the vinegar; cover the pan closely, and let it stew for 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix the ingredients well together, stir over the fire until nearly all the liquor has dried away, and serve. Fried sausages are usually sent to table with this dish : they should be laid round and on the cabbage as a garnish.

Time.—Rather more than 1 hour. **Average Cost,** 1s. without sausages. **Seasonable** from September to January.

1469.—CARDOONS, BOILED. (*Fr.*—Cardons au Naturel.)

Ingredients.—Cardoons, white sauce, salt.

Method.—Cut the stalks into 3-inch lengths, remove the prickles, cover with salted boiling water, boil gently for 15 minutes, and drain well. Rub off the skins with a cloth, replace the cardoons in the saucepan, cover them with cold water, add a little salt, and boil until tender. Serve with white sauce. Cardoons may also be cooked according to the directions given for dressing celery, but in all cases they must be blanched before cooking, in order to remove the slime.

1470.—CARROTS, BOILED. (*Fr.*—Carottes au Naturel.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, carrots.

Method.—Cut off the green tops, wash and scrape the carrots, and remove any black specks. If the carrots are very large cut them in halves, divide them lengthwise into 4 pieces, and put them into boiling water, salted in the above proportion; let them boil until tender, which may be ascertained by piercing the carrots with a skewer or fork, then drain well. Young carrots should be boiled whole.

Time.—Young carrots, about ½ an hour; old ones, from 1 to 1½ hours. **Average Cost,** young carrots, from 6d. to 8d. a bunch. **Seasonable,** young carrots from April to June; old ones at any time.

1471.—CARROTS WITH PARSLEY SAUCE. (*Fr.*—Carottes à la Maître d'Hôtel.)

Ingredients.—2 lbs. of small new carrots, 1 oz. of butter, 1 dessert-spoonful of finely-chopped parsley, the juice of ½ a lemon, salt and pepper.

Method.—Wash and trim the carrots; if very young, allow 2 or 3 of the tiny leaves at the top to remain, as this adds to the appearance when served. Put them into boiling water slightly salted, and boil for about 15 minutes, or until tender. When done, drain off the water, put in the butter, parsley and lemon-juice, season with salt and pepper, toss over the fire for a few minutes, then serve.

Time.—About 20 minutes. **Average Cost,** 6d. to 8d. per bunch. **Seasonable** from March to June.

Constituents of the Carrot.—These contain crystallizable and uncrystallizable sugar, a small quantity of starch, extractive gluten, albumen, volatile oil, pectin or vegetable jelly, salts, malic acid, and a peculiar crystallizable ruby-red, odourless, and tasteless principle called carotin. Pectin exists more or less in all vegetables, and is especially abundant in those roots and fruits from which jellies are prepared.

1472.—CARROTS, STEWED. (*Fr.*—Carottes à la Crême.)

Ingredients.—6 or 7 large carrots, ½ a pint of stock, ¼ of a pint of milk, 1 tablespoonful of cream, 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Scrape the carrots, put them into boiling water, boil rapidly until half cooked, then drain, and cut them into rather thin slices. Heat the butter in a stewpan, stir in the flour, add the stock and milk, and stir over the fire until a smooth sauce is obtained. Season to taste, put in the sliced carrots, simmer very gently until they are tender, stirring occasionally, then add the cream, and serve.

Time.—From 1 to 1¼ hours. **Average Cost,** about 9d. **Seasonable** at any time. **Sufficient** foi 5 or 6 persons.

Properties of the Carrot.—The nutritive matter of the carrot amounts to 98 parts in 1,000, of which 95 are sugar, and 3 parts starch. The carrot is used in winter and spring in the dairy, to give colour and flavour to butter, and is excellent in stews, haricots, soups, or, when boiled, with salt beef. Owing to the large proportion of saccharine in its composition, the carrot yields a greater proportion of spirit than the potato, 10 lb. weight producing ½ a pint of strong spirit.

1473.—CARROTS WITH PARSLEY SAUCE. (*Fr.*— Carottes à la Poulette.)

Ingredients.—1 bunch of young carrots, 2 ozs. of butter, 1 gill of milk, ½ a gill of cream, the yolks of 2 eggs, 1 teaspoonful of finely-chopped parsley, salt and pepper.

Method.—Blanch the carrots in boiling water for 5 minutes, rub off the skins with a clean cloth, and cut the carrots into thin slices. Melt the butter in a stewpan, add the milk, season with salt and pepper, put in the sliced carrots, and cook gently until tender. Beat the yolks of eggs and cream together slightly, pour into the stewpan, and stir very gently until the eggs thicken, then add the parsley, season to taste, and serve.

Time.—30 minutes. **Average Cost,** 10d. to 1s. **Seasonable** from March to June.

THE SEED OF THE CARROT.—To preserve the seed of the carrot, the most perfect and best-shaped roots are annually selected in the taking-up season. These are either preserved in sand in a cellar or dark storehouse until spring, or are planted immediately in an open airy part of the garden protected with litter during severe frost, or earthed over and uncovered in March. In August the seed is fit to be gathered, but is best preserved on the stalks until required.

1474.—CARROTS FOR GARNISH.

Ingredients.—Carrots, salt, rich beef or veal stock.

Method.—Trim the carrots with a round cutter, and parboil them in salted water. Drain away the water, cover with strong stock, boil gently until tender, then strain and keep them hot, and replace the stock in the stewpan. Boil rapidly until reduced to a thin glaze, then put in the carrots, shake over the fire until well coated with glaze, and serve.

Time.—Altogether, about ¾ of an hour. **Average Cost,** 2d. per lb. **Seasonable** at any time.

1475.—CARROTS, GERMAN STYLE. (*Fr.*—Carottes à l'Allemande.)

Ingredients.—6 carrots sliced, 2 ozs. of butter, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, 1 pint of stock, nutmeg, salt and pepper. For the sauce: 1 oz. of butter, 1 oz. of flour, stock.

Method.—Heat 2 ozs. of butter in a stewpan, put in the carrots, onion, parsley, and a pinch of nutmeg, and toss over the fire for a few minutes. Add the stock, season to taste, cover closely, and simmer gently until nearly cooked. Meanwhile heat the remaining oz. of butter in another stewpan, add the flour, and stir and cook until nicely browned. When ready, strain the stock from the carrots, add sufficient stock or water to make ¾ of a pint, pour it on to the browned flour, and stir the mixture until it boils. Add seasoning, if necessary, put in the carrots, cook gently until quite tender, then serve.

Time.—About ¾ of an hour. **Average Cost,** 8d. to 10d., inclusive of the stock. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1476.—CARROTS, GLAZED. (*Fr.*—Carottes en demi-glace.)

Ingredients.—Young carrots, butter, good stock, mace, castor sugar, salt and pepper.

Method.—Scrape and trim the carrots into a good shape. Cover them with boiling water, add a little salt, boil gently for 5 or 6 minutes, and drain well. In a stewpan, large enough to hold the carrots in a single layer, melt sufficient butter to just cover the bottom, then put in the carrots. Add a good seasoning of pepper, a pinch of sugar, sprinkle lightly with mace, and more liberally with pepper. Pour in good stock to about half the depth of the carrots, and cover first with a greased paper, and afterwards with a close-fitting lid. Cook gently until tender, remove and keep them hot, and boil the stock rapidly until reduced to a thin glaze. Replace the carrots 2 or 3 at a time, turn them from side to side until well coated with glaze, and use as required. (*See* Recipe No. 1474, Carrots for garnish.)

1477.—CAULIFLOWER, BAKED, WITH CHEESE. (*Fr.*—Choufleur au Gratin.)

Ingredients.—2 to 3 small cauliflowers, ¾ of a pint of white sauce (see Sauces, No. 223), 2 tablespoonfuls of grated cheese, preferably Parmesan,1 tablespoonful of brown breadcrumbs, 1 oz. of butter.

Method.—Boil the cauliflowers as in the preceding recipe, drain well, and divide them into pieces convenient for serving. Have ready a round gratin dish, or any fireproof dish that may be sent to table, butter it well, and in it arrange the pieces of cauliflower so as to appear as one large one. Mix ⅔ of the cheese with the COLD white sauce, and the remainder with the breadcrumbs; pour the sauce over the cauliflower, and cover the surface with the mixed breadcrumbs and cheese. Place small pieces of butter on the top, and bake in a moderate oven until well browned.

Time.—About 40 minutes. **Average Cost,** 10d. to 1s. **Seasonable** from June to October; broccoli from October to March.

CAULIFLOWER AND BROCCOLI (Fr. *choufleur et brocoli*).—These are only forms of the wild cabbage in its cultivated state. The purple and white broccoli are varieties of the cauliflower.

1478.—CAULIFLOWERS, BOILED, WITH WHITE SAUCE. (*Fr.*—Chouxfleurs à la Sauce Blanche.)

Ingredients.—2 cauliflowers (to each gallon of water allow 1 heaped tablespoonful of salt), white sauce No. 223.

Method.—Choose cauliflowers that are close and white, trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards; this will effectually draw out all insects. Put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil gently, keeping the saucepan uncovered. The water should be well skimmed. When the cauliflowers are tender, take them up with a slice, let them drain, and lay them carefully in the dish. Serve with white sauce or else plain melted butter, a little of which may be poured over the cauliflower.

Time.—Small cauliflower, 12 to 15 minutes; a large one, 20 to 25 minutes, after the water boils. **Average Cost,** from 3d. to 4d. each. **Seasonable** from June to November.

1479.—CAULIFLOWER, CURRIED.

See Vegetables Curry of, Recipe No. 1636.

1480.—CELERY. (*Fr.*—Céléri.)

Method.—This vegetable is generally eaten raw, and is served with cheese. Let the roots be washed free from dirt, all the decayed and outside leaves being cut off, preserve as much of the stalk as possible, and carefully remove all specks and blemishes. Should the celery be large, divide it lengthwise into quarters, and place it root downwards, in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled by shredding them in narrow strips with the point of a knife to a depth of about 2 inches from the top.

Average Cost,—From 2d. per head. **Seasonable** from September to February.

ORIGIN OF CELERY.—In its wild form celery is known as " smallage," a common plant found growing in ditches and marshy places near to the seacoast. Under cultivation it loses its acrid properties, and becomes mild and sweet. In its natural state it has a peculiar rank, coarse taste and smell. Its root was included by the Ancients among the " five greater aperient roots." There is a large and turnip-shaped variety of celery, which is extensively used in Germany, and considered preferable to the variety cultivated in England.

1481.—CELERY, BRAISED. (*Fr.*—Céléri braisé.)

Ingredients.—3 or 4 heads of celery, seasoning, ½ a pint of rich stock, 2 or 3 slices of streaky bacon, a little Brown or Espagnole Sauce (*see* Sauces, No. 223 and No. 244), and a small piece of meat glaze.

Method.—Trim and wash the celery, cut each head into 2 or 3 portions, and tie up each with 4-inch lengths of thin twine. Range them in a well buttered sauté-pan, season with salt, pepper and nutmeg, and moisten with the stock. Cut the bacon into strips, fry them a little, and put these on top of the celery. Cover the pan, and put it in a hot oven to cook its contents for about 30 minutes. When done, take up, drain the celery, and reduce the liquor or stock, adding a little Brown or Espagnole Sauce to it, also the meat glaze. Dress the celery on a vegetable dish, strain over some of the sauce, and serve hot.

Time.—1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable,** November to February.

1482.—CELERY CROQUETTES. (*Fr.*—Croquettes de Céléri.)

Ingredients.—2 heads of celery, stock, 1 oz. of butter, 1 oz. of flour, 1 shallot, 1 gill of milk, seasoning, 2 yolks of eggs, egg and breadcrumbs, fat for frying.

Method.—Trim and wash the celery, and cut into short pieces, blanch them in salted water, and drain, then cook till tender in well seasoned stock. Drain the cooked celery, and chop it rather finely. Melt the butter in a stewpan, add the shallot (chopped), and fry a little, stir in the flour, blend these together, and gradually add a gill of milk. Stir till it boils, and put in the chopped celery. Season with salt and pepper, and cook for 15 minutes, adding the egg-yolks at the last. Spread the mixture on a dish and let it get cold. Make up into croquettes—cork or ball shapes—egg and crumb them, fry in hot fat to a golden colour, drain them on a cloth or paper, and dish up.

Time.—1 hour. **Average Cost,** 1s. 2d. to 1s. 4d. **Sufficient** for 6 to 7 persons.

1483.—CELERY FRITTERS CURRIED. (*Fr.*—Beignets de Céléri au Kari.)

Ingredients.—Celery, Béchamel sauce No. 178, curry-paste, curry-powder, frying-batter, salt.

Method.—Wash and clean some white celery, cut it into 2-inch pieces, and cook it till tender in stock or salted water. Drain the pieces on a sieve. When cold toss it in the thick Béchamel sauce, previously mixed with Mulligatawny or curry-paste: the pieces must be thoroughly coated with sauce. Dip each piece in batter; drop into boiling fat, fry a golden colour, and drain on a cloth or paper. Sprinkle with fine salt mixed with a little curry-powder (just enough to colour it), dish up on a folded napkin, and send to table immediately.

Asparagus, cucumber or marrow may be treated in the same manner. Instead of using batter, they may be egged and rolled in breadcrumbs, though this is rather more difficult than the former method.

Time.—About 1½ hours. **Average Cost,** 1s. 6d. for 1 dish. **Seasonable** from September to February.

Alexanders.—This plant, *Smyrnium olusatrum*, is a native of Great Britain, and is found in its wild state near the sea coast. It was formerly cultivated for its leaf-stalks, but its place is now taken by celery.

1484.—CELERY, FRIED. (*Fr.*—Beignets de Céleri.)

Ingredients.—Celery, frying-batter, frying-fat.

Method.—Prepare and boil the celery, as directed in Celery with White Sauce, and cut it into short lengths. Have ready some frying-batter and a deep pan of hot fat, dip each piece of celery separately into the batter, and fry until crisp and lightly-browned. Drain well, and serve at once.

Time.—To fry the celery, from 4 to 5 minutes. **Average Cost,** 2d. to 3d. per head. **Sufficient,** allow 1 head for 2 persons. **Seasonable** from September to February.

1485.—CELERY AND MACARONI STEW. (*Fr.*—Ragoût de Céléri et Macaroni.)

Ingredients.—3 heads of white celery, milk, water, salt, bayleaf, 2 ozs. of macaroni, 1½ gills of Béchamel or white sauce (*see* Sauces, No. 178 and No. 222). white pepper, a grate of nutmeg.

Method.—Trim and wash the celery, boil it till tender in milk and water, seasoned with salt and a bayleaf. Drain and cut the celery into 2-inch lengths. Cook the macaroni likewise in salted water; when done drain on a sieve and cut into short pieces. Heat up the sauce, put in the celery and macaroni; season with white pepper and nutmeg, and let the whole simmer gently for 15 minutes or longer. Great care must be taken not to break the celery or macaroni. Dish up on a hot dish, and serve.

Time.—¾ of an hour. **Average Cost,** 1s. 3d. **Sufficient** for 6 persons. **Seasonable,** November to February.

1486.—CELERY, STEWED.

See Celery with Espagnole Sauce, No. 1489; and Celery, Ragoût of, No. 1490.

1487.—CELERY WITH WHITE SAUCE. (*Fr.*—Céléri à la Sauce Blanche.)

Ingredients.—2 or 3 heads of celery, ½ a pint of white sauce (*see* Sauces, No. 223), salt, toast.

Method.—Wash the celery, remove the outer stalks and the greater part of the root, trim away the green tops, and cut each head lengthwise into four. Have ready a saucepan of slightly-salted boiling water, put in the celery, and cook from 30 to 35 minutes, or until the root may be easily pierced with a skewer. Drain well, dish on the toast, pour over the sauce, and serve.

Time.—From 30 to 35 minutes. **Average Cost,** from 2d. per head. **Seasonable** from September to February.

1488.—CELERY WITH CREAM. (*Fr.*—Céléri à la Crème.)

Ingredients.—2 or 3 heads of celery, 1½ pints of milk, 2 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, 1½ ozs. of butter, 2 ozs. of flour, 1 medium-sized onion finely-chopped, salt and pepper.

Method.—Prepare the celery as in the preceding recipe. Put it into cold water, bring to the boil, then drain off the water, add the milk and onion, season to taste, and simmer gently for about ½ an hour. Meanwhile melt the butter in another stewpan, stir in the flour, and cook for a few minutes without browning. Take up the celery and keep it hot; strain the milk on to the roux or mixture of flour and butter, and stir until boiling. Rub the onion that was cooked with the celery through a hair sieve, add it with the cream and lemon-juice to the sauce, season to taste, and simmer for about 5 minutes. Arrange the celery neatly on a hot dish, pour the sauce over, and serve hot.

Time.—About 1 hour. **Average Cost,** 1s 3d. **Seasonable** from September to February.

1489.—CELERY WITH ESPAGNOLE SAUCE. (*Fr.*—Céléri à l'Espagnole.)

Ingredients.—2 or 3 heads of celery, 1 pint of good brown stock, ½ a glass of sherry, ½ a teaspoonful of lemon-juice, 2 ozs. of butter, 2 ozs. of flour, 6 or 8 button mushrooms, 2 small onions finely-chopped, 1 teaspoonful of finely-chopped parsley, 1 bay-leaf, 2 or 3 sprigs of thyme, salt and pepper.

Method.—Prepare and blanch the celery as in the preceding recipe. Drain off the water, add the stock, onions and herbs, season to taste, and cook slowly for about ½ an hour. Meanwhile fry the mushrooms in the hot butter for a few minutes, then transfer them to the stewpan containing the celery. Add the flour to the butter, fry until it acquires a nut-brown colour, and when the celery is sufficiently cooked remove it to a hot dish, strain the stock on to the brown roux, and stir until boiling. Rub the onion through a hair sieve, add it with the mushrooms, sherry, lemon-juice and parsley to the sauce, season to taste, and simmer gently for about 5 minutes. Arrange the celery neatly on a hot dish, pour over the sauce, and serve. The mushrooms and sherry may be omitted, and the dish would then be Celery with Brown Sauce. A little ham added to the sauce will be found a great improvement.

Time.—From 1 to 1¼ hours. **Average Cost,** about 1s. 6d. to 2s. **Seasonable** from September to February.

1490.—CELERY, RAGÔUT OF. (*Fr.*—Céléri en Ragôut.)

Ingredients.—2 or 3 heads of celery, 1 pint of white stock, ½ a pint of milk, 2 tablespoonfuls of cream, 1 medium-sized Spanish onion, 24 button onions, 1 dessertspoonful of finely-chopped parsley, 2 ozs. of butter, 2 ozs. of flour, salt and pepper.

Method.—Wash and trim the celery, cut each stick into pieces about 2 inches long, cover with cold water, bring to the boil, and pour the water away. Put in the stock, the Spanish onion finely-chopped, season with salt and pepper, and cook gently for about ½ an hour.

Meanwhile skin the onions, fry them in hot butter, but very slowly, to prevent them taking colour, drain well from fat, and keep them hot. Add the flour to the butter, and fry for a few minutes without browning. Take up the celery, add the strained stock to the milk, pour both on to the roux or mixture of flour and butter, and stir until boiling. Season to taste, add the cream, and ½ the parsley, arrange the celery in a circle on a hot dish, pour over the sauce, pile the onions high in the centre, sprinkle over them the remainder of the parsley, and serve. The celery may also be served on croûtes of fried or toasted bread, arranged in rows with the onions piled between them. A nice change may be made by substituting mushrooms for the onions.

Time.—About 45 minutes. **Average Cost,** 1s. 10d. to 2s. 3d. **Seasonable** from September to February. **Sufficient** for 4 or 5 persons.

1491.—CHICORY, TO DRESS.

See Endive, Recipe No. 1510.

1492.—CORN, FRIED (Preserved). (*Fr.*—Mais.)

Ingredients.—1 tin of corn, 2 tablespoonfuls of oiled butter, 2 eggs, salt and pepper, butter for frying.

Method.—Pound the corn in a mortar until quite smooth, then work in the oiled butter and eggs, and season to taste. Form the mixture into small oval or round shapes, fry both sides until lightly browned, then serve.

Time.—To fry, from 8 to 10 minutes. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1493.—CORN, GREEN, BOILED.

Ingredients.—Green corn, butter, salt and pepper.

Method.—Remove all the husk from the corn except the inner layer; strip this down, and take away all the silk surrounding the corn. Replace the remaining layer of husk, tie securely, and place the ears in a stewpan containing sufficient boiling water to cover them. Boil gently from 15 to 20 minutes, then remove the strings, and serve with oiled butter highly seasoned with salt and pepper.

Time.—To cook the corn, from 15 to 20 minutes. **Average Cost,** uncertain. Allow 1 to each person. **Seasonable** from May to July.

1494.—CORN PUDDING.

Ingredients.—6 ears of green corn, 6 eggs, 1½ pints of milk, salt and pepper, nutmeg, sweet sauce (*see* Sauces).

Method.—Grate the corn, beat and add the eggs, stir in the milk, and season to taste with nutmeg, salt and pepper. Pour the mixture into a buttered piedish, bake in a moderately hot oven for about 1 hour, then serve with the sauce.

Time.—To bake, about 1 hour. **Average Cost,** 3d. per cob. **Sufficient** for 5 or 6 persons. **Seasonable** from May to July.

1495.—CORN, STEWED.

Ingredients.—6 ears of fresh green corn, 1 oz. of butter, 1 oz. of flour, ¾ of a pint of milk, salt and pepper.

Method.—Remove the husks and silk, cut downwards through the centre of each row of grains, then remove them with the back of a knife. Place the grains in a stewpan containing sufficient boiling water to cover them, simmer gently for ½ an hour, and drain well. Meanwhile, heat the butter in another stewpan, add the flour, stir and cook it for a few minutes without browning, then put in the milk. Stir until boiling, season to taste, add the prepared corn, and when thoroughly hot, serve.

Time.—To cook the corn, about 35 minutes. **Average Cost,** 3d. per cob. **Sufficient** for 5 or 6 persons. **Seasonable** from May to July.

1496.—CORN, STEWED (Preserved).

Ingredients.—1 tin of green corn, 1 oz. of butter, 1 oz. of flour, milk, salt and pepper.

Method.—Empty both corn and liquor into a stewpan, stew gently until the corn is tender, then drain and keep it hot, and with the liquor mix enough milk to make up ½ a pint. Heat the butter in a stewpan, add the flour, stir and cook for a few minutes without browning, then put in the milk. Stir the mixture until it boils, season to taste, put in the corn, simmer gently for 5 minutes, and serve.

Time.—To cook the corn, about 20 minutes. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1497.—CORN, GREEN, ROASTED.

Ingredients.—6 ears of green corn, butter.

Method.—Remove the husks and silk from the corn, coat the ears lightly with butter, and roast them in a Dutch oven before a clear fire, turning them frequently. Serve hot.

Time.—To roast the corn, from 20 to 25 minutes. **Average cost,** uncertain. **Sufficient** for 3 or 4 persons. **Seasonable** from May to July.

1498.—CUCUMBER, BAKED.

See Cucumber, Stuffed, Recipe No. 1505.

1499.—CUCUMBERS FOR GARNISH.

See Cucumber with Parsley Sauce, Recipe No. 1503.

1500.—CUCUMBERS, TO DRESS. (*Fr.*—Concombres à l'Huile.)

Ingredients.—3 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and pepper to taste, cucumber.

Method.—Pare the cucumber, cut it equally into very thin slices, cutting from the thick end; if commenced at the stalk, the cucumber will most likely have an exceedingly bitter and far from agreeable taste. Put the slices into a dish, sprinkle over salt and pepper, and pour over oil and vinegar in the above proportion; turn the cucumber about, and it is ready to serve. This is a favourite accompaniment to boiled salmon, and is a nice addition to all descriptions of salads.

Average Cost, from 6d. each. Obtainable all the year. **Seasonable** in April, May, June and July.

1501.—CUCUMBERS WITH EGGS. (*Fr.*—Concombres aux Oeufs.)

Ingredients.—2 large cucumbers, 1½ pints of white sauce (*see* Sauces), 3 hard boiled eggs, 1 tablespoonful of grated cheese, as many croûtes of fried bread and rolls of rice as there are pieces of cucumber, salt and pepper.

Method.—Pare the cucumbers, cut them into pieces about 3 inches in length, and remove the centre with a vegetable cutter, or a small knife. Stand them on end in a stewpan in a little hot stock or water, cover closely, and simmer very gently until tender; the time required varies from 15 to 20 minutes, according to the age of the cucumber. Rub the yolk of 1 egg through a wire sieve, and put it aside, cut the remainder of the eggs into dice, add them to ½ a pint of hot white sauce, and when ready for use stir in the grated cheese. Have the rice rolls nicely fried, and the cucumber drained and on the croûtes ready to receive the mixture, which should be pressed lightly in, piled rather high, and garnished with yolk of egg. Dish in 2 close rows, arrange the rice rolls overlapping each other round the base, and serve the remainder of the sauce in a sauceboat.

Time.—Altogether, from 1¼ to 1½ hours. **Average Cost,** from 2s. 9d. to 3s. 3d. Obtainable at any time.

Note.—This dish may be varied by substituting a macédoine of cooked vegetables for the eggs and cheese, or by filling the pieces of cucumber with a purée of any white vegetable, such as celery or artichokes, and garnishing the base with Tomatoes Farcies au Gratin or tomatoes stuffed with macaroni, cheese and white sauce, or tomatoes stuffed with mushrooms.

1502.—CUCUMBERS, FRIED. (*Fr.*—Concombres Frits.)

Ingredients.—2 or 3 small cucumbers, pepper and salt to taste, flour, oil or butter.

Method.—Pare the cucumbers and cut them into slices of an equal thickness, commencing to slice from the thick end, and not the stalk end of the cucumber. Wipe the slices dry with a cloth, dredge them with flour, and put them in a pan of boiling oil or butter; keep turning them about till brown, lift them out of the pan, let them drain on a cloth, then season, and serve, piled lightly on a dish.

Time.—About 20 minutes. **Average Cost,** 1s. 2d. to 1s. 6d. Obtainable all the year.

Properties and uses of the Cucumber.—The fruits of the *Cucurbitaceae*, or gourd order, to which the cucumber belongs, have in general a sugary taste, and contain a large percentage of water; hence their value in tropical countries, where they furnish the inhabitants, even in arid deserts and barren islands, with a large portion of their food. The roots of the perennial varieties contain, in addition to fecula, which is their base, a resinous, acrid, and bitter principle. The juice of the cucumber is employed in the preparation of various kinds of soaps, and washes for the skin, its soothing or emollient properties rendering it valuable for such purposes.

Geographical Distribution of Cucumbers.—The family of the *Cucurbitaceae* is unknown in the frigid zone, is somewhat rare in the temperate zone, but in tropical and warm regions throughout the globe, all the species grow abundantly. Many varieties supply useful articles of consumption, and others possess active medicinal properties.

The Chate.—This variety of cucumber is a native of Egypt and Arabia, and produces a fruit of nearly the same substance as that of the melon. In Egypt the chate is esteemed by the upper class natives, as well as by Europeans, as the most pleasant fruit of its kind.

1503.—CUCUMBER WITH PARSLEY SAUCE. (*Fr.*—Concombre à la Poulette.)

Ingredients.—2 medium-sized cucumbers, ½ a pint of white sauce (*see* Sauces), 1 oz. of butter, the yolks of 2 eggs, ½ a teaspoonful of finely-chopped shallot, or onion, ½ a teaspoonful of finely-chopped parsley, salt and pepper.

Method.—Pare the cucumbers, put them into boiling water, cook for about 10 minutes, then drain well and cut them into slices about 1 inch in thickness. Heat the butter in a stewpan, put in the sliced cucumber, shallot, and a good seasoning of salt and pepper, toss over the fire for a few minutes, then add the white sauce. Just before boiling point is reached add the yolks of eggs and parsley, stir and cook gently until the eggs thicken, then season to taste, and serve.

Time.—About 30 minutes. **Average Cost,** from 1s. 3d. to 1s. 6d. Obtainable at any time, cheapest in July and August.

The Melon (Fr. *mellon*).—This is another species of the gourd family, and is highly valued for its rich and delicious fruit, it has from time immemorial been cultivated in hot Eastern countries. It was introduced into England from Jamaica in the sixteenth century, since which period it has been grown in Great Britain. It was formerly called the musk-lemon, which is a variety of the common melon.

1504.—CUCUMBERS, STEWED. (*Fr.*—Concombres au Jus.)

Ingredients.—2 large cucumbers, flour, butter, rather more than ½ a pint of good brown gravy.

Method.—Cut the cucumbers lengthwise, to the size of the dish they are intended to be served in, empty them of the seeds, and put them into boiling water, with a little salt. Let them simmer for 5 minutes, then take them out, place them in another stewpan, with the gravy, and let them boil over a brisk fire until the cucumbers are tender. Should they be bitter, add a lump of sugar; dish them carefully, skim the sauce, strain over the cucumbers, and serve.

Time.—Altogether, 20 minutes. **Average Cost,** from 6d. each. Obtainable at any time.

1505.—CUCUMBERS, STUFFED. (*Fr.*—Concombres Farcis.)

Ingredients.—2 large cucumbers, ½ a lb. of finely-chopped cold meat (any kind may be used), 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, 2 eggs, or 1 egg and a little milk, as many croûtes of fried or toasted bread as there are pieces of cucumber, ½ a pint of brown sauce (*see* Sauces, No. 233), salt and pepper.

Method.—Prepare and parboil the cucumber as for Cucumber with Eggs. While they are cooking mix well together, in a stewpan, the meat, breadcrumbs, parsley and herbs, season with salt and pepper, add the eggs, with a little milk or stock if the mixture appears at all dry, and stir briskly over the fire until thoroughly hot. When the cucumbers are tender, drain them well, place each piece on a croûte of bread, fill carefully with the preparation, which should be piled up rather high, and, if liked, garnished with finely-chopped parsley or white of egg. Dish in two close rows, pour the sauce OVER, sprinkle on the garnish, and serve as hot as possible.

Time.—Altogether, 1 hour. **Average Cost,** 1s. 6d. to 1s. 10d. Obtainable all the year; cheapest in July and August.

1506.—DANDELION LEAVES, STEWED.

Ingredients.—Dandelion leaves, butter, flour, cream or stock, salt and pepper.

Method.—Wash the leaves thoroughly, let them remain in plenty of cold water for 2 or 3 hours, then drain well. Cover with boiling water, add a little salt, boil from 20 to 30 minutes, then strain, press well, and chop finely. To 1 pint of chopped dandelion leaves, allow 1 oz. of butter; melt this in a stewpan, and add 1 teaspoonful of flour. When well mixed, add 2 or 3 tablespoonfuls of cream or stock, put in the dandelion leaves, stir the mixture over the fire until it becomes thoroughly hot, then serve.

Time.—20 to 30 minutes. **Seasonable** in Spring.

1507.—EGG PLANT, BAKED, WITH CHEESE. (*Fr.*—Aubergine au Parmesan.)

Ingredients.—3 aubergines, ⅓ of a pint of Béchamel sauce (*see* Sauces, No. 177), 1 tablespoonful of grated Parmesan, butter, salt and pepper, breadcrumbs.

Method.—Parboil the aubergines, then peel, slice them rather thickly, remove the seeds, and arrange neatly in a baking-dish. Mix the Béchamel sauce and cheese together, season to taste, pour it into the baking-dish, and cover lightly with breadcrumbs. Add a few pieces of butter, bake in a moderately hot oven for about ½ an hour, and serve in the dish.

Time.—To bake the aubergines, from 25 to 35 minutes. **Average Cost,** from 4d. each. **Sufficient** for 4 or 5 persons. **Seasonable** from June to November.

1508.—EGG PLANT, FRIED. (*Fr.*—Aubergines Frites.)

Ingredients.—3 aubergines, 1 finely-chopped onion, salad-oil or butter, flour, cayenne, salt and pepper.

Method.—Parboil the aubergines, then remove the peel and seeds, and slice rather thickly. Press out some of the moisture by means of a dry cloth, then coat lightly with flour seasoned with pepper, cayenne and salt. Fry the onion in hot butter until lightly browned, drain, and replace the butter in the pan, keeping the onion hot. Fry the slices of aubergine in the butter until both sides are lightly browned, then drain well. Sprinkle on the onion, and serve.

Time.—To fry the aubergines, about 10 minutes. **Average Cost,** from 4d. each. **Sufficient** for 4 or 5 persons. **Seasonable** from June to November.

1509.—EGG PLANT, WITH POACHED EGGS. (*Fr.*—Aubergines aux Oeufs Pochés.)

Ingredients.—3 aubergines, 6 small poached eggs, 1 gill of tomato pulp, 2 tablespoonfuls of chopped ham, 1 tablespoonful of breadcrumbs, ½ an oz. of butter, salt and pepper, chopped parsley.

Method.—Halve the plants, remove the rind and seeds, boil in slightly-salted water until tender, and drain well. Heat the butter, add the tomato pulp, ham, breadcrumbs, and salt and pepper to taste, stir over the fire for a few minutes, then fill the cavities of the aubergines with the mixture. Sprinkle with parsley, make thoroughly hot in the oven, then place a neatly-trimmed poached egg on each half, and serve garnished with tufts of parsley.

Time.—Altogether, about 1 hour. **Average Cost** of aubergines, from 4d. each. **Sufficient** for 5 or 6 persons. **Seasonable** from June to November.

1510.—ENDIVE. (*Fr.*—Chicorée.)

This vegetable is generally served as a salad, but may also be served hot, stewed in cream, brown gravy, or butter ; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

Average Cost, from 2d. per head. **Seasonable** from November to March.

Endive (Fr. *chicorée*).—This plant was introduced into England in the sixteenth century, and is cultivated for culinary purposes. Its leaves are used, when blanched, for soups and salads. Endive belongs to the same family (*Compositae*) as chicory.

1511.—ENDIVE, STEWED. (*Fr.*—Purée de Chicorée.)

Ingredients.—6 heads of endive, ¾ of a pint of stock, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of lemon-juice, salt and pepper.

Method.—Wash and free the endive thoroughly from insects, remove the green parts of the leaves, and put the endive into boiling water, slightly salted. Let it remain for 10 minutes, then take it out, drain, and chop it finely. Melt the butter in a stewpan, stir in the flour, and cook for a few minutes without browning. Put in the stock, stir until boiling, add the endive and lemon-juice, season to taste, simmer until the endive is perfectly tender, then serve.

Time.—Altogether, about ½ an hour. **Average Cost,** from 2d. per head. **Seasonable** from November to March.

1512.—GREENS, YOUNG, TO DRESS.

See Brussels Sprouts Boiled, Recipe No. 1461.

1513.—HARICOT BEANS, BOILED. (*Fr.*—Haricots de Soisson, au Beurre.)

Ingredients.—1 quart of white haricot beans, 2 quarts of water, 1 oz. of butter, 1 heaped tablespoonful of salt.

Method.—Put the beans into cold water, and let them soak for several hours, according to their age; then put them into cold water, salted in the above proportion, bring them to the boil, and let them simmer very slowly until tender. Pour away the water, and let them stand by the side of the fire, with the lid of the saucepan partially off, to allow the beans to dry; then add 1 oz. of butter and a seasoning of pepper and salt. Toss the beans for about 5 minutes, then dish up and serve.

Time.—After the water boils, from 2 to 2½ hours. **Average Cost,** 4d. per quart. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

1514.—HARICOTS À LA BONNE FEMME.

Ingredients.—1 quart of white haricot beans, ¼ of a lb. of butter, ¼ of an oz. of salt, 2 quarts of water, 1 teaspoonful of chopped-parsley, salt and pepper.

Method.—Place the haricot beans in water with the above proportion of salt; let them boil, then draw the saucepan to the corner of the fire, and let them simmer gently until the bean is easily crushed between the thumb and finger, which will be in about 2 hours. Drain them and return them to the saucepan; add the butter, parsley, salt and pepper to taste, and ½ a pint of the liquor in which the beans were boiled. Shake the saucepan over the fire until the butter is melted, and serve very hot.

Time.—2¼ hours. **Average Cost,** 4d. per quart. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

Haricot Bean (Fr. *haricot*).—This is the *haricot blanc* of the French, and is also cultivated largely in Great Britain, Germany, and Switzerland. It is highly nutritious, and contains 36 per cent. of starch, and 23 per cent. of the nitrogenous matter called legumen, allied to the caseine of cheese. There is perhaps no vegetable dish so cheap, or so easily cooked, and, at the same time, so agreeable and nourishing. The beans are boiled and then mixed with a little fat or salt butter, and a little milk or water and flour.

1515.—HARICOT BEANS WITH PARSLEY BUTTER. (*Fr.*—Haricots Blancs à la Maître d'Hôtel.)

Ingredients.—1 quart of white haricot beans, ¼ of a lb. of fresh butter, 1 tablespoonful of chopped parsley, pepper and salt to taste, the juice of ½ a lemon.

Method.—Should the beans be very dry, soak them for 1 or 2 hours in cold water, and boil them until perfectly tender, as in the preceding recipe. Should the water boil away, replenish it with a little more cold, to make the skin of the beans tender. Let them be thoroughly done; drain them well, then add to them the butter, chopped parsley, and a seasoning of pepper and salt. Shake the stewpan gently over the fire; and when the various ingredients are well mixed, squeeze in the lemon-juice, and serve very hot.

Time.—1 hour. **Average Cost,** 4d. per quart. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

Haricots and Lentils (Fr. *haricots et lentilles*).—From their flesh-forming properties these vegetables serve as an excellent substitute for meat, and are largely used in Roman Catholic countries during the season of Lent, and on *maigre* days. In Egypt, Syria, and other parts of the East, lentils form the chief article of diet. The use of lentils as a food has largely increased in England in recent years, and they are eaten in the form of soups, prepared foods, etc.

1516.—HARICOT BEANS AND MINCED ONIONS. (*Fr.*—Haricots à la Lyonnaise.)

Ingredients.—1 pint of white haricot beans, 4 medium-sized onions, ¼ of a pint of good brown gravy No. 164, pepper and salt to taste, a little flour, ½ oz. butter.

Method.—Peel and mince the onions, not too finely, fry them in butter until they acquire a light-brown colour, then dredge over them a little flour, and add the gravy and a seasoning of pepper and salt. Have ready a pint of haricot beans well boiled and drained, put them with the onions and gravy, mix all well together, and serve very hot.

Time.—Altogether, about 2¼ hours. **Average Cost,** 4d. per quart. **Seasonable** at any time.

1517—HERB PANCAKES. (*Fr.*—Crêpes aux Fines Herbes.)

Ingredients.—Any green herbs, such as parsley, chives, thyme, spinach, etc., 2 ozs. of butter, minced ham or bacon, stock, fried pancakes.

Method.—Chop the herbs finely, then put them into a stewpan with the butter, and stew till tender. Keep them moist, mix in the ham or bacon, put a thin layer of mince over each pancake, and roll them up. Put the pancakes closely side by side in a stewpan, add just enough stock to keep them from burning, cover closely, and steam for 30 minutes.

Time.—1 hour. **Average Cost,** 8d.–9d. **Seasonable** at any time.

1518.—HORSERADISH. (*Fr.*—Raifort.)

Method.—This root, scraped, is served with hot roast beef, and is also used for garnishing cold roast beef and many kinds of boiled fish. Let the horseradish remain in cold water for 1 hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and use the remainder for garnishing the joint; it should be placed in tufts round the border of the dish, with 1 or 2 bunches on the meat.

Average Cost.—2d. per stick. **Seasonable** from October to June.

THE HORSERADISH (Fr. *raifort*).—This vegetable possesses highly stimulant and exciting stomachic properties. It is valuable as a condiment in promoting the appetite and exciting the organs of digestion. Sulphur is present to the extent of 30 per cent. in the horseradish, and causes the black colour which metal vessels sometimes assume when horseradish is distilled. It is a most powerful antiscorbutic, and forms the basis of various medicinal preparations in the form of wines, tinctures, and syrups.

1519.—KIDNEY BEANS.

See French Beans, Recipe No. 1451.

1520.—KOHL-RABI, STEWED.

Ingredients.—1 large kohl-rabi, or 2 small ones, 2 ozs. of butter. ½ oz. of flour, ½ a pint of milk, nutmeg, salt and pepper.

Method.—Pick out the most tender leaves, which put aside to be afterwards boiled, drained, and tossed in ½ an oz. of butter. Peel and quarter the root, cover it with boiling salted water, boil gently until tender, and drain well. Heat the remaining 1½ ozs. of butter, add the flour, cook for 4 or 5 minutes without browning, add the milk, and stir until boiling. Season to taste, add a little nutmeg, put in the quarters of root, and let them remain until thoroughly hot. Serve with the sauce poured over, garnished with the leaves prepared as directed above.

1521.—LEEKS, BOILED. (*Fr.*—Poireaux au Naturel.)

Ingredients.—12 young leeks, salt, vinegar, ¾ of a pint of white sauce (*see* Sauces, No. 223), toast.

Method.—Trim off the roots, the outer leaves, and the green ends, and cut the stalks into 6 inch lengths. Have ready a saucepan of boiling water, add a tablespoonful of vinegar and a dessertspoonful of salt, put in the leeks, previously tied in bundles, and boil gently for about 40 minutes, or until they are perfectly tender. Drain well, serve on toast, and pour the white sauce over them.

Time.—About 40 minutes. **Average Cost,** 1s. to 1s. 3d. Obtainable all the year; cheapest in September, October and November.

The Leek (Fr. *poireau*).—This plant, the *Albium porrum*, is highly valued for culinary purposes. It is ordinarily sown in Spring, and is ready for use the following Winter. Its flavour is much milder than that of the onion, or any other species of the allium. Leeks, like the onion, are more frequently employed for flavouring purposes than served as a vegetable ; but if boiled in 3 or 4 waters, and afterwards stewed in milk, quartered, and served on toast like asparagus, they are nearly, if not quite. as delicate.

1522.—LEEKS WITH POACHED EGGS. (*Fr.*—Poireaux aux Oeufs Pochés.)

Ingredients.—6 or 8 leeks, 1 onion, 1 carrot, ½ a turnip, 1 bouquet-garni, 1 bay-leaf, 1 blade of mace, 2 ozs. of butter, 1 oz. of flour, ½ a pint of white stock, ½ a pint of milk, 6 poached eggs, toast, salt and pepper.

Method.—Cut the onion, carrot and turnip into thin slices, prepare the leeks as in the preceding recipe, put them into cold water, bring to the boil, and strain. Heat 1 oz. of butter in a stewpan, put in the leeks, onion, carrot, turnip, herbs, bay-leaf and mace, and fry slowly for 15 minutes, then add the stock, cover closely, and cook gently for about 1¼ hours. When the cooking is nearly completed, melt the remainder of the butter in another stewpan, add the flour, fry for a few minutes, then put in the milk, and stir until boiling. Take up the leeks, cut them lengthwise into quarters, across into 2 or 3 pieces, keep them hot, and strain what little stock remains into the sauce. Arrange the toast as a long narrow strip down the centre of the dish, pile the pieces of leek high upon it, pour over the sauce, and place the poached eggs round the base.

Time.—From 1½ to 1¾ hours. **Average Cost,** 2s. to 2s. 6d. Obtainable at any time; cheapest in September, October and November.

1523.—LENTILS, BOILED.

Ingredients.—1 pint of lentils, 1 oz. of butter, ½ an oz. of flour, ½ a pint of stock or milk, 1 finely-chopped onion, salt and pepper.

Method.—Soak the lentils overnight in plenty of water, drain, cover them with boiling water, add a little salt, and boil gently until soft but not broken. Fry the onion in the butter until lightly browned, add the flour, and when it has cooked for 2 or 3 minutes, put in the stock or milk, and stir the mixture until it boils. Strain and add the lentils, season to taste, cook gently for a few minutes, then serve. Or soak, boil and drain the lentils as directed above, season to taste with salt and pepper, stir in a little butter, then serve.

Time.—About an hour. **Average Cost,** 2d. per pint. **Seasonable** at any time.

1524.—LETTUCES. (*Fr.*—Laitues.)

Method.—These form one of the principal ingredients of summer salads. They are seldom served in any other way, but may be stewed and sent to table in a good brown gravy flavoured with lemon-juice. In preparing them for salad, carefully wash them free of dirt, pick off all the decayed and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the stalks, and either halve, or cut the lettuces into small pieces. The manner of cutting them up entirely depends on the salad for which they are intended. In France, the lettuces are sometimes merely wiped with a cloth, and not washed, the cooks there declaring that the act of washing them injuriously affects the pleasant crispness of the plant; in this case, scrupulous attention must be paid to each leaf, and the grit thoroughly wiped away.

Average Cost.—From 1d. to 2d. per head. Obtainable all the year.

THE LETTUCE (Fr. *laitue*).—In its young state the lettuce forms a well-known and wholesome salad, containing a clear, tasteless, and inodorous liquid, with soothing and cooling properties. When flowering, if the plant be cut or wounded, it discharges a peculiar milky juice, which possesses medicinal properties. From the inspissated juice of the lettuce opium is obtained.

1525.—LIMA BEANS.

Fresh Lima beans may be treated in the same manner as fresh peas, and the dried beans may be prepared and cooked according to the directions given for dressing haricot beans and lentils.

1526.—MACEDOINES, PRESERVED.

See Tinned Peas, to Dress, Recipe No. 1559. Follow the directions given, but omit the mint.

1527.—MAIZE, OR INDIAN CORN. (*Fr.*—Mais.)

Ingredients.—2 young cobs of Indian corn, 3 quarts of water, 3 tablespoonfuls of salt.

Method.—Cut off the stem, throw the green cobs into cold water, with the above proportion of salt, and boil slowly for $\frac{3}{4}$ of an hour, or until tender. Serve on toast, with melted butter.

Time.—$\frac{3}{4}$ of an hour, after the water boils. **Average Cost,** from 3d. per cob. **Seasonable** in August and September.

1528.—MIXED VEGETABLES FOR GARNISH. (*Fr.*—Macédoine de Légumes.)

Ingredients.—Equal quantities of carrots, turnips, peas, salt.

Method.—Wash and scrape the carrots and turnips, shape them round or oval by means of special cutters sold as vegetable scoops. Boil them and the peas separately in salted water until tender, then drain well, and use as required. Asparagus points, flageolets, sprays of cauliflower, French beans, cut into diamonds, all may be used in addition to the above.

1529.—MUSHROOMS, BAKED. (*Fr.*—Champignons au Beurre.)

Ingredients.—16 or 20 cup mushrooms, butter, pepper to taste.

Method.—For this method of cooking, the cup mushrooms are better than the buttons, but should not be too large. Cut off a portion of stalk, peel the top, and put them at once into a baking-dish, with a very small piece of butter placed on each mushroom; sprinkle over a little pepper, and let them bake for about 20 minutes, or longer, should the mushrooms be very large. Have ready a very hot dish, pile the mushrooms high in the centre, pour the gravy round, and send them to table quickly with very hot plates.

Time.—20 minutes; large mushrooms, $\frac{1}{2}$ an hour. **Average Cost,** from 6d. to 9d. per lb. **Seasonable,** meadow mushrooms in September and October; cultivated varieties obtainable all the year. **Sufficient** for 6 or 8 persons.

Varieties of Mushrooms.—The common mushroom found in our pastures is the *Agaricus campestris* of science; and another edible British species is *A. georgii*, but *A. primulus* is affirmed to be the most delicious mushroom. The morel is *Morchella esculenta*, and *Tuber cibarium* is the common truffle. Of late years much scientific research has been devoted to fungi of all descriptions, and enthusiasts have put to the test the suitability of mushrooms and fungi for food purposes. The list of edible fungi is a long one, but it requires some study before the more uncommon kinds can be safely ventured upon.

1530.—MUSHROOMS, BROILED. (*Fr.*—Champignons Grillés.)

Ingredients.—Cup mushrooms, pepper and salt, butter, lemon-juice.

Method.—Carefully peel the mushrooms, cut off a portion of the stalk, and season with salt.

Broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over them a few drops of lemon-juice.

Time.—About 10 minutes. **Average Cost,** from 6d. per lb. **Seasonable** in September and October, obtainable all the year.

Localities of the Mushroom.—Mushrooms are to be met with in pastures, woods and marshes, but are very capricious and uncertain in their places of growth, multitudes being obtained in one season where few or none were to be found in the preceding year. They sometimes grow solitary, but more frequently they are gregarious, and rise in a regular circular form. Many species are employed by man as food; but, generally speaking, they are difficult of digestion. Many of them are also of suspicious qualities. Little reliance can be placed either on their taste, smell, or colour, as much depends on the situation on which they vegetate, and even the same plant, it is affirmed, may be innocent when young, but become noxious when advanced in age.

1531.—MUSHROOMS, PRESERVED, WITH BROWN SAUCE.

Ingredients.—1 pint tin or bottle of mushrooms, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of sherry, stock, salt and pepper.

Method.—Strain the liquor from the tin or bottle, and add to it sufficient stock to make up rather more than ½ a pint. Fry the butter and flour together until well-browned, add the mushroom-liquor, and stir the mixture until it boils. Season to taste, add the sherry, put in the mushrooms, and, when quite hot, serve as an accompaniment to broiled chicken, steak, etc. They may also be served as a vegetable entremêt, in which case the mushrooms should be neatly arranged on hot buttered toast.

Time.—Altogether, about ½ an hour. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

1532.—MUSHROOMS, STEWED. (*Fr.*—Champignons à la Crême.)

Ingredients.—1 lb. of button mushrooms, 2 ozs. of butter, ¼ of a pint of cream or milk, 1 dessertspoonful of flour, the juice of ½ a lemon, salt and pepper.

Method.—Remove the skins, and cut off the ends of the stalks. Melt the butter in a stewpan, put in the mushrooms and lemon-juice, season with salt and pepper, cover closely, and cook gently for about ½ an hour, shaking the pan occasionally. Mix the flour and cream or milk smoothly together, pour the mixture into the stewpan, stir until the contents boil, simmer for 10 minutes to cook the flour, then, if the mushrooms are tender, season to taste, and serve.

Time.—About 40 minutes. **Average Cost,** from 8d. per lb. **Sufficient** for 3 or 4 persons. **Seasonable,** meadow mushrooms in September and October, obtainable all the year.

To procure mushrooms at all seasons gardeners provide themselves with what is called *spawn* from those whose business it is to propagate it.

When thus procured it is usually made up for sale in quadrils consisting of numerous white, fibrous roots, having a strong smell of mushrooms. The spawn is planted in rows, in a carefully-made bed, formed of seasoned farm-yard compost of sifted loam, beaten hard, and placed in a dry situation, and carefully attended to for five or six weeks, when the bed begins to produce, and continues to do so for several months. Cellars are often utilized for this purpose. In Paris most of the mushrooms are grown on artificially-formed beds in dark, disused quarries.

1533.—MUSHROOMS, TINNED, WITH CREAM SAUCE.

Ingredients.—1 pint bottle or tin of mushrooms, 1 oz. of butter, 1 oz. of flour, 2 tablespoonfuls of cream, milk, salt and pepper.

Method.—Strain off the liquor, add to it sufficient milk to make up rather more than ½ a pint. Heat the butter in a stewpan, add the flour, stir and cook for a few minutes without browning, then put in the mushroom liquor. Stir until boiling, season to taste, put in the mushrooms, and when thoroughly hot stir in the cream, and serve.

Time.—About 20 minutes. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

1534.—MUSHROOMS, TO KEEP TEMPORARILY.

Ingredients.—1 quart of mushrooms, 2 ozs. of butter, 1 tablespoonful of lemon-juice, salt and pepper.

Method.—Peel, wash and thoroughly dry the mushrooms. Heat the butter in a LARGE stewpan, put in the mushrooms, season lightly with salt and pepper, and add the lemon-juice. Leave the pan uncovered, and cook the mushrooms very slowly until they become quite dry. They will keep good for several days, and when required for use should be re-heated and drained free from butter. They may also be kept for some time if closely packed in a shallow piedish, and covered with clarified butter.

1535.—MUSHROOMS, TO PRESERVE.

Ingredients.—To each quart of mushrooms allow 3 ozs. of butter, pepper and salt to taste, the juice of 1 lemon, clarified butter.

Method.—Peel the mushrooms, put them into cold water, with a little lemon-juice; let them remain for 10 minutes, then dry them very carefully in a cloth. Put the butter into a stewpan capable of holding the mushrooms; when it is melted, add the mushrooms, lemon-juice, and a seasoning of pepper and salt. Draw them down over a slow fire, and let them remain until their liquor is boiled away, and they have become quite dry, but they must not stick to the bottom of the stewpan. When done, put the mushrooms into pots, and over the top pour clarified butter. If not wanted for immediate use, they will keep good a few days without being covered over. To re-warm them, put the mushrooms into a stewpan, strain the butter from them, and they will be ready for use.

Average Cost.—From 8d. per lb. **Seasonable,** meadow mushrooms in September and October, obtainable all the year.

1536.—MUSHROOMS, STUFFED. (*Fr.*—Champignons Farcis au Gratin.)

Ingredients.—6 medium-sized mushrooms, 6 round croûtes of fried or toasted bread, slightly larger than the mushrooms, 1 tablespoonful of finely-chopped cooked ham, ½ a tablespoonful of breadcrumbs, a teaspoonful of grated Parmesan cheese, 1 teaspoonful of finely-chopped mushrooms, ½ a teaspoonful of finely-chopped parsley, 1 very small onion finely chopped, ½ an oz. of butter, salt and pepper, browned breadcrumbs, brown sauce (*see* Sauces).

Method.—Remove the stalks and skins, trim the mushrooms to a uniform shape with a round cutter, and use the trimmings for the mixture. Melt the butter in a small stewpan, add to it all the above ingredients, except the butter, brown breadcrumbs, and brown sauce, season well with salt and pepper, stir briskly over the fire until well mixed, adding by degrees as much brown sauce as is necessary to slightly moisten the whole. Pile the preparation on the mushrooms, sprinkle with browned breadcrumbs, add a small piece of butter, and bake from 10 to 15 minutes in a moderate oven.

Time.—From 30 to 35 minutes. **Average Cost,** from 8d. per lb. **Sufficient** for 5 or 6 persons. **Seasonable,** meadow mushrooms in September and October.

1537.—MUSHROOMS ON TOAST. (*Fr.*—Champignons sur Croûtes.)

Ingredients.—An equal number of medium-sized mushrooms and slightly larger rounds of well buttered toast, butter, salt and pepper.

Method.—Peel the mushrooms, cut off a portion of the stalks, season well with salt and pepper, brush over with warm butter, and grill over a clear fire, or fry in a pan in a little hot butter. Arrange neatly on the croûtes, and serve as hot as possible.

Time.—12 to 15 minutes. **Average Cost,** from 8d. per lb. Allow 1 or 2 to each person. **Seasonable,** procurable at any time.

1538.—OKRA.

This plant is a native of the West Indies, although now largely cultivated in India and America. The young green pods are sometimes pickled, and the older pods are preserved in tins for export. Those imported resemble gherkins in size, but their ends form a sharper point; their colour is lighter and less vivid in tone, and their pods contain seeds not unlike pearl barley. Okra has a peculiar flavour, often disagreeable to an unaccustomed palate, and it is exceedingly mucilaginous, the pods in the tin being surrounded by a substance of greater viscidity than gum.

1539.—OKRA, TO BOIL.

Ingredients.—24 fresh okras, 2 tablespoonfuls of oiled butter, 2 tablespoonfuls of cream, salt and pepper.

Method.—Wash the okras in cold water, drain them well, and trim both ends. Place them in a saucepan containing boiling salted water, boil gently for 15 minutes, or until tender, and drain well. Make the butter and cream hot in a stewpan, put in the okras, sprinkle liberally with pepper, add a little salt, shake them over the fire for a few minutes, then serve.

Time, ½ an hour. **Average Cost,** uncertain.

1540.—OKRAS AND TOMATOES, SCALLOPED.

Ingredients.—¼ of a tin of okras, 4 tomatoes sliced, 2 tablespoonfuls of breadcrumbs, ¾ of an oz. of butter, ¾ of an oz. of flour, ½ a pint of milk, salt and pepper, browned breadcrumbs or cracker crumbs, butter.

Method.—Cut the okras into small pieces, halve or quarter the slices of tomatoes, mix the two together, and add the breadcrumbs. Heat the butter in a stewpan, add the flour, stir and cook the mixture for a few minutes, then put in the milk, and stir until boiling. Season to taste, and simmer gently for 5 minutes. Place the mixture of okras and tomato in well-buttered scallop shells, sprinkle lightly with salt and pepper, and add a little sauce. Cover lightly with browned breadcrumbs or cracker crumbs, add 2 or 3 small pieces of butter, and bake in a moderately-hot oven from 10 to 15 minutes. Serve hot.

Time.—To bake the scallops, from 10 to 15 minutes. **Average Cost,** 10d. to 1s. Allow 1 scallop to each person. **Seasonable** at any time.

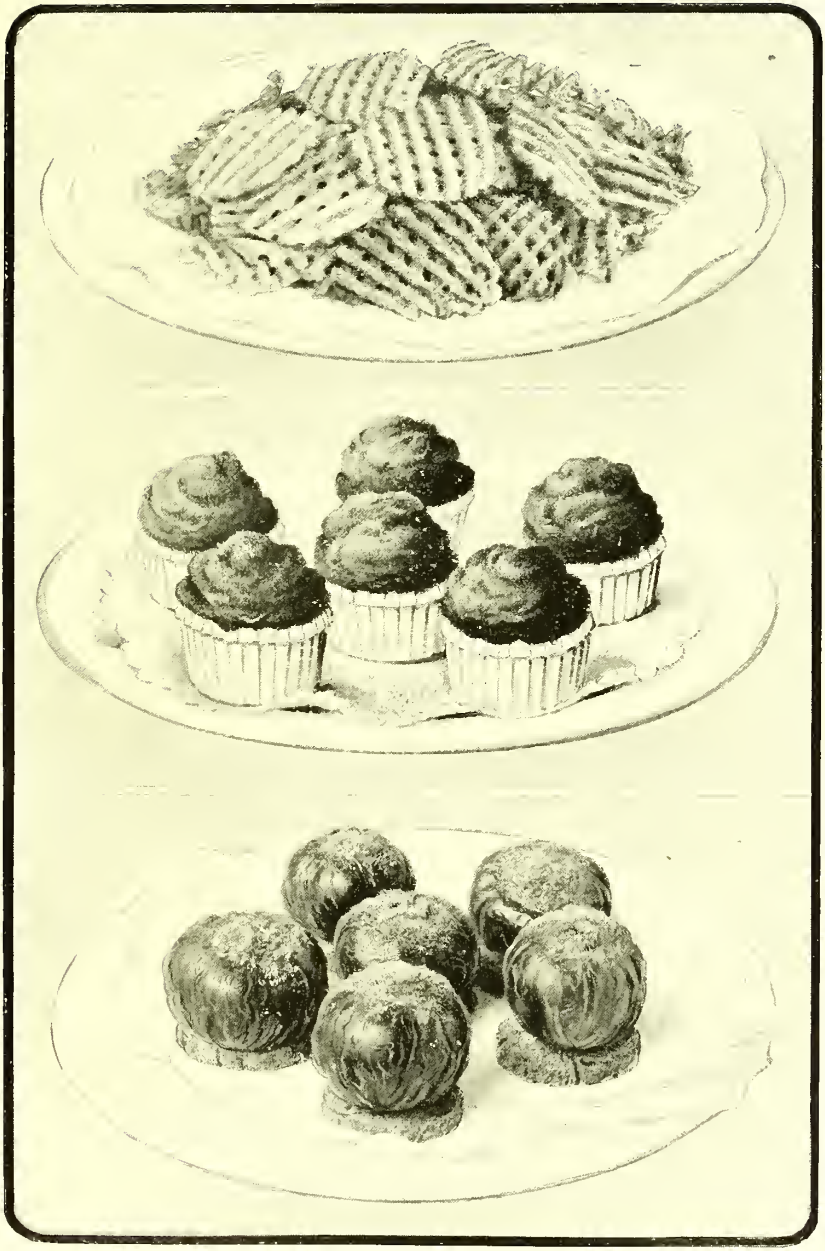
1541.—OKRAS, TINNED, TO SERVE AS A VEGETABLE.

Ingredients.—1 tin of okras, salt and pepper.

Method.—Turn the contents of the tin into a steel stewpan, make thoroughly hot, then drain, season with salt and pepper, and serve.

Time.—To re-heat, about 10 minutes. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

DRESSED VEGETABLES.



1. Wafer Potatoes. 2. Spinach Soufflés. 3. Stuffed Tomatoes.

1542.—ONIONS.

Directions given for preparing and cooking Spanish onions are equally applicable to other varieties less mild in character. When their stronger flavour is disliked, it may be partially removed by blanching them, and still more effectually by changing the water two or three times.

1543.—ONIONS, BURNT, FOR GRAVIES.

Ingredients.—½ a lb. of onions coarsely-chopped, ½ a lb. of moist sugar, ½ a pint of water, ¾ of a pint of vinegar.

Method.—Place the onions and water in a steel stewpan, let them boil for 5 or 6 minutes, then add the sugar, and simmer gently until the preparation becomes nearly black. Have the vinegar ready boiling, pour it into the stewpan, stir until well mixed, then strain, and when cold, bottle for use. This browning must be used very sparingly, or it will impart a disagreeable taste. When colouring alone is required, it is safer to use caramel, recipes for which will be found under that name.

1544.—ONION PIE.

See Chapter XLIII, "Vegetarian Cookery."

1545.—ONIONS, ROASTED. (*Fr.*—Oignons rôtis.)

Ingredients.—Onions, either red or yellow.

Method.—Top and tail the onions, but do not skin them. Put them into a saucepan containing sufficient boiling salted water to cover them, boil gently until nearly done, then drain and dry thoroughly. Place the onions in a tin, or in a Dutch oven, in front of a clear fire, and roast them for 15 or 20 minutes, turning them frequently. Serve as a garnish to roast fowl.

Time.—To boil the onions, about 1 hour. **Average Cost,** 2d. per lb. **Seasonable** at any time.

1546.—ONIONS, SPANISH, BAKED. (*Fr.*—Oignons.)

Ingredients.—4 or 5 Spanish onions, salt and water.

Method.—Put the onions, with their skins on, into a saucepan of boiling water, slightly salted, and let them boil quickly for 1 hour. Then take them out, wipe them thoroughly, wrap each one in a piece of buttered paper, and bake them in a moderate oven for 2 hours, or longer, should the onions be very large. They may be served in their skins, and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

Time.—From 1 to 1½ hours to boil; 2 hours to bake. **Average Cost,** 2d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable** from October to April.

Properties of the Onion.—The onion is possessed of a white, acrid, volatile oil, holding sulphur in solution, albumen, a quantity of uncrystallizable sugar, and mucilage, phosphoric acid, both free and combined lime, acetic acid, citrate of lime, and lignine. Of all the species of allium, the onion has the volatile principle in the greatest degree; and hence it is impossible to separate the scales of the root without the eyes being affected. The juice is sensibly acid, and is capable of being, by fermentation converted into vinegar, and mixed with water or dregs of beer yields by distillation an alcoholic liquor. Although used as a common esculent, onions are not suited to all stomachs; some persons cannot eat them either fried or roasted, whilst others prefer them boiled, which is the best way of using them, as by the process they then undergo they are deprived of their essential oil. Many people who cannot eat onions in a pie or stew, when they are put in raw, find them quite digestible if they are first scalded for a quarter of an hour. Anaemic persons, and those of a consumptive tendency, frequently evince a great liking for onions, and they prove a most useful food for such invalids.

1547.—ONIONS, SPANISH, BAKED. (Another Method.)

Ingredients.—Spanish onions, brown sauce (*see* Sauces, No. 233), butter or fat, salt.

Method.—Peel the onions, put them into cold water, add a teaspoonful of salt, boil gently for ½ an hour, then strain. Have ready in a baking-dish some hot butter or hot fat, baste the onions well, place them in a moderate oven, and bake for 1½ hours, basting frequently. When done they should be well browned. Serve in a hot vegetable-dish with the sauce poured over them.

Time.—About 2 hours. **Average Cost,** from 2d. to 3d. per lb. **Seasonable** from October to April.

1548.—ONIONS, SPANISH, BOILED. (*Fr.*—Oignons d'Espagne bouillis.)

Ingredients.—Spanish onions, white sauce (*see* Sauces, No. 223), salt and pepper.

Method.—Peel the onions, put them into cold water, bring to the boil, and strain. Have ready a saucepan of boiling water, add to it a teaspoonful of salt, put in the onions, and boil gently from 1½ to 2 hours, according to size. Or they may be steamed, in which case about ½ an hour longer must be allowed. Serve with the white sauce poured over them.

Time.—From 1¾ to 2¼ hours. **Average Cost,** 2d. to 3d. per lb. **Seasonable** from October to April.

1549.—ONIONS, SPANISH, STEWED. (*Fr.*—Oignons au Jus.)

Ingredients.—4 or 5 medium-sized Spanish onions, 1 pint of brown stock or gravy.

Method.—Peel and trim the onions, cover them with cold water, bring to the boil, and strain. Select a stewpan large enough to allow the onions to stand side by side, put in the stock, cover closely, and simmer gently from 1 to 1½ hours. Serve in a hot vegetable dish with the gravy poured round.

Time.—From 1½ to 2 hours. **Average Cost**, 2d. to 3d. per lb. **Seasonable** from October to April.

1550.—ONIONS, SPANISH, STEWED. (*Fr.*—Oignons au Jus.) (Another Method.)

Ingredients.—4 or 5 medium-sized Spanish onions, 3 ozs. of butter.

Method.—Blanch the onions as in the preceding recipe. Heat the butter in a stewpan, stand the onions side by side, cover closely, and cook very gently at the side of the stove for about 2 hours, basting frequently. Serve with the butter poured over.

Time.—From 2 to 2¼ hours. **Average Cost**, from 2d. to 3d. per lb. **Seasonable** from October to April.

1551—ONIONS, SPANISH, STUFFED. (*Fr.*—Oignons Farcis.)

Ingredients.—6 or 8 rather small Spanish onions, 4 tablespoonfuls of finely-chopped liver or raw meat (cooked meat of any kind may be used instead), 1 tablespoonful of parboiled finely-chopped onion, 1 tablespoonful of breadcrumbs, ½ a teaspoonful of powdered sage or mixed herbs, 1 egg, salt and pepper, ¾ of a pint of brown sauce (*see* Sauces, No. 233.)

Method.—Skin and parboil the onions, then with a round cutter or small knife remove the centre part. Mix all the ingredients, except the brown sauce, together, fill the onions with the preparation, baste them well with hot butter or dripping, and bake in a moderate oven from 30 to 40 minutes, basting frequently. Serve with the sauce poured over.

Time.—From 1¼ to 1½ hours. **Average Cost**, 1s. to 1s. 2d. **Sufficient** for 6 or 7 persons. **Seasonable** from October to April.

See also Chapter on American Cookery.

1552.—PARSNIPS, BOILED. (*Fr.*—Panais au Naturel.)

Ingredients.—Parsnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Method.—Wash the parsnips, scrape them thoroughly, and with the point of the knife remove any black specks about them, and should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water, salted in the above proportion, boil them rapidly until tender, which may be ascertained by piercing them with a fork or skewer, take them up, drain them, and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork or boiled beef; when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

Time.—Large parsnips, 1 to 1½ hours; small ones, ½ to 1 hour. **Average Cost,** 2d. per lb. **Seasonable** from October to May.

THE PARSNIP (Fr. *panais*).—This vegetable is found wild in meadows all over Europe, and in England is met with very frequently on dry banks in a chalky soil. In its wild state the root is white, mucilaginous, aromatic and sweet. The cultivated parsnip is much used, and is a highly nutritious vegetable. In times of scarcity, an excellent bread has been made of its roots, and they also furnish an excellent wine, resembling the malmsey of Madeira and the Canaries; a spirit is also obtained from them in as great quantities as from carrots. The composition of the parsnip-root has been found to be in 100 parts, 79·4 of water, 6·9 starch and fibre, 6·1 gum, 5·5 sugar, and 2·1 of albumen.

1553.—PARSNIPS, FRIED. (*Fr.*—Panais Frits.)

Ingredients.—Parsnips, salt and pepper, egg and breadcrumbs, or frying-batter.

Method.—Boil the parsnips as in the preceding recipe (cold ones may be used), cut them into slices, about ½ an inch in thickness, sprinkle them with salt and pepper, and either coat them with egg and breadcrumbs, or dip them into batter. In either case, they must be fried until golden-brown in hot fat.

Average Cost, 2d. per lb. **Seasonable** from October to May.

1554.—PARSNIPS, MASHED.

See Turnips, Mashed, Recipe No. 1627.

1555.—PEAS, GREEN. (*Fr.*—Petits Pois Verts.)

Ingredients.—1 quart of cooked green peas, 2 ozs. of lean cooked ham cut into dice, 1 oz. of butter, 2 tablespoonfuls of good stock, 1 teaspoonful of flour, ½ a small onion finely-chopped, a pinch of castor sugar, a pinch of grated nutmeg, salt and pepper.

Method.—Fry the onion until lightly browned in the butter, add the flour and ham, stir over the fire for a minute or two, then put in the peas, stock, sugar, and nutmeg. Season to taste, simmer for 10 minutes, stirring occasionally, then serve.

Time.—About 1 hour, altogether. **Average Cost,** 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from May to September.

1556.—PEAS, GREEN, BOILED. (*Fr.*—Petits Pois verts à l'Anglaise.)

Ingredients.—Green peas, mint, butter, salt and pepper.

Method.—Shell the peas, put them into boiling water, add a little salt and a sprig of mint, and boil, with the saucepan uncovered, from 10 to 25 minutes, according to age and variety. Drain well, put them into a hot vegetable dish, season with pepper, add a small piece of butter, and serve.

Time.—From 10 to 25 minutes. **Average Cost,** from 6d. per peck. **Seasonable** from May to September; most plentiful in July and August.

Origin of the Pea.—All the varieties of garden peas which are cultivated have originated from the *Pisum sativum*, a native of the south of Europe; and field peas are varieties of *Pisum arvense*. The everlasting pea is *Lathyrus latifolius*, an old favourite of flower gardens. It is said to yield an abundance of honey to bees, who are remarkably fond of it. In this country the pea has been grown from time immemorial, but its culture seems to have diminished since the more general introduction of herbage, plants and roots.

1557.—PEAS, FRENCH STYLE. (*Fr.*—Petits Pois à la Française.)

Ingredients.—1½ pints of shelled peas, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, mint, salt and pepper.

Method.—Boil the peas as in the preceding recipe, drain off the water, and shake the saucepan over the fire until the greater part of the moisture has evaporated. Then put in the butter and parsley, season with pepper, toss over the fire for a few minutes, and serve.

Time.—From 20 to 35 minutes. **Average Cost,** from 6d. per peck. **Sufficient** for 4 or 5 persons. **Seasonable** from May to September.

Varieties of the Pea.—The varieties of the pea are numerous; but they may be divided into two classes—those grown for the ripened seed, and those grown for gathering in a green state. The culture of the latter is chiefly confined to the neighbourhoods of large towns, and may be considered as in part rather to belong to the operations of the market gardener than to those of the agriculturist. The grey varieties are the early grey, the late grey, and the purple grey, to which some add the Marlborough grey and the horn grey. The white varieties grown in fields are the pearl, early Charlton, golden hotspur, the common white, or Suffolk, and other Suffolk varieties.

1558.—PEAS, GREEN, STEWED. (*Fr.*—Petits Pois à la Française.)

Ingredients.—1 quart of peas, 1 lettuce, 2 ozs. of butter, pepper and salt to taste, 1 egg, ½ a teaspoonful of powdered sugar.

Method.—Shell the peas, and slice the onions and cut lettuces, into fine shreds; put these into a stewpan with the butter, pepper and salt, but no more water than that which hangs round the lettuce after washing it. Stew the whole very gently for rather more than 1 hour, then stir into the mixture a well-beaten egg, and about ½ a teaspoonful of powdered sugar. When the peas, etc., are nicely blended, serve, but after the egg is added, do not allow them to re-boil.

Time.—1¼ hours. **Average Cost** from 6d. per peck. **Seasonable** from May to September. **Sufficient** for 6 or 7 persons.

The Sweet Pea, and the Heath or Wood Pea.—The well-known sweet pea forms a handsome covering to a trellis, or lattice-work in a flower garden. Its gay and fragrant flowers, with its rambling habits, render it peculiarly adapted for such purposes. The wood pea or heath pea, is found in the heaths of Scotland, and the Highlanders of that country are extremely partial to them. The peas have a sweet taste, somewhat like the root of liquorice, and when boiled have an agreeable flavour, and are nutritive. In times of scarcity they have served as an article of food. When well boiled a fork will pass through them; and slightly dried, they are roasted, and in Holland and Flanders served up like chestnuts.

1559.—PEAS, TINNED, TO DRESS.

Ingredients.—1 pint of preserved peas, butter, mint, sugar, salt and pepper.

Method.—Strain the liquor from the peas, and wash and drain them well. Have ready a saucepan of boiling water, add 2 or 3 sprigs of mint, and when they have infused for 5 minutes, put in the peas, together with a little salt and a good pinch of sugar. Let the peas remain in the water for a few minutes, then drain them well, sprinkle them with pepper, and add a little cold butter. Or, instead of serving them plainly, dress them as directed under the heading Peas. When fresh mint is not procurable, serve the peas sprinkled with powdered mint.

Time.—To heat the peas, about 10 minutes. **Average Cost,** 9d. to 10d. **Seasonable** at any time.

1560.—PEASE PUDDING.

Ingredients.—1½ pints of split peas, 2 ozs. of butter, 2 eggs, pepper and salt to taste.

Method.—Put the peas to soak over night in water, and float off any that may be worm-eaten or discoloured. Tie them loosely in a clean cloth, leaving a little room for them to swell, and put them on to boil in cold rain-water, allowing 2½ hours after the water has simmered up. When the peas are tender, well rub them through a colander with a wooden spoon, and add the butter, eggs, pepper and salt. Beat all well together for a few minutes, until the ingredients are well incorporated, then tie them tightly in a floured cloth, and boil the pudding for another hour. Turn it on to the dish, and serve very hot.

Time.—Altogether, about 3½ hours. **Average Cost,** 7d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1561.—POTATOES, BAKED. (*Fr.*—Pommes de Terre.)

Ingredients.—Potatoes.

Method.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the brown skin of a baked potato is by many persons considered the better part of it. Put them in a moderate oven, and bake them for about 2 hours, turning them 3 or 4 times while they are cooking. Serve them in a napkin immediately they are done, for, if they are kept a long time in the oven they will have a shrivelled appearance. Potatoes may also be roasted before the fire in an American oven; but when thus cooked, they must be done very slowly.

Time.—From 1 to 2 hours, according to size. **Average Cost,** 1d. per lb. **Seasonable** all the year.

1562.—POTATO BALLS. (*Fr.*—Croquettes de Pommes de Terre.)

Ingredients.—Mashed potatoes, salt and pepper to taste; when liked, a very little minced parsley, egg and breadcrumbs.

Method.—Boil and mash the potatoes (*see* Potatoes, Mashed, Recipe No. 1575), add a seasoning of pepper and salt, and, when liked, a little minced parsley. Roll the potatoes into small balls, cover them with egg and breadcrumbs, and fry in hot oil or dripping until light-brown. Let them drain on a cloth or paper, dish them on a napkin, and serve.

Time.—10 minutes to fry the balls. **Seasonable** at any time.

The Potato.—The potato belongs to the family of the Solanaceae, the greater number of which grow in the tropics, and the remainder are distributed over the temperate regions of both hemispheres, but do not extend to the Arctic and Antarctic zones. The whole of the family possess valuable qualities; some species are narcotic, as the tobacco-plant, and others, as the henbane and nightshade, are deleterious. The roots partake of the properties of the plants, and are sometimes even more active. The tubers of such as produce them are amylaceous and nutritive, as in those of the potato. The leaves are generally narcotic, but they lose this principle in boiling, as in the case with the *solanum nigrum*, which is used as a vegetable when cooked.

1563.—POTATO CHIPS.

See Potatoes, Fried, Recipe No. 1569.

1564.—POTATO CROQUETTES.

See Potato Balls, Recipe No. 1562.

1565.—POTATOES, BOILED. (*Fr.*—Pommes de Terre au Naturel.)

Ingredients—Potatoes, salt.

Method.—Choose potatoes of equal size, scrub them, peel them thinly, wash them well in clean cold water, but do not let them remain in it for more than 10 minutes. Put them into a saucepan, with sufficient BOILING water to cover them, add a teaspoonful of salt to each quart of water, and boil GENTLY from 20 to 40 minutes, according to age and size. Ascertain when they are done by trying one with a skewer; if soft, drain off the water, put the saucepan by the side of the fire with the lid tilted, to allow the steam to escape, let them remain for about 10 minutes, then serve.

Time.—From 20 to 40 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

Note.—Opinions are divided as to whether potatoes should be put into cold or boiling water. Those who adopt the former method can give no reason for so doing, save that of its being an old custom, whereas many who have made a scientific study of the culinary treatment of this vegetable, assert, and with good reason, that the darker layer of potato immediately under the skin is composed almost entirely of gluten, a substance which, like albumen, when subjected to the temperature of boiling water, at once hardens, forming an impervious layer that prevents the water reaching the inner starchy part of the potato. Consequently, the potatoes are more dry and floury than they would otherwise be. Potatoes may be kept hot for some time, without spoiling, if covered with a folded cloth to absorb the moisture, and the saucepan itself uncovered, to allow the steam to escape.

Potato-Sugar.—This sugar substance, found in the tubers of potatoes, is obtained in the form of syrup or treacle. It resembles grape-sugar, is not crystallizable, and is less sweet than cane-sugar. It is used to make sweetmeats and as a substitute for honey. 60 lb. of potatoes, yielding 8 lb. of dry starch, will produce 7½ lb. of sugar. In Russia it is extensively made, and is as good, though of less consistency, than the treacle obtained from cane-sugar. A cheap and common spirit is also distilled from the tubers, which resembles brandy, but is milder, and has a flavour resembling the odour of violets or raspberries. In France this manufacture is carried on somewhat extensively, and 500 lb. of the tubers will produce 12 lb. of the spirits, the pulp being utilized for feeding cattle.

1566.—POTATOES, COLD, TO USE.

Ingredients.—1 lb. of cold potatoes, 1 oz. of butter, 2 tablespoonfuls of finely-chopped onion, 2 tablespoonfuls of flour, milk, salt and pepper.

Method.—Pass the potatoes through a sieve, or beat them smooth with a fork. Add the butter, onion, and sufficient milk to moisten them, season to taste with salt and pepper, and press the mixture into a well-greased mould or basin. Bake in a moderate oven for about ½ an hour, then turn the potatoes out and serve. For other methods of utilising cold potatoes, *see* Bubble and Squeak, Potato Balls, Potatoes, Mashed and Baked, and Potatoes with Maître d'Hôtel Sauce.

Time.—To bake the mould, about ½ an hour. **Average Cost,** 2d. to 2½d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

1567.—POTATOES, CRISP.

See Potatoes, Fried, Recipe No. 1569.

1568.—POTATOES WITH CHEESE. (*Fr.*—Soufflé de Pommes de Terre au Fromage.)

Ingredients.—3 medium-sized potatoes, 2 whites of eggs, 1 yolk of egg, 1 heaped tablespoonful of grated cheese, 2 tablespoonfuls of milk, 1 teaspoonful of finely-chopped parsley, 1 oz. of butter, salt and pepper

Method.—Scrub the potatoes and bake them in their skins. When ready, cut in halves, empty the skins into a small stewpan, add the cheese, butter, yolk of egg, milk and parsley, season with salt and pepper, and mix well over the fire. Beat the whites stiffly, stir them lightly in, then fill the potato skins with the mixture, piling it somewhat high. Brush over with a little yolk of egg, and bake in a moderate oven for about 15 minutes.

Time.—From 1½ to 2 hours. **Average Cost,** 6d. **Seasonable** at any time. **Sufficient** for 6 persons.

Note.—This mixture can also be baked in scallop shells or patty-pans, which should be previously well buttered and covered with breadcrumbs.

ANALYSIS OF THE POTATO.—Next to the seeds of the cereals, the potato is the most valuable plant for the production of human food. Its tubers, according to analysis, contain the following ingredients: 75·52 starch, 0·55 dextrine, 3·3 of impure saccharine matter, and 3·25 of fibre with coagulated albumen. In a dried state the tuber contains 64·2 per cent. of starch, 2·25 of dextrine, 13·47 of impure saccharine matter, 5·13 of caseine, gluten and albumen, 1 of fatty matter, and 13·31 of fibre and coagulated albumen.

1569.—POTATOES, FRIED. (*Fr.*—Pommes de Terre Frites.)

Ingredients.—Potatoes, hot oil or clarified dripping, salt.

Method.—Peel and cut the potatoes into thin slices, as nearly the same size as possible, parboil them, and dry them in a cloth. Make some oil or dripping quite hot in a saucepan, put in the potatoes, and fry to a nice brown. When they are crisp and done take them up, drain them on paper before the fire, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak, and in France are frequently served as a breakfast dish. The remains of cold potatoes may be sliced and fried by the above recipe, but the slices must be cut a little thicker.

Time.—Sliced raw potatoes, 25 minutes; cooked potatoes, 15 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

USES OF THE POTATO.—Potatoes boiled and beaten with sour milk form a sort of cheese which is made in Saxony, and when kept in close vessels may be preserved for several years. Potatoes which have been exposed to the air and become green are very unwholesome. It is asserted that potatoes will clean linen as well as soap; and it is well known that the berries of *Solanum saponaceum* are used in Peru for the same purpose.

1570.—POTATOES, FRIED. (*Fr.*—Pommes de Terre Frites.) (Another Method.)

Ingredients.—6 potatoes, ½ a lb. of butter, salt.

Method.—Peel the potatoes very evenly, cut them into slices as thin as possible. Place the butter in a frying-pan, and as soon as it is boiling add the sliced potatoes, and fry them of a bright gold colour, shaking them so as to cook them equally. Drain on sheets of paper before the fire, powder with salt, and serve very hot. Serve with game.

Time.—10 to 12 minutes to fry. **Average Cost,** 1d. per lb. **Sufficient** for 3 persons. **Seasonable** at any time.

Note.—POTATO BREAD.—The adhesive tendency of the flour of the potato prevents its being baked or kneaded without being mixed with wheaten flour or meal; it may, however be made into cakes in the following manner: A small wooden frame, nearly square, is laid on a pan like a frying-pan, and is grooved and so constructed that, by means of a presser or lid introduced into the groove, the cake is at once fashioned, according to the dimensions of the mould. The frame containing the farina may be almost immediately withdrawn after the mould is formed upon the pan, because from the consistency imparted to the incipient cake by the heat, it will speedily admit of being safely handled ; it must not, however, be fried too hastily. It will then eat very palatably, and might from time to time be soaked for puddings, like tapioca, or be used like the casada-cake, for, when well buttered and toasted, it is excellent for breakfast.

1571.—POTATOES, IRISH WAY TO BOIL. (*Fr.*—Pommes de Terre à l' Irlandaise.)

Ingredients.—Potatoes, water.

Method.—Wash and scrub the potatoes, but do not peel them. Put them into a saucepan of boiling water, boil slowly until they can be easily pierced with a fork, then immediately add sufficient cold water to reduce the temperature several degrees below boiling point. Let them remain for 2 or 3 minutes, then pour off the water, cover the potatoes with a folded cloth, and allow them to stand by the side of the fire until the steam has evaporated. Peel them quickly, and send them to table in an open dish, in order that the steam may escape, otherwise the potatoes may be watery.

Time.—To boil the potatoes, from 20 to 30 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

1572.—POTATO RIBBONS, FRIED. (*Fr.*—Pommes de Terre Frites.)

Ingredients.—Potatoes, frying-fat.

Method.—Peel the potatoes, throw them into cold water for 10 minutes, dry with a clean cloth, and peel them into ribbons, ½ an inch wide, with a small sharp knife, cutting round and round. Divide these into 6-inch lengths, tie into knots, fry in a frying-basket in a deep pan of hot fat until golden-brown, then drain well on a paper, and serve.

Time.—From 5 to 6 minutes to fry. **Average Cost,** 1d. per lb. **Seasonable** at any time.

Preserving Potatoes.—In general, potatoes are stored or preserved in pits, cellars, pies or camps; but, whatever method is adopted, it is essential that the tubers are perfectly dry, otherwise they will surely rot ; and a few rotten potatoes will contaminate a whole mass. The pie, as it is called, consists of a trench, lined and covered with straw, the potatoes in it being piled in the shape of a house-roof, to the height of about three feet. The camps are shallow pits, filled and ridged up in a similar manner, covered up with the excavated mould of the pit. In Russia and Canada, the potato is preserved in boxes, in houses or cellars, heated, when necessary, by stoves to a temperature of one or two degrees above the freezing-point. To keep potatoes for a considerable time, the best way is to place them in thin layers on a platform suspended in an ice-cellar ; there the temperature being always below that of active vegetation, they will not sprout ; while, not being above one or two degrees below freezing point, the tubers will not be frost-bitten. Another method is to scoop out the eyes, with a very small scoop, and keep the roots buried in earth ; a third method is to destroy the vital principle, by kiln-drying, steaming, or scalding ; a fourth is to bury them so deep in dry soil, that no change of temperature will reach them, and thus, being without air, they will remain upwards of a year without vegetating.

1573.—POTATOES, GERMAN METHOD OF COOKING. (*Fr.*—Pommes de Terre à l'Allemande.)

Ingredients.—8 or 9 medium-sized potatoes, 2 ozs. of butter, 2 tablespoonfuls of flour, 2 tablespoonfuls of vinegar, ½ a pint of stock, salt and pepper.

Method.—Peel and slice the potatoes thinly. Heat the butter in a stewpan, add the flour, and, when lightly browned, stir in the stock and vinegar. Bring to the boil, season to taste, put in the sliced potatoes, and simmer very gently until tender.

Time.—About 25 minutes. **Average Cost,** 4d. to 5d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

1574.—POTATOES, LYONNAISE STYLE. (*Fr.*—Pommes de Terre à la Lyonnaise.)

Ingredients.—6 or 8 boiled potatoes sliced, 3 rather small onions, 1½ ozs. of butter, finely-chopped parsley, salt and pepper.

Method.—Peel the onions, cut them ACROSS into slices, fry these brown in butter, and keep them hot. Strain and return the butter to the sauté-pan, put in the sliced potato and fry until well-browned, keeping the slices unbroken. Season with salt and pepper, serve on a hot dish garnished with the fried slices of onion, and sprinkle lightly with parsley.

Time.—To cook the onions, from 5 to 6 minutes; to sauté the potatoes, 10 minutes. **Average Cost,** 5d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

1575.—POTATOES, MASHED. (*Fr.* Purée de Pommes de Terre.)

Ingredients.—1 lb. of potatoes, 1 oz. of butter, 1 or 2 tablespoonfuls of milk, salt.

Method.—Peel and steam the potatoes over a saucepan of boiling water, or boil them in their skins, and afterwards peel them. In either case, pass the potatoes through a wire sieve, or mash them well with a fork. Heat the butter in a stewpan, add the milk, stir in the potato, and season to taste with salt. Beat well with a wooden spoon, pile lightly in a hot dish, then serve. *See* Potato Rice, Potato, and Potato Vermicelli.

Time.—To steam the potatoes, from 30 to 40 minutes. **Average Cost,** 1d. per lb. **Sufficient** for 3 persons. **Seasonable** at any time.

1576.—POTATOES, MASHED AND BAKED. (*Fr.*—Pommes de Terre à la Duchesse.)

Ingredients.—1 lb. of cold mashed potato, 1½ ozs. of butter, 1 heaped tablespoonful of grated cheese, preferably Parmesan, 1 tablespoonful of milk (about), the yolk of 1 egg, salt and pepper.

Method.—Boil the potatoes, and rub them through a sieve whilst hot. Mix all the ingredients well together in a stewpan over the fire, then spread it on a floured board, and shape into rolls about 2½ inches long, and rather less than 1 inch in width. Or, cut into triangular or diamond-shaped pieces, place on a greased baking-tin, brush over with egg, and bake them in a moderately hot oven until nicely browned. Before serving, brush over with warm butter, and sprinkle with finely-chopped parsley. The potatoes may be served as a separate dish, or used as a garnish for many entrées and " dressed vegetables."

Time.—From 1¼ to 1½ hours. **Average Cost,** about 6d. **Seasonable** at any time.

1577.—POTATO NESTS.

See Potatoes with Cheese. (Recipe No. 1568). The cheese is usually, but not necessarily, omitted in Potato Nests.

1578.—POTATO PUFF.

See Potato Soufflé, Recipe No. 1586. When small puffs are required, force themixture on to a greased baking-tin in small rounds, and cook in a moderately-hot oven until lightly-browned.

1579.—POTATOES, PARISIAN. (*Fr.*—Pommes Parisienne.)

Ingredients.—Potatoes, 2 or 3 ozs. of butter, 1 teaspoonful of finely-chopped parsley, salt.

Method.—With a large round vegetable scoop prepare as many potatoes as may be required. To 1 pint allow the above proportions of butter and parsley. Heat the butter in a sauté-pan, fry the potatoes over the fire until well browned, then cook more slowly in the oven until tender. Drain off the butter, season with salt, sprinkle with parsley, and serve.

Time.—About 15 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

1580.—POTATOES WITH JACKETS.

See Potatoes, Irish Way to Boil, Recipe No. 1571.

1581.—POTATOES, ROASTED.

See Potatoes, Baked, Recipe No. 1561.

1582.—POTATO RISSOLES.

See Potato Balls, Recipe No. 1562.

1583.—POTATOES WITH MAÎTRE D'HÔTEL SAUCE. (*Fr.*—Pommes de Terre à la Maître d'Hôtel.)

Ingredients.—Cold boiled potatoes, ½ a pint of stock or milk, the yolk of 1 egg, 1 oz. of butter, a dessertspoonful of flour, ½ tablespoonful of chopped parsley, ½ a teaspoonful of lemon-juice, salt and pepper.

Method.—Cut the potatoes into thick slices. Melt the butter in a stewpan, stir in the flour, add the stock or milk, and boil well from 10 to 15 minutes. Season to taste, put in the slices of potatoes, let them become thoroughly hot, then draw the stewpan aside, put in the lemon-juice and parsley, add the yolk of egg, and stir gently until it thickens. The egg may be omitted, in which case a level tablespoonful of flour must be substituted for the smaller quantity given above.

Time.—About 20 minutes. **Average Cost,** 6d. **Seasonable** at any time.

1584.—POTATOES, SAUTÉ OR TOSSED. (*Fr.*—Pommes de Terre Sautées.)

Ingredients.—Potatoes, salt and pepper. To 5 or 6 allow 1 oz. of butter.

Method.—Choose rather waxy and even-sized potatoes, wash and boil them in their skins until three parts cooked, let them dry thoroughly, then peel and slice them rather thinly. Heat the butter in a sauté- or frying-pan, put in the potatoes, and season with salt and pepper. Toss them over the fire until they acquire a little colour, then serve.

Time.—To sauté the potatoes, from 4 to 5 minutes. **Average Cost,** 2d. to 3d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

1585.—POTATO STRAWS. (*Fr.*—Pommes Pailles.)

Ingredients.—5 or 6 medium-sized potatoes, frying-fat, salt.

Method.—Peel and slice the potatoes thinly, cut them into strips about 1½ inches long, then wash and drain them well, and dry them on a cloth. Have ready a deep pan of hot fat, fry the straws in a basket until crisp, drain free from fat, sprinkle with salt, and serve.

Time.—To fry the straws, about 15 minutes. **Average Cost,** 3d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

1586.—POTATO SOUFFLÉ. (*Fr.*—Soufflé de Pommes de Terre.)

Ingredients.—1 lb. of mealy potatoes, 1 oz. of butter, 1 gill of cream, 3 eggs, salt and pepper, nutmeg.

Method.—As soon as the potatoes are cooked, drain and dry them carefully, and rub them through a fine wire sieve. Put them into a basin, and add salt, pepper, and a grating of nutmeg to season. Melt the butter, and stir in, one by one, the yolks of eggs, and the cream, lastly add the whites of eggs, previously whisked to a stiff froth. Put the mixture into a buttered pie-dish, or into small buttered china or paper soufflé cases. Bake in a hot oven for about 20 minutes. Small cases will take rather less time.

Time.—From 1¼ to 1½ hours. **Average Cost,** 10d. **Seasonable** at any time.

1587.—POTATO RICE. (*Fr.*—Pommes de Terre au Riz.)

Ingredients.—Potatoes, salt and butter.

Method.—Choose white potatoes, boil them until tender, and mash them. Press them through a large colander on to a hot dish before a fire, shaking the colander lightly every other minute to cause the potatoes to fall off in short grains like rice; serve very hot.

Time.—From 40 to 50 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

1588.—POTATO SNOW. (*Fr.*—Pommes de Terre au Neige.)

Ingredients.—Potatoes, salt and water.

Method.—Choose white potatoes, as free from spots as possible, boil them in their skins in salt and water until perfectly tender, drain and dry them thoroughly by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish; do not touch them afterwards, or the flakes will fall; serve as hot as possible.

Time.—From 40 to 50 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

1589.—POTATO VERMICELLI.

Ingredients.—Potatoes, salt and water.

Method.—Prepare and cook the potatoes as in either of the two preceding recipes, then press them through a metal potato masher into a hot vegetable dish.

Time.—From 40 to 50 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

1590.—POTATOES, TO BOIL NEW. (*Fr.*—Pommes de Terre.)

Ingredients.—Potatoes; to each ½ gallon of water allow 1 heaped tablespoonful of salt, a few sprigs of mint.

Method.—Have the potatoes as fresh as possible, for they are never good when they have been some time out of the ground. Well wash them, rub or scrape off the skins, and put them and the mint into boiling water salted in the above proportion. Let them boil until tender; try them with a fork, and, when done, pour away the water. Allow them to stand by the side of the fire with the lid of the saucepan partially removed, and when they are thoroughly dry, put them in a hot vegetable dish, with a piece of butter the size of a walnut. If they are old, boil them in their jackets; drain, peel, and serve them as above, placing a piece of butter in the centre. Parsley chopped and mixed with the butter is an improvement.

Time.—¼ to ½ an hour, according to the size. **Average Cost,** in full season 1½d. per lb. **Sufficient,** 3 lb. for 5 or 6 persons. **Seasonable** in May and June, but may be had forced in March and April.

Potato Starch.—This fecula has a beautiful white crystalline appearance, and is inodorous, soft to the touch, insoluble in cold, but readily soluble in boiling, water. It is on this starch that the nutritive properties of the tubers depend. As an aliment, it is well adapted for invalids and persons of delicate constitutions. It may be prepared as arrowroot, and eaten with milk or sugar. For pastry of all kinds, it is lighter and easier of digestion than that made with the flour of wheat. In confectionery it serves to form creams and jellies, and in cookery may be used to thicken soups and sauces. It accommodates itself to the stomachs of children, for whom it is well adapted; and it is an aliment that cannot be too generally used, as much on account of its wholesomeness as its cheapness and the ease with which it is kept. These qualities render it equal, if not superior, to tapioca, sago and arrowroot.

1591.—POTATOES, TO STEAM.

Ingredients.—Potatoes, boiling water.

Method.—This method of cooking potatoes is now much in vogue, from its convenience when large quantities are required. Pare the potatoes, throw them into cold water as they are peeled, then put them in a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from 30 to 40 minutes, according to the size and sort. When the fork goes easily through the potatoes they are done; then take them up, dish, and serve very quickly.

Time.—From 30 to 40 minutes. **Average Cost,** 1d. per lb. **Seasonable** at any time.

1592.—PUMPKIN, FRIED.

See Vegetable Marrow, Fried, Recipe No. 1631.

1593.—PUMPKIN, MASHED.

See Vegetable Marrow, Mashed, Recipe No. 1633.

1594.—PUMPKIN PIE.

Ingredients.—1 pumpkin, 5 eggs, milk, castor sugar, ¼ of a teaspoonful of grated lemon-rind, 1 pinch each of cinnamon and ginger, short crust paste, salt.

Method.—Peel and slice the pumpkin, remove the seeds, boil it in slightly-salted water until tender, and pass it through a fine sieve. Beat and add the eggs, sweeten to taste, put in the lemon-rind, cinnamon and ginger, and stir in gradually sufficient milk to reduce the consistency to that of thick batter. Turn the mixture into a piedish lined with short crust paste, cover and bake in a moderately hot oven from 40 to 45 minutes. Serve hot.

Time.—To bake the pie, from 40 to 45 minutes. **Average Cost,** uncertain. **Sufficient** for 6 or 7 persons. **Seasonable** in summer.

1595.—PUMPKIN AND APPLE PIE.

Ingredients.—Pumpkin, apples, sugar, ground allspice, paste.

Method.—Remove the rind, seeds and puffy centre part of the pumpkin, and slice the rest thinly. Fill a piedish with alternate layers of apple and pumpkin, sprinkling each layer with sugar and a pinch of allspice. Add 3 or 4 tablespoonfuls of water, cover with paste, and bake in a moderately-hot oven from 45 to 60 minutes. Serve hot.

Time.—To bake, from 45 to 60 minutes. **Average Cost,** uncertain. **Sufficient** for 6 or 7 persons. **Seasonable** in summer.

1596.—SALSIFY, BOILED. (*Fr.*—Salsifis bouillis, Sauce Blanche.)

Ingredients.—Salsify: to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

Method.—Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as they are peeled, throw them into water mixed with a little lemon-juice, to prevent their discolouring. Put them into boiling water with salt, butter and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork, and, when it penetrates easily, the roots are done. Drain the salsify, and serve with good white sauce.

Time.—From 30 to 40 minutes. **Seasonable** from December to March.

Note.—Salsify may also be cooked according to any of the recipes given for dressing celery.

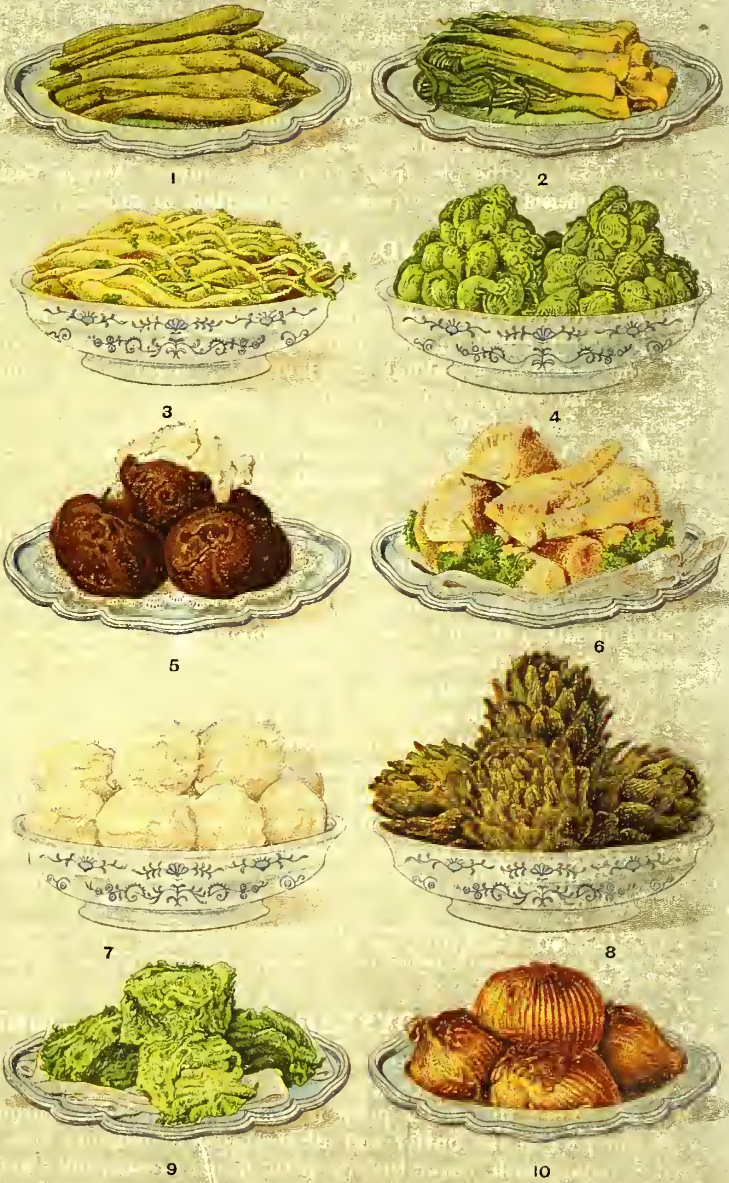
Salsify (Fr. *salsifis*), or purple goat's beard, is a plant indigenous to England, belonging to the same tribe as chicory or lettuce. It is less often eaten in England than on the Continent and in America, where it is known from its peculiar taste as the "oyster plant." The root is long and tapering, similar to the parsnip.

1597.—SCALLOPED OYSTER PLANT. (*Fr.*—Salsifis.)

Ingredients.—1½ lb. of stewed oyster plant (salsify), 3 ozs. of butter, ½ a gill of milk, salt to taste, a pinch of cayenne pepper.

Method.—When the oyster plant is boiled tender, rub it through a sieve; add part of the butter and all the other ingredients, mix well, put in a baking-dish, cover the top with grated breadcrumbs and the rest of the butter. Bake it a delicate brown, and serve hot.

VEGETABLES.



1.—Braized Celery. 2.—Leeks. 3.—Boiled Seakale. 4.—Brussels Sprouts.
5.—Baked Potatoes. 6.—Parsnips. 7.—Boiled Potatoes. 8.—Artichokes.
9.—Cabbage. 10.—Braized Onions.

Time.—15 minutes. **Cost** 1s. to 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** in winter.

1598.—SUCCOTASH.

Ingredients.—1 pint of shelled beans, 12 ears of fresh corn, 1 gill of cream or milk, 1 oz. of butter, salt and pepper.

Method.—Wash the beans, and cook them till almost tender in salted water. Drain them, and add the cream or milk and a gill of the liquor, also the corn, and simmer for about 15 minutes. At this stage put in the butter, and season slightly with salt and pepper. Serve hot.

Time.—45 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 4 persons. **Seasonable** August to October.

1599.—SWEET POTATOES, TO COOK, DRIED.

Method.—Pour boiling water over the potatoes the night before they are wanted. The next day drain and peel, boil, and dress with butter.

Varieties of the Potato.—These are very numerous. "They differ," says an authority, "in their leaves and bulk of haulm; in the colour of the skin of the tubers; in the colour of the interior, compared with that of the skin; in the time of ripening; in being farinaceous, glutinous, or watery; in tasting agreeably or disagreeably; in cooking readily or tediously; in the length of the subterraneous stolens to which the tubers are attached; in blossoming or not blossoming; and, finally, in the soil which they prefer." The earliest varieties grown in fields are—the early kidney, the Nonsuch, the early Shaw, and the early Champion. The last is the most generally cultivated round London; it is both mealy and hardy. The sweet potato is but rarely eaten in Britain; but in America it is often served at table, and is there very highly esteemed.

1600.—SWEET POTATOES, ROAST.

Method.—Lay the potatoes in a Dutch oven in front of the fire or in a hot oven, turning them occasionally until cooked. Scrape off the outer skin, and cut into pieces, or mash the butter, season, and serve hot.

1601.—SWEET POTATO FRITTERS.

Ingredients.—½ a lb. of sweet potatoes, 2 tablespoonfuls of warm butter, 1 tablespoonful of flour, 2 eggs and a little salt, frying-fat, egg and breadcrumbs.

Method.—Prepare, boil, and mash the potatoes; add to them the butter, flour, and 2 eggs, and season with salt. Form the mixture into small round flat cakes, coat them carefully with egg and bread crumbs, fry in hot fat until nicely browned, then drain well, and serve as a sweet with sugar and ground cinnamon.

Time.—To fry the fritters, 4 or 5 minutes. **Average Cost,** 8d. or 9d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

1602.—SAVOY, TO DRESS.

See recipes for Cooking Cabbage, on pages 822-5.

1603.—SEA-KALE, BOILED. (*Fr.*—Choux Marins.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt.

Method.—Well wash the kale, cut away any worm eaten pieces, and tie it into small bunches. Put it into boiling water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy; it will then take about ½ an hour altogether.

Time.—25 minutes. When liked very thoroughly done, allow an extra 5 minutes. **Average Cost,** in full season, 9d. per basket. **Sufficient,** 12 heads for 4 or 5 persons. **Seasonable** from February to June.

SEA-KALE (Fr. *chou marins*).—This plant belongs to the asparagus tribe, and grows on sea shores especially in the west of England, and in the neighbourhood of Dublin. Although it is now in very general use, it did not come into repute till 1794. It is easily cultivated, and is esteemed as one of the most valuable esculents indigenous to Britain. As a vegetable, it is stimulating to the appetite, easily digestible, and nutritious. It is so light that the most delicate organizations may readily eat it. The flowers form a favourite resort for bees, as their petals contain a great amount of saccharine matter.

1604.—SORREL, PUREE OF. (*Fr.*—Purée d'Oiselle.)

Ingredients.—3 lbs. of sorrel, 1 oz. of butter, 1 or 2 tablespoonfuls of either gravy or cream, flour, salt and pepper.

Method.—Pick the sorrel, remove the stalks, then wash it well, changing the water frequently. Put it into a saucepan with as much water as will barely cover the bottom of the pan, sprinkle with salt, and cook gently for about 20 minutes, turning it over, and pressing it down repeatedly with a spoon, in order to equalize the cooking. Drain well, rub through a fine sieve, put the purée into a stewpan, add the butter, cream or gravy, season well with salt and pepper, and stir over the fire for 8 or 10 minutes, dredging in gradually a little flour until the purée acquires the desired consistence, then serve.

Time.—About 45 minutes. **Average Cost,** 3d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable,** in best condition from May to October.

1605.—SPANISH SALAD. (*Fr.*—Salade Espagnole.)

Method.—Peel a large Spanish onion, cut it into very thin slices; with this mix a finely-sliced cucumber and 6 firm but ripe tomatoes, also cut into slices. Season with salt, pepper, oil and vinegar, and sprinkle some finely-grated Parmesan cheese between each layer. Garnish with stoned Spanish olives, and serve.

Average Cost, 1s. 6d. to 2s. **Seasonable** at any time.

1606.—SPINACH, BOILED. (*Fr.*—Purée d'Epinards.)

Ingredients.—3 lb. of spinach, 1 oz. of butter, 1 tablespoonful of flour, salt and pepper.

Method—Pick off the stalks, and wash the spinach in cold water until free from grit. Then put it into a saucepan with about a level tablespoonful of salt, and just sufficient water to cover the bottom of the pan. Boil uncovered from 15 to 25 minutes, occasionally pressing it down, and turning it over with a wooden spoon. When done, rub it through a fine sieve; put it into a stewpan with the butter, season well with pepper, sprinkle in the flour, and stir over the fire for 5 or 6 minutes. Serve on a hot dish garnished with croûtons of fried or toasted bread, or fleurons of puff-paste.

Time.—From 20 to 30 minutes. **Average Cost,** from 2d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable,** spring spinach from March to July; winter spinach from November to March.

Spinach (Fr. *epinards*).—A genus of plant belonging to the natural order *Chenopodiaceæ*. Its leaves are shaped like worms, and of a succulent kind. In its geographical distribution spinach is commonly found in extra-tropical and temperate regions, where it grows as a weed in waste places and among rubbish, and in marshes by the sea shore. In the tropics the genus is rarely found. Many of the species are used as pot-herbs, and some of them are emetic and vermifuge in their medicinal properties. Spinach has been cultivated in our gardens since the end of the seventeenth century. It is not very nutritious, but it is wholesome and easily digested. It is very light and laxative. Wonderful properties have been ascribed to spinach. It is an excellent vegetable, used sometimes in salads, but more usually eaten cooked.

1607.—SPINACH WITH BROWN GRAVY. (*Fr.*—Epinards au Jus.)

Ingredients.—4 lbs. of spinach, 4 tablespoonfuls of brown gravy, 1 tablespoonful of flour, salt and pepper.

Method.—Prepare and cook the spinach as in the preceding recipe. Rub it through a fine sieve, put it into a stewpan with the butter, gravy, and a little pepper, sprinkle in the flour, and stir over the fire until the purée acquires a thick creamy consistency. The spinach may be piled on croûtons of fried or toasted bread, or served on a hot dish, surrounded by croûtons of fried bread, and garnished with leaves, or other small designs of puff-paste, or white of egg.

Time.—From 20 to 30 minutes. **Average Cost,** from 2d. per lb. **Sufficient** for 4 or 5 persons. **Seasonable** from November to July.

1608.—SPINACH WITH CREAM. (*Fr.*—Epinards à la Crême.)

This recipe differs from the preceding one, Epinards au Jus, only in having 4 tablespoonfuls of cream substituted for the brown gravy.

Varieties of Spinach.—These comprise the strawberry spinach, which, under that name, was wont to be grown in our flower-gardens; the Good King Harry, the Orach or Garden Spinach, the Prickly-fruited and the Smooth-fruited, are the varieties commonly used. The Orach is a hardy sort, much esteemed in France, and is a native of Tartary, introduced in 1548. The common spinach has its leaves round, and is softer and more succulent than any of the Brassica tribe.

1609.—SPINACH WITH POACHED EGGS. (*Fr.*—Epinards aux Oeufs Pochés.)

Ingredients.—2 or 3 lb. of spinach purée, 6 poached eggs, fleurons of puff-paste, or croûtons of fried bread.

Method.—Prepare the purée according to directions given in any of the preceding three recipes. Poach the eggs in as plump a form as possible, and trim them to a nice round shape. Serve the spinach on a hot dish, place the eggs on the top, and garnish the base with the fleurons or croûtons.

Time.—About 30 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 5 or 6 persons. **Seasonable** from November to July.

1610.—SQUASH, TO DRESS.

See American Cookery.

1611.—TOMATOES, BAKED. (*Fr.*—Tomates au Gratin.)

Ingredients.—8 to 10 tomatoes, pepper and salt to taste, 2 ozs. of butter, breadcrumbs.

Method.—Take the stalks off the tomatoes, cut them in halves, and put them into a deep baking-dish with a seasoning of pepper and salt and butter in the above proportion. Cover the whole with breadcrumbs; drop over these a little clarified butter, bake in a moderate oven from 20 minutes to ½ an hour, and serve very hot. This vegetable, dressed as above, is an exceedingly nice accompaniment to all kinds of roast meats. The tomatoes, instead of being cut in half, may be baked whole, but they will take rather longer time to cook.

Time.—20 to 30 minutes. **Sufficient** for 5 or 6 persons. **Seasonable** in August, September and October, but may be obtained all the year round.

The Tomato, or Love Apple.—This vegetable is a native of Mexico and South America, but is also found in the East Indies, where it is supposed to have been introduced by the Spaniards. In this country it is much more cultivated than it formerly was, and the more the community becomes acquainted with the many agreeable forms in which the fruit can be prepared, the more widely will its cultivation be extended. For ketchup, soups, and sauces, it is equally applicable, and the unripe fruit makes one of the best pickles. In Italy and Provence tomatoes are cut in halves, and dried in the sun; they are then very slightly sprinkled with pepper and salt, and packed securely for winter use in soups and stews.

1612.—TOMATOES, DEVILLED. (*Fr.*—Tomates à la Diable.)

Ingredients.—5 or 6 firm tomatoes, 2 ozs. of butter, the yolks of 2 hard-boiled eggs, 2 tablespoonfuls of vinegar, ½ a teaspoonful of made mustard, 1 saltspoonful of salt, 1 saltspoonful of sugar, a good pinch of cayenne, 2 raw eggs, butter for frying.

Method.—Slice the tomatoes, place them in a sauté-pan containing a little hot butter, and let them cook very slowly for a few minutes. Mix the hard-boiled yolks and 2 ozs. of butter together, stir in the vinegar, add the mustard, salt, sugar and cayenne, and turn the whole into a small stewpan. When thoroughly hot, beat and add the eggs, and stir until the mixture thickens. Place the tomatoes on a hot dish, pour the sauce over, and serve.

Time.—About ½ an hour. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

1613.—TOMATOES, SCALLOPED. (*Fr.*—Tomates en Coquille.)

Ingredients.—½ a pint of tomato pulp, 2 or 3 tablespoonfuls of breadcrumbs, ½ an oz. of butter, ½ a teaspoonful of finely-chopped onion, salt and pepper, sugar, nutmeg, browned breadcrumbs, butter.

Method.—Obtain the pulp by passing tomatoes through a fine sieve, or use preserved pulp. Heat the butter in a stewpan, fry the onion until lightly-browned, and add half the tomato pulp and white breadcrumbs gradually until the mixture has the consistency of very thick cream. Add a pinch each of sugar and nutmeg, season to taste with salt and pepper, and pour the mixture into well-buttered scallop shells. Cover lightly with browned breadcrumbs, add 2 or 3 small pieces of butter, bake in a moderately-hot oven from 10 to 15 minutes, then serve.

Time.—To bake the scallops, from 10 to 15 minutes. **Average Cost,** 6d. to 7d., when preserved pulp is used. **Sufficient** for 6 or 8 shells. **Seasonable** at any time.

1614.—TOMATO SALAD. (*Fr.*—Salade de Tomates.)

Scald, drain and peel the tomatoes, and, when quite cold, slice them rather thinly. Arrange them neatly on a dish, sprinkle them lightly with salt and pepper, and moisten slightly with salad-oil and vinegar. Or, after preparing the tomatoes, as directed above, cut them across in halves, season with salt, pepper, and a little celery salt, adding a few drops of tarragon vinegar. Put them aside for ½ an hour, then serve.

1615.—TOMATOES AND SPINACH. (*Fr.*—Tomates aux Epinards.)

Ingredients.—Tomatoes, spinach purée, croûtes of fried bread, salt and pepper.

Method.—Remove some of the pulp and juice from the tomatoes, fill the cavities with spinach purée highly seasoned with salt and pepper, and bake in a moderately-hot oven until the tomatoes are soft. Serve on the croûtes.

Time.—To bake the tomatoes, about 10 minutes. **Average Cost,** 2d. to 2½d. each. **Seasonable** at any time.

1616.—TOMATOES, STEWED. (*Fr.*—Tomates au Jus.)

Ingredients.—8 tomatoes, about ½ a pint of good gravy, thickening of butter and flour, cayenne and salt to taste.

Method.—Take out the stalks of the tomatoes, put them into a wide stewpan, pour over them the above proportion of good brown gravy, and stew gently until they are tender, occasionally carefully turning them, that they may be equally done. Thicken the gravy with a little butter and flour worked together on a plate, let it boil for 10 minutes after the thickening is added, then serve.

Time.—From 20 to 25 minutes. **Average Cost,** from 4d. per lb. **Sufficient** for 4 persons. **Seasonable,** all the year.

Analysis of the Tomato.—The fruit of the love-apple is the only part used as an esculent, and it has been found to contain a particular acid, a volatile oil, a brown very fragrant extract of resinous matter, a vegeto-mineral matter, mucho-saccharine, some salts and, in all probability, an alkaloid. The whole plant has a disagreeable odour, and its juice, subjected to the action of the fire, emits a vapour so powerful as to cause vertigo.

1617.—TOMATOES, STUFFED. (*Fr.*—Tomates Farcies au Gratin.)

Ingredients.—6 medium-sized tomatoes, 6 croûtons of fried or toasted bread, 1 heaped tablespoonful of finely-chopped lean cooked ham, ½ a tablespoonful of breadcrumbs, 1 small teaspoonful of grated cheese preferably Parmesan, 1 teaspoonful of finely-chopped mushrooms, ½ a teaspoonful of finely-chopped parsley, 1 very small onion finely-chopped, ½ an oz. of butter, 1 tablespoonful of brown sauce (about), browned breadcrumbs, salt and pepper.

Method.—Remove the stalks of the tomatoes, and scoop out a little of the pulp. Mix together all the above ingredients, except the brown sauce and browned breadcrumbs, in a small stewpan over the fire, adding gradually sufficient brown sauce to slightly moisten the whole. Season to taste, fill the tomatoes with the preparation, sprinkle on the top of each a few browned breadcrumbs, and bake them in a moderate oven for about 15 minutes. Serve on the croûtes, which should be round, and slightly larger than the tomatoes.

Time.—Altogether, about ½ an hour. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1618.—TOMATOES, STUFFED, WITH MUSHROOMS. (*Fr.*—Tomates Farcies aux Champignons.)

Ingredients.—6 medium-sized tomatoes, 2 tablespoonfuls of finely-chopped mushrooms, 1 tablespoonful of breadcrumbs, ¼ of a teaspoonful of finely-chopped parsley, 1 very small onion finely-chopped, 6 croûtons of fried or toasted bread, browned breadcrumbs, 1 oz. of butter, salt and pepper.

Method.—Remove the stalks of the tomatoes, and scoop out a little of the pulp. Melt the butter in a small stewpan, add to it all the ingredients except the browned breadcrumbs, and stir over the fire until thoroughly mixed. Fill the tomatoes with the preparation, sprinkle on a few browned breadcrumbs, bake in a moderate oven for 10 or 15 minutes, and serve on the croûtons.

Time.—Altogether, 30 minutes. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

1619.—TRUFFLES. (*Fr.*—Truffes au Naturel.)

Ingredients.—Truffles, buttered paper.

Method.—Select some fine truffles, and wash and brush them in several waters, until not a particle of sand or grit remains. Wrap each truffle in buttered paper, and bake in a hot oven for quite 1 hour; take off the paper, wipe the truffles, and serve.

Time.—To bake the truffles, 1 hour. **Average Cost,** 6s. to 10s. per lb. **Seasonable** from November to March.

The Common Truffle (Fr. *truffe*.)—This is the *Tuber cibarium* of science, and belongs to that numerous class of esculent fungi distinguished from other vegetables, not only by the singularity of their forms, but by their chemical composition. Upon analysis, they are found not only to contain the usual components of the vegetable kingdom, such as carbon, oxygen, and hydrogen, but likewise a large proportion of nitrogen, from which they approach more nearly to the nature of animal flesh. It was long ago observed by Dr. Darwin that all the mushrooms cooked at our tables, as well as those used for ketchup, possessed an animal flavour; and soup enriched by mushrooms only has sometimes been supposed to contain meat. It is certain that the truffle must possess, equally with other plants, organs of reproduction, yet, notwithstanding all the efforts of art and science, it has been impossible to subject it to a regular culture. Truffles grow at a considerable depth under the earth, never appearing on the surface. They are found in many parts of France: those of Périgord and Magny are the most esteemed for their flavour. There are three varieties of the species, the black, the red and the white; the latter are of little value. The red are very rare, and their use is restricted. The black has the highest repute, and its consumption is enormous. When the peasantry go to gather truffles, they take a pig with them to scent out the spot where they grow. When that is found, the pig turns up the surface with his snout, and the men then dig until they find the truffles. Good truffles are easily distinguished by their agreeable perfume; they should be light in proportion to their size, and elastic when pressed by the finger. To have them in perfection, they should be quite fresh, as their aroma is considerably diminished by any conserving process. Truffles are stimulating and heating. Weak stomachs digest them with difficulty. Some of the culinary uses to which they are subjected render them more digestible, but they should always be eaten sparingly. Their chief use is in seasoning and garnitures. In short, a professor has said: "Meats with truffles are the most distinguished dishes that opulence can offer to the epicure." The truffle grows in clusters, some inches below the surface of the soil, and is of an irregular globular form. Those which grow wild in England are about the size of a hen's egg, and have no roots. As there is nothing to distinguish the places where they are, dogs have been trained to discriminate their scent, by which they are discovered. Hogs are very fond of them, and frequently lead to their being found, from their rutting up the ground in search of them.

1620.—TRUFFLES SERVED ON A SERVIETTE. (*Fr.*—Truffes à la Serviette.)

Ingredients.—Large truffles, equal quantities of white wine and veal or chicken stock, slices of ham or bacon, a bouquet-garni (parsley, thyme, bay-leaf).

Method.—Fresh truffles must be well washed and scrubbed to free them from dirt, and afterwards very carefully peeled. Line a stewpan with slices of ham or bacon, put in the truffles and herbs, barely cover them with equal parts of wine and stock, lay a buttered paper on top, and put on a close-fitting lid. Stew gently from 1 to 1½ hours, according to size, and add more wine and stock as that in the stewpan becomes reduced. When ready, drain and dry thoroughly, and serve as hot as possible in a folded serviette.

Time.—From 1 to 1½ hours. **Average Cost,** 6s. to 10s. per lb. Allow 1 to each person. **Seasonable** from November to March.

Note.—Preserved truffles may be enclosed separately in buttered paper, heated in the oven, and after being well dried on a cloth, served in a folded serviette.

1621.—TRUFFLES, ITALIAN METHOD OF DRESSING.
(*Fr.*—Truffes à l'Italienne.)

Ingredients.—10 truffles, ¼ of a pint of salad-oil, pepper and salt to taste, 1 tablespoonful of minced parsley, a very little finely minced garlic or shallot, 2 blades of pounded mace, 1 tablespoonful of lemon-juice.

Method.—After cleansing and brushing the truffles, cut them into thin slices, and put them into a baking-dish, with a seasoning of oil, pepper, salt, parsley, garlic, and mace in the above proportion. Bake them for nearly 1 hour, and just before serving add the lemon-juice. Send the truffles to table very hot.

Time.—Nearly 1 hour. **Average Cost,** 6s. to 10s. per lb. **Sufficient** for 5 persons. **Seasonable,** fresh truffles from November to March.

Where Truffles are Found.—In this country, the common truffle is found on the downs of Hampshire, Wiltshire and Kent; and they abound in dry light soils, and more especially in oak and chestnut forests. In France they are plentiful, and many are imported from the south of that country and Italy, where they are much larger and in greater perfection; they lose, however, much of their flavour by drying. In England the artificial propagation of truffles has been tried, but without success.

1622.—TRUFFLES WITH ITALIAN SAUCE.
(*Fr.*—Truffes à l'Italienne.)

Ingredients.—10 fresh truffles, 1 tablespoonful of minced parsley, 1 minced shallot, salt and pepper to taste, 2 ozs. of butter, 2 tablespoonfuls of good brown gravy, the juice of ½ a lemon, cayenne to taste.

Method.—Wash the truffles, cut them into slices about the size of a penny piece, then put them in a sauté-pan, with the parsley, shallot, salt, pepper, and 1 oz. of butter. Stir them over the fire, that they may all be equally done (about 10 minutes will suffice), then add 2 tablespoonfuls of good gravy, the juice of ½ a lemon, and a little cayenne. Stir over the fire until the whole is on the point of boiling, then serve.

Time.—Altogether, 20 minutes. **Average Cost,** 6s. to 10s. per lb. **Sufficient** for 5 persons. **Seasonable** from November to March.

Uses of the Truffles.—Like the morel, truffles are seldom eaten alone, but are much used in gravies, soups, and ragoûts. They are likewise dried for the winter months, and, when reduced to powder, form a useful culinary ingredient; they, however, have many virtues attributed to them which they do not possess. Their wholesomeness is perhaps questionable, and they should be eaten in moderation.

1623.—TRUFFLES IN CRUST. (*Fr.*—Truffes en Croûtes, or en Cassolettes.)

Ingredients.—Truffles, butter, brown sauce, 1 glass of Marsala, or Madeira wine, stale bread.

Method.—Prepare as many rounds of bread, 1 inch thick, as will be required; they should be free from crust. Fry them in clarified fat until lightly-browned, drain, and with a sharp knife cut out a hollow space in the centre of each. Slice some truffles, allowing 1 small one for each cassolette. Heat them in a little butter, and add a glass of Marsala or Madeira wine. To this add enough brown sauce to bind the truffles. When thoroughly hot fill the cassolettes with them, dish up, and serve hot.

Time.—From 35 to 40 minutes. **Average Cost,** 3s. 6d. for a dish of 8 cassolettes. **Sufficient** for 6 persons. **Seasonable** at any time.

1624.—TURNIPS, BOILED. (*Fr.*—Navets au Naturel.)

Ingredients.—Turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Method.—Pare the turnips, and, should they be very large, divide them into quarters; but if they are small, let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander, let them thoroughly drain, and serve. Boiled turnips are usually sent to table with boiled mutton, but are infinitely nicer when mashed than served whole; unless nice and young, they are scarcely worth the trouble of dressing plainly as above.

Time.—Old turnips, ¾ to 1¼ hours; young ones, about 18 to 20 minutes. **Average Cost,** one dish, 3d. **Seasonable** at any time.

THE TURNIP (Fr. *navet*).—This vegetable is the *Brassica kapa* of science, and grows wild in England. The turnip is said to have been originally introduced from Hanover, and forms an excellent culinary vegetable, much used all over Europe, where it is either eaten alone or mashed and cooked in soups and stews They do not thrive in a hot climate, for in India turnips, and many more of our garden vegetables, lose their flavour and become comparatively tasteless. The swede is the largest variety, but it is considered too coarse for the table, although in Scotland and on the Continent quite young swedes are often cooked as delicacies.

1625.—TURNIPS AU GRATIN. (*Fr.*—Navets au Gratin.)

Ingredients.—6 or 8 medium-sized young turnips, 3 ozs. of butter, Béchamel sauce (*see* Sauces, No. 178), stock, breadcrumbs, salt and pepper.

Method.—Peel thinly 6 to 8 medium-sized young turnips, cut them into slices, wash and drain them. Melt 2 ozs. of butter in a stewpan, when hot put in the turnips, and stir over a brisk fire, season with pepper and salt, moisten with a little stock, cook till tender, then drain thoroughly. Arrange the slices or the purée in a well-buttered gratin or pie-dish, sauce over with a well-reduced Béchamel sauce, sprinkle the surface with fine breadcrumbs, and add a few tiny bits of butter. Bake in a sharp oven for about 10 minutes, to brown the top.

Time.—About 30 minutes. **Average Cost,** 9d. to 1s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

The French Navet.—This is a variety of the turnip, but, instead of being globular, has more the shape of the carrot. Its flavour being excellent, it is much esteemed on the Continent for soups and made-dishes. Two or three of them will impart as much flavour as a dozen of the common turnips will. Accordingly, when stewed in gravy, they are greatly relished. The flavour is found in the rind which is not cut off, but scraped. This variety was once grown in England, but now it is rarely found in our gardens, though highly deserving of a place there. It is of a yellowish-white colour, and is sometimes imported in the London market.

1626.—TURNIPS, GLAZED.

See Carrots, Glazed, Recipe No. 1476.

1627.—TURNIPS, MASHED. (*Fr.*—Purée de Navets.)

Ingredients.—10 or 12 large turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt, 2 ozs. of butter, cayenne or white pepper to taste.

Method.—Pare the turnips, put them into boiling water, salted in the above proportion, boil them until tender, then drain them in a colander, and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through a sieve, put them into a saucepan, add the butter, white pepper, or cayenne, and, if necessary, a little salt. Keep stirring them over the fire until the butter is well incorporated, and the turnips are thoroughly hot, then dish and serve. A little cream or milk added after the turnips are pressed through the sieve is an improvement to both the colour and flavour of this vegetable.

Time.—From 45 to 60 minutes. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

Cabbage, Turnip-Tops, and Greens.—All the cabbage tribe, which comprises coleworts, brocoli, cauliflower, sprouts and turnip-tops, in order to be delicate, should be dressed young, when they have a rapid growth; but if they have stood the summer, to render them tender, they should be allowed to have a touch of frost. The cabbage contains much vegetable albumen, and several parts of sulphur and nitrate of potash. Cabbage is less digestible than some other vegetables, and is more suited for robust and active persons than the sedentary or delicate. Cabbage may be prepared in a variety of ways: it serves as a garniture to several recherché dishes, partridge and cabbage for example Bacon and cabbage is a very favourite dish, but requires a strong digestion.

1628.—TURNIP-GREENS, BOILED.

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, turnip-greens.

Method.—Wash the greens well in 2 or 3 waters, pick off all the decayed and dead leaves, tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly with the saucepan uncovered, and, when tender, pour them into a colander; let them drain, arrange them in a vegetable-dish, remove the string that the greens were tied with, and serve.

Time.—15 to 20 minutes. **Average Cost,** 6d. for 1 dish. **Seasonable** in March, April and May.

1629.—VEGETABLES, GARNISH OF, FOR SOUPS, AND ENTRÉES.

Vegetables for garnishing simple soups and plain entrées may be cut into dice or matches, but for more elaborate dishes they should either be turned into small balls with a round scoop (*see* Chapter on Utensils), or cut into thin slices and afterwards stamped out by means of a fancy cutter. Carrot and turnip should either be boiled separately, or the former should be slightly cooked before adding the turnip, which requires longer cooking.

1630.—VEGETABLE MARROWS, BOILED.

(*Fr.*—Courge bouillie, Sauce Blanche.)

Ingredients.—2 medium-sized vegetable marrows, toast, ¾ of a pint of white sauce (*see* Sauces, No. 223).

Method.—Peel the marrows, quarter them, and remove the seeds. Boil them in salt and water from 15 to 20 minutes, or until tender. Drain well, dish on the toast, pour over the white sauce, and serve.

Time.—15 to 20 minutes. **Average Cost**, from 2d. each. **Sufficient** for 5 or 6 persons. **Seasonable** in July, August and September.

THE VEGETABLE MARROW.—This vegetable is now extensively used, and belongs to the *Cucurbitaceae.* It is the *C. ovi fersacada* of science, and, like the melon, gourd, cucumber and squash, is widely diffused in the tropical or warmer regions of the globe. Of the nature of this family we have already spoken when treating of the cucumber.

1631.—VEGETABLE MARROW, FRIED.

(*Fr.*—Courge Frite.)

Ingredients.—1 or 2 medium-sized vegetable marrows, egg and breadcrumbs, frying-fat, salt and pepper.

Method.—Peel and boil the marrows in salt and water until tender, then drain well, cut them into quarters, and remove the seeds. Coat each piece with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain, sprinkle with salt and pepper, and serve.

Time.—From 40 to 50 minutes, altogether. **Average Cost,** from 2d. each. **Sufficient** for 3 or 5 persons. **Seasonable** from July to September.

1632.—VEGETABLE MARROW FRITTERS.

See Vegetable Marrow, Fried, Recipe No. 1631. If preferred, the marrow may be coated with frying-batter instead of egg and breadcrumbs.

1633.—VEGETABLE MARROWS, MASHED. (*Fr.*—Purée de Courge.)

Ingredients.—2 medium-sized marrows, 1 oz. of butter, 1 tablespoonful of cream, flour, salt and pepper.

Method.—Boil the marrows in salt and water until tender, and rub them through a fine sieve. Melt the butter in a stewpan, add the purée, cream, and a little pepper, and stir over the fire for 5 or 6 minutes, dredging in a little flour until the purée acquires the desired consistence.

Time.—About 30 minutes. **Average Cost,** from 2d. each. **Sufficient** for 4 or 5 persons. **Seasonable** in July, August and September.

1634.—VEGETABLE MARROW, STUFFED. (*Fr.*—Courge Farcie.)

Ingredients.—1 medium-sized marrow, 3 tablespoonfuls of finely-chopped raw or cooked meat, 1 tablespoonful of breadcrumbs, 1 teaspoonful of finely-chopped onion, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, 1 egg, ½ a pint of brown sauce (*see* Sauces, No. 234), salt and pepper.

Method.—Peel the marrow, cut it in two lengthwise, and remove the seeds. Boil in salt and water for about 10 minutes, until the marrow is half cooked, then drain well. Mix together all the above ingredients except the brown sauce, and fill the cavities of the marrow with the preparation. Put the 2 halves together in their original form, fasten securely with string, baste well with hot fat, dredge lightly with flour, and bake in a moderate oven until well browned. Or brush it over with egg, and coat with browned breadcrumbs before baking. Serve the brown sauce separately.

Time.—From 35 to 45 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 2 or 3 persons. **Seasonable** in July, August and September.

1635.—VEGETABLES, COLD, TO REHEAT.

Vegetables may be reheated in a basin placed in a steamer over a saucepan of boiling water, or they may be fried in a little hot butter or fat. *See also* Cold Potatoes to Warm, Recipe No. 1566.

1636.—VEGETABLES, CURRY OF. (*Fr.*—Légumes en Kari.)

Ingredients.—1 small cauliflower, ½ a pint of shelled peas, 2 carrots, 1 turnip, 2 or 3 raw potatoes, 1 onion, a few strips of celery, 1½ ozs. of butter, 2 tablespoonfuls of flour, 1 tablespoonful of curry-powder, 1 teaspoonful of lemon-juice, 1 or 2 tomatoes, 1 pint of stock, 6 ozs. of boiled rice, salt and pepper.

Method.—Divide the cauliflower into small sprays, and cut the carrot, turnip, potatoes, onion, and celery into dice. In boiling the vegetables it is as well to use 2 or 3 small stewpans, and divide them according to the time respectively required. Onion and celery would cook together, also the carrot and turnip, provided the former were given a few extra minutes. They must be drained from the water when about ¾ cooked, otherwise they are apt to break and spoil the appearance of the curry. Melt the butter in a stewpan, add the flour and curry-powder, fry slowly for not less than 10 minutes, then put in the sliced tomatoes and stock, and stir until boiling. Simmer gently for 15 minutes, then rub through a tammy or fine hair sieve, and replace in the stewpan. Season to taste,add the lemon-juice and cooked vegetables, and when thoroughly hot serve in a border of nicely-cooked rice.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

1637.—VEGETABLE RAGÔUT. (*Fr.*—Ragôut de Légumes.)

Ingredients.—Vegetables as in the preceding recipe, 1 pint of good brown sauce (*see* Sauces, No. 223).

Method.—Prepare and cook the vegetables according to directions given for Curry of Vegetables. When cooked and well drained, add them to the brown sauce, in which the sliced tomatoes should already have been simmered for about 10 minutes; allow them to remain in the sauce until thoroughly hot, then serve garnished with croûtons of fried bread, or small shapes of mashed potato, *see* Potatoes, Mashed and Baked (Recipe No. 1576).

Time.—From 30 to 40 minutes. **Average Cost,** 1s. **Seasonable** at any time.

1638.—VEGETABLES, TINNED.

See Peas, Tinned, to Dress, Recipe No. 1559. Follow the directions given, but omit the mint.

1639.—VEGETABLES, TO BLANCH.

See General Instructions for Cooking Vegetables, page 812.

1640.—VEGETABLES, TO RENDER CRISP.

Lettuce, parsley and other stale green vegetables may be made less limp by pouring over them a considerable quantity of boiling water. After 2 or 3 minutes' immersion they should be well washed in cold water, and served immediately.

1641.—WHEAT OR MAIZE, ITALIAN, TO BOIL.

See Maize or Indian Corn, Recipe No. 1527.

1642.—WHEAT, INDIAN.

See Maize or Indian Corn, Recipe No. 1527.

1643.—YAMS, BAKED.

Ingredients.—Yams, butter, salt and pepper.

Method.—Wash and dry the yams, bake them in a moderately hot oven until soft, and serve on a folded napkin. Butter, salt and pepper are the usual accompaniments.

1644.—YAMS, BOILED.

Ingredients.—Yams, salt.

Method.—Wash and peel the yams, and let them remain in cold water for ½ an hour. Cover them with hot water, add a little salt, boil gently until tender, then drain and serve.

Yams may also be steamed, stewed, fried, mashed, curried, baked "au gratin" (*see* Cauliflower Baked with Cheese, Recipe No. 1477), made into rissoles (*see* Potato Balls), soup, purée, or salad.

PASTRY MAKING, TARTS, TARTLETS, ICING, ETC.

CHAPTER XXXI.

Pastry.—Pastry is one of the most important branches of culinary science, and possibly one of the oldest, for at a very early period the Orientals understood the art of utilizing flour for this purpose. In its primitive form pastry was simply a mixture of flour, oil and honey ; and it appears to have been confined to these substances for centuries, even among the southern nations of the European continent. At the commencement of the middle ages a change began to take place ; butter frequently replaced the oil, salt was used as a flavouring ingredient, and the qualities of richness and lightness which are imparted by eggs had been discovered. The next step was to use paste as an enclosure for meat, and when this advance was made, its use in combination with fruit, cream, etc., followed as a matter of course. The art advanced step by step until the middle of the nineteenth century, the dinner tables of the intervening period having afforded considerable scope for the display of constructive and decorative skill. Since the dinner *à la Russe* banished almost everything of an edible nature from the table, any talent in this direction has been chiefly expended on small pastries, which, if less imposing in structure than those of past ages, yet afford a wide field for ingenuity, taste and manipulative skill.

The recipes on the following pages comprise what may be termed standard pastes, and also their many variations. Numerous illustrations are given of the methods in which the respective preparations may be utilized for pies, tarts, tartlets, etc., with directions for compounding the mixtures employed for filling such pastry.

Pastry Making.—The quality especially to be desired in pastry is lightness, and this depends almost entirely upon the amount of cold air in the pastry when expansion takes place in the oven. The best pastry is therefore that which contains the greatest quantity of the coldest air prior to baking. The repeated foldings and rollings to which puff paste is subjected have this increase of air in view ; while in short crust the expansion is aided by adding baking-powder, or other acid, and alkaline substances, which, when moistened, combine to form a constituent identical in its composition and effect with that of the atmospheric air to which puff paste entirely owes its lightness. The difference between puff, or flaky and short crust is that in the former there are thin layers of air and pastry alternating, and in the latter the air fills small cavities all over the paste.

Puff Paste usually consists of flour and butter in equal proportions, but in short crust the proportions of fat and flour vary, and may be one-fourth for an economical paste, or three-fourths for a rich short crust. For ordinary purposes ½ a lb. of butter or fat to each lb. of flour, will, with the addition of a good teaspoonful of baking-powder, make a sufficiently rich crust. Fine starchy flour makes the lightest pastry, the larger proportion of gluten in household flour—although exceedingly valuable from a dietetic point of view—tends to make pastry tough. Flour should always be stored in a cool, perfectly dry place. By sieving it before use, air is introduced, and if there are any lumps these may be rubbed out, with the result that the pastry will be lighter. When baking-powder is used it should be sieved with the flour, as this ensures its even distribution.

The amount of liquid required to moisten a given quantity of flour varies within narrow limits, but it may be approximately stated as being ½ to that of the flour. As a rule, 1 lb. of flour will need about ½ a pint of water, but allowance must be made for the addition of eggs, or when the fat has been reduced to a semi-liquid condition by undue friction, or prolonged contact with hot hands. The consistency of the butter determines the amount of water to be added to puff paste ; when the butter is soft the paste must be equally so, otherwise it is impossible to keep the layers separate, and thus the paste is deprived of some of its flakiness. Rich short crust is lighter and more crumbly when made very stiff, but unless plain short crust is sufficiently moistened it is hard and tough. Lemon-juice, like other acids, tends to make pastry lighter.

Butter and Fat.—The butter used for making pastry should be good and sweet, for nothing imparts its own unpleasant flavour to everything it comes in contact with more decidedly than inferior butter. Salt butter is not objectionable, if before being used it is well washed, and afterwards squeezed in a floured cloth to free it from moisture. Rancid butter may have some of its disagreeable flavour removed by kneading it first in new milk and afterwards in water. For ordinary pastry clarified fat may be recommended in preference to lard or dripping, for it is entirely free from the fatty taste which characterizes the purest home-made lard, while that bought ready prepared is frequently adulterated, and, moreover, has occasionally a strong, unpleasant taste. The objectionable characteristic flavour of dripping may be in some measure removed by creaming it, that is beating it with a knife on a plate, and raising it well with every movement of the hand, so as to subject every part to the purifying influence of the atmosphere.

Manipulation.—The fat should be lightly, but very thoroughly, rubbed in with the tips of the fingers, never with the palms of the hands. The water should be added gradually, but quickly, to prevent hard lumps being formed, and to keep the consistence of the whole mass uniform. A knife should always be used for mixing, it being so much cooler than the hand. Some little practice is necessary to acquire the light, firm, even pressure and dexterous movements upon which success so largely depends. Paste should never be rolled backwards and forwards, but in short forward rolls, lifting the rolling-pin between the rolls. Puff paste should never be rolled off the edges, as this may force out some of the air ; it is better to thin the edges by a little pressure, or an inward roll.

Puff Paste is allowed to stand between the turns in order that the butter may harden, and thus keep the layers of paste and butter separate. Paste to which baking-powder has been added should be put into the oven as speedily as possible, otherwise some of the effect of the baking-powder is wasted, its action beginning immediately the paste is moistened.

Baking.—All kinds of pastry should be baked in a moderately hot oven, for a high temperature is necessary to expand the air or gas, and thus make the pastry light, and also to burst the grains of the flour, thereby enabling these to absorb the fat immediately it melts. Unless the heat is sufficiently great to act upon the flour in this manner, the melted fat runs out and leaves the paste less rich, and also, probably, both heavy and tough. An oven with a good bottom heat is desirable for baking tarts and tartlets ; when heated from above it is advisable to bake, or partially bake, the tarts before filling them.

Icing. Very pretty results can be obtained by the use of Icing tubes or cones, which may be purchased at any ironmonger's. Make an ordinary conical sugar bag of paper, place an Icing tube at the bottom, and fill the bag with Icing sugar. Then tear away the paper covering the point of the tube and squeeze the sugar through.

Paste, Crust, etc.

1645.—BATTER FOR FRYING.

Ingredients.—4 ozs. of flour, ½ an oz. of butter (melted), 1 tablespoonful of cream, 1 yolk of egg, 2 whites of eggs, a good pinch of salt, ⅛ of a pint of warm water (about).

Method.—Sieve the flour into a basin, add the salt, yolk of egg, butter and cream, and stir until smooth, adding the water gradually. Beat well, put aside for at least ½ an hour, then add the whites of eggs, previously stiffly-whipped, and use as required.

Time.—About 1 hour. **Average Cost,** 5d. to 6d.

1646.—BATTER FOR PANCAKES.

See Yorkshire Pudding, Recipe No. 1930.

1647.—BATTER FOR FRYING. (Another Method.)

Ingredients.—4 level tablespoonfuls of flour, 1 tablespoonful of salad oil, or oiled butter, 2 stiffly-whisked whites of eggs, a good pinch of salt, ¼ of a pint of warm water (about).

Method.—Sieve the flour into a basin, add the salt and salad oil, stir gently, adding the water gradually until the batter is sufficiently liquid to offer little resistance to the spoon, then beat well for 10 minutes. Put aside for about ½ an hour, add warm water until the batter has the consistency of good single cream, then stir in the stiffly-whisked whites of eggs, and use as required.

Time.—About 1 hour. **Average Cost,** 3½d. to 4d.

1648.—BRIOCHE PASTE. (*Fr.*—Pâte de Brioche.)

Ingredients.—1 lb. of flour, 4 ozs. of butter, ½ an oz. of yeast, 2 large or 3 small eggs, ¼ of a gill of milk, 1 teaspoonful of castor sugar, salt.

Method.—Mix the yeast with a little tepid water, stir in sufficient flour to form a stiff batter, and let it stand for 1 hour in a warm place. Put the remainder of the flour into a basin, add a good pinch of salt, and the beaten egg. Warm the milk, melt the butter, add gradually to the yeast, etc., then mix together the contents of the 2 basins, and knead well for at least 15 minutes. Cover, let it remain in a moderately cool place for 2 or 3 hours, then shape or mould as desired, and bake in a brisk oven.

Time.—From 2 to 3 hours. **Average Cost,** 9d. or 10d.

1649.—BUTTER CRUST. (For Boiled Puddings.)

Ingredients.—1 lb. of flour, 6 ozs. of butter, ½ a pint of water.

Method.—With a knife mix the flour to a smooth paste, adding the water gradually. Roll out thinly, place the butter over it in small pieces, dredge lightly with flour, and fold the paste over. Roll out again, and use as required.

Time.—About 15 minutes. **Average Cost,** 6d. or 7d. **Sufficient** for 1½ lbs. of paste.

1650.—CHOUX PASTE. (*Fr.*—Pâte à Choux.)

Ingredients.—4 ozs. of fine flour, 4 ozs. of butter, 2 ozs. of sugar, 2 large or 3 small eggs, ½ pint of water, salt, vanilla-essence or other flavouring.

Method.—Put the water, butter, sugar, and a good pinch of salt into a stewpan, and when boiling add the flour, previously well dried and sieved, and stir and cook gently for at least 10 minutes. Let it cool a little, then beat in the eggs one at a time, add a few drops of the flavouring ingredient, and use as required.

Time.—About ½ an hour. **Average Cost,** 8d.

1651.—DRIPPING CRUST. (For Plain Pies and Puddings.)

Ingredients.—1 lb. of flour, 6 ozs. of clarified dripping, ½ a pint of water.

Method.—With a knife mix the flour to a smooth paste, adding the water gradually. Roll the paste out thinly, place ⅓ of the dripping over it in small pieces, and fold over. Repeat this process twice, using ⅓ of fat each time, and use as required.

Time.—20 minutes. **Average Cost,** 4d. to 5d. **Sufficient** for 2 lbs.

1652.—FLAKY PASTE. (For Pies, Tarts and Tartlets.)

Ingredients.—12 ozs. of flour, 9 ozs. of butter (or butter and lard mixed, ¼ of a pint of water (about).

Method.—Sieve the flour into a basin, and rub in lightly ⅓ of the butter. Add the water and mix into a smooth paste, more or less moist, according to the consistency of the butter, with which it must agree in this respect; roll it out into a long, narrow strip. Divide the remainder of the butter into 3 equal portions; put one portion on the paste in small pieces, dredge lightly with flour, fold it evenly in 3, turn it round so as to have the folded edges to the right and left when rolling, press the edges lightly with the rolling-pin, to prevent the air escaping, and roll out as before. Repeat this process with the other portions of butter. The pastry may be used at once, but it will be lighter if allowed to stand for 1 hour in a cool place before being used. In making-up, handle as lightly, and roll as evenly, as possible. Bake in a hot oven, and avoid opening the oven door until the pastry has risen and become partially baked.

Time.—½ an hour to bake. **Average Cost,** 10d.

1653.—FLEAD CRUST.

Ingredients.—1 lb. of flour, ½ a lb. of flead (the leaf or pork from which lard is made), 1 teaspoonful of baking-powder, ¼ of a teaspoonful of salt, ½ a pint of cold water.

Method.—Remove any skin there may be, and slice the flead into thin flakes, and mix it with the flour on the paste board. Roll it lightly with the rolling-pin. Place in a basin, add the baking-powder, salt, and sufficient cold water to form a fairly stiff paste. Roll out, and use for meat-pies, etc.

Time.—10 minutes. **Average Cost,** 5d. **Sufficient** for 1 large pie.

Fine flour is not to be recommended for this purpose, for it is deficient in gluten, a sticky tenacious substance which greatly increases the adhesive properties of the paste, and so makes it easier to mould.

Time.—1¼ hours. **Average Cost,** 5d. **Sufficient** for 1 large pie.

1661.—PASTE, TRANSPARENT.

Ingredients.—1 lb. of flour (dry and sifted), ¾ of a lb. of butter, 1 egg.

Method.—Wash the butter in 2 or 3 waters, and afterwards remove as much moisture as possible by means of a dry cloth. Melt the butter over a gentle fire, let it remain until nearly cold, then stir in the flour and egg. Knead lightly until smooth, roll out very thinly, and use for tartlets, etc.

Time.—About ½ an hour. **Average Cost,** 1s. **Sufficient** for 2 lbs.

1662.—PASTE, TO KEEP.

Paste not intended for immediate use should be enfolded in grease-proof or slightly buttered paper, and kept in a cool place.

1663.—POTATO PASTE.

Ingredients.—1 lb. of dry floury potato, 1 lb. of flour, 2 ozs. each of lard and dripping, 1 egg, a little warm milk, 1 good teaspoonful of baking powder, a good pinch of salt.

Method.—Bake enough potatoes (in their skins) to yield 1 lb. of potato, which mash smoothly or pass through a sieve. Rub the lard and dripping lightly into the flour, add the potato, baking powder and salt, and stir in the egg and enough milk to form a smooth paste. Roll out to about 1 inch in thickness, cut into rounds or squares, place in a greased tin, and bake in a moderate oven, turning 2 or 3 times during the process, that both sides may be equally browned. Split, butter liberally, and serve at once.

Time.—To bake, about 25 minutes. **Average Cost,** 7d. **Sufficient** for 5 or 6 persons.

1664—POTATO PASTE, GERMAN. (To serve with Game or Poultry.)

Ingredients.—2 lb. of *hot* potatoes, 2 ozs. of butter, 2 eggs, grated Parmesan cheese, egg and breadcrumbs, frying fat.

Method.—Pass the hot potato quickly through a sieve, or mash them smoothly. Stir in the butter and eggs, spread smoothly on a dish, making the layer about ¾ of an inch in thickness, and, when cold, cut it into rounds or squares. Coat carefully with egg and breadcrumbs mixed more or less liberally with cheese, according to taste, and fry in hot fat until nicely browned. Serve as an accompaniment to game or poultry.

Time.—To fry, about 5 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 7 persons.

1665.—PUFF PASTE. (*Fr.*—Feuilletage.)

Ingredients.—1 lb. of flour, 1 lb. of butter, 1 teaspoonful of lemon-juice, about ⅓ of a pint cold water.

Method.—Wash and squeeze the butter in cold water, dry well in a floured cloth, shape into a square about the size of a slice of sandwich bread, and keep in a cool place while the paste is being prepared. Sieve the flour on to a marble slab, or board, make a well in the centre, put in the lemon-juice, and add water gradually until a smooth paste is formed. The condition of the butter determines the consistency ; when soft, the paste must be equally so. Knead the paste until smooth, then roll it out into a strip a little wider than the butter, and rather more than twice its length. Place the butter on one half of the paste, fold the other half over, enclosing the butter entirely, and press the edges together with the rolling pin. Let it remain in a cool place for about 15 minutes, then roll out to about 3 times the original length, but keeping the width the same, and fold exactly in three. Turn the paste round so that the folded edges are on the right and left, roll and fold again, and put aside for 15 minutes. Repeat this until the paste has been rolled out 6 times. The rolling should be done as evenly as possible, and the paste kept in a long narrow shape which, when folded, forms a square. Each time the paste is rolled out it may be well sprinkled with flour, but it must be evenly distributed with a paste-brush, and all the loose flour carefully brushed off before beginning to roll. When the paste has had its 6th roll it is ready for use ; it should be baked in a hot oven, and until the paste has risen and become partially baked, the oven door should not be opened, because a current of cold air may cause the flakes to collapse on one side.

Time.—1½ hours. **Average Cost,** 1s. to 1s. 2d. per lb.

1666.—ROUGH PUFF PASTE, OR HALF-PUFF PASTE. (*Fr.*—Pâte Demi-Feuilletage.)

Ingredients.—8 ozs. of flour, 6 ozs. of butter (or equal quantities of butter and lard), ½ a teaspoonful of lemon-juice, salt, about ¼ of a pint of water.

Method.—Sieve the flour on to a pasteboard, divide the butter into pieces about the size of a small walnut and mix them lightly with the flour. Make a well in the centre, put in the lemon-juice, salt, and 1 tablespoonful of water, mix lightly, keeping the pieces of butter intact, and add water gradually until a moderately stiff paste is formed. Roll into a long strip, fold it equally in 3, turn it round so as to have the folded edges to the right and left, and roll out as before. Repeat until the paste has been rolled out 4 times, then use ; or, if convenient, let it remain for 1 hour in a cool place before being used.

Time.—½ an hour. **Average Cost,** 8d. if butter is used. **Sufficient** for 1 pie of average size.

1667.—RICH SHORT CRUST.

Ingredients.—1 lb. of flour, ¾ of a lb. of butter, 2 yolks of eggs, 1 level tablespoonful of castor sugar, 1 teaspoonful of baking-powder.

Method.—Rub the butter lightly into the flour, add the baking-powder, sugar, yolks of eggs, and a little water if necessary, but this paste must be rather stiff, and when the butter is soft, or the paste is being mixed in a warm place, only a few drops of water may be required. Roll out thinly and use at once. The crust for fruit tarts should be lightly brushed over with cold water, and dredged with castor sugar before being baked.

Time.—¼ of an hour. **Average Cost,** 1s. 2d. **Sufficient** for 2 tarts of medium size, or 24 patty-cases.

1668.—SHORT CRUST.

Ingredients.—8 ozs. of flour, 2 ozs. of butter, 2 ozs. of lard, 1 yolk of egg, 1 teaspoonful of baking-powder, a good pinch of salt, about ⅛ of a pint of water.

Method.—Rub the butter and lard lightly into the flour, add the baking-powder, salt, yolk of egg, and as much water as is necessary to form a stiff paste. Roll out to the required thickness and use at once.

Time.—¼ of an hour. **Average Cost,** about 4½d. **Sufficient** for 1 medium-sized tart.

1669.—SHORT CRUST, PLAIN.

Ingredients.—½ lb. of flour, 3 ozs. of lard, clarified fat, or dripping, 1 teaspoonful baking-powder (heaped), ¼ of a teaspoonful of salt, ¼ of a pint of water.

Method.—Pass the flour, salt, and baking-powder through a sieve into a large basin, then rub in the fat, add the water, and work into a smooth paste with a knife. Roll out to desired shape and thickness, and use at once. When required for fruit tarts, 1 tablespoonful of sugar should be added to the above ingredients.

Time.—¼ of an hour. **Average Cost,** 3d. **Sufficient** for 1 medium-sized tart.

1670.—SUET CRUST, RICH.

Ingredients.—8 ozs. of flour, 3 ozs. of breadcrumbs, 6 ozs. of suet, 1 heaped teaspoonful baking-powder, ¼ of a teaspoonful of salt, about ⅓ pint of water.

Method.—Free the suet from skin, shred and chop it finely. Mix well together the flour, breadcrumbs, suet, salt and baking-powder, and add water to form a paste soft enough to roll out easily, but not sufficiently moist to stick to the board and rolling-pin. This paste makes an exceedingly light and easily-digested pudding, but in consequence of its extreme lightness it is liable to break if turned out of the basin.

Time.—$\frac{1}{4}$ of an hour. **Average Cost,** 5d. **Sufficient** for 1 fair sized pudding.

1671.—SUET CRUST.

Ingredients.—12 ozs. of flour, 6 ozs. of suet, 1 teaspoonful of baking-powder, $\frac{1}{4}$ teaspoonful of salt, $\frac{1}{3}$ of a pint of water.

Method.—Chop the suet finely with a little of the flour, mix it with the other dry ingredients, and add water to form a moderately stiff paste. Roll out and use at once. This paste is equally suitable for meat pudding, fruit pudding, jam roly-poly, or plain suet pudding.

Time.—$\frac{1}{4}$ of an hour. **Average Cost,** 5d. **Sufficient** for 1 large pudding.

1672.—SUET CRUST FOR MEAT PIES.

Ingredients.—12 ozs. of flour, 6 ozs. of suet, 1 heaped teaspoonful of baking-powder, $\frac{1}{4}$ of a teaspoonful of salt, $\frac{1}{3}$ pint of cold water.

Method.—Free the suet from skin, shred it into fine flakes, but do not chop it. Add the flour to the suet, and mix both well together in a basin, then add the salt, baking-powder, and as much water as is necessary to mix the whole into a fairly stiff paste. Knead lightly, then roll out, and use for any kind of pie intended to be eaten hot.

Time.—$\frac{1}{4}$ of an hour. **Average Cost,** 5d. **Sufficient** for 1 large pie.

1673.—SWEET PASTE FOR TARTLETS.

(*Fr.*—Pâte à Foncer Sucré.)

Ingredients.—1 lb. of fine flour, 8 ozs. of castor sugar, 5 ozs. of butter, 3 eggs, the finely-grated rind of lemon.

Method.—Sieve the flour into a basin, make a well in the centre, put in the sugar, butter and eggs, and mix the whole into a stiff paste. Roll out and use as required.

Time.—10 minutes **Average Cost,** 1s.

1674.—TO GLAZE PASTRY.

Meat pies, patties, sausage-rolls, and similar articles, are usually brushed over with well-beaten egg before, or during the process of baking: when a deeper tone of colour is desired the yolk alone is used. Or, when economy is a point, and the white can be otherwise utilized, a little milk may be added to the yolk of egg when a larger quantity than is afforded by 1 yolk is required. Fruit tarts, puffs, etc., are usually brushed lightly over with cold water, and sprinkled liberally with castor sugar before baking. Or, when a thin coating of icing is desired, they are, when nearly baked, brushed over with well-beaten white of egg, and well-dredged with castor sugar.

Tarts, Tartlets, Etc.

1675.—ALMOND CHEESECAKES. (*Fr.*—Tartelettes aux Amandes.)

Ingredients.—Short paste No. 1667, or 1668, 4 ozs. of ground almonds, 4 ozs. of castor sugar, $\frac{3}{4}$ of an oz. of cornflour, $\frac{1}{2}$ an oz. of butter, 1 whole egg, 1 yolk of egg, raspberry or strawberry jam, nutmeg.

Method.—Beat the eggs, add them gradually to the cornflour, and stir until perfectly smooth. Add the sugar, almonds, butter melted, and a pinch of nutmeg. Line 9 or 10 patty pans with paste, spread about $\frac{1}{2}$ a teaspoonful of jam on the bottom of each one, and fill with the mixture. Bake from 20 to 25 minutes in a moderately hot oven.

Time.—40 to 45 minutes. **Average Cost,** 10d. **Sufficient** for 9 or 10 tartlets.

Almonds.—Almonds are the fruit of the *Amygdalus communis*, cultivated throughout the whole of the south of Europe, Syria, Persia, and northern Africa; but England is mostly supplied with those that are grown in Spain and the south of France. There are two varieties, distinguished in commerce by the names of Jordan and Valentia almonds. The former are imported from Malaga, and are longer, narrower, more pointed, and more highly esteemed than the latter, which are imported from Valentia. Bitter almonds are a different variety and are principally obtained from Morocco, and are exported from Mogador.

1676.—APPLE AMBER.

Ingredients.—6 large apples, 3 ozs. of moist sugar. 2 ozs. of butter, 3 eggs, $\frac{1}{2}$ a lemon, paste trimmings, or 4 ozs. of No. 1667, or 1668, ground cinnamon, ground cloves.

Method.—Peel, core and slice the apples, put them into the stewpan with sugar, and 1 tablespoonful of water, simmer gently until tender, then rub through a hair sieve. Return the apple pulp to the stewpan, add the lemon-rind, finely-grated, lemon-juice, and a good pinch each of cloves and cinnamon. Re-heat, then stir in the butter and yolks of eggs, and cook until the mixture thickens. Meanwhile line the edges of the dish with paste, and ornament the extreme edge with small leaves or rounds of the same, arranged to slightly overlap each other. Pour in the apple preparation, and bake in a moderate oven until set. Have ready the whites of eggs whisked to a stiff froth, and sweetened with a little castor sugar, arrange in a rocky form on the top of the pudding, sprinkle liberally with castor sugar, and, if liked, decorate with cherries or candied fruits. Replace in the oven until the meringue hardens and acquires a little colour, and serve either hot or cold.

Time.—About $1\frac{1}{4}$ hours. **Average Cost,** 1s., exclusive of the paste. **Sufficient** for 6 or 7 persons.

1677.—APPLE CHEESECAKES.

Ingredients.—1½ lbs. of apples, 3 ozs. of sugar, 1½ oz. of butter, 3 eggs, 1 lemon, paste No. 1668.

Method.—Peel, core and slice the apples, place them in a stewpan with the sugar, and 1 tablespoonful of water, simmer gently until tender, and rub them through a hair sieve. Return the apple-pulp to the stewpan, add the lemon-juice and the rind finely-grated, re-heat, stir in the yolks of 3 eggs and the white of one, and cook until the mixture thickens. Have ready the patty-pans lined with paste and partially baked, fill with the apple preparation, cover lightly with stiffly-whipped sweetened white of egg, and bake in a moderate oven for about 15 minutes.

Time.—About 1¼ hours. **Average Cost,** 10d., exclusive of the paste. **Sufficient** for 12 cheese-cakes.

The Apple.—The most useful of all the British fruits is the apple, which is a native of Britain and may be found in woods and hedges in the form of the common wild crab, of which all our best apples are varieties produced by culture or particular circumstances. In most temperate climates it is extensively cultivated, and in England, both as regards variety and quantity, the apple is excellent and abundant. Immense supplies are also imported from the United States and from France, Australia and Tasmania. The apples grown in the vicinity of New York are universally admitted to be among the finest specimens of this fruit; but unless selected and packed with great care, they are apt to spoil before reaching England.

1678.—APPLE TART. (*Fr.*—Tourte aux Pommes.)

Ingredients.—2 lbs. of apples, 2 tablespoonfuls of moist sugar, 4 cloves or a ¼ of a teaspoonful of grated lemon-rind, short paste (No. 1667, or 1668).

Method.—Peel, core and cut the apples into thick slices. Roll the paste into an oval form a little larger than the top of the pie-dish, invert the dish in the centre of the paste, and cut round, leaving a ¼-inch margin on all sides. Line the edge of the pie-dish with the trimmings, put in half the apples, add the sugar, and flavouring ingredient, then the remainder of the fruit. Moisten the paste lining the edge of the dish with water, put on the cover, press the edges together, and notch them at intervals of about ⅛ of an inch. Bake in a brisk oven from 40 to 50 minutes, and when the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. This must be done quickly, and the tart immediately replaced in the oven. If the tart is to be eaten cold, directly it leaves the oven the crust should be raised gently with a knife, to allow some of the steam to escape, otherwise it may lose some of its crispness.

Time.—About 1 hour. **Average Cost,** 6d. to 8d., exclusive of the pastry. **Sufficient** for 6 or 7 persons.

1679.—APPLE TART CREAMED. (*Fr.*—Tourte de Pommes à la Créme.)

Ingredients.—Short crust (No. 1667), 2 lbs. of apples, 2 tablespoonfuls of moist sugar, 1 oz. of butter, 1 pint of custard (No. 332).

Method.—Pare, core and cut the apples into thick slices, put them into a stewpan with the sugar, butter, and 1 or 2 tablespoonfuls of water, and cook very gently until tender. Pass the apples through a hair sieve, add more sugar, if necessary, and put the *purée* into a pie-dish lined with pastry (*see* Apple Amber, No. 1676).

Bake in a quick oven until the paste has risen and set, then add the prepared custard, and bake more slowly until the pastry is sufficiently cooked and the custard firm. Serve either hot or cold.

Time.—From 40 to 50 minutes. **Average Cost**, 1s. 4d. to 1s. 6d. **Sufficient** for 6 or 7 persons.

1680.—APPLE TURNOVER.

See Fruit or Jam Turnovers, No. 1708.

1681.—APRICOT BOUCHÉES. (*Fr.*—Bouchées d'Abricots.)

Ingredients.—Puff paste (No. 1665), 1 tin of preserved apricots, castor sugar, ¼ of a pint of whipped-cream.

Method.—When the paste has had the necessary number of turns, roll it out to rather less than ½ an inch in thickness. With a hot wet cutter stamp out some rounds about 2 inches in diameter, and make a deep, circular indentation with a smaller cutter. Bake in a quick oven, and when cool scoop out the paste within the ring. Meanwhile well drain the apricots from the syrup, put half an apricot, the rounded side down, into each case, and fill the hollow with stiffly-whipped sweetened cream.

Time.—12 minutes to bake. **Average Cost**, 2d. each.

1682.—APRICOT TART. (*Fr.*—Tourte d'Abricots.)

Ingredients.—1 tin of apricots, sugar to taste, short paste (No. 1667).

Method.—Place the apricots in a pie-dish, sprinkle with sugar, and half fill the dish with the syrup from the tin. Cover with paste (*see* Apple Tart, No. 1678), and bake in a quick oven from 30 to 40 minutes. When the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. Return quickly to the oven, and finish baking.

Time.—About 1¼ hours. **Average Cost**, 1s. to 1s. 2d. **Sufficient** for 5 to 7 persons.

APRICOTS.—The apricot is indigenous to the plains of Armenia, but is now cultivated in almost every climate, temperate or tropical. There are several varieties. The skin of this fruit has a perfumed and highly esteemed flavour. A good apricot, when perfectly ripe, is an excellent fruit. It has been somewhat condemned for its laxative qualities, but this has possibly arisen from the fruit having been eaten unripe, or in too great quantity. Delicate persons should not eat the apricot uncooked, without a liberal allowance of powdered sugar. This fruit makes excellent jam and marmalade, and there are several foreign preparations of it, which are considered great luxuries.

1683.—BAKEWELL TART.

Ingredients.—½ a lb. of short paste (No. 1667, or 1668), raspberry jam, 2 ozs. of ground almonds, 2 ozs. of castor sugar, 2 ozs. of butter, 2 yolks of eggs, 1 white of egg, essence of almonds.

Method.—Cream the butter and sugar together until thick and white, stir in the 2 yolks, and 1 white of egg, add the almonds, also a few drops of essence of almonds, and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom, and spread the mixture lightly on the top of it. Bake in a quick oven for about ½ an hour, and serve either hot or cold.

Time.—About 1 hour. **Average Cost,** 1s. 3d. **Sufficient** for 7 or 8 persons.

1684.—BAKEWELL TART. (Another Method.)

Ingredients.—6 ozs. of short crust (No. 1667, or 1668), 2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of breadcrumbs, 1 egg, 2 tablespoonfuls of raspberry jam, almond essence.

Method.—Cream the butter and sugar well together, stir in the egg, add the breadcrumbs and a few drops of almond essence, and mix well. Line a dish with the paste, add a good layer of raspberry jam, and spread the mixture on the top of it. Bake about ½ an hour in a quick oven.

Time.—From 1 to 1¼ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 7 persons.

1685.—BALMORAL TARTLETS. (*Fr.*—Tartelettes à la Balmoral.)

Ingredients.—1 oz. of butter, 1 oz. of castor sugar, ½ an oz. of cake-crumbs, ½ an oz. of glacé cherries, cut into small dice, ½ an oz. of candied peel finely-shredded, ¾ of an oz. of cornflour, or potato flour, 1 egg, short crust (No. 1667).

Method.—Make the paste as directed, and line 12 patty-pans. Cream the butter and sugar until thick and white, stir in the yolk of the egg, add the cake-crumbs, cherries, peel and cornflour. Whip the white of egg stiffly, stir it in lightly, and fill the patty-cases with the preparation. Cross 2 narrow strips of paste on the top of each tartlet, and bake for about 20 minutes in a moderate oven.

Time.—To prepare and bake, from 1 to 1¼ hours. **Average Cost,** 1s. 2d. **Sufficient** for 12 small tartlets.

1686.—BARBERRY TARTLETS. (*Fr.*—Tartelettes d'Epines-vinettes.)

Ingredients.—Short paste (No. 1667, or 1668), 1 lb. of barberries, ½ a lb. of moist sugar, or to taste.

Method.—Pare, core and cut the apples into thick slices, put them into a stewpan with the sugar, butter, and 1 or 2 tablespoonfuls of water, and cook very gently until tender. Pass the apples through a hair sieve, add more sugar, if necessary. and put the *purée* into a pie-dish lined with pastry (*see* Apple Amber, No. 1676).

Bake in a quick oven until the paste has risen and set, then add the prepared custard, and bake more slowly until the pastry is sufficiently cooked and the custard firm. Serve either hot or cold.

Time.—From 40 to 50 minutes. **Average Cost**, 1s. 4d. to 1s. 6d. **Sufficient** for 6 or 7 persons.

1680.—APPLE TURNOVER.

See Fruit or Jam Turnovers, No. 1708.

1681.—APRICOT BOUCHÉES. (*Fr.*—Bouchées d'Abricots.)

Ingredients.—Puff paste (No. 1665), 1 tin of preserved apricots, castor sugar, ¼ of a pint of whipped-cream.

Method.—When the paste has had the necessary number of turns, roll it out to rather less than ½ an inch in thickness. With a hot wet cutter stamp out some rounds about 2 inches in diameter, and make a deep, circular indentation with a smaller cutter. Bake in a quick oven, and when cool scoop out the paste within the ring. Meanwhile well drain the apricots from the syrup, put half an apricot, the rounded side down, into each case, and fill the hollow with stiffly-whipped sweetened cream.

Time.—12 minutes to bake. **Average Cost**, 2d. each.

1682.—APRICOT TART. (*Fr.*—Tourte d'Abricots.)

Ingredients.—1 tin of apricots, sugar to taste, short paste (No. 1667).

Method.—Place the apricots in a pie-dish, sprinkle with sugar, and half fill the dish with the syrup from the tin. Cover with paste (*see* Apple Tart, No. 1678), and bake in a quick oven from 30 to 40 minutes. When the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. Return quickly to the oven, and finish baking.

Time.—About 1¼ hours. **Average Cost**, 1s. to 1s. 2d. **Sufficient** for 5 to 7 persons.

APRICOTS.—The apricot is indigenous to the plains of Armenia, but is now cultivated in almost every climate, temperate or tropical. There are several varieties. The skin of this fruit has a perfumed and highly esteemed flavour. A good apricot, when perfectly ripe, is an excellent fruit. It has been somewhat condemned for its laxative qualities, but this has possibly arisen from the fruit having been eaten unripe, or in too great quantity. Delicate persons should not eat the apricot uncooked, without a liberal allowance of powdered sugar. This fruit makes excellent jam and marmalade, and there are several foreign preparations of it, which are considered great luxuries.

1683.—BAKEWELL TART.

Ingredients.—½ a lb. of short paste (No. 1667, or 1668), raspberry jam, 2 ozs. of ground almonds, 2 ozs. of castor sugar, 2 ozs. of butter, 2 yolks of eggs, 1 white of egg, essence of almonds.

Method.—Cream the butter and sugar together until thick and white, stir in the 2 yolks, and 1 white of egg, add the almonds, also a few drops of essence of almonds, and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom, and spread the mixture lightly on the top of it. Bake in a quick oven for about ½ an hour, and serve either hot or cold.

Time.—About 1 hour. **Average Cost,** 1s. 3d. **Sufficient** for 7 or 8 persons.

1684.—BAKEWELL TART. (Another Method.)

Ingredients.—6 ozs. of short crust (No. 1667, or 1668), 2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of breadcrumbs, 1 egg, 2 tablespoonfuls of raspberry jam, almond essence.

Method.—Cream the butter and sugar well together, stir in the egg, add the breadcrumbs and a few drops of almond essence, and mix well. Line a dish with the paste, add a good layer of raspberry jam, and spread the mixture on the top of it. Bake about ½ an hour in a quick oven.

Time.—From 1 to 1¼ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 7 persons.

1685.—BALMORAL TARTLETS. (*Fr.*—Tartelettes à la Balmoral.)

Ingredients.—1 oz. of butter, 1 oz. of castor sugar, ½ an oz. of cake-crumbs, ½ an oz. of glacé cherries, cut into small dice, ½ an oz. of candied peel finely-shredded, ¾ of an oz. of cornflour, or potato flour, 1 egg, short crust (No. 1667).

Method.—Make the paste as directed, and line 12 patty-pans. Cream the butter and sugar until thick and white, stir in the yolk of the egg, add the cake-crumbs, cherries, peel and cornflour. Whip the white of egg stiffly, stir it in lightly, and fill the patty-cases with the preparation. Cross 2 narrow strips of paste on the top of each tartlet, and bake for about 20 minutes in a moderate oven.

Time.—To prepare and bake, from 1 to 1¼ hours. **Average Cost,** 1s. 2d. **Sufficient** for 12 small tartlets.

1686.—BARBERRY TARTLETS. (*Fr.*—Tartelettes d'Epines-vinettes.)

Ingredients.—Short paste (No. 1667, or 1668), 1 lb. of barberries, ½ a lb. of moist sugar, or to taste.

Method.—Remove the stalks, put the fruit and sugar into a jar, place the jar in a saucepan of boiling water, or in a slow oven and cook until tender. Line 1 large, or 2 medium-sized tart tins with the paste, fill them with rice, or crusts of bread placed in buttered papers, and bake until crisp in a brisk oven. When cold, fill them with the prepared cold fruit and syrup, and serve.

Time.—About 3 hours. **Average Cost,** 8d. or 10d. **Sufficient** for 1 large or 2 medium-sized tarts.

BARBERRIES (*Berberris Vulgaris*).—A fruit of such great acidity that even birds refuse to eat it. In this respect, it nearly approaches the tamarind. When boiled with sugar, it makes a very agreeable preserve or jelly, according to the different modes of preparation. Barberries are also used as a dry sweetmeat, and in sugar-plums or comfits; are pickled with vinegar, and are utilized for various culinary purposes. They are well calculated to allay heat and thirst in persons afflicted with fevers. The berries arranged on bunches of curled parsley make an exceedingly pretty garnish for supper dishes, particularly for white meats, like boiled fowl à la Béchamel, the three colours—scarlet, green and white—contrasting well and producing a very good effect.

1687.—BLACK-CURRANT TARTLETS. (Fr.—Tartelettes de Cassis.)

Ingredients.—Short crust (No. 1667, or 1668), 1 lb. of black-currants, 2 tablespoonfuls of moist sugar, ¼ of a pint of cream, castor sugar.

Method.—Cook the black-currants with the sugar, and 2 tablespoonfuls of water, in a jar, on the stove or in a slow oven. Line 12 patty-pans with the paste, fill them with rice placed in buttered papers, and bake until crisp in a brisk oven. When cold, fill them with the prepared cold fruit and syrup, cover with stiffly-whipped, sweetened cream, and serve cold.

Time.—About 1 hour. **Average Cost,** 10d., exclusive of the paste. **Sufficient** for 12 tartlets.

CURRANTS.—The utility of currants, red, black or white, has long been established in domestic economy. The juice of the red species, if boiled with an equal weight of loaf sugar, forms an agreeable preserve called currant jelly, much employed in sauces, and very valuable in the cure of sore throats and colds. The French mix it with sugar and water, and thus form an agreeable beverage. The juice of currants is a valuable remedy for constipation; and, in febrile complaints, it is useful on account of its readily quenching thirst, and for its cooling effect on the stomach. White and flesh-coloured currants have, with the exception of the fulness of flavour, in every respect the same qualities as the red species. Both white and red currants are pleasant additions to dessert, but the black variety is more generally used for culinary and medicinal purposes, especially in the form of jelly for quinsy. Black currants have a much richer and less acid flavour than red currants, and are better adapted for tarts. The leaves of the black currant make a pleasant kind of tea.

1688.—CHERRY TARTLETS. (*Fr.*—Tartelettes de Cerises.)

Ingredients.—½ a lb. of short paste (No. 1667), 1 lb. of cooking cherries, 2 tablespoonfuls of moist sugar, 2 large or 3 small eggs, castor sugar.

Method.—Remove the stalks from the cherries, put them into a small stewjar, with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile line 10 or 12 deep patty-pans with the paste, fill them with rice, placing a buttered paper between it and the paste, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolks of eggs, previously beaten, and stir by the side of the fire until the custard thickens. Fill the patty-cases with cherries, cover with a layer of custard, on the top spread a little stiffly whipped white of egg, and sprinkle with castor sugar. Replace in the oven until the white of egg hardens, and acquires a little colour, then serve hot or cold.

Time.—1¼ to 1½ hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 10 or 12 tartlets.

Cherries.—According to Lucullus, the cherry tree was known in Asia in the year of Rome 680. Seventy different species of cherries, wild and cultivated, exist, distinguishable from each other by the difference of their form, size and colour. The French distil from cherries a liqueur named kirschwasser (eau de cerises); the Italians prepare from a cherry called marusca the liqueur named marasquin, which is sweeter and more agreeable than the former. The most wholesome cherries have a tender and delicate skin; those with a hard skin should be very carefully masticated. Sweetmeats, syrups, tarts, entremets, etc., of cherries are in universal request.

1689.—CHESTNUT AMBER.

Ingredients.—½ a pint of chestnuts, ½ a pint of milk, 2 ozs. of breadcrumbs, 1 oz. of castor sugar, 1 oz. of butter, 2 eggs, 1 lemon, vanilla essence, puff paste.

Method.—Bake or roast the chestnuts for about 20 minutes, and remove the skins. Put them into a stewpan, with just sufficient water to cover the bottom of the pan, simmer gently until tender, and rub through a fine sieve. Simmer the thinly-cut rind of the lemon and the milk for 15 or 20 minutes, and strain it over the breadcrumbs. Cream the butter and sugar together, until thick and smooth, add the yolks of the eggs, the juice of the lemon, a few drops of vanilla essence, and stir in the chestnuts, breadcrumbs and milk. Have the pie-dish ready lined with paste, as directed for Apple Amber, pour in the mixture, and bake in a moderately hot oven from 25 to 30 minutes, or until the mixture is firm and brown, and the paste sufficiently cooked. Whip the whites to a stiff froth, sweeten with a little sugar, pile lightly on the top of the pudding, and dredge well with castor sugar. Return to the oven until the meringue is set and acquires a little colour.

Time.—From 1¼ to 1½ hours. **Average Cost,** about 1s. **Sufficient** for 5 or 6 persons.

1690.—CHOCOLATE TARTLETS. (*Fr.*—Tartelettes au Chocolat.)

Ingredients.—Short paste (No. 1667, or 1668), 2 ozs. of grated chocolate, 4 ozs. of cake crumbs, 3 ozs. of castor sugar, 2 ozs. of butter, ½ an oz. of cornflour, 2 eggs, chocolate icing (No. 1733).

Method.—Cream the yolks of the eggs and sugar well together, add the cake-crumbs, chocolate, cornflour, and the butter melted. Whip the whites of eggs stiffly, and stir them in as lightly as possible. Have ready 12 patty-pans lined with short paste, fill them with the mixture, and bake in a moderately hot oven from 20 to 25 minutes. When cold cover the surface of each tartlet with chocolate icing, allow it to harden then serve.

Time.—To bake, from 25 to 30 minutes. **Average Cost,** 8d., exclusive of paste and icing. **Sufficient** for 12 tartlets.

1691.—CHOCOLATE TARTLETS. (Another Method.)

Ingredients.—Short paste (No. 1667), Genoese paste (No. 1656), chocolate icing (No. 1733), grated cocoanut.

Method.—Line some deep tartlet moulds with the paste, fill them with Genoise mixture, and bake in a moderate oven. When cold, ice them over with chocolate icing, and sprinkle with cocoanut. Variety may be introduced by using orange icing (No. 1720), or transparent icing and chopped pistachios.

Time.—Half an hour.

1692.—COFFEE ECLAIRS. (*Fr.*—Eclairs au Café.)

Ingredients.—½ a pint of milk, 2 ozs. of butter, 2 ozs. of cornflour, 2 ozs. of Vienna flour, 3 eggs, ½ a teaspoonful of vanilla essence, a pinch of salt, 1 oz. of castor sugar, Moka custard for filling, coffee icing for covering, No. 1735.

Method.—Put the water, butter, sugar and salt into a stewpan, when boiling, stir in the cornflour and Vienna flour (previously mixed), work it with a wooden spoon over the fire, sufficiently long to produce a soft paste which will leave the side and bottom of the pan clean. Draw the stewpan from the fire, add the flavouring essence, and work the eggs in gradually (leaving out 1 white). Beat the paste well for some minutes, then put it in a large forcing or savoy bag with a plain tube, and force out even-sized shapes, similar to finger biscuits, on to a lightly buttered baking-tin, about 1 inch apart from each other. Bake to a nice fawn colour in a moderate oven. When done, split the sides with a sharp knife, and fill each with 1 teaspoonful of Moka custard. Have ready some coffee icing, and dip each éclair into it, so as to cover the surface and sides well and smoothly. Place the éclairs on a wire tray to set, and dish up when required.

1693.—MOKA CUSTARD FOR FILLING ECLAIRS.

Ingredients.—1 gill of milk, 1 oz. of loaf sugar, ½ an oz. of cornflour, ½ an oz. of fresh butter, 2 yolks of eggs, 1 teaspoonful of coffee essence, a few drops of vanilla essence.

Method.—Put the milk and sugar in a stewpan to boil, Mix the cornflour with a little cold milk, pour the boiling milk on this, mix thoroughly, return to the stewpan, and let it boil for a few minutes ; add the flavouring essences and the butter, stir in the egg-yolks, continue to stir until the mixture binds, pour it in a basin, and let it cool.

Time.—20 minutes. **Average Cost,** 1s., exclusive of the icing. **Sufficient** for 1 dish.

1694.—CREAM TARTLETS. (*Fr.*—Tartelettes à la Crème.)

Ingredients.—Short paste (No. 1667, or 1668), apricot jam, $\frac{1}{3}$ of a pint of cream, castor sugar.

Method.—Line 10 or 12 patty-pans with the paste, fill them with rice, with buttered paper between it and the paste, and bake until crisp in a brisk oven. When cool, about half fill them with jam, pile the stiffly-whipped sweetened cream on the top, and serve cold.

Time.—About 10 minutes. **Average Cost,** 1½d. each. **Sufficient** for 10 or 12 tartlets.

1695.—CUSTARD TARTLETS. (*Fr.*—Crèmes cuite au four.)

Ingredients.—Short paste (No. 1667, or 1668), 4 whole eggs, 2 whites of eggs, 1 pint of milk, sugar.

Method.—Line 12 deep patty-tins with short paste. Beat the 4 eggs, add the milk, and sweeten to taste. Fill the patty-pans with custard, and bake in a moderate oven until set. Have ready the whites of eggs, stiffly-whisked and sweetened, pile lightly on the tartlets, and replace them in the oven until the meringue hardens, and acquires a little colour. Serve cold.

Time.—From 25 to 30 minutes, to bake. **Average Cost,** 9d., exclusive of the paste. **Sufficient** for 12 tartlets.

1696.—CUSTARD TARTLETS. (Another Method.) (*Fr.*—Crèmes cuite.)

Ingredients.—Short paste (No. 1667, or 1668), 4 eggs, 1 pint of milk, sugar, jam.

Method.—Bring the milk nearly to boiling point, add the sugar, and when dissolved pour on to the well-beaten eggs, stirring meanwhile. Return to the stewpan, or if preferred, put the mixture into a jug and stand it in a saucepan of boiling water, and stir until the custard thickens, but it must not boil. Line 12 deep patty-pans with paste, spread a good layer of jam on the bottom of each one, and fill with the custard. Bake in a moderate oven until the custard is set.

Time.—To bake, from 25 to 35 minutes. **Average Cost,** 9d., exclusive of the paste. **Sufficient** for 12 tartlets.

1697.—DAMSON TART. (*Fr.* — Tourte aux prunes de damas.)

Ingredients.—Short paste (No. 1667, or 1668), 1½ pints of damsons, 2 heaped tablespoonfuls of brown sugar, or to taste.

Method.—Prepare the crust as directed in Apple Tart (No. 1678). In the centre of the pie-dish place an inverted cup or a ventilating cup and funnel to retain the juice, half fill the dish with fruit, add the sugar, then put in the remainder of the fruit. Cover with paste, brush lightly over with cold water, sprinkle liberally with castor sugar, and bake in a quick oven.

Time.—About 1¼ hours. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons.

DAMSONS.—Whether for jam, jelly, pie, pudding, water, ice, wine, dried fruit, or preserved, the damson plum or damascene (for it was originally brought from Damascus, whence its name), is invaluable. It combines sugary and acid qualities in happy proportions, when full ripe. The damson is easily cultivated; and, if budded nine inches from the ground on vigorous stocks, it will grow several feet high in the first year, and make fine standards in the year following. Amongst the list of the best sorts of baking plums the damson stands first, not only on account of the abundance of its rich juice, but because it so soon softens. Owing to the roughness of its flavour, it requires a large quantity of sugar.

1698.—ECLAIRS. (*Fr.*—Éclairs.)

Ingredients.—Choux paste (No. 1650), chocolate or coffee icing (No. 1733, and 1735), cream, custard (No. 1738), or jam.

Method.—Put the choux paste into a forcing-bag, and press it out on to a buttered baking-sheet in the form of small savoy biscuits. Or, if a bag and pipe are not available, roll it on a floured board to the same shape. Bake from 15 to 20 minutes in a moderate oven, let them cool on a sieve, then make an incision on the side of them and scoop out the soft interior. Fill the cavities with stiffly-whipped sweetened cream, confectioners' custard or jam, and coat them with chocolate or coffee icing.

Time.—Altogether, from 1¾ to 2 hours. **Average Cost,** 2d. each.

1699.—FILBERT TARTLETS. (*Fr.*—Tartelettes aux Avelines.)

Ingredients.—Paste (No. 1667, or 1668), 3 ozs. of filberts, 1 oz. of ground almonds, 3 ozs. of castor sugar, ½ an oz. of cornflour, 4 yolks of eggs, ½ a gill of cream or milk.

Method.—Blanch and peel the nuts and chop them finely. Mix the cornflour smoothly with the milk, and stir it over the fire until it thickens. Cream the yolks of eggs and sugar together until thick and smooth, add the prepared nuts and almonds, then stir in the cornflour and milk. Put the mixture into 12 patty-pans lined with paste, fix 2 thin strips of paste across each tartlet, brush over with milk, and dredge with castor sugar. Bake in a moderate oven for about 20 minutes.

Time.—About 40 minutes. **Average Cost,** 9d. or 10d., exclusive of the paste. **Sufficient** for 12 tartlets.

1700.—FLAN OF APPLES. (*Fr.*—Flan de Pommes.)

Ingredients.—3 or 4 apples, 1 tablespoonful of moist sugar, 2 tablespoonfuls of sherry, 4 cloves, 2 whites of eggs, castor sugar, ½ a lb. of short crust (No. 1667, or 1668).

Method.—Peel, core, and cut each apple into 8 sections, place them in a stewpan, add the cloves and sherry, cover closely, stand the stewpan in a tin containing boiling water, and cook until tender, but not sufficiently so as to break easily. Meanwhile line a 6-inch diameter flan or paste-ring with paste rolled out to about ¼-inch in thickness, fill it with rice, placed on an interlining of buttered paper, and bake in a quick oven. When done, remove the rice and paper, fill with the apples, arranged in a pyramid. strain the juice (if any) over them, and sprinkle well with sugar. Whip the whites of eggs to a stiff froth, spread it lightly over the apples, dredge well with castor sugar. and bake in a cool oven until lightly-browned. Serve either hot or cold.

There are two ways of making a flan without the aid of a ring. The first is by means of a round cake-tin. The tin is placed in the centre of the rolled-out paste, which is cut round, leaving a margin of about 1 inch, to be afterwards raised and moulded to the shape of the tin. Before removing the tin a narrow-folded band of greased paper must be pinned lightly round this raised border. In the second method, the bottom is cut out to the required size, and a narrow strip of paste fastened to the edge of it by means of white of egg. A band of paper must support the border ; and in both cases the inside should be filled with rice before baking.

Time.—About 1¼ hours. **Average Cost,** from 1s. to 1s. 2d. **Sufficient** for 4 or 5 persons.

1701.—FLAN OF PINEAPPLE. (*Fr.*—Flan d'Ananas.)

Ingredients.—½ a preserved pineapple, castor sugar, 2 eggs, ½ a lb. of short crust (No. 1667, or 1668).

Method.—Prepare and bake the flan as for Flan de Pommes. Cut the pineapple into dice and remove all the specks. Strain the syrup, place a ¼-pint of it in a stewpan with a dessertspoonful of sugar, bring to boiling point, and simmer for 3 or 4 minutes. Let it cool slightly, then add the yolks of the eggs, and cook gently by the side of the fire until they thicken, stirring meanwhile. Now place the pineapple in the prepared flan, cover with the custard, and spread the stiffly-whipped whites of eggs on the top. Bake in a moderately cool oven until the meringue hardens, and browns slightly. Serve either hot or cold.

Time.—About 1 hour. **Average Cost,** about 1s. **Sufficient** for 5 or 6 persons.

1702.—FLAN OF STRAWBERRIES. (*Fr.*—Flan de Fraises.)

Ingredients.—1 lb. of strawberries, castor sugar, 2 whites of eggs, ½ a lb. of short crust (No. 1667, or 1668).

Method.—Make the flan as directed in No. 1700; when about ¾ baked remove the rice, and fill with strawberries, from which the stalks have been removed. Pile the fruit high in the centre, dredge well with castor sugar, and cover with stiffly-whisked white of egg. Cover the surface lightly with castor sugar, replace in the oven, and bake slowly for about 15 minutes. When the meringue is set, cover with paper to prevent it browning too much before the strawberries are sufficiently cooked. Serve either hot or cold.

Time.—About 1 hour. **Average Cost,** 1s. 2d. to 1s. 6d. **Sufficient** for 5 or 6 persons.

Note.—Almost any kind of fruit may be made into a flan; the varieties employed for culinary purposes may be broadly divided into 3 classes, viz., fruit requiring a comparatively large amount of cooking, such as apples, pears, plums; quickly cooked fruits like strawberries, raspberries, etc.; and tinned fruits which simply require re-heating. The 3 appended recipes illustrate methods applicable in each case.

1703.—FLUTED ROLLS. (*Fr.*—Rouloux.)

Ingredients.—Puff paste, castor sugar.

Method.—Roll out the puff paste, dredge it well with castor sugar, and fold as usual. Repeat this twice, then roll it out to about ¼ of an inch in thickness, and stamp out some rounds with a fluted 2 inch cutter. Roll them up, brush lightly over with water, dredge with castor sugar, bake in a moderate oven until crisp and lightly browned.

Time.—10 minutes to bake.

1704.—FOLKESTONE CHEESECAKES. (*Fr.*—Gâteau de Folkestone.)

Ingredients.—1 pint of milk, 4 ozs. of sugar, 3 ozs. of ground rice, 2 ozs. of butter, 2 ozs. of currants, cleaned and picked, the grated rind of 1 lemon, salt, paste (No. 1667, or 1668).

Method.—Simmer the ground rice in the milk for ½ an hour, then stir in the butter, sugar, lemon-rind, the well-beaten eggs, a good pinch of salt, and stir and cook by the side of the fire until the mixture thickens. Now let it cool slightly, and meanwhile line the patty-pans with paste, and unless the oven has a good bottom heat, half bake them before putting in the mixture (*see* Cherry Tartlets, No. 1688). When ready, fill them with the cheesecake preparation, sprinkle a few currants on the top of each cake, and bake from 25 to 30 minutes in a brisk oven.

Time.—From 1¼ to 1½ hours. **Average Cost,** 7d., exclusive of the paste. **Sufficient** for 12 large cheesecakes.

1705.—FRANGIPAN TART. (*Fr.*—Tourte à la Frangipanne.)

Ingredients.—Short crust, 4 eggs, 1½ ozs. of butter, 1½ ozs. of sugar, ¼ of an oz. of flour, ½ a pint of milk, 1 bay-leaf, 2 or 3 fine strips of lemon-rind, nutmeg.

Method.—Mix the flour smoothly with a little milk, simmer the remainder with the bay-leaf, lemon-rind, and a pinch of nutmeg, for about 15 minutes, then strain it on the blended flour and milk, stirring meanwhile. Return to the stewpan, add the butter, sugar, and slightly-beaten eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil. Line a tart-tin with the paste, pour in the preparation when cool, and bake from 25 to 30 minutes in a moderate oven. Serve cold.

Time.—To bake, about ½ an hour. **Average Cost,** 7d., exclusive of the paste. **Sufficient** for 1 large or 2 medium-sized tarts.

Frangipanni Puddings were originally made chiefly of broken bread and a great variety of flavouring substances. This was named after the Marchese Frangipanni, head of a very ancient Roman family whose privilege it was to supply "holy bread" or wafers to St. Peter's Cathedral, hence the name, derived from the Latin words *frangere* (to break) and *panis* (bread). The Marchese Frangipanni was the inventor of the complicated, but very durable, perfume which bears this name.

1706.—FRENCH HONEY (Imitation). (*Fr.*—Miel Français.)

Ingredients.—1 lb. of loaf sugar, 3 ozs. of butter, the yolks of 6 eggs, the whites of 4 eggs, the juice of 4 lemons, and the finely-grated rind of 2 lemons.

Method.—Place the sugar, butter, lemon-rind and lemon-juice in a jug, stand it in a saucepan of boiling water, and as soon as the sugar is dissolved add the beaten eggs, and stir until the mixture thickens. If stored in a cool, dry place, this preparation will keep good for months.

Time.—½ an hour. **Average Cost,** 1s. 3d.

1707.—FROSTED ALMOND SANDWICHES. (*Fr.*—Denises aux Amandes.)

Ingredients.—Puff paste (No. 1665), cheese-cake mixture (No. 1704), apricot or raspberry jam, blanched and shredded almonds, 1 white of egg, milk, castor sugar, vanilla sugar.

Method.—Roll the paste out to about a ¼ of an inch in thickness, and cut it into 2 long strips 3 inches wide. Place one strip on a wetted baking-tin, prick lightly with a fork to prevent it blistering, spread first a thin layer of jam, and then a layer of cheese-cake mixture. Cover with the other strip of paste, moisten the edges and pinch them together, brush lightly over with milk, and dredge with castor sugar. Bake in a moderate oven for about 10 minutes, and let the pastry cool a little. Whip the white of egg to a stiff froth, sweeten with 1 tablespoonful of vanilla sugar, spread it lightly on the pastry, and sprinkle on the prepared almonds. Divide into strips about 1½ inches wide, replace in the oven, and bake for 10 minutes longer.

Time.—½ hour, after the pastry is made. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 10 persons.

1708.—FRUIT OR JAM TURNOVERS. (*Fr.*—Patisserie de Fruit.)

Ingredients.—Short crust or puff paste (No. 1667, or 1665), stewed fruit or jam, castor sugar.

Method.—Roll the paste out thinly, and cut it into rounds about 4 inches in diameter. Place a little fruit or jam in the centre of each round, moisten the edges with water, and fold the paste over on 3 sides in the form of a triangle. Seal the join carefully, turn them over, brush lightly with cold water, and dredge well with castor sugar. Bake in a moderate oven.

Time.—To bake, about 15 minutes. **Average Cost,** ½d. each.

1709.—GOOSEBERRY TART. (*Fr.*—Tourte de Grosseilles.)

Ingredients.—1½ pints of gooseberries, ¼ of a lb. of short crust, (No. 1667, or 1668), ¼ of a lb. of moist sugar.

Method.—With a pair of scissors cut off the tops and tails of the gooseberries ; put them into a deep pie-dish, pile the fruit high in the centre, and put in the sugar ; line the edge of the dish with short crust, put on the cover, and ornament the edges of the tart ; bake in a good oven for about ¾ of an hour, and before serving dredge with castor sugar.

Time.—To bake, about ¾ hour. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons.

GOOSEBERRIES.—The red and white are the two principal varieties of gooseberries. The red are rather the more acid ; but, when covered with white sugar, are more wholesome, from the circumstance that sugar neutralizes their acidity. Red gooseberries make an excellent jelly, which is light and refreshing, but not very nourishing. All sorts of gooseberries are agreeable when stewed, and in this country especially there is no fruit so universally in favour. In Scotland there is scarcely a cottage garden without its gooseberry bushes. Several of the species are cultivated with the greatest care.

1710.—GRANVILLE TARTLETS. (*Fr.*—Tartelettes à la Granville.)

Ingredients.—Paste (No. 1667, or 1668), 3 ozs. of castor sugar, 2 ozs. of butter, 2 ozs. of currants, cleaned and picked, 1 oz. of ground rice, 1 oz. of finely-shredded candied peel, 3 ozs. of cake crumbs, 1 oz. of desiccated cocoanut, 2 whites of eggs, 1 tablespoonful of cream, lemon essence, transparent icing (No. 1737).

Method.—Cream the butter and sugar together until thick and smooth, add the currants, ground rice, peel, cake crumbs, cream, 4 or 5 drops of lemon essence, and lastly, the stiffly-whipped whites of eggs. Line 18 small oval tartlet moulds with paste, fill them with the preparation, and bake from 15 to 20 minutes in a moderate oven. When cool, mask the tartlets with icing, and sprinkle them with desiccated cocoanut.

Time.—To bake, from 15 to 20 minutes. **Average Cost**, 1s., exclusive of the paste. **Sufficient** for 18 tartlets.

1711.—LEMON CHEESECAKES. (*Fr.*—Tartelettes au Citron.)

Ingredients.—Short paste (No. 1667, or 1668), 1 lb. of loaf sugar, ¼ of a lb. of butter, 6 eggs, the grated rind of 2 lemons and the juice of 3, finely-shredded candied peel.

Method.—Put the sugar, butter, lemon-rind and strained lemon-juice into a stewpan, and stir until the sugar is dissolved. Beat the yolks of eggs, add them to the contents of the stewpan, and stir and cook slowly until the mixture thickens. Let it remain in a cool dry place until required. Line the patty-pans with paste, ¾ fill them with the preparation, add a few strips of candied peel, and bake for about 20 minutes in a moderately hot oven.

Time.—To bake, about 20 minutes. **Average Cost**, 1s. 4d., exclusive of the paste. **Sufficient** for 2½ dozen cheese-cakes.

Note.—The above preparation, if closely covered and stored in a cool dry place, will keep good for several weeks.

1712.—LEMON TARTLETS. (*Fr.*—Tartelettes au Citron.)

Ingredients.—Short paste (No. 1667, or 1668), 4 ozs. of butter, 4 ozs. of castor sugar, 3 yolks of eggs, 1 lemon.

Method.—Cream the butter and sugar well together, beat each yolk of egg in separately, and add the juice of the lemon and the rind finely grated. Let the mixture stand in a cool, dry place for at least 24 hours, then bake in patty-pans, previously lined with the short paste.

Time.—To bake. from 15 to 20 minutes. **Average Cost**, 8d., exclusive of the paste. **Sufficient** for 18 tartlets.

1713.—LEMON TARTLETS. (*Fr.*—Tartelettes au Citron. (Another Method.)

Ingredients.—Short paste (No. 1667, or 1668), 4 lemons, 4 ozs. of loaf sugar, 4 ozs. of blanched finely-shredded almonds.

Method.—Pare the lemons thickly, boil the fruit in 2 or 3 waters until tender, then pound or rub through a fine sieve. Replace in the stewpan, add the sugar, almonds and lemon-juice, and boil until a thick syrup is obtained. Line 10 or 12 patty-pans with paste, fill them with the preparation, and bake for about 20 minutes in a moderately hot oven.

Time.—To bake, from 20 to 25 minutes. **Average Cost**, 8d., exclusive of the paste. **Sufficient** for 10 or 12 tartlets.

1714.—MAIDS OF HONOUR.

(*Fr.*—Dâmes d'Honneur.)

Ingredients.—Puff paste (No. 1665), 4 ozs. of castor sugar, 2 ozs. of Jordan almonds, ½ an oz. of fine flour, 2 yolks of eggs, 2 tablespoonfuls of cream, I tablespoonful of orange-flower water.

Method.—Blanch and dry the almonds, and pound them in a mortar with the sugar until fine. Add the yolks of eggs one at a time, and mix in the flour, cream and orange-flower water. Line 8 or 9 small tartlet moulds with paste, fill them with the mixture, and bake in a moderate oven.

Time.—To bake, about 15 minutes. **Average Cost,** 8d., exclusive of the paste. **Sufficient** for 8 or 9 tartlets.

1715.—MERINGUE TARTS.

See Flan of Apples, No. 1700 ; Flan of Pineapple, No. 1701, ; Flan of Strawberries, No. 1702 ; Apple Amber, No. 1676.

1716.—MINCE PIES. (*Fr.*—Pâté de Fruits.)

Ingredients.—Puff paste (No. 1665), mince meat (No. 1740, or 1741).

Method.—When the paste has had the necessary number of turns, roll it out to about a ¼ of an inch in thickness, and line some large-sized patty-pans with it (*see* page 888). Fill with mincemeat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven from 25 to 30 minutes, and serve either hot or cold.

Time.—30 minutes to bake. **Average Cost,** 1½d. each.

1717.—OPEN TART OF STRAWBERRY OR ANY OTHER KIND OF PRESERVE.

Ingredients.—Trimmings of puff paste, any kind of jam.

Method.—Butter a tart-pan of the usual shape, roll out the paste to the thickness of ⅛ of an inch, and line the pan with it, prick a few holes at the bottom with a fork to prevent the paste rising and blistering, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little ; then fill it with preserve, place on it a few stars or leaves, which have been previously cut out of paste and baked, and the tart is ready for table. By making the tart in this manner, both the flavour and the colour of the jam are preserved, which would be spoiled, were it baked in the oven on the paste, and less jam is required.

Time.—10 minutes to bake.

THE STRAWBERRY.—The well-known and much esteemed fruit of a plant of the genus *Fragaria*, natural order *Rosaceæ*, said to derive its name from the resemblance of its runners to straws. The strawberry belongs to temperate and rather cold climates ; and no fruit of these latitudes, that ripens without the aid of artificial heat, is at all comparable with it in point of flavour. The strawberry is widely diffused, being found in most parts of the world, and more particularly in Europe, and America.

1718.—ORANGE TARTLETS. (*Fr.*—Tartelettes aux Oranges.)

Ingredients.—2 good oranges, 3 ozs. of butter, 3 ozs. of sugar, 3 yolks of eggs, 1 white of egg, ½ a teaspoonful of vanilla essence, paste (No. 1667, or 1668).

Method.—Remove the rinds of the oranges as thinly as possible, and chop them finely. Cream the butter and sugar well together, beat each yolk in separately, add 2 tablespoonfuls of orange-juice, the orange-rind and vanilla essence. Whisk the white of egg stiffly, add it lightly to the rest of the ingredients, and pour the mixture into the tartlet moulds, previously lined with paste. Bake from 15 to 20 minutes in a moderate oven, and when ¾ baked, dredge them well with castor sugar.

Time.—30 to 40 minutes. **Average Cost.** 8d., exclusive of the paste. **Sufficient** for 9 or 10 tartlets.

1719.—ORANGE TARTLETS. (Another Method.)

Ingredients.—The finely-grated rind of 2 oranges, the juice of 1 orange, 3 ozs. of butter, 3 ozs. of castor sugar, 1½ ozs. of cake crumbs, 2 eggs, 1 teaspoonful of cornflour, paste (No. 1667, or 1668).

Method.—Cream the butter and sugar well together, beat each yolk in separately, add the grated orange-peel, cornflour and orange-juice, previously mixed smoothly together, the cakecrumbs, and lastly, the stiffly-whipped whites of eggs. Pour the mixture into 10 or 12 tartlet-tins, previously lined with paste, and bake for about 20 minutes in a moderately hot oven. When cold, mask with the icing prepared as below.

1720.—PARISIAN TARTLETS. (*Fr.*—Tartelettes à la Parisienne.)

Ingredients.—Short crust (No. 1667, or 1668), 3 ozs. of butter, 3 ozs. of castor sugar, 2 ozs. of cake crumbs, 1 oz. of cornflour, 1 oz. of ground almonds, 2 small eggs, 2 tablespoonfuls of cream, 1 dessertspoonful of lemon-juice, ½ a teaspoonful of ground cinnamon.

Method.—Cream the butter and sugar well together until thick and smooth, add the eggs separately and beat well. Mix the cream and cornflour smoothly together, stir the ingredients into the mixture, add the ground almonds, cake crumbs, cinnamon and lemon-juice, and mix well together. Line 12 tartlet-moulds with paste, fill them with the preparation, and bake in a moderate oven from 15 to 20 minutes. When about ¾ baked, dredge them well with castor sugar.

Time.—30 to 40 minutes. **Average Cost,** 10d., exclusive of the paste. **Sufficient** for 12 tartlets.

1721.—PASTRY SANDWICHES. (*Fr.*—Patisserie.)

Ingredients.—Pastry trimmings, jam, castor sugar.

Method.—Knead the trimmings lightly into a smooth round ball, and roll out very thinly, keeping the shape as square as possible. Spread jam evenly over one half, fold the other half over, wet the edges, and press them lightly together. Brush over with water, dredge well with castor sugar, and with the back of a blade of a knife mark the paste across in lines about 1 inch apart Bake for about 20 minutes in a moderate oven, and when cold cut the paste into strips. If preferred, currants, with the addition of a little sugar and shredded candied peel, may be used instead of jam.

Time.—30 minutes.

1722.—CREAM BUNS. (*Fr.*—Petits Choux à la Crème.)

Ingredients.—Choux paste (No. 1650), ½ a pint of cream, castor sugar.

Method.—Shape the paste as directed in the recipe for Coffee Éclairs, and bake them from 10 to 15 minutes. When cool, make an incision on one side, scoop out the soft interior, and fill them with stiffly-whipped sweetened cream. Dredge with castor sugar, and serve.

Time.—From 1¼ to 1½ hours. **Average Cost**, 2d. each. **Sufficient** for 1 dish.

1723.—POLISH TARTLETS. (*Fr.*—Tartlettes à la Polonaise.)

Ingredients.—Puff paste trimmings, raspberry and apricot jam, chopped pistachios, grated cocoanut.

Method.—Roll the paste out thinly, cut it into 2½-inch squares, moisten each corner, fold them over to meet in the centre, and cover the join with a small round of paste. Bake in a moderately hot oven for about 15 minutes. When cold place a little jam at each corner, and sprinkle cocoanut on the raspberry jam, and a little finely-chopped pistachio nut on the apricot jam.

Time.—To bake, from 10 to 15 minutes.

1724.—PRUNE TARTS. (*Fr.*—Tourte aux Pruneaux.)

Ingredients.—¾ of a lb. of prunes, 1 tablespoonful of cranberry juice, sugar to taste, paste (No. 1667, or 1668).

Method.—Scald the prunes, remove the stones, and take out the kernels ; put the fruit and kernels into the cranberry juice, and add the sugar ; simmer for 10 minutes, when cold make the tarts. Any stone fruit can be cooked in the same way.

Time.—About 1 hour. **Average Cost,** 8d. to 1s. **Sufficient** for 2 medium-sized tarts.

1725.—PUMPKIN PIE.

Ingredients.—To every quart of pumpkin, strained, allow 6 eggs, ¼ of a lb. of butter, ½ a pint of sweet milk, ½ a lb. of white sugar, 1 tablespoonful of French brandy, 1 gill of Madeira or sherry, paste (No. 1667, or 1668).

Method.—Cut the pumpkin into large pieces ; peel these, and put them into cold water over a very slow fire ; simmer, without boiling, until every piece is tender, then strain through a colander, and afterwards through coarse muslin. To every quart of the pumpkin add the ingredients given above, the eggs previously beaten till thick and light, and the butter and sugar stirred to a cream. When well mixed, bake in a pie-dish lined and covered with paste.

Time.—1½ hours. **Average Cost,** 2s. per pie. **Sufficient** for 6 or 8 persons.

1726.—PUFF PASTE RINGS WITH JAM.

Ingredients.—Puff-paste trimmings, jam, white of egg, castor sugar.

Method.—Roll the paste out to about a ¼ of an inch in thickness, and stamp out an equal number of rounds 2½ and 1¾ inches in diameter. Brush the larger rounds over with white of egg ; stamp out the centre of the smaller rounds, thus forming them into rings, one of which must be pressed lightly on the top of each round of paste. Bake in a moderately hot oven, and when cold fill with jam.

Time.—15 minutes to bake. **Average Cost,** 2d. each.

1727.—RASPBERRY TARTLETS. (*Fr.*—Tartelettes aux Framboises.)

Ingredients. Short paste (No. 1667, or 1668), 1 pint of raspberries, ½ a lb. of loaf sugar, ¼ of a pint of water, ½ a glass of brandy (optional). desiccated cocoanut.

Method.—Boil the sugar and water together until reduced to a syrup, add the raspberries, and cook gently for a few minutes. Drain, replace the syrup in the stewpan, boil rapidly until considerably reduced, then let it cool, and add the brandy. Line 10 or 12 patty-pans with paste, fill them with rice, placed in buttered papers, and bake in a moderately hot oven until crisp. When cool, fill them with the prepared fruit, add an equal portion of syrup to each tartlet, sprinkle with cocoanut, and serve cold.

Time.—To bake, from 10 to 15 minutes. **Average Cost,** 1s. 3d. to 1s. 6d., exclusive of the paste. **Sufficient** for 10 or 12 tartlets.

1728.—RED CURRANT AND RASPBERRY TART. (*Fr.*—Tourte aux Groseilles rouges.)

Ingredients.—1½ pints of red currants, ½ a pint of raspberries, 2 or 3 tablespoonfuls of moist sugar, short crust (No. 1667, or 1668).

Method.—Strip the currants from the stalks, put half of them into a pie-dish with an inverted cup in the midst, add the sugar and raspberries, then the remainder of the currants, piling them rather high in the centre. Cover with paste (*see* Apple Tart, brush lightly over with water, dredge well with castor sugar, and bake for about ¾ of an hour in a moderately hot oven.

Time.—About 1 hour. **Average Cost,** 1s. 2d., **Sufficient** for 6 or 7 persons.

Raspberries.—There are two sorts of raspberries, the red and the white. Both the scent and the flavour of this fruit are very refreshing, and the berry itself is exceedingly wholesome and invaluable to people of a nervous or bilious temperament. It is a delicate fruit, but well repays careful cultivation. Growers have succeeded in producing several fine varieties for cooking, jam making, and dessert. In Scotland it is found in large quantities growing wild, and is eagerly sought after in the woods by children. Its juice, which is rich and abundant, is extremely agreeable.

1729.—ST. CLOUD TARTLETS. (*Fr.*—Tartelettes à la St. Cloud.)

Ingredients.—Short paste (No. 1667), puff-paste or puff-paste trimmings, ½ a lb. of greengage jam, castor sugar, vanilla sugar, ½ a gill of cream, glacé cherries, angelica.

Method.—Line the patty-pans with short paste, brush the edges lightly over with beaten egg or water, and sprinkle with castor sugar. Fill them with jam, and bake in a moderately hot oven from 10 to 15 minutes. Roll the puff-paste out to about ⅛ of an inch or less in thickness, and stamp out some rings fully ½ an inch less in diameter than the tartlets. Brush them over with milk, turn the wet side on to the castor sugar, and place on the baking-sheet sugared side upwards. Bake in a quick oven; when cold, place the rings of paste on the tartlets, and fill the centre with cream, stiffly-whipped and sweetened with vanilla sugar. Place half a glacé cherry in the centre of each, and insert a few strips or leaves of angelica to complete the decoration.

Time.—About 1¼ hours. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 8 or 9 tartlets.

1730.—SAINT DENIS TARTLETS. (*Fr.*—Tartelettes à la Saint Denis.)

Ingredients.—Pastry (No. 1667), 2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of ground almonds, 1 level tablespoonful of cornflour, 2 yolks of eggs, 1 white of egg, vanilla essence, raspberry jam.

Method.—Cream the butter and sugar together until thick and smooth, beat in the yolks of eggs, add the ground almonds, cornflour, a few drops of vanilla essence, and lastly, the stiffly-whisked white of egg. Line 12 tartlet moulds with paste, spread a small teaspoonful of jam at the bottom of each one, fill them with the preparation, and fix 2 narrow strips of paste across the top. Bake in a moderate oven from 15 to 20 minutes.

Time.—To bake, from 15 to 20 minutes. **Average Cost,** 8d., exclusive of the paste. **Sufficient** for 12 tartlets.

Icings, Fillings, Etc.

1731.—ALMOND PASTE. (*Fr.*—Pâte d'Amandes.)

Ingredients.—4 ozs. of ground almonds, 6 ozs. of loaf sugar, 1 white of egg, lemon-juice.

Method.—Put the sugar, with 1 tablespoonful of water, and a teaspoonful of lemon juice into a stewpan, bring to the boil, skim well, and boil to the " ball degree " (*see* page 1070, No. 2264). Pour the syrup on to the ground almonds, add about ½ the white of egg, mix well together, and use as required.

Time.—10 minutes. **Average Cost,** 6d. **Sufficient** for one small cake.

1732.—CHOCOLATE ICING. (*Fr.*—Glace au Chocolat.)

Ingredients.—3 ozs. of chocolate, ½ a lb. of icing sugar, ½ a gill of water.

Method.—Break the chocolate into small pieces, put them into a small stewpan with the water, and stir by the side of the fire until dissolved. Add the icing sugar, stir until well mixed and smooth, then use as required.

Average Cost.—6d.

1733.—COFFEE BUTTER. (*Fr.*—Beurre au Moka.)

Ingredients.—¼ of a lb. of fresh butter, ¼ of a lb. of castor sugar, 1 yolk of egg, coffee essence.

Method.—Cream the sugar and yolk of egg for about 10 minutes, add coffee essence to taste, and the softened butter gradually. Work until thoroughly mixed and smooth, let it remain on ice until firm, stir again, then use for decorating, by means of a paper cornet, or bag and forcer.

Average Cost.—6d.

1734.—COFFEE ICING. (*Fr.*—Glace au Café.)

Ingredients.—1 lb. of icing sugar or fine castor sugar, 1 gill of cold water, 1 dessertspoonful of coffee essence.

Method.—Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling point, and simmer for 4 or 5 minutes. Pour the syrup into a basin, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

Average Cost.—6d.

1735.—ORANGE ICING. (*Fr.*—Glace d'Orange.)

Ingredients.—6 ozs. of icing sugar, the juice of 1 orange.

Method.—Put the sugar and orange-juice into a small stewpan, stir until well-mixed and smooth, and pour an equal portion over the top of each tartlet.

Time.—1½ hours. **Average Cost**, 1s., exclusive of the paste. **Sufficient** for 10 or 12 tartlets.

1736.—ROYAL ICING. (*Fr.*—Glace Royal.)

Ingredients.—½ a lb. of icing sugar, 1 teaspoonful of lemon-juice, 1 white of egg.

Method.—Put the white of egg into a basin, add the sugar gradually and work well with a wooden spoon. When the preparation presents a smooth, white brilliant appearance add the lemon-juice, and use as required.

Average Cost.—4d.

1737.—TRANSPARENT ICING. (*Fr.*—Glace transparente.)

Ingredients.—1 lb. of loaf sugar, ½ of gill of warm water.

Method.—Put the sugar and water into a sugar boiler or stewpan, let it dissolve, then bring to the boil and simmer for about 5 minutes, or until a thick syrup is formed (230° Fahr. on a saccharometer). Pour into a basin, stir until almost cold and setting, then use as required.

Average Cost.—3d.

1738.—CONFECTIONER'S CUSTARD. (*Fr.*—Crème Patissiere.)

Ingredients.—4 yolks of eggs, 1½ pints of milk, 4 ozs. of castor sugar, ½ an oz. of potato flour, 3 sheets of French gelatine, flavouring essence.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, add the sugar and blended cornflour, boil for 2 minutes, then pour over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan and stir by the side of the fire until the mixture thickens, then add the gelatine, previously dissolved in 1 tablespoonful of water, and the flavouring essence, and use as required.

Average Cost.—9d.

1739.—FRANGIPAN CREAM. (*Fr.*—Crème-Frangipanne.)

Ingredients.—½ a lb. of fine sifted flour, ¼ of a lb. of castor sugar, 2 ozs. of butter, 4 eggs, 1 pint of milk, flavouring essence.

Method.—Put 4 yolks and 2 whites of eggs, the flour, sugar, and a little pinch of salt into a small stewpan, stir and cook by the side of the fire until well mixed, then add the milk gradually. When perfectly smooth, stir in the butter, cook gently for about 10 minutes, then turn into a basin, flavour to taste, and when cool use as required for filling tartlets, etc.

Average Cost.—10d.

1740. MINCEMEAT.

Ingredients.—1 lb. of finely-chopped suet, 1 lb. of currants washed and picked, 1 lb. of raisins stoned and quartered, 1 lb. of chopped apples, 1 lb. of castor sugar, ½ lb. of sultanas, ¼ of a lb. of shredded mixed candied peel, 2 lemons, ½ a gill of brandy, ½ a saltspoonful each of nutmeg, mace and cinnamon.

Method.—Pare the lemons thinly, simmer the rinds in a little water until perfectly tender, then pound them or rub them through a fine sieve. Mix all the ingredients well together, press into a jar, cover closely, and keep in a cool dry place for at least 1 month before using.

Average Cost.—6d. per lb.

1741.—MINCEMEAT. (Another Method.)

Ingredients.—1 lb. of finely-chopped apples, 1 lb. of currants, cleaned and picked, ¾ of a lb. of finely-chopped suet, ¾ of a lb. of raisins, stoned and quartered, ¾ of a lb. of castor sugar, ¼ of a lb. of finely-shredded mixed candied peel, the grated rind and juice of 2 lemons, ½ a teaspoonful of cinnamon, ground cloves, mace and nutmeg, mixed in equal proportions, ¼ of a pint of brandy.

Method.—Mix all these ingredients well together, press them into a jar, cover closely and store in a cool dry place until required. It should be kept for 1 month at least before being used.

Average Cost.—About 6d. per lb.

1742.—MINCEMEAT (Economical.)

Ingredients.—1 lb. of chopped apples, ¾ of a lb. of currants, washed and picked, ½ a lb. of raisins, stoned and quartered, ½ a lb. of finely-chopped suet, ½ a lb. of castor sugar, 2 ozs. of chopped candied peel, the juice and grated rind of 1 lemon, 1 saltspoonful of grated nutmeg.

Method.—Mix all these ingredients well together, and keep in closely covered jars in a cool, dry place, until required.

Average Cost.—6d.

1743.—MINCEMEAT, AMERICAN RECIPE FOR.

Ingredients.—2 lbs. of finely-chopped cooked fresh beef-tongue, 1 lb. of finely-chopped suet, 2 lbs. of sugar, 2 lbs. of currants, washed and dried, 2 lbs. of raisins, stoned and quartered, 1 lb. of shredded candied citron, 3 lbs. of chopped apples, the finely-grated rind of 4 lemons, $\frac{1}{4}$ of a teaspoonful each of ground allspice, cloves, cinnamon and nutmeg, 1 teaspoonful of salt, 1 teaspoonful of black pepper, $\frac{1}{2}$ pint of brandy, $1\frac{1}{4}$ pints of sherry, 1 pint of sweet cider.

Method.—Mix all the ingredients, except the apples and cider. Let it remain in covered jars for 3 days, then add the cider and apples, and use.

Average Cost.—About 10d. per lb.

1744.—MINCEMEAT, LEMON.

Ingredients.—2 large lemons, 6 large apples, $\frac{1}{2}$ a lb. of suet, 1 lb. of currants, $\frac{1}{2}$ a lb. of sugar, 2 ozs. of candied lemon-peel, 1 oz. of citron, mixed spice to taste.

Method.—Pare the lemons, squeeze them, and boil the peel until it is tender enough to mash. Add to the mashed lemon-peel the apples, which should be pared, cored and minced, the chopped suet, currants, sugar, sliced peel and spice. Strain the lemon-juice to these ingredients, stir the mixture well, and put it in a jar with a close-fitting lid. Stir occasionally, and in a week or 10 days the mincemeat will be ready for use.

Average Cost.—1s. 7d.

1745.—VANILLA SUGAR. (*Fr.*—Sucre à la Vanille.)

Ingredients.—2 lb. of castor sugar, 1 oz. of vanilla pod.

Method.—Cut the pod into small pieces, pound with the sugar in a mortar until smooth, then rub through a fine sieve. Unless kept in a perfectly air-tight tin, the sugar will lose much of its flavour.

Average Cost.—2s. 6d.

PUDDINGS, SOUFFLÉS, OMELETS AND FRITTERS

CHAPTER XXXII

To avoid repetition in the recipes for these, the application of the principles of boiling, steaming, baking and frying such preparations will be here briefly described. Success in preparing dishes of this class depends more on suitable proportions, manipulation, and proper application of heat than on the materials themselves, which are usually of a simple character. Although the terms suet, milk, batter and bread may be used to describe briefly a large proportion of the puddings which form part of the daily fare of the masses, there is a large number of sweet dishes that cannot be included in this classification, but individual recipes to which general remarks do not apply will be described in detail.

Each recipe in the following chapter gives, as nearly as possible, the exact amount of the ingredients which comprise the dish. Such terms as "well buttered mould," "creaming," "stiffly-whipped or whisked" will be explained in the present chapter, for the convenience of the uninitiated.

Preparation of Moulds and Basins.—When the pudding to be cooked is substantial in character, the mould, basin or dish may be greased with a little fresh butter or fat; but moulds intended for light puddings, soufflés or omelets should be well coated with cool clarified butter, using a small brush for this purpose.

Chopping Suet.—Either beef or mutton suet may be used for puddings: paste made with the former is lighter, mutton suet is less rich, and its flavour is not always liked. To prepare suet for use, remove all skin, shred or cut it down in very thin flakes, and chop it finely. During the process sprinkle it liberally with some of the flour or breadcrumbs; or, when making mincemeat, which contains neither of these ingredients, use some of the sugar for the purpose. Chopping should be done with a large sharp knife held in the right hand, raising and lowering the handle quickly, while the fingers of the left hand hold the point of the blade, and keep it pressed firmly to the board.

Creaming Butter and Sugar, or Yolks of Eggs and Sugar.—The term "creaming" by no means describes the process by which butter and sugar, or yolks of eggs and sugar are amalgamated. Butter and sugar are pressed by means of a wooden spoon against the sides of a basin until the friction has softened the butter, and the ingredients are then stirred vigorously, keeping the bowl of the spoon constantly pressed against the sides or bottom of the basin, not alternately raised and lowered as in beating. In cold weather the butter may first be slightly warmed, but it must not be allowed to melt. Yolks of eggs and sugar are simply stirred together until thick and creamy.

Preparation of Dried Fruits.—As currants do not keep for any length of time they should never be bought in large quantities. They may be cleaned with a little flour on a sieve, but some cooks pour boiling water over them to plump them, and afterwards drain and dry them thoroughly. In either case, they must be dropped on a plate a few at a time to detect the stones. Sultanas should be cleaned with a little flour on a sieve and have the stalks removed, and Valencia raisins must be halved and stoned.

Boiled Puddings.—To ensure perfect cooking, the following rules, which apply equally to rich or plain, large or small puddings, must be observed.

1. The mould or basin must be perfectly dry and well coated with butter or fat.
2. The pudding must completely fill the mould or basin.
3. A scalded and floured cloth should be tied securely over the top of the basin, but rather loosely round a roly-poly or other pudding not boiled in a basin.
4. The water must be boiling rapidly when the pudding is put in.
5. The water must completely cover the pudding, and be deep enough to float those boiled in cloths, otherwise a plate or saucer must be placed at the bottom of the pan.
6. As the water boils away, boiling water must be added.
7. The pudding must stand a few minutes before being turned out, in order that some of the steam may escape, and thus cause the pudding to shrink and less liable to break.

Steamed Puddings.—Puddings steamed over water are lighter than when immersed in it, but they cook more slowly. A quicker method, and one that gives practically the same results, is to stand the pudding in a saucepan containing boiling water to about half the depth of the mould or basin, the surrounding water being frequently replenished with more boiling water. A pudding to be steamed should not more than three-quarters fill the basin; and two folds of paper, made waterproof by being rubbed with butter or fat, should cover the top instead of a cloth, which prevents the pudding rising.

Milk Puddings.—Milk puddings usually have the addition of eggs or some granular or powdered farinaceous substance, or they may consist of milk, eggs, and a farinaceous grain or powder. The three varieties would be represented by a custard pudding, a plain rice pudding, and a cornflour or semolina pudding made with eggs. A well-made milk pudding is a palatable and usually acceptable dish, and being so easily made it is difficult to understand why they are nearly always served in too dry or too liquid a condition, when the mean is so easily obtained. If a custard pudding be allowed to boil it becomes watery; if cooked too quickly, without actually boiling, it is full of holes. When the oven is too hot the pudding may be kept below boiling point by placing the dish containing it in a tin of water, to which must be added, from time to time, a little cold water to prevent it boiling. Rice pudding, or any farinaceous pudding without eggs, should first be put into a hot oven for a short time to bring the milk quickly to near boiling point, but afterwards they should be cooked as slowly as possible, in order that the grains may have ample time to swell. It is better to simmer small grains like ground rice, semolina, and fine sago in a saucepan, preferably a double one, until the substance is well-cooked. Eggs are easily digested when lightly cooked, but become insoluble when over-cooked, and for this reason they should not be added to the farinaceous preparation until it is fully cooked, and then 10 minutes baking in a moderate oven is all that is necessary to set the egg and brown the surface of the pudding. For ordinary purposes skimmed milk may be used, but the fat or cream of which it has been deprived should be replaced by a little butter or finely-chopped suet, the proportion of the latter being ½ a tablespoonful to 1 pint of milk.

Batter.—Whether the batter is intended for a pudding or fritters, certain points need careful attention.

1. It must be mixed as smoothly as possible, and this is effected by not adding much liquid until all the lumps of flour have been beaten out.
2. It should be well beaten to get the air in.
3. It should stand for at least 1 hour in order that the flour grains may swell and burst and ferment. The batter may be made more easily digestible by prolonging this process of fermentation.
4. It is usually cooked, i.e. fried, at a high temperature.

Fritters.—To successfully fry anything coated with batter the fat must be hot enough to immediately harden the surface of the beignets or fritters, and thus prevent it soaking in and making them greasy, and yet it must not be sufficiently hot to brown them before they are crisp and well-cooked (*see* Notes on Frying, p. 412).

Soufflés and Soufflé-Omelets. Moulds or tins in which soufflés are to be steamed or baked should, after being well coated with cool clarified butter, have a band of 3 or 4 folds of buttered paper tied round their rim to support the soufflé when it rises above the level of the tin. All these preparations should be made beforehand, so that the mixture may not have to stand and possibly lose some of its lightness. The success of soufflés and soufflé-omelets depends largely upon the whites of the eggs being whisked to a proper degree of stiffness. When the eggs are fresh, all that is necessary to ensure this is careful separation from the yolks, the addition of a pinch of salt, and that the air whipped in is as cold as possible. Another important factor is the cooking. Soufflés are lighter when steamed than when baked, but great care is needed to keep the water surrounding them at simmering point and yet prevent it actually boiling. Soufflés should be served as soon as they are done, for if over-cooked or allowed to stand, they lose some of their lightness. They should be baked in a hot oven, and served as quickly as possible in the dish or dishes in which they are cooked.

Puddings

1746.—ALMA PUDDING.

Ingredients.—8 ozs. of flour, 6 ozs. of castor sugar, 4 ozs. of butter, 2 ozs. of currants, 2 ozs. of sultanas, 4 eggs, 1 teaspoonful of baking powder, the grated rind of 1 lemon.

Method.—Clean and pick the currants and sultanas. Cream the butter and sugar together until thick and white, then beat in the eggs, and add the rest of the ingredients. Have ready a well-buttered mould or basin, pour in the mixture, and steam for 2 hours. Serve with a suitable sauce.

Time.—2½ hours. **Average Cost,** about 1s. **Sufficient** for 5 or 6 persons.

1747.—ALMOND CASTLES.

Ingredients.—4 ozs. of ground almonds, 2 ozs. of butter, 1 tablespoonful of castor sugar, 1 tablespoonful of milk, 1 tablespoonful of brandy, 2 eggs.

Method.—Cream the butter and sugar together, stir in the yolks of eggs, the milk and brandy, and beat well. Whip the whites stiffly, and lightly add them to the rest of the ingredients. Put into well-buttered dariol-moulds or small cups, and either bake or steam gently for 30 or 35 minutes. Serve with custard sauce.

Time.—From 45 to 50 minutes. **Average Cost,** 7d. to 8d., exclusive of the brandy. **Sufficient** for 5 or 6 persons.

THE HUSKS OF ALMONDS.—In the environs of Alicante, the husks of almonds are ground to a powder and are used as an ingredient in the manufacture of common soap, the large quantity of alkaline principle they contain rendering them suitable for this purpose. It is said that in some parts of France, where almonds are extensively grown, horses and mules are fed on the green and dry husks; but, to prevent any evil consequences arising from this practice, the husks are mixed with chopped straw or oats.

1748.—ALMOND PUDDING, BAKED. (*Fr.*—Pouding aux Amandes.)

Ingredients.—1 penny roll, 2 ozs. of ground almonds, 1 oz. of butter, 1 oz. of castor sugar, 1 pint of milk, 3 eggs, the grated rind of 1 lemon, a good pinch of cinnamon.

Method.—Butter a piedish and line the bottom with thin, buttered slices of roll. Mix the almonds, lemon rind and cinnamon together and put ½ into the piedish. Cover with thin slices of roll, then add the rest of the almond mixture, and again cover with slices of roll. Boil the milk, and add to it the sugar; beat the eggs well, then pour on to them the hot, NOT BOILING, milk, and stir well. Now add the milk, etc., to the rest of the ingredients in the piedish, but in tablespoonfuls, to avoid floating the slices of roll. Cover the pudding and let it stand for ½ an hour, then bake it gently for about an hour.

Time.—1¾ to 2 hours. **Average Cost,** 9d. to 10d. **Sufficient** for 5 or 6 persons.

1749.—ALMOND PUDDING, BAKED. (Another Method.)

Ingredients.—4 ozs. of ground almonds, 3 ozs. of butter, 2 ozs. of sugar, 2 ozs. of cake crumbs (stale sponge cakes serve), 1 pint of milk, the juice and grated rind of ½ a lemon, 4 eggs, puff paste.

Method.—Cream the butter and sugar together, add the eggs, beating each one in separately, the cake crumbs, lemon rind and juice and almonds. Boil the milk, pour it over the rest of the ingredients, stirring all the time, return to the saucepan, and stir over the fire until the mixture thickens. Have ready a piedish with the edges lined with paste, pour in the mixture, and bake gently until brown and set. Serve either hot or cold.

Time.—20 to 30 minutes to bake. **Average Cost,** about 1s. 2d., exclusive of the paste. **Sufficient** for 6 or 7 persons.

USES OF SWEET ALMOND.—The kernels of the sweet almond are used either in a green or ripe state and as an article for dessert. Into cookery, confectionery, perfumery and medicine, they largely enter, and in domestic economy should always be used in preference to bitter almonds, as the kernels do not contain any prussic acid, although it is found in the leaves, flowers and bark of the tree. When young and green they are preserved in sugar, like apricots. They furnish almond oil, and the farinaceous matter which is left after the oil is expressed forms the paté d'amandes of perfumers, while the oil forms the basis of kalydor, macassar oil, and many other articles of a similar kind vended by perfumers. In medicine it is considered a nutritive, laxative, and an emollient.

1750.—ALMOND PUDDING, BAKED (Another Method.)

Ingredients.—2 ozs. of ground almonds, 1 oz. of castor sugar, ¼ of an oz. of butter, 2 tablespoonfuls of cream, 2 tablespoonfuls of brandy (milk may be substituted), 2 eggs.

Method.—Thoroughly beat the eggs; add to them the almonds, sugar, cream and brandy, and mix well. Melt the butter, add it to the rest of the ingredients, pour into a buttered piedish, and bake for about 20 minutes in a moderate oven.

Time.—From 35 to 40 minutes. **Average Cost,** about 9d. **Sufficient** for 3 persons.

1751.—ALMOND PUDDINGS, SMALL.

Ingredients.—¼ of a lb. of ground almonds, 2 eggs, 1 tablespoonful of castor sugar, 2 tablespoonfuls of cream, 2 ozs. of butter.

Method.—Cream the butter and sugar together, stir in the yolks of eggs, the almonds, and the cream. Whip the whites to a stiff froth, add them lightly to the rest of the ingredients, pour into buttered dariol moulds or small cups, and steam or bake from 25 to 30 minutes. Serve with a suitable sauce.

Time.—About 1 hour. **Average Cost,** 9d. to 10d., for this quantity. **Sufficient** for 5 or 6 persons.

1752.—ANGEL PUDDING.

The above name is sometimes given to French pancakes, the recipe for which is given on p. 949.

1753.—APPLE AMBER PUDDING.

Ingredients.—6 large apples, 3 ozs. of brown sugar, 2 ozs. of butter, 3 eggs, 1 lemon, cherries, strips of angelica, short paste, or puff paste trimmings, castor sugar.

Method.—Line the edge of a piedish with thin strips of paste about 3 inches wide, and decorate the edge with overlapping leaves or small rounds of pastry, which must be securely fixed by means of white of egg. Peel and slice the apples, stew them gently with the butter, sugar, and lemon-rind until tender, then pass through a fine sieve, and add the yolks of eggs. Pour the mixture into the piedish, bake gently for 20 minutes, then pile the stiffly-whisked whites of eggs on the top. Dredge liberally with castor sugar, decorate with cherries and angelica, and replace in the oven until the whites of eggs harden and acquire a little colour. Serve either hot or cold.

Time.—½ an hour, to bake the pudding. **Average Cost,** about 1s. 3d., in addition to cost of paste. **Sufficient** for 6 or 7 persons.

1754.—APPLES, BAKED.

Ingredients.—6 apples, 1 white of egg, castor sugar, jam or jelly.

Method.—Pare and core the apples, keeping them whole; roll up an apple-paring tightly, and place it in the centre of each apple. Brush over with white of egg, and put aside until it dries; then re-coat, sprinkle with castor sugar, put the apples into a piedish, cover with a greased paper and bake in a slow oven until tender. Be careful not to overcook, or they may break. When done, remove the apple-paring, and fill the cavity with blackberry or black currant jelly, blackberry or raspberry jam, or whatever may be preferred: a small piece of butter and some brown sugar is liked by many.

Time.—About 1 hour. **Average Cost,** 4d. to 6d., without the jam. **Sufficient** for 4 or 5 persons.

1755.—APPLE CHARLOTTE. (*Fr.*—Charlotte de Pommes.)

Ingredients.—2 lbs. of good cooking apples, 4 ozs. of brown sugar, or to taste, 1 oz. of butter, the rind of 1 lemon. For lining the mould: thin slices of bread, oiled butter.

Method.—Peel, core and slice the apples, put them into a stewpan with the sugar and 1 tablespoonful of water, and cook until tender. When the apples are reduced to a soft smooth pulp, add the butter and lemon-rind, and sweeten to taste. Meanwhile, take a plain soufflé mould, and cover the bottom with a round of bread, previously cut in quarters and dipped into the melted butter. If a pretty dish is desired, the sides of the mould should be lined with rounds of bread, of ¾-inch diameter, arranged overlapping each other; but as 3 or 4 tiers may be required this method occupies considerable time. It may be more quickly lined with long narrow strips the size of Savoy biscuits, these may also overlap each other, or they may be laid flat against the tin. Each piece of bread must be dipped into the oiled butter before being used. When the mould is ready, put in the apple pulp, cover the top with a round of bread, and bake in a moderate oven for about 30 minutes.

Time.—About 2 hours. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 6 or 7 persons.

1756.—APPLE CHARLOTTE. (Another Way.) (*Fr.*—Charlotte de Pommes.)

Ingredients.—1 lb. of apples, 3 ozs. of finely-chopped suet, 3 ozs. of white breadcrumbs, 2 ozs. of brown sugar, ½ a lemon (rind only), 1 tablespoonful of browned breadcrumbs.

Method.—Peel, core and cut the apples into thick slices. Grease a piedish, and coat it thickly with browned breadcrumbs ; mix together the suet and breadcrumbs, and grate the lemon-rind. Fill the piedish with alternate layers of apple and mixed suet and crumbs, letting the bottom and top layers be rather thick ones of breadcrumbs : the lemon-rind should be mixed with the sugar and sprinkled on each layer of apple. Cover with a double layer of greased paper, and bake in a moderate oven for about 1¼ hours. When ready, loosen the edges with a knife, and invert on to a hot dish.

Time.—About 2 hours. **Average Cost,** 7d. or 8d. **Sufficient** for 5 or 6 persons.

1757.—APPLE CHARLOTTE. (Another Method.)

Ingredients.—Apples, thin slices of bread and butter, brown sugar, 1 lemon.

Method.—Peel, core and slice the apple, place a layer on the bottom of a buttered piedish, sprinkle with sugar, lemon-rind and lemon-juice, and cover with thin slices of bread and butter. Repeat until the dish is full, letting bread form the top layer. Cover with a greased paper, bake from ¾ to 1 hour, then turn out of the dish and dredge well with castor sugar.

Time.—About 1 hour. **Average Cost,** 6d. or 8d., for one of medium size.

1758.—APPLE DUMPLINGS, BAKED.

Ingredients.—½ a lb. of short paste (*see* Pastry, No. 1668, or 1669), 5 or 6 apples, according to size, 1 tablespoonful of currants, a little moist sugar.

Method.—Peel and core the apples and fill the centre with currants. Roll out the paste thinly, and cut it into rounds nearly large enough to cover the apples. Place one in the centre of each round, wet the edges of the paste, and press gently to the top of the apple. Put them join downwards on a baking-sheet, and bake them 20 to 30 minutes in a moderately hot oven. When nearly done, brush lightly over with water, sprinkle over with moist sugar, and return to the oven to finish baking. Serve either hot or cold.

Time.—About 1 hour. **Average Cost,** 7d. to 9d. **Sufficient** for 5 or 6 persons.

Uses of the Apple.—This well known fruit forms a very important article of food. It is much used in pies and puddings, furnishes several delicacies, such as sauces, marmalades and jellies, and is much esteemed as a dessert fruit. When flattened in the form of round cakes and baked in ovens, they are called *beefings*; and large quantities are annually dried in the sun in America as well as in Normandy, and stored for use during winter, when they may be stewed or made into pies. In a roasted state they are remarkably wholesome. In putrid and malignant fevers, when used with the juice of lemons and currants, they are considered highly efficacious.

1759.—APPLE DUMPLINGS, BOILED.

Ingredients.—¾ of a lb. of suet paste (No. 1670, or 1671), 6 apples, 6 cloves, moist sugar.

Method.—Pare and core the apples, fill the cavities with sugar, and add a clove. Roll the paste and cut rounds large enough to rather more than ¾ cover the apples. Place one on each round of paste, slightly wet the edges, and press them gently to the top of the apples where they must be completely joined. Tie each dumpling in the corner of a well-floured pudding cloth, put them into boiling water, and boil gently from 40 to 50 minutes.

Time.—To make and cook, from 1½ to 1¾ hours. **Average Cost,** 9d. each. **Sufficient** for 5 or 6 persons.

1760.—APPLES, LEXINGTON STYLE. (*Fr.*—Pommes à la Lexington.)

Ingredients.—6 sour cooking apples, 1 oz. of flour, 1 oz. of castor sugar, 1 egg, cake crumbs, ground cinnamon, preserved pineapple or pineapple jam, fruit, syrup, frying-fat.

Method.—Pare, core and steam the apples until half-cooked, and let them become cold. Then mix the flour and sugar together, roll each apple in the mixture, brush them carefully with egg and coat with cake crumbs, then fry in hot fat until nicely browned. Fill the centre with finely-chopped pineapple or pineapple jam, pour hot pineapple syrup round the dish, and serve.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 5 or 6 persons.

1761.—APPLE PUDDING, BAKED. (*Fr.*—Pouding de Pommes.)

Ingredients.—6 sour cooking apples, ½ a pint of breadcrumbs, 2 or 3 tablespoonfuls sugar, 1 oz. of butter, 1 egg.

Method.—Pare, core and cut the apples into slices, put them into a stewpan with the sugar and 2 or 3 tablespoonfuls of water, cook until tender, then stir in the butter and well-beaten egg. Coat the bottom and sides of a well-buttered piedish thickly with breadcrumbs, add the apple pulp, cover with the remainder of the breadcrumbs, put a few pieces of butter on the top, and bake gently for about ¾ of an hour, keeping the dish covered with greased paper to prevent the surface from becoming too brown.

Time.—About 1 hour. **Average Cost,** 9d. to 10d. **Sufficient** for 3 or 4 persons.

Constituents of the Apple.—All apples contain sugar, malic acid, or the acid of apples; mucilage, or gum; woody fibre and water; together with some aroma, on which their peculiar flavour depends. The hard acid kinds are unwholesome if eaten raw; but by the process of cooking, a great deal of this acid is decomposed and converted into sugar. The sweet and mellow kinds form a valuable addition to dessert. A great part of the acid juice is converted into sugar as the fruit ripens, and even after it is gathered, by a natural process termed maturation; but when apples decay, the sugar is changed into a bitter principle, and the mucilage becomes mouldy and offensive. Old cheese has a remarkable effect in improving the apple when eaten, probably from the volatile alkali or ammonia of the cheese neutralizing the acid of the apple.

1762.—APPLE PUDDING, BAKED. (Another Method.)

Ingredients.—5 medium sized apples, 3 tablespoonfuls of flour, 2 tablespoonfuls of finely-chopped suet, 1 pint of milk, 2 eggs, a little nutmeg, a good pinch of salt.

Method.—Make a batter of the flour, salt, eggs and milk (*see* Yorkshire Pudding, No. 1930). Pare the apples, cut them into quarters and remove the core. Place them in a piedish, sprinkle on the suet, pour in the batter, grate a little nutmeg on the top, and bake in a moderately hot oven for 1 hour. Serve with sugar.

Time.—1½ hours. **Average Cost,** 8d. or 9d. **Sufficient** for 5 or 6 persons.

To preserve Apples.—The best mode of preserving apples is to carry them at once to the fruit room, where they should be put upon shelves covered with white paper, after gently wiping each. The room should be dry and well aired, but should not admit the sun. The finer and larger kinds of fruit should not be allowed to touch each other, but should be kept separate. For this purpose, a number of shallow trays should be provided, supported by racks or stands above each other. In very cold frosty weather the room should be warmed.

1763.—APPLE PUDDING, BOILED. (*Fr.*—Pouding de Pommes.)

Ingredients.—12 ozs. of flour, 6 ozs. of suet, 1 teaspoonful of baking-powder, 2 lbs. of apples, 2 tablespoonfuls of moist sugar, 6 cloves, if liked.

Method.—Peel, core and cut the apples into rather thick slices. Make the paste as directed in Recipe No. 1670, or 1671. Cut off rather more than a ¼ of the paste for the lid, roll out the remainder, and with it line the basin, previously well greased. Put in half the fruit, then the sugar, intersperse the cloves, cover with the remainder of the fruit and add ½ gill cold water. Roll out the rest of the pastry to the size of the top of the basin, moisten the edges slightly, and join them carefully to the edges of the pastry lining the basin. If the pudding is to be boiled, cover the top with a well-floured cloth; if steamed, 2 folds of greased paper may be used. Cook from 2½ to 3 hours.

Time.—3 to 3½ hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 7 or 8 persons.

1764.—APPLE PUDDING, BOILED.

Ingredients.—¼ of a lb. of bread-crumbs, ¼ of a lb. of suet (finely-chopped), ¼ of a lb. of apples, ¼ of a lb. of moist sugar, 2 eggs, ¼ of a pint of milk, a good pinch of salt, a good pinch of nutmeg.

Method.—Pare, core and chop the apples coarsely. Mix all the dry ingredients together, add the eggs, previously beaten, and the milk, and mix well. Let the mixture stand 1 hour for the bread to soak, then if not sufficiently moist for the mixture to drop readily from the spoon, add a little more milk. Pour into a well-greased basin, and steam 2 hours. Serve with a suitable sauce.

Time.—Altogether, 2¼ hours. **Average Cost,** 8d. or 9d. **Sufficient** for 5 or 6 persons.

1765.—APPLES AND RICE. (*Fr.* Pommes au Riz.)

Ingredients.—4 or 5 apples, 1¼ pints of milk, 2 tablespoonsful of rice, 1 heaped tablespoonful of sugar, 1 oz. of butter, lemon-rind and other flavouring, a good pinch of salt, raspberry jam, or sugar and butter.

Method.—Wash the rice, put it into a saucepan with the salt, lemon-rind and milk, simmer until the greater part of the milk is absorbed and the rice becomes tender, then stir in the butter and sugar, and remove the lemon-rind. Peel and core the apples, place them in a piedish, fill the cavities with raspberry jam or a little butter and sugar. Fill the spaces between the apples with rice, and bake in a slow oven until the apples are tender, but not broken.

Time.—About 1 hour. **Average Cost,** 8d. to 10d. **Sufficient** for 4 or 5 persons.

1766.—APPLES AND SAGO. (*Fr.*—Pommes au Sagou.)

Ingredients.—4 or 6 cooking apples, 1 pint of water, 2 tablespoonfuls of moist sugar, 1 tablespoonful of fine sago, the rind and juice of ½ a lemon, a few drops of carmine or cochineal.

Method.—Peel and core the apples, keeping them whole. Boil the water, sprinkle in the sago, stir and cook until clear. Now add the apples, sugar, lemon-rind and juice, and simmer very gently until the apples are tender; then remove them, place them in a deep dish, add a few drops of cochineal to the syrup, and pour it over the apples.

Time.—From 40 to 60 minutes. **Average Cost,** 6d. to 8d. **Sufficient** for 4 or 5 persons.

1767.—APPLE SNOWBALLS. (*Fr.*—Pommes à la Neige.)

Ingredients.—Apples. To each apple allow 1 tablespoonful of rice, ½ a pint of milk, or milk and water mixed, a clove, 1 teaspoonful of moist sugar.

Method.—Simmer the rice in the milk until all the milk is absorbed (a good pinch of salt should be added to the rice and milk, and, if liked, 1 tablespoonful of sugar to every pint of milk). Pare and core the apples, keeping them whole, fill the centre of each with sugar, and put in a clove, if liked. Cover with the rice, and tie each ball in the corner of a pudding cloth. Put into boiling water, and boil gently from 45 to 60 minutes. Serve with sugar.

Time.—About 2 hours. **Average Cost,** 1½d. to 2d. each. Allow 1 to each person.

1768.—APPLES WITH CUSTARD SAUCE.

Ingredients.—6 apples, raspberry jam. For the custard: ½ a pint of milk, 2 yolks of eggs, 1 white of egg, 1 dessertspoonful of sugar.

Method.—Pare and core the apples, keeping them whole; roll up an apple paring tightly, and place it in the centre of each apple. Put them in a deep baking-dish, barely cover the bottom of the dish with cold water, place on the top an inverted dish or piedish to keep in the steam, and bake gently until tender. Lift carefully on to a hot dish, remove the apple parings, fill the cavity with jam, and pour the custard round. (*See* Custard Sauce, No. 332.)

Time.—About 40 minutes. **Average Cost,** 8d. or 9d. **Sufficient** for 4 or 5 persons.

1769.—APPLE SNOW. (*Fr.*—Pommes à la Neige.)

Ingredients.—6 sour cooking apples, 4 ozs. of sugar, or to taste, yolks of 4 eggs, 2 whites of eggs, the grated rind of ½ a lemon, vanilla pod, ½ a pint of milk, 1 tablespoonful of cream.

Method.—Pare, core and slice the apples, put them into a stewpan with the lemon-rind, 2 ozs. of sugar and a little water. Cook until tender, rub them through a fine sieve, let the purée cool, then stir in the cream. Simmer the milk and vanilla pod together until sufficiently flavoured, then remove the pod (dry it and place in castor sugar for future use), add sugar to taste, stir in the well-beaten yolks of eggs, and cook by the side of the fire until they thicken, stirring meanwhile. Now put the apple purée into a buttered piedish, pour the custard on the top, and cover with the stiffly whisked whites of eggs. Dredge liberally with castor sugar, and bake in a moderate oven until the surface hardens and acquires a little colour. Serve hot or cold. **Time.**—About 1 hour. **Average Cost,** 1s. 1d. **Sufficient** for 5 or 6 persons.

1770.—APRICOT PUDDING, BAKED. (*Fr.*—Pouding d'Abricots.)

Ingredients.—1 tin or bottle of apricots, ¾ of a pint of fresh breadcrumbs, 3 tablespoonfuls of moist sugar, 1 pint of milk, 3 eggs, the juice of 1 lemon, and, if liked, a glass of sherry, pastry No. 1667, or No. 1668.

Method.—Boil the milk, pour it on the breadcrumbs, and let them soak for ½ an hour. Rub the apricots through a hair sieve, add to them the lemon-juice, sugar, sherry, 3 yolks and 1 white of egg, and mix well together. Have ready a piedish with the edges lined, as directed in the recipe for Apple Amber, No. 1676, add the milk and breadcrumbs to the rest of the ingredients, pour into the piedish, and bake in a steady oven until set. Whip the whites to a stiff froth, add to them 1 tablespoonful of castor sugar, and when the pastry is three-quarters baked, and the apricot mixture set, pile them on the top of the pudding. The surface should be liberally sprinkled with castor sugar; and it may also be decorated with strips of crystallized apricots. Return to the oven, and bake until the méringue acquires a pale fawn colour. Serve either hot or cold.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 3d. to 1s. 6d., without the sherry. **Sufficient** for 6 or 7 persons.

1771.—ARROWROOT PUDDING, BAKED.

Ingredients.—1 pint of milk, 1 tablespoonful of arrowroot, 1 tablespoonful of castor sugar, 3 eggs, a pinch of salt.

Method.—Mix the arrowroot smoothly with a little milk, boil the remainder and add it to the arrowroot, stirring all the time. Return to the saucepan and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, previously well beaten, and stir by the side of the fire for 2 or 3 minutes. Whip the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a well-buttered piedish, and bake slowly for about ½ an hour.

Time.—About 45 minutes. **Average Cost,** 6d. **Sufficient** for 4 or 5 persons.

1772.—ARROWROOT PUDDING, STEAMED.

Ingredients.—1 tablespoonful of arrowroot, 1 tablespoonful of moist sugar, 1 pint of milk, the grated rind of ½ a lemon, 2 eggs.

Method.—Mix the arrowroot smoothly with a little of the milk, boil the remainder, and pour it over the arrowroot, stirring all the time. Return to the saucepan, stir and cook over the fire until thick, then cool slightly, and add the sugar, lemon-rind and eggs, previously well beaten. Pour into a buttered mould or basin, and steam gently from 1¼ to 1½ hours. Serve with custard, wine, or any other suitable sauce.

Time.—From 1½ to 1¾ hours. **Average Cost,** 5d. to 6d. **Sufficient** for 4 or 5 persons.

1773.—AUSTRIAN PUDDING. (*Fr.*—Pouding à l'Austrichienne.)

Ingredients.—½ a pint of raspberries, moist sugar, 4 ozs. of cakecrumbs, 2 ozs. of castor sugar, 2 ozs. of ground almonds, 2 ozs. of glacé cherries, 4 eggs, 1 tablespoonful of cream, ½ oz. butter.

Method.—Put the raspberries and 1 tablespoonful of moist sugar into a jar placed in a saucepan containing boiling water, and half cook them. Meanwhile work the yolks of the eggs and the castor sugar together in a basin until thick and creamy, then add the cakecrumbs, ground almonds, cream, oiled butter, and lastly the stiffly whisked whites of eggs. When the raspberries are ready, place them with their juice in a buttered fireproof china soufflé dish, cover with the preparation, decorate with the halved glacé cherries, and bake in a moderate oven for about ½ an hour. Serve hot. Raspberries preserved in bottles may be used when fresh ones are not obtainable.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 9d. **Sufficient** for 6 or 7 persons.

1774.—BABA WITH RUM SYRUP. (*Fr.*—Baba au Rhum.)

Ingredients.—¾ of a lb. of flour, ½ an oz. of yeast, 2 ozs. of castor sugar, 4 ozs. of butter, 1½ ozs. of currants cleaned and picked, ⅓ of a pint of milk, a good pinch of salt. For the syrup: ¾ of a pint of water, 2 ozs. of loaf sugar, 2 tablespoonfuls of apricot jam, 1 wine-glassful of rum.

Method.—Dry the flour thoroughly, sieve 4 ozs. of it into a warm, dry basin, add the salt, and make a well in the centre. Mix the yeast smoothly with a little warm milk, add it to the flour, knead the preparation into a smooth dough, then cover with a cloth, and let it rise in a warm place. Sieve the remainder of the flour into a large basin, make a well in the centre, and put in the salt, sugar, warmed butter, eggs, and the remainder of the milk, beat with the hand for 15 minutes, and cover with a cloth. When the dough has risen to twice its original size, mix the contents of the 2 basins together, add the currants, and knead lightly for 15 minutes. Have ready 1 large or 8 small well-buttered moulds with straight sides, sprinkle the bottom and sides with a few currants, half fill with dough, stand near the fire until it rises nearly to the top of the mould, then bake in a moderately hot oven. When done, turn on to a sieve, and baste well with rum syrup, then place in a hot dish, pour the syrup over, and serve hot. To make the syrup: boil the sugar and water together until considerably reduced, then add the jam, boil for 10 minutes, strain, return to the stewpan, put in the rum, bring to boiling point, and use as directed.

Time.—About 3 hours. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons.

1775.—BABAS WITH KIRSCH. (*Fr.*—Babas au Kirsch.)

Ingredients.—1 lb. of fine flour, ¾ of an oz. of yeast, 8 to 9 ozs. of butter, 1 tablespoonful of currants cleaned, 1 tablespoonful of sultanas cleaned, 1 tablespoonful of castor sugar, 5 eggs, the grated rind of the lemon, salt. For the syrup: ¾ of a pint of water, 2 ozs. of loaf sugar, kirschwasser to flavour.

Method.—Dry and sieve the flour into a large basin, make a well in the centre, and add the yeast mixed smoothly with a little tepid water. Let it stand for about ½ an hour, then add the well-creamed butter, currants, sultanas, sugar, lemon-rind, a good pinch of salt, and the eggs. Beat the mixture until smooth, then cover with a cloth, and let it stand until it rises to nearly twice its original size. Have ready some buttered timbale moulds, half fill them with the preparation, let them stand until it rises nearly to the top of the moulds, and bake in a moderately hot oven. Meanwhile boil the sugar and water until the syrup is formed, flavour with kirschwasser, pour it over the babas, or dip them in it and serve.

Time.—From 2¼ to 2½ hours. **Average Cost,** from 2s. to 2s. 3d. **Sufficient** for 8 or 10 persons.

1776.—BACHELOR'S PUDDING. (*Fr.*—Pouding à la Garçon.)

Ingredients.—4 ozs. of breadcrumbs, 4 ozs. of currants cleaned and picked, 4 ozs. of apples weighed after being pared and cored, 2 ozs. of sugar, 3 eggs, the grated rind of ½ a lemon, 1 small teaspoonful of baking-powder, nutmeg, salt.

Method.—Chop the apples coarsely, add to them the breadcrumbs, currants, sugar, lemon-rind, a good pinch each of nutmeg and salt, mix well together, then stir in the well-beaten eggs. Let the mixture stand for ½ an hour, then stir in the baking-powder, add more milk if the mixture is at all stiff, and turn into a well-greased basin. Steam or boil about 3 hours, and serve with sweet melted butter sauce No. 357.

Time.—Altogether, about 3 hours. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1777.—BACHELOR'S PUDDING. (Another Method.)

Ingredients.—8 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of sugar, 2 ozs. of raisins, stoned, 2 ozs. of sultanas, cleaned and picked, 1 egg, 1 teaspoonful of baking-powder, ¼ of a pint of milk.

Method.—Mix all the dry ingredients together, add the milk and the egg (previously beaten), and stir well. Put into a well greased piedish, and bake gently for about 1¼ hours. When ready, turn out of the dish, dredge well with sugar, and serve hot.

Time.—From 1¾ to 2 hours. **Average Cost,** about 8d. **Sufficient** for 5 or 6 persons.

1778.—BAKEWELL PUDDING. (*See* Bakewell Tart, No. 1684.)

1779.—BANANA PUDDING. (*Fr.*—Pouding de Bananes.)

Ingredients.—2 bananas, 4 ozs. of castor sugar, 4 ozs. of flour, 1 oz. of butter, ½ a gill of cream or milk, 3 eggs.

Method.—Cream the butter and sugar well together, beat in the yolks of the eggs separately, stir in the flour, and add the cream or milk, and the bananas thinly sliced. Whip the whites of the eggs to a stiff froth, add them lightly to the rest of the ingredients, and pour the mixture into 1 large or several small well-buttered moulds. Steam or bake a large pudding from 1 to 1¼ hours, or small ones from 30 to 35 minutes. Serve with a fruit syrup or sweet sauce.

Time.—From 1½ to 1¾ hours. **Average Cost,** 9d. **Sufficient** for 5 or 6 persons.

1780.—BARONESS PUDDING. (*Fr.*—Pouding à la Baronne.)

Ingredients.—¾ of a lb. of finely-chopped suet, ¾ of a lb. of flour, ¾ of a lb. of raisins (stoned), ½ a pint of milk, a saltspoonful of salt.

Method.—Mix all the dry ingredients together, add the milk and stir well. Put into a well-greased basin, and boil or steam for about 3 hours. Serve with any suitable sweet sauce, or with a little sugar.

Time.—About 3¾ hours. **Average Cost,** about 1s. **Sufficient** for 8 or 9 persons.

1781.—BATTER PUDDING, BAKED.

Ingredients.—1 pint of milk, 2 eggs, 4 heaped tablespoonfuls of flour, salt, dripping.

Method.—Put the flour and a good pinch of salt into a basin, make a well in the centre, break in the eggs, stir, gradually mixing in the flour from the sides, and add milk by degrees until a thick, smooth batter is formed. Now beat well for 10 minutes, then add the remainder of the milk, cover, and let it stand for at least 1 hour. When ready to use, put a tablespoonful of dripping into a piedish, and while it is heating give the batter another good beating. Pour into the dish, and bake in a quick oven for about 35 minutes. Serve with sugar, butter and sugar, jam or stewed fruit.

Time.—2 hours. **Average Cost,** 4½d. **Sufficient** for 4 or 5 persons.

Note.—The batter may also be baked in small cups or on saucers (buttered). It may be varied by the addition of any kind of fresh or tinned fruit, or raisins, currants, candied peel, etc.

1782.—BATTER PUDDING, BOILED.

Ingredients.—¾ to 1 pint of milk, 6 ozs. of flour, 4 eggs, a good pinch of salt.

Method.—Mix the flour and salt together, and make a well in the centre of the flour. Beat the eggs thoroughly, strain them into the flour, and stir gently so that the flour becomes gradually incorporated. Add the milk a little at a time until the batter has the consistency of thick cream, then cover, and let it stand for 1 hour. When ready, pour into a well-buttered basin, cover with a scalded, well-floured cloth, and boil for about 1¼ hours.

Time.—Altogether, about 3 hours. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons.

Note.—Boiled batter puddings may be varied by the addition of either fresh or dried fruits. They should be placed in the basin, and the batter poured over them.

1783.—BERLIN PUDDING. (*Fr.*—Pouding à la Berlinoise.)

Ingredients.—2 ozs. of flour, 2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of almonds, 4 eggs, ½ a pint of milk (rather less), salt.

Method.—Blanch, peel and shred the almonds finely, then dry them in a cool oven. Dry and sieve the flour, add to it about half the milk, and stir vigorously until a smooth batter is formed. Put the remainder of the milk and the butter into a stewpan, when boiling, add the sugar, batter, and a good pinch of salt, and stir over the fire until it thickens. Now let it cool slightly, then beat in each yolk of egg separately, stir in the almonds, and lastly add the stiffly whipped whites of eggs. Turn the preparation into 1 large or 8 small well-buttered moulds, and steam a large pudding from 1½ to 2 hours, and small ones for about 40 minutes. Serve with custard sauce or other suitable sweet sauce.

Time.—From 2 to 2½ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 4 or 5 persons.

1784.—BETSY PUDDING.

Ingredients.—1 lb. of stale bread, 2 ozs. of finely-chopped suet, 2 ozs. of sugar, 2 eggs, 2 pints of milk, 8 tablespoonfuls of jam or stewed fruit.

Method.—Boil the milk, pour it over the bread, cover, and let it stand for ½ an hour, then beat out the lumps with a fork. Add the suet, sugar, well-beaten eggs, and mix well together. Place a layer of this preparation in the bottom of a greased piedish, cover thickly with jam or stewed fruit, add another layer of bread, etc., and repeat until the dish is full, covering the last addition of jam or fruit rather thickly with the preparation. Bake in a moderate oven for 1 hour, and serve hot.

Time.—Altogether, about 2 hours. **Average Cost,** 1s. 1d. **Sufficient** for 6 or 7 persons.

1785.—BLACK-CAP PUDDING.

Ingredients.—4 ozs. of flour, 1 oz. of sugar, 1 oz. of currants, cleaned and picked, ½ a pint of milk, 1 egg, 1 good pinch of salt.

Method.—Put the flour and salt into a basin, make a well in the centre of the flour, break in the egg, add the milk a little at a time, and stir, gradually working in the flour from the sides. When about half the milk has been used, give the batter a good beating, then add the rest of the milk, the sugar and currants. The pudding may be cooked at once, but it will be lighter if allowed to first stand 1 hour. Cover with a greased paper, steam for 1½ hours, and serve with melted butter.

Time.—2 to 3 hours. **Average Cost,** 3d. **Sufficient** for 3 or 4 persons.

1786.—BRANDY PUDDING. (*Fr.*—Pouding au Cognac.)

Ingredients.—1 wineglassful of brandy, ½ a pint of cream, ½ a pint of milk, 4 eggs, a stale French roll, 2 ozs. of macaroons or ratafias, 4 ozs. of sugar, ½ a teaspoonful of grated lemon-rind, grated nutmeg, glacé cherries.

Method.—Decorate a well-buttered mould with halved cherries, and afterwards line it with thin slices of roll. About ½ fill the mould with alternate layers of macaroons and sliced roll, adding a few cherries, the brandy, and a little sugar. Mix the eggs, cream, and milk, add the sugar, lemon-rind, and a little nutmeg, and pour the whole into the mould. Let it stand for 1 hour, then steam it gently for 1½ hours, and serve with a suitable sauce.

Time.—1½ hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 6 or 7 persons.

1787.—BREAD PUDDING, BAKED.

Ingredients.—8 ozs. of stale bread, 4 ozs. of raisins or currants, cleaned and picked, 2 ozs. of finely-chopped suet, 2 ozs. of sugar, 1 egg, a little milk, a good pinch of nutmeg.

Method.—Break the bread into small pieces, cover them with cold water, soak for ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork, and stir in the sugar, suet, raisins, nutmeg, and mix well. Add the egg, previously beaten, and as much milk as is necessary to make the mixture moist enough to drop readily from the spoon. Pour into a greased piedish and bake gently for about 1 hour. When done, turn out on to a hot dish, and dredge well with sugar.

Time.—1¾ to 2 hours. **Average Cost,** 4d. to 5d. **Sufficient** for 5 or 6 persons.

1788.—BREAD PUDDING, BOILED.

Ingredients.—1 lb. of stale bread, 6 ozs. of raisins or currants, cleaned and picked, 3 ozs. of finely-chopped suet, 3 ozs. of sugar, 2 ozs. of peel, 1 egg, ¼ of a pint of milk, a good pinch of nutmeg.

Method.—Break the bread into small pieces, cover with cold water, soak for ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork, add the raisins, suet, sugar, peel and nutmeg, and mix well. Beat the egg, add to it the milk, and stir into the rest of the ingredients. Put into a greased basin, and steam or boil for 2 hours. Serve with a sweet sauce, if liked.

Time.—About 3 hours. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1789.—BREAD AND BUTTER PUDDINGS, BAKED.

Ingredients.—5 or 6 thin slices of bread and butter, 1 pint of milk, 2 eggs, 1 dessertspoonful of sugar, sultanas, currants or candied lemon, if liked.

Method.—Cut off the crust and divide each slice of bread into 4 squares, arrange them in layers in a well-buttered piedish, and sprinkle each layer with sultanas or whatever is being used. Beat the eggs, add the sugar, stir until dissolved, then mix in the milk and pour gently over the bread, which should only half fill the dish. Let it stand at least 1 hour for the bread to soak, then bake in a moderately cool oven for nearly 1 hour.

Time.—2¼ hours. **Average Cost,** 6d. to 8d. **Sufficient** for 4 or 5 persons.

1790.—BREAD AND BUTTER PUDDING, STEAMED.

Ingredients.—5 or 6 slices of bread and butter, ¾ of a pint of milk, 1 dessertspoonful of sugar, 2 eggs, sultanas, raisins, currants, or candied peel, if liked.

Method.—Butter a pudding basin, sprinkle it with currants, or chopped peel, or arrange raisins or sultanas in some simple design on the bottom and sides of the basin. Cut each slice of bread into 4 pieces, place them in layers, each layer being sprinkled with fruit and a little finely-chopped candied peel. Beat the eggs, add the milk and the sugar, stir until the sugar is dissolved, then pour slowly over the bread, etc. Let it stand at least 1 hour, if convenient for 2 hours, before being cooked. Cover the top with a greased paper, and steam slowly for about 1 hour. Serve with a sweet sauce or fruit syrup.

Time.—To make, about 20 minutes; altogether from 2¼ to 3 hours. **Average Cost,** 5½d. without the bread. **Sufficient** for 4 or 5 persons.

1791.—BROWN BREAD PUDDING. (*Fr.*—Pouding au pain noir.)

Ingredients.—6 ozs of brown bread, weighed after being passed through a sieve, 4 ozs. of sugar, 3 ozs. of butter, 2 ozs. of finely-shredded mixed candied peel, 3 eggs, ½ a pint of milk, 1 glass of sherry, cinnamon, nutmeg, salt.

Method.—Pass the brown bread through a fine wire sieve. Boil the milk, pour it over the breadcrumbs, and let them soak for not less than 15 minutes. Cream the butter and sugar together; when thick and white, beat in the eggs separately, add the milk and bread, peel, sherry, and a good pinch each of cinnamon, nutmeg and salt. Put the mixture into a well-greased mould or basin, and steam for 2 hours. Serve with custard or wine sauce.

Time.—2¾ to 3 hours. **Average Cost,** about 1s. **Sufficient** for 5 or 6 persons.

1792.—BROWN BREAD PUDDING. (Another Method.)

Ingredients.—6 ozs. of crumbled brown bread, 4 ozs. of finely-chopped suet, 2 ozs. of sugar, 2 ozs. each of raisins and sultanas, cleaned and picked, 2 eggs, a little milk, a good pinch each of nutmeg, cinnamon and salt.

Method.—Mix all the dry ingredients together. Beat the eggs thoroughly, stir them into the mixture, add milk until all the ingredients are moistened, then cover and let stand for ½ an hour or longer, to allow the bread to soak. Have ready a well-greased mould or basin; beat the mixture, add a little more milk if necessary, pour into the mould, and steam or boil for 3½ hours.

Time.—About 4 hours. **Average Cost,** 8d. to 9d. **Sufficient** for 5 or 6 persons.

1793.—BROWN BREAD AND CHESTNUT PUDDING. (*Fr.*—Pouding au pain noir et Marrons.)

Ingredients.—½ a lb. of chestnuts, ½ a lb. of brown bread (crumbled and weighed afterwards), ¼ of a lb. of sultanas, ¼ of a lb. of brown sugar, 2 ozs. of butter, 1 tablespoonful of blanched and coarsely-chopped almonds, ½ a pint of milk, 2 eggs.

Method.—Clean and pick the sultanas; rub the brown bread through a wire sieve. Bake or roast the chestnuts for about 20 minutes, remove both skins, put them into a saucepan with the milk, simmer until tender, then beat well, and add the butter and sugar. Mix the crumbled brown bread, sultanas and almonds together, add the chestnut purée, the eggs, previously beaten, and mix well. Pour into a buttered mould or basin, and steam for 2½ to 3 hours.

Time.—About 4 hours. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 8 persons.

1794.—BURNT CREAM. (*Fr.*—Crême Brulée.)

Ingredients.—½ a pint of cream, ½ a pint of milk, 1 dessertspoonful of crême de riz or cornflour, 6 yolks of eggs, 1½ ozs. of vanilla sugar, ground cinnamon.

Method.—Mix the crême de riz or cornflour smoothly with a little milk, and put the remainder, with the cream and 1 oz. of vanilla sugar, into a stewpan. When boiling, add the crême de riz, cook for 2 or 3 minutes, cool slightly, then put in the well-beaten yolks of eggs, and whisk briskly by the side of the fire until they thicken, but do not allow the mixture to boil. Pour the preparation into a well-buttered soufflé dish, sprinkle the surface lightly with cinnamon, and thickly with vanilla sugar, and bake in a quick oven for 10 or 15 minutes. The top must be well-browned, and when the oven is not hot enough for the purpose, the dish should be held under a salamander before serving.

Time.—From 35 to 45 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons.

1795.—CABINET PUDDING. (*Fr.*—Pouding Cabinet.)

Ingredients.—Stale sponge cake or Savoy biscuits, $\frac{3}{4}$ of a pint of milk, 4 yolks and 2 whites of eggs, 6 or 8 ratafia biscuits, 1 tablespoonful of castor sugar, a few drops of vanilla, a few cherries, and a little angelica to ornament the mould.

Method.—Butter a mould with plain straight sides, ornament the bottom with strips of angelica and cherries cut in halves, and line the sides with narrow strips of sponge cake or Savoy biscuits. Break the trimmings of the cake or 3 or 4 biscuits into small pieces, put them, together with the ratafias, into the mould. Beat the eggs, add to them the sugar, flavouring and milk, stir until the sugar is dissolved, then pour the custard slowly into the mould. Cover with a buttered paper, and steam gently for nearly 1 hour.

Time.—About $1\frac{1}{2}$ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 5 or 6 persons.

1796.—CABINET PUDDING, PLAIN.

Ingredients.—5 or 6 thin slices of bread (*see* Note), 1 pint of milk, 2 eggs, 1 tablespoonful of sugar, 2 tablespoonfuls of raisins, a few drops of almond essence, or other flavouring.

Method.—Cut the raisins in halves and remove the stones. Cut the crusts off the bread, divide each slice into strips 1 inch wide, taper one end and trim to a uniform length. Have ready a well-buttered basin, decorate with raisins, and line with strips of bread. Beat the eggs, add to them the sugar, milk and flavouring, and stir until the sugar is dissolved. Cut all the bread-trimming into dice, put them into the prepared basin, pour on the custard, cover with a greased paper, and steam gently for 1 hour.

Time.—$1\frac{1}{2}$ hours. **Average Cost,** 7d., without the bread. **Sufficient** for 4 or 5 persons.

Note.—In place of bread, savoy, finger biscuits, or stale cake may be advantageously used for this pudding.

1797.—CANADIAN PUDDING.

Ingredients.—6 tablespoonfuls of Indian meal, 2 tablespoonfuls of castor sugar, 4 eggs, the thin rind of 1 small lemon, 1 quart of milk, raisins stoned and halved.

Method.—Mix the meal with a little cold milk, infuse the lemon-rind in the remainder for 15 minutes, then strain the boiling milk over the meal. Replace in the stewpan, add the sugar, and simmer gently for 10 minutes. When cool, add the well-beaten eggs, and pour the mixture into a mould or basin previously well buttered and decorated with raisins. Steam for 2½ hours, then serve with a suitable sauce.

Time.—About 3 hours. **Average Cost,** 1s. 3d. **Sufficient** for 6 or 7 persons.

1798.—CANARY PUDDING.

Ingredients.—4 ozs. of flour, 3 ozs. of sugar, 2 ozs. of butter, 2 eggs, 1 teaspoonful of baking-powder, milk.

Method.—Cream the butter and sugar together until thick and smooth, and add each egg, separately. Beat well, then stir in the flour and baking-powder as lightly as possible, and add milk gradually until the mixture drops readily from the spoon. Pour into a well-buttered mould, steam for about 1 hour, and serve with jam or custard sauce.

Time.—About 1¼ hours. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons.

1799.—CANNELL PUDDING. (*Fr.*—Pouding à la Cannelle.)

Ingredients.—4 ozs. of ground almonds, 4 ozs. of castor sugar, 3 ozs. of crumbled Savoy biscuits or Madeira cake, 1½ ozs. of butter, 1 oz. of flour, 4 eggs, ½ a pint of milk, a good pinch of grated nutmeg, 1 inch of cinnamon.

Method.—Boil up the milk, infuse the cinnamon in it for 20 minutes, and strain it over the cake crumbs. Beat the butter and the sugar together until creamy, add the yolks of egg separately, and stir in the almonds and nutmeg. Whisk the whites of eggs stiffly, and stir them lightly in, sprinkling the flour in gradually meanwhile. Have ready a mould, well buttered and lightly sprinkled with breadcrumbs, put in the mixture, bake in a moderate oven for ¾ of an hour, then turn out and serve with hot raspberry syrup.

Time.—1¼ hours. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons.

1800.—CARAMEL PUDDING. (*Fr.*—Pouding au Caramel.)

Ingredients.—For the caramel: 2 ozs. of loaf sugar, 2 tablespoonfuls of cold water. For the custard: ½ a pint of milk, 4 yolks and 2 whites of eggs, 1 tablespoonful of castor sugar, a few drops of vanilla or other flavouring.

Method.—Boil the loaf sugar and cold water together until the liquid acquires a light-brown colour, then pour it into a charlotte or plain timbale mould, and turn the mould slowly round and round until every part of it is coated with the caramel. Beat the eggs, add to them the sugar, flavouring and milk, and stir until the sugar is dissolved. Strain the custard into the mould, cover with a greased paper, steam very slowly for about 40 minutes, then turn out carefully. No other sauce is needed than the caramel, which runs off when the pudding is inverted. This pudding is equally nice cold; when intended to be served thus, it may be allowed to cool before being turned out of the mould, and so lessen the probability of its breaking. If preferred, 6 dariol moulds may be used instead of 1 large mould.

Time.—About 1¼ hours. **Average Cost,** 7d. or 8d. **Sufficient** for 4 or 5 persons.

1801.—CARAMEL RICE PUDDING. (*Fr.*—Caramel au Riz.

Ingredients.—For the caramel: 4 ozs. of loaf sugar, ¼ of a pint of water. For the pudding: 3 ozs. of rice, 1 pint of milk, 1 tablespoonful of castor sugar, 2 eggs, vanilla essence.

Method.—Prepare the caramel, and line the mould as directed in the preceding recipe. Simmer the rice in the milk until tender, cool slightly, then stir in the well-beaten eggs, sugar, and a few drops of vanilla essence. Turn into the prepared mould, cover with buttered paper, and steam for nearly 1 hour. Serve either hot or cold. If preferred, the rice may be steamed in dariol moulds.

Time.—About 2 hours. **Average Cost,** 7d. or 8d. **Sufficient** for 5 or 6 persons.

1802.—CARROT PUDDING. (*Fr.*—Pouding Créçy.)

Ingredients.—½ a lb. of young carrots, ½ a lb. of fresh breadcrumbs, ½ a lb. of butter, ¼ of a lb. of castor sugar, ¼ of a lb. of glacé cherries, 2 eggs, 1 teaspoonful of ground cinnamon, a good pinch of salt.

Method.—Wash and scrub the carrots, but do not scrape them ; put them into slightly salted water and boil until tender, then rub through a fine sieve. Cream the butter and sugar together, add the yolks of eggs and beat well, then mix in the breadcrumbs, cinnamon, cherries cut in quarters, and the carrot pulp. Whip the whites to a stiff froth, stir them very lightly into the rest of the ingredients, pour the mixture into a well-buttered mould, and steam for 2¼ to 2½ hours. Serve with lemon sauce or sherry sauce.

Time.—3 to 3¼ hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 7 or 8 persons.

1803.—CARROT PUDDING. (Economical.)

Ingredients.—¾ of a lb. of young carrots, ½ a lb. of breadcrumbs, ¼ of a lb. of finely-chopped suet, ¼ of a lb. of sugar, 2 ozs. each of sultanas and raisins, cleaned and stoned, 3 eggs, a little milk, a good pinch of nutmeg, a good pinch of salt.

Method.—Prepare the carrot pulp as directed in the preceding recipe. Mix all the dry ingredients together, add to them the carrot pulp, eggs (previously well beaten), and sufficient milk to thoroughly moisten the whole. Pour into a well-greased mould or basin, cover with a buttered paper, and steam from 2 to 2½ hours. Or, turn into a buttered piedish, and bake gently for about 1¼ hours.

Time.—To make and steam, about 3 hours; to bake, from 2 to 2¼ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 7 or 8 persons.

1804.—CASSELL PUDDING.

Ingredients.—2 eggs, and their weight in butter, castor sugar and flour, 1 saltspoonful of finely-grated lemon-rind, jam.

Method.—Whisk the eggs well, stir in the sugar and flour, and add the butter slightly warmed. Have ready some well-buttered cups, cover the bottom of each one with jam, and fill it three-quarters full with the mixture. Bake in a moderate oven for 25 minutes, and serve with boiled custard (*see* recipes for same).

Time.—¾ of an hour. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 7 persons.

1805.—CASTLE PUDDINGS. (*Fr.*—Pouding à la Château.)

Ingredients.—1½ ozs. of flour, 1½ ozs. of castor sugar, 1 oz. of butter, 1 level teaspoonful of baking-powder, 1 egg, a little milk, flavouring.

Method.—Cream the butter and sugar together, beat in the egg until the mixture is light and creamy. Sieve the flour and baking-powder together, stir lightly in, and add milk gradually until the mixture drops readily from the spoon. Three parts fill some well-buttered dariol moulds, and steam for 50 minutes or bake for half that length of time. Grated lemon-rind, vanilla, or any other flavouring ingredient may be added. Serve with jam, wine, or custard sauce.

Time.—About 1¼ hours. **Average Cost,** 5d. **Sufficient** for 3 or 4 persons.

1806.—CHERRY PUDDING. (*Fr.*—Pouding aux Cerises.)

Ingredients.—1 lb. of cooking cherries, 3 tablespoonfuls of moist sugar, 1 inch of cinnamon, 3 ozs. of flour, 2 ozs. of castor sugar, 4 eggs, 1 gill of cream, 2 tablespoonfuls of milk (about), the grated rind of ½ a lemon, salt.

Method.—Stone the cherries by means of a wooden skewer, put them with the cinnamon, 2 tablespoonfuls of cold water, and the moist sugar, into a jar placed in a saucepan containing boiling water, cook until tender, and allow them to cool. Heat the cream, add the flour, previously blended smoothly with the milk, boil well, then add the sugar and a good pinch of salt. Let it cool slightly, then beat in the yolks of eggs separately, add the lemon-rind, and lastly the stiffly-whipped whites of eggs. Have ready a well-buttered plain mould, place a layer of cherries on the bottom, then a layer of the mixture, and repeat until the mould is full. Cover with a greased paper, and bake in a moderately hot oven for about 40 minutes. Serve with a sweet sauce or fruit syrup.

Time.—About 1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons.

1807.—CHESTNUT PUDDING. (*Fr.*—Pouding aux Marrons.)

Ingredients.—6 ozs. of chestnuts (weighed after the skins are removed), 1 oz. of chocolate, 2 ozs. of cake crumbs, 2 ozs. of flour, 2 ozs. of butter, 1 oz. of castor sugar, 4 eggs, ½ a pint of milk, ½ a teaspoonful of essence of vanilla.

Method.—Bake or roast the chestnuts, remove both skins, put them into a stewpan with a very small quantity of water, cook until tender, then rub through a fine sieve. Break the chocolate into small pieces, put it and the milk into a stewpan, and simmer until dissolved. In another stewpan melt the butter, stir in the flour, cook for 2 or 3 minutes, then add the milk, and stir until it boils. The cakecrumbs must now be added, and the mixture stirred and cooked until it leaves the sides of the stewpan clear. Allow it to cool a little, then beat in the yolks of the eggs, and add the chestnut purée and the vanilla essence. Whisk the whites of eggs to a stiff froth, stir them lightly into the mixture, pour into a well-buttered mould, cover with buttered paper, and either steam for 1½ hours or bake in a moderately hot oven for 1 hour. Serve with vanilla or custard sauce.

Time.—About 2¾ hours. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 6 or 7 persons.

1808.—CHESTER PUDDING.

Ingredients.—4 eggs, 2 ozs. of castor sugar, 2 ozs. of butter warmed, 1 tablespoonful of ground almonds, essence of bitter almonds, 1 lemon, paste No. 1667, or 1668

Method.—Stir the yolks of the eggs and sugar together until thick and smooth, add the butter, almonds, a few drops of almond essence, and the finely-grated rind and juice of the lemon. Have ready a small piedish lined with paste, pour in the mixture, and bake gently for 20 minutes, or until set. Whip the whites stiffly, pile them on the pudding, dredge liberally with castor sugar, replace in the oven, and bake gently until the whites harden and acquire a little colour. Serve either hot or cold.

Time.—¾ of an hour. **Average Cost,** 1s. 3d. **Sufficient** for 3 or 4 persons.

1809.—CHOCOLATE PUDDING. (*Fr.*—Pouding au Chocolat.)

Ingredients.—4 ozs. of chocolate, 2 ozs. of cakecrumbs, 2 ozs. of flour, 2 ozs. of butter, 1 oz. of castor sugar, 4 eggs, ½ a pint of milk, ½ a teaspoonful of vanilla essence.

Method.—Break the chocolate into small pieces, put it with the milk into a stewpan, simmer until dissolved and cool. In another stewpan melt the butter, stir in the flour, cook a little without browning, then put in the milk and stir until boiling. Now add the cakecrumbs, and cook gently until the mixture becomes thick and leaves the sides of the stewpan clear. Let it cool a little, then beat in the yolks of the eggs and add the vanilla essence. Whisk the whites to a stiff froth, stir them lightly into the mixture, pour into a well-buttered plain mould, cover with buttered paper, and steam for 1½ hours, or bake for 1 hour in a moderate oven. Serve with custard, chocolate, or vanilla sauce.

Time.—About 2¼ hours. **Average Cost,** 1s. 1d. to 1s. 3d. **Sufficient** for 5 or 6 persons.

1810.—CHOCOLATE PUDDING. (Another Method.)

Ingredients.—3½ ozs. of breadcrumbs, 2 ozs. of chocolate, 1½ ozs. of castor sugar, 1½ ozs. of butter, 2 eggs, ¼ of a pint of milk (about), vanilla essence.

Method.—Break the chocolate into small pieces, put it into a stewpan with the milk, and simmer until dissolved. Cream the butter and sugar together, stir in the yolks of eggs, breadcrumbs, milk, chocolate, and a few drops of vanilla essence, and mix well together. Whisk the whites stiffly, add them lightly to the rest of the ingredients, pour into a well-buttered mould, cover with a greased paper, and steam from 1¼ to 1½ hours. Or, put the mixture into 6 well-buttered large-sized dariol moulds, and steam about 25 minutes. Serve with custard or vanilla sauce.

Time.—From 1¾ to 2 hours. **Average Cost,** about 8d. **Sufficient** for 5 or 6 persons.

1811.—CHRISTMAS PUDDING (without suet). (Fruitarian Plum Pudding).

Ingredients.—$\frac{1}{2}$ a lb. of figs, $\frac{1}{2}$ a lb. of breadcrumbs, $\frac{1}{2}$ a lb. of stoned raisins, $\frac{1}{4}$ of a lb. of currants, $\frac{1}{4}$ of a lb. of sultanas, $\frac{1}{4}$ of a lb. of candied peel, $\frac{1}{2}$ a lb. of peeled sweet almonds, $\frac{1}{4}$ of a lb. of pine kernels, $\frac{1}{4}$ of a lb. of butter, $\frac{1}{4}$ of a lb. of shelled Brazil nuts, the grated rind of 1, and the juice of 2, lemons, 4 eggs, 1 teaspoonful of whole spice, a pinch of salt, $\frac{1}{4}$ of a lb. of moist or brown sugar, 2 apples, $\frac{1}{4}$ of a lb. of honey.

Method.—Mince the figs. Peel, core and chop the apples. Chop the almonds, pine kernels and nuts. Clean the fruit, and chop or shred the candied peel. Put all the dry ingredients in a basin, and add the honey and lemon juice. Beat up the eggs, and stir in with the above. When thoroughly mixed fill into 1 or 2 buttered moulds, tie over with a buttered cloth, and boil for 3 hours. When done, unmould, dish up, and serve with a suitable sauce or custard.

Average Cost.—2s. 9d. **Sufficient** for 2 medium-sized puddings.

1812.—CHRISTMAS PUDDING (rich). (*Fr.*—Pouding de Noël.)

Ingredients.—$\frac{1}{2}$ a lb. of beef suet, 2 ozs. of flour, $\frac{1}{2}$ a lb. of raisins, $\frac{1}{4}$ of a lb. of mixed peel, $\frac{1}{2}$ a grated nutmeg, $\frac{1}{2}$ an oz. of mixed spice, $\frac{1}{2}$ an oz. of ground cinnamon, 1 gill of milk, 1 wineglassful of rum or brandy, $\frac{1}{2}$ a lb. of breadcrumbs, $\frac{1}{2}$ a lb. of sultanas, $\frac{1}{4}$ of a lb. of currants, 1 lemon, 2 ozs. of desiccated cocoanut or shredded almonds, a pinch of salt, 4 eggs.

Method.—Skin the suet and chop it finely. Clean the fruit, stone the raisins, finely shred the mixed peel ; peel and chop the lemon rind. Put all the dry ingredients in a basin and mix well. Add the milk, stir in the eggs one at a time, add the rum or brandy and the strained juice of the lemon. Work the whole thoroughly for some minutes, so that the ingredients are well blended. Put the mixture in a well buttered pudding basin or pudding cloth ; if the latter is used it should be buttered or floured. Boil for about 4 hours, or steam for at least 5 hours.

Average Cost.—1s. 10d. **Sufficient** for 8 or 9 persons.

1813.—CHRISTMAS PUDDING (inexpensive).

Ingredients.—$\frac{1}{4}$ of a lb. of flour, $\frac{1}{4}$ of a lb. of breadcrumbs, 1 oz. of Paisley flour, $\frac{1}{2}$ a lb. of chopped suet, $\frac{1}{2}$ a lb. of sultanas, $\frac{1}{2}$ a lb. of raisins (stoned), 6 ozs. mixed candied peel, $\frac{1}{4}$ of a lb. of castor sugar, 1 lemon rind and juice, 3 eggs, milk to mix.

Method.—Sift the flour and Paisley flour well together, mix the chopped suet with the flour, and add all the other dry ingredients. Stir in the beaten eggs and sufficient milk to make the mixture rather moist.

Boil in one or two well greased pudding basins for 4 hours. A wine-glassful of brandy may be added if liked.

Average Cost.—1s. 3d. **Sufficient** for 1 large or 2 small puddings.

1814.—CHRISTMAS PUDDING. (*See* also Recipes for Plum Pudding and Pound Pudding, Recipes No. 1888 to 1893.)

1815.—COBOURG PUDDINGS.

Ingredients.—½ a pint of milk, 3 ozs. of flour, 3 ozs. of castor sugar, 3 ozs. of butter, 3 ozs. of currants cleaned and picked, 3 eggs, 1 tablespoonful of brandy, a good pinch of nutmeg, a good pinch of salt, ½ a teaspoonful of baking-powder.

Method.—Cream the butter and sugar together, add the eggs gradually, and beat in well each one. Mix in the rest of the ingredients, pour into well-buttered dariol moulds or small cups, and bake for about ½ an hour. Serve with wine sauce.

Time.—About 1 hour. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 7 persons.

1816.—COCOANUT PUDDING.

Ingredients.—4 ozs. of grated cocoanut, 1 oz. of butter, 1 oz. of castor sugar, 1 oz. of cakecrumbs, 4 whites of eggs, 3 yolks of eggs, ½ a pint of milk, ¼ of a pint of cream, 1 teaspoonful of vanilla essence, paste.

Method.—Simmer the cocoanut in the milk until tender, and allow it to become quite cold. Cream the butter and sugar together until quite smooth, stir in the yolks of eggs separately, add the cakecrumbs, cream, vanilla, and the prepared cocoanut and milk. Whisk the whites of eggs to a stiff froth, stir them lightly into the rest of the ingredients, and pour the mixture into a piedish, the edges of which must be previously lined and decorated with paste (*see* Apple Amber, No. 1676). Bake in a moderate oven until the mixture is set, then pile on the remaining two whites of eggs, previously stiffly-whisked, replace in the oven until the méringue hardens and acquires a little colour, then serve.

Time.—2 hours. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons.

1817.—COLLEGE PUDDINGS.

Ingredients.—4 ozs. of breadcrumbs, 4 ozs. of finely-chopped suet, 2 ozs. each of currants and sultanas, cleaned and picked, 2 ozs. of sugar, 2 eggs, a good pinch each of grated nutmeg, ground cloves, ground cinnamon, and salt, ½ a teaspoonful of baking-powder.

Method.—Mix all the dry ingredients together, add the eggs, previously well-beaten, and stir until thoroughly mixed. Put the mixture into well-buttered dariol moulds, and either bake for about 25 minutes or steam 35 minutes. Serve with a good wine or brandy sauce.

Time.—About 1 hour. **Average Cost,** 8d. to 9d. **Sufficient** for 6 or 7 persons.

1818.—COLLEGE PUDDINGS. (Another Method.)

Ingredients.—½ a pint of breadcrumbs, 3 ozs. of finely-chopped suet, 2 ozs. of sugar, 2 ozs. of currants, cleaned and picked, 1 oz. of finely-shredded candied peel, 2 eggs, a pinch each of nutmeg and salt, a tablespoonful of brandy, if liked.

Method.—Mix the breadcrumbs, suet, sugar, currants, peel, salt and nutmeg together. Beat the eggs well, add to them the brandy, strain into the rest of the ingredients, and stir until thoroughly mixed. Cover the basin, and let the mixture stand for at least 1 hour for the bread to soak; then form into round or cork-shaped pieces, fry very gently in hot butter or fat, in a sauté pan, turning them frequently. Drain well, and serve as hot as possible with good wine sauce.

Time.—2 hours. **Average Cost,** from 8d. to 9d. **Sufficient** for 7 or 8 persons.

1819.—CORN PUDDING.

Ingredients.—3 tablespoonfuls of Indian meal, 1 tablespoonful of castor sugar, ¼ of a teaspoonful of finely-grated lemon-rind, 3 eggs, 1 pint of milk.

Method.—Mix the meal with a little cold milk, boil up the remainder, add the meal, sugar, and lemon-rind, stir and cook gently for a few minutes. When cool, add the well-beaten eggs, half fill well-buttered cups with the mixture, and bake in a moderately hot oven for ½ an hour.

Time.—1 hour. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1820.—CORNFLOUR PUDDING.

Ingredients.—1 pint of milk, 2 tablespoonfuls of cornflour, 1 tablespoonful of castor sugar, 2 eggs, a pinch of salt, the grated rind of ½ a lemon.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, and add to it the cornflour, stirring all the time. Return to the saucepan, and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, salt and lemon-rind, and stir for 2 or 3 minutes by the side of the fire. Whisk the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a buttered piedish, and bake slowly for ½ an hour.

Time.—About 40 minutes. **Average Cost,** 5d. to 6d. **Sufficient** for 4 or 5 persons.

1821.—COTTAGE PUDDING.

Ingredients.—8 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of raisins, stoned and halved, 4 ozs. of sugar, 1 egg, 3 or 4 tablespoonfuls of milk, ½ a teaspoonful of cream of tartar, ¼ of a teaspoonful of carbonate of soda, salt.

Method.—Mix the flour, suet, raisins, sugar, cream of tartar, and a good pinch of salt together. Dissolve the soda in the milk, add it to the well-beaten egg, mix well, and stir into the dry ingredients. The mixture must be rather stiff, but, at the same time, thoroughly moistened. Turn into a greased Yorkshire pudding-tin, and bake in a moderate oven from 30 to 40 minutes. Cut the pudding into squares, and serve.

Time.—About 1 hour. **Average Cost**, 7d. **Sufficient** for 5 or 6 persons.

1822.—CRANBERRY PUDDING. (*See* Apple Pudding, Boiled, No. 1763, and Damson Pudding, No. 1832.)

1823.—CROQUETS OF RICE. (*Fr.*—Croquettes de Riz.)

Ingredients.—4 ozs. of Carolina rice, 2 ozs. of castor sugar, ½ an oz. of butter, lemon-rind, about 1½ pints of milk, 2 yolks of eggs, 1 whole egg, breadcrumbs, frying-fat, salt.

Method.—Wash and drain the rice, put it into a stewpan with 1 pint of milk, a good pinch of salt, a little thin lemon-rind, and cook until the rice is tender, adding more milk as required. When done, take out the lemon-rind, add the sugar, and the yolks of eggs, stir over the fire until sufficiently cooked, then spread the mixture on a plate. When ready, form into pear or cork shapes, coat with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, dredge with castor sugar, and serve with a fruit syrup or suitable sweet sauce.

Time.—About 1½ hours. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons.

1824.—CRYSTAL PALACE PUDDING.

Ingredients.—1 heaped up dessertspoonful of cornflour, ½ an oz. of gelatine or isinglass, ½ a pint of cream, ⅛ of a pint of milk, sugar and vanilla to taste, 2 yolks of eggs, glacé cherries.

Method.—Soak the gelatine or isinglass in a little water, heat up the cream, and strain in the dissolved gelatine. Blend the cornflour smoothly with the milk, mix it with the cream, and sweeten to taste. Stir and boil gently for 10 minutes, let the preparation cool slightly, then add the yolks of eggs and a few drops of vanilla essence. Stir until on the point of setting, then turn into small moulds previously decorated with glacé cherries. When firm, turn out, dish up, and serve.

Time.—1½ hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 4 or 5 persons.

1825.—CUMBERLAND PUDDING.

Ingredients.—6 ozs. of flour, 4 ozs. of finely-chopped suet, 6 ozs. of coarsely-chopped apple, 4 ozs. of currants cleaned, 3 eggs, salt and nutmeg to taste.

Method.—Beat the eggs well, mix them with the other ingredients, and turn the whole into a buttered basin. Steam for 2½ hours, or boil for 2 hours, then serve with wine sauce.

Time.—From 2 to 2½ hours. **Average Cost,** 9d. to 10d. **Sufficient** for 4 or 5 persons.

1826.—CURATE'S PUDDING.

Ingredients.—6 tablespoonfuls of mashed potato, 4 ozs. of sugar, 2 ozs. of butter, 2 eggs, 1 lemon, 2 or 3 tablespoonfuls of milk, 1 saltspoonful of salt.

Method.—Cream the butter and sugar together until thick and smooth, add the eggs, and beat well. Now stir in the potato, the juice and grated rind of the lemon, salt, and a little milk, and when well mixed pour into a greased piedish. Bake from 30 to 35 minutes in a moderate oven.

Time.—About 1 hour. **Average Cost,** 8d. or 9d. **Sufficient** for 4 or 5 persons.

1827.—CURRANT PUDDING, BOILED.

Ingredients.—½ a lb. of currants cleaned, ½ a lb. of suet finely-chopped, 1 lb. of flour, milk, lemon, butter, sugar.

Method.—Mix the dry ingredients together, and add sufficient milk to form a stiff batter. Turn the mixture into a floured cloth, boil gently for 2½ hours, and serve with a cut lemon, fresh butter and sugar. For directions for making a pudding of fresh fruit, *see* Apple Pudding, Boiled, and Damson Pudding.

Time.—To boil the pudding, about 3 hours. **Average Cost,** 1s. **Sufficient** for 7 or 8 persons.

1828.—CUSTARD PUDDING, BAKED.

Ingredients.—½ a pint of milk, 1 dessertspoonful of loaf or castor sugar, 2 eggs.

Method.—Beat the eggs, add to them the sugar and milk, and stir until the sugar is dissolved. Strain into a buttered piedish, and bake in a slow oven until set (about 30 minutes). When the oven is too hot the dish should be placed in a tin of water, to prevent the custard baking too quickly (*see* Notes on Puddings, p. 915).

Time.—About 40 minutes. **Average Cost,** 3½d. **Sufficient** for 1 or 2 persons.

1829.—CUSTARD PUDDING, BAKED. (Another way.)

Ingredients.—1 pint of milk, 1 tablespoonful of sugar, 1 teaspoonful of flour, ½ an oz. of butter, 2 eggs, lemon-rind, bay-leaf or laurel-leaf for flavouring, a pinch of salt, a pinch of nutmeg.

Method.—Simmer the milk with the flavouring ingredient for about 20 minutes, then remove the lemon-rind or whatever has been used, and put in the butter and sugar. Mix the flour smoothly with a little cold milk or water, pour it into the stewpan, stir until it boils, cook for 5 minutes, then cool a little. Beat the eggs, add them to the rest of the ingredients, pour into a buttered piedish, and bake in a slow oven for about 40 minutes, or until set.

Time.—1¼ hours. **Average Cost,** 6d. **Sufficient** for 3 or 4 persons.

1830.—CUSTARD PUDDING, STEAMED.

Ingredients.—½ a pint of milk, 1 dessertspoonful of castor sugar, 3 eggs, a few drops of essence of vanilla or other flavouring.

Method.—Beat the eggs, add the sugar, milk and vanilla essence, stir until the sugar is dissolved, then pour the mixture into a buttered basin, and steam VERY GENTLY for ½ an hour. Serve with wine sauce. A very nice pudding may be made with the same quantity of milk, half the quantity of sugar, and 1 egg, but it must be served in the basin.

Time—About 40 minutes. **Average Cost,** 5d. **Sufficient** for 2 or 3 persons.

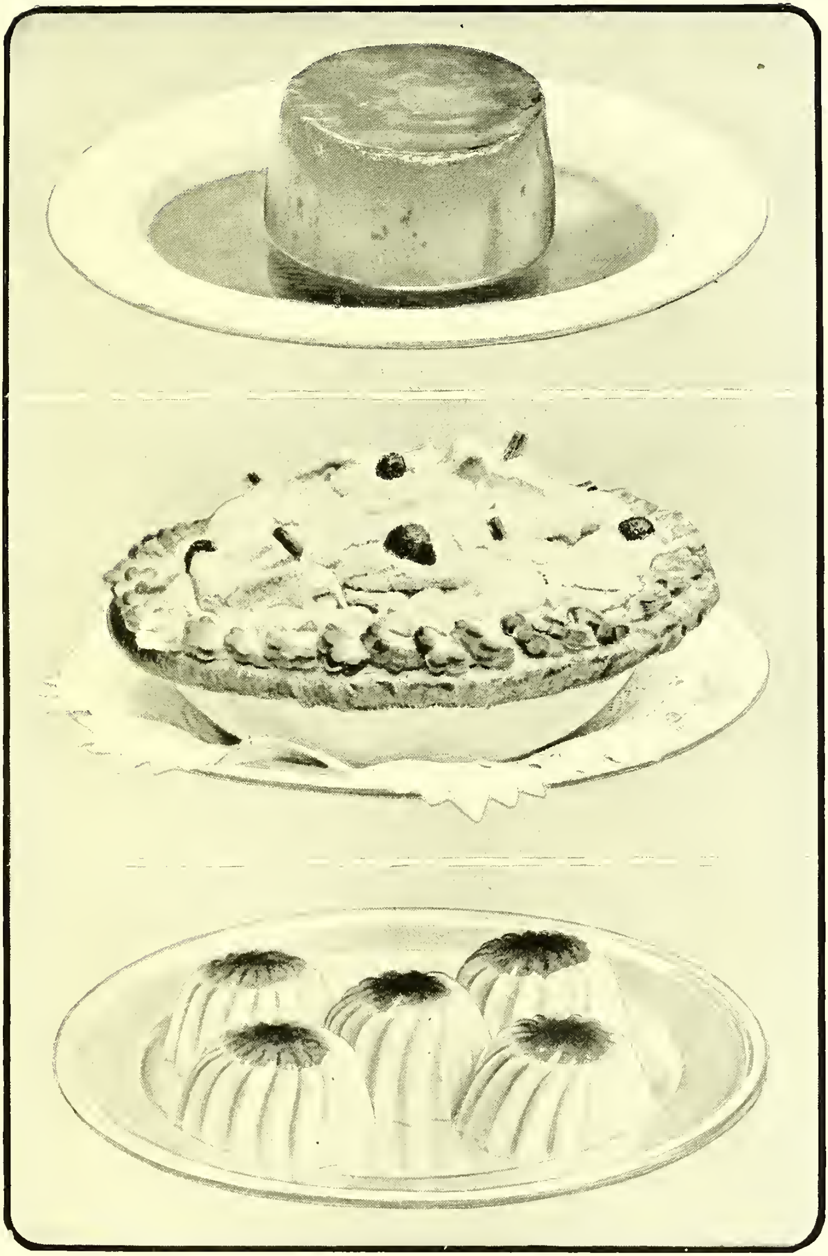
1831.—CUSTARD PIE.

Ingredients.—1 quart of milk, 1 tablespoonful of sugar (or to taste), 1 level tablespoonful of cornflour, 3 eggs, the rind of ½ a lemon, or other flavouring, salt, paste No. 1668, or 1669.

Method.—Mix the cornflour smoothly with a little milk, simmer the remainder with the lemon-rind for about 20 minutes, then remove the lemon-rind and add the milk to the cornflour, stirring all the time. Replace in the stewpan, stir and cook for 2 or 3 minutes, add the sugar and a pinch of salt, and allow the mixture to cool slightly. Meanwhile beat the eggs, and add them to the rest of the ingredients. Line 2 deep dishes or 12 deep patty-pans with paste, pour in the custard, and bake in a moderately hot oven until the paste is sufficiently cooked and the custard set. If the oven has not a good bottom heat the paste should be partially baked before putting in the custard (see Cherry Tartlets, No. 1685).

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. **Sufficient** for 8 or 9 persons.

PUDDINGS.



1. Caramel Pudding. 2. Cocoanut Amber. 3. Ginger Creams.

1832.—DAMSON PUDDING.

Ingredients.—Suet crust, No. 1670 or 1671, 1½ pints of damsons, 2 tablespoonfuls of brown sugar, or to taste.

Method.—Line the basin as directed for Apple Pudding, No. 1763. Half fill it with fruit, add the sugar, and then the remainder of the fruit. Put on the cover, carefully seal the edges, and if the pudding is to be boiled, tie on a scalded well-floured cloth; if steamed, cover it with a sheet of greased paper. Cook from 2½ to 3 hours.

Time.—From 3 to 3½ hours. **Average Cost,** 7d. to 8d. **Sufficient** for 6 or 7 persons.

1833.—DANISH PUDDING. (*Fr.*—Pouding Danoise.)

Ingredients.—1 breakfastcupful of tapioca, 1 breakfastcupful of red currant jelly, salt and castor sugar to taste, 3 pints of water.

Method.—Soak the tapioca in the water for at least 12 hours, then turn it into a double saucepan, cook for 1½ hours, and add salt and sugar to taste. Stir in the jelly, and, when well mixed, turn the preparation into a mould, and put aside until set. Serve with whipped cream.

Time.—To cook the tapioca, ¾ of an hour. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons.

1834.—DATE PUDDING. (*Fr.*—Pouding aux Dattes.)

Ingredients.—½ a lb. of stoned and chopped dates, ½ a lb. of finely-chopped suet, 1 lb. of flour, ¼ of a teaspoonful of salt, milk or water.

Method.—Mix the dry ingredients well together, add sufficient milk or water to moisten them slightly, and turn the mixture into a well-greased basin. Steam or boil from 2½ to 3 hours, or form the mixture into a roly-poly, enclose it in a cloth, and boil gently for 1¼ hours.

Time.—From 2 to 3½ hours. **Average Cost,** 8d. **Sufficient** for 7 or 8 persons.

1835.—DELHI PUDDING.

Ingredients.—1 lb. of flour, 10 ozs. of finely-chopped suet, 1 teaspoonful of baking-powder, ½ a lb. of raisins, 4 or 5 apples, the grated rind of 1 lemon, 2 or 3 tablespoonfuls of brown sugar, nutmeg, salt.

Method.—Stone and halve the raisins, pare, core and slice the apples. Mix the flour, suet, baking-powder, a good pinch of salt, add a little cold water and make into a smooth stiff paste. Divide it into 2 equal portions; with one line the basin, from the other portion cut off sufficient to form the lid, and roll the remainder out thinly. Put a layer of apple in the basin, add a few raisins, and sprinkle with sugar, lemon-rind and nutmeg, previously well mixed together. From the rolled out paste cut a round large enough to rather more than cover the fruit in the basin, moisten the edges of it with water, and join them carefully to the paste lining the basin. Now put in another layer of apple, add raisins, sprinkle with sugar, etc., and cover with pastry as before. Repeat until the basin is full, then cover with a greased paper, and steam for 3 hours.

Time.—About 4 hours. **Average Cost,** from 1s. 2d. to 1s. 4d. **Sufficient** for 7 or 8 persons.

1836.—DEVONSHIRE RUM PUDDING.

Ingredients.—Cold plum pudding cut into strips, milk, allowing 1 pint to 1 tablespoonful of cornflour, 1 egg, 1 level tablespoonful of castor sugar, and a good glass of rum.

Method.—Butter a piedish, and fill it with strips of plum pudding crossed lattice fashion. Mix the cornflour smoothly with a little milk, boil up the remainder, add the blended cornflour, and cook gently for 3 minutes. Stir in the sugar, beat and add the eggs, and put in the rum. Pour the sauce over the plum pudding, bake gently for about ½ an hour, then serve. If preferred, the pudding may be steamed for 2 hours in a basin.

Time.—About ½ an hour. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 persons.

1837.—DRESDEN PUDDING. (*Fr.*—Pouding à la Dresde.)

Ingredients.—2 ozs. of flour, 2 ozs. of sugar, 2 ozs. of crumbled brown bread, 1½ ozs. of butter, 2 tablespoonfuls of desiccated cocoanut, ½ a teaspoonful of ground cinnamon, the grated rind of ½ a lemon, ¾ of a pint of milk, 1 dessertspoonful of Curaçoa, 3 eggs.

Method.—Melt the butter in a stewpan, stir in the flour, cook for 2 or 3 minutes, then add ½ a gill of water and ⅓ of the milk, bring to boiling point, stirring meanwhile, and simmer gently for 5 minutes. Heat the remainder of the milk, and pour it over the cocoanut, add the brown bread, previously passed through a fine sieve, sugar and lemon-rind , cover, and let it stand for 10 minutes. Meanwhile add the yolks of the eggs to the contents of the stewpan, stir until they thicken, then put in the cocoanut preparation, add the cinnamon and Curaçoa, and lastly the stiffly-whisked whites of eggs. Turn into a well-buttered mould or soufflé tin, bake in a moderate oven for about 1 hour, and serve with a suitable sweet sauce or fruit syrup.

Time—About 1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 4 or 5 persons.

1838.—DUCHESS PUDDING. (*Fr.*—Pouding à la Duchesse.)

Ingredients.—2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of macaroons, ½ an oz. of pistachios, 3 tablespoonfuls of orange marmalade, 1 level teaspoonful of ground rice, 3 eggs.

Method.—Blanch, peel and chop the pistachios coarsely, and crush the macaroons. Work the butter and sugar together until thick and creamy, then beat in the yolks of the eggs, and add the macaroons and marmalade. Whisk the whites of the eggs to a stiff froth, add lightly the ground rice and half the pistachios, then stir the whole carefully into the mixture. Have ready a well-buttered soufflé-mould, sprinkle the remainder of the pistachios on the bottom and sides, pour in the preparation, and steam slowly for about 1¼ hours. Serve with suitable sauce.

Time.—From 1¾ to 2 hours. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons.

1839.—DUMPLINGS. (*See* Note to Suet Pudding, No. 1915.)

1840.—EMPRESS PUDDING. (*Fr.*—Pouding à l'Imperatrice.)

Ingredients.—1 quart of milk, 4 ozs. of rice, 2 ozs. of butter, 1 tablespoonful of sugar, paste or paste trimmings, jam or stewed fruit, salt.

Method.—Simmer the rice in the milk until tender and fairly dry, then add the butter, sugar, and a good pinch of salt. Line the edge of the piedish with paste, then spread a thin layer of rice on the bottom of the dish, and cover thickly with jam or stewed fruit. Repeat until the dish is full, letting the top layer be of rice. Bake in a moderate oven for about ½ an hour, and serve with boiled custard sauce No. 332.

Time.—About 2 hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 6 or 7 persons.

1841.—EVE'S PUDDING.

Ingredients.—3 ozs. of butter, 3 ozs. of castor sugar, 3 ozs. of flour, 2 eggs, almond or vanilla essence.

Method.—Beat the butter and sugar until thick and creamy, add the yolks of eggs, and stir in the flour. Whisk the whites stiffly, stir them lightly in, and flavour to taste. Have ready some well-buttered dariols or small cups, fill them three-quarters full with the mixture, and bake in a moderately hot oven from 25 to 30 minutes.

Time.—1 hour. **Average Cost,** 7d. to 8d. **Sufficient** for 6 persons.

1842.—EXETER PUDDING.

Ingredients.—5 ozs. of breadcrumbs, 2 sponge cakes sliced, 1 oz. of ratafias, 3½ ozs. of suet finely-chopped, 2 ozs. of sago, 3 ozs. of moist sugar, 4 small or 3 large eggs, 1 wineglassful of rum, 2 or 3 tablespoonfuls of cream or milk, ½ a teaspoonful of grated lemon-rind, jam, sauce.

Method.—Mix all the ingredients, except the ratafias, sponge cake, and jam, well together. Coat a well-buttered mould or basin lightly with breadcrumbs, and cover the bottom with ratafias. Add a layer of the mixture, cover with slices of sponge cake, spread thickly with jam, and on the top place a few ratafias. Repeat until all the materials are used, taking care that the mixture forms the top layer. Bake gently for 1 hour, and serve with a sauce made of 3 tablespoonfuls of black-currant jelly, a glass of sherry and a little water, and boiled up.

Time.—1½ hours. **Average Cost,** from 1s. 9d. to 2s. **Sufficient** for 5 or 6 persons.

1843.—FIG PUDDING. (*Fr.*—Pouding aux Figues.)

Ingredients.—8 ozs. of dried figs, 6 ozs. of finely-chopped suet, 4 ozs. of breadcrumbs, 4 ozs. of flour, 4 ozs. of sugar, ½ a pint of milk, 2 eggs, a good pinch of salt, a good pinch of nutmeg.

Method.—Chop the figs finely, add to them the rest of the dry ingredients, and mix well. Beat the eggs, add the milk, pour into the mixture, and stir well. Turn into a greased basin, and steam for 2½ hours. Serve with a suitable sweet sauce.

Time.—About 3 hours. **Average Cost,** 10d. **Sufficient** for 6 or 7 persons.

1844.—FIG PUDDING. (Another Method.)

Ingredients.—8 ozs. of dried figs, finely-chopped, 6 ozs. of flour, 3 ozs. of finely-chopped suet, a good pinch of salt.

Method.—Mix the flour, suet and salt together, and add enough cold water to form a stiff paste. Roll out to a suitable thickness, cover with the chopped figs, moisten the edges with water, roll up, and make the ends secure. Scald and flour a pudding-cloth, put in the roll, tie the cloth at each end, put the pudding into boiling water, and boil about 1½ hours.

Note.—A little moist sugar may be added, if liked.

Time.—From 2 to 2¼ hours. **Average Cost,** about 7d. **Sufficient** for 5 or 6 persons.

1845.—FINGER PUDDING.

Ingredients.—1 oz. of Savoy or finger biscuits crushed, 1½ ozs. of butter, 3 ozs. of castor sugar, 3 ozs. of ground almonds, 4 eggs, ¼ of a teaspoonful of grated lemon-rind, ¼ of a teaspoonful of ground cinnamon, a good pinch of ground cloves.

Method.—Stir the sugar and yolks of eggs together until smooth and creamy, add the almonds, lemon-rind, cinnamon, cloves, the butter melted, and the crushed biscuits. Whisk the whites stiffly, stir them lightly in, and turn the mixture into a well-buttered mould. Steam gently for about 1 hour, and serve with a suitable sauce.

Time.—About 1½ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 4 or 5 persons.

1846.—FOREST PUDDING.

Ingredients —3 stale sponge cakes, 2 eggs, jam, ¾ of a pint of milk, the grated rind of ½ a lemon or other flavouring, sugar.

Method.—Slice the sponge cakes thinly, spread half of them with jam, cover with the remainder, and place the sandwiches in a buttered piedish, which they should half fill. Beat the eggs well, add the milk and flavouring, and sweeten to taste. Pour the custard into the piedish, cover, and let it stand for 1 hour, then bake slowly from 30 to 35 minutes. Serve hot.

Time.—About 1¾ hours. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons.

1847.—FRENCH PANCAKES. (*Fr.*—Crêpes à la Française.)

Ingredients.—2 ozs. of flour, 2 ozs. of butter, 2 ozs. of castor sugar, about 4 tablespoonfuls of jam, 2 eggs, ½ a pint of milk.

Method.—Heat the milk in a stewpan. Cream the butter and sugar together until smooth, beat in the eggs, and stir in the flour lightly. Now add the warm milk, which will slightly curdle the mixture, beat well, then cover and let it stand for 1 hour. Have ready 6 buttered plates or large saucers, put an equal quantity of batter into each, bake quickly until the batter rises, then more slowly for about 10 minutes. Spread 5 of them with jam, which should be warm, place them on the top of each other, cover with the plain pancake, and dredge well with castor sugar. Serve quickly.

Time.—About 1¾ hours. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1848.—FRESH PLUM PUDDING. (*See* Damson Pudding, No. 1832.)

1849.—FRIAR'S OMELET.

Ingredients.—4 sour cooking apples, 2 ozs. of breadcrumbs, 2 ozs. of sugar, 1 oz. of butter, 1 egg, ½ a lemon.

Method.—Pare, core and slice the apples, stew them with the sugar, butter, grated rind and juice of the lemon until tender, then stir in the well-beaten egg. Put half the breadcrumbs at the bottom of a buttered piedish, pour in the apple mixture, and cover with the rest of the breadcrumbs. Add a few bits of butter, and bake for 15 minutes in a moderate oven.

Time.—About 45 minutes. **Average Cost,** 6d. **Sufficient** for 2 or 3 persons.

1850.—GENEVA PUDDING. (*Fr.*—Pouding à la Genévoise.)

Ingredients.—2 lbs. of sour cooking apples, 3 ozs. of rice, 1 oz. of butter, sugar, about 1½ pints of milk, ¼ of a teaspoonful of ground cinnamon, salt.

Method.—Wash and drain the rice, place it in a stewpan with 1 pint of milk and a good pinch of salt, cook until tender, adding more milk as required, and sweeten to taste. While the rice is cooking, pare, core and slice the apples, place them with the butter, cinnamon, and a good tablespoonful of sugar in a jar, stand the jar in a saucepan half full of boiling water, cook until tender, then rub through a fine sieve. Butter a fireproof china soufflé dish, arrange the rice and apple purée in alternate layers, letting rice form the bottom and top layers, and bake in a moderate oven from 35 to 40 minutes.

Time.—About 1½ hours. **Average Cost,** 11d. **Sufficient** for 6 or 7 persons.

1851.—GERMAN RICE PUDDING. (*Fr.*—Pouding de Riz à l'Allemagne.)

Ingredients.—2 ozs. of ground rice, 2 ozs. of butter, 1½ ozs. of sugar, or to taste, ½ a pint of milk, 3 eggs, the grated rind of 1 lemon, paste, salt.

Method.—Line and decorate the piedish with the paste, as directed in the recipe for Apple Amber, No. 1676. Bring the milk to boiling point, add the sugar, butter, lemon-rind, and a good pinch of salt, sprinkle in the rice, stir until it boils, and cook gently for about 20 minutes, stirring frequently. Let it cool a little, then add the yolks of eggs and 1 white stiffly-whisked. Pour the mixture into the prepared piedish, bake in a moderate oven for about 30 minutes, or until set. Meanwhile whisk the remaining two whites of eggs stiffly, and now pile them on the pudding, and dredge liberally with castor sugar. Replace in the oven until the méringue hardens and acquires a little colour, then serve hot.

Time.—About 1¼ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 5 or 6 persons.

1852.—GINGER PUDDING. (*Fr.*—Pouding au Gingembre.)

Ingredients.—12 ozs. of flour, 12 ozs. of treacle, 6 ozs. of finely-chopped suet, 1 teaspoonful of ground ginger, 1 teaspoonful of baking-powder, ¼ of a pint of milk, salt.

Method.—Mix the flour, suet, ginger, baking-powder, and a good pinch of salt well together. Stir in the treacle and milk, turn the mixture into a well-greased basin, and cover with a greased paper. Steam for about 2 hours, and serve with custard or cornflour sauce, or sweet melted butter.

Time.—2½ hours. **Average Cost,** 8d. **Sufficient** for 6 or 7 persons.

1853.—GINGERBREAD PUDDING.

Ingredients.—½ a lb. of flour, ¼ of a lb. of finely-chopped suet, ½ a lb. of treacle, 1 egg, 1 teaspoonful of baking-powder, 1 teaspoonful of ground ginger, ¼ of a pint of milk, salt.

Method.—Mix the flour, suet, ginger, baking-powder, and a good pinch of salt well together. Add the milk, treacle and well-beaten egg, mix thoroughly, then turn into a well-greased mould or basin, and steam from 2½ to 3 hours. Serve with a suitable sauce.

Time.—3 to 3½ hours. **Average Cost,** 7d. **Sufficient** for 5 or 6 persons.

1854.—GOLDEN PUDDING. (*Fr.*—Pouding Doré.)

Ingredients.—4 ozs. of breadcrumbs, 4 ozs. of finely-chopped suet, 4 ozs. of marmalade, 2 ozs. of sugar, 2 eggs, milk, salt.

Method.—Mix the breadcrumbs, suet, sugar, and a good pinch of salt well together. Beat the eggs well, add the marmalade and milk, stir into the dry ingredients, and when well mixed turn into a greased mould or basin. Cover with a greased paper, steam from 2 to 2¼ hours, and serve with cornflour, marmalade, or other suitable sauce.

Time.—From 2½ to 2¾ hours. **Average Cost,** 8d. **Sufficient** for 4 or 5 persons.

1855.—GOOSEBERRY PUDDING, BAKED.

Ingredients.—1½ pints of gooseberries, ½ a pint of breadcrumbs, 2 ozs. of sugar, or to taste, 1½ ozs. of butter, 3 eggs, paste No. 1667, or 1668.

Method.—Cut off the tops and tails of the gooseberries, cook them until tender in a jar placed in a saucepan containing boiling water, then rub through a fine sieve. Add to the gooseberry purée the breadcrumbs, butter, sugar, and the eggs well beaten. Have ready a piedish with the edge lined with paste, pour in the preparation, bake for about 40 minutes, or until set, then dredge well with castor sugar, and serve hot.

Time.—About 2 hours. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons.

1856.—GOOSEBERRY PUDDING, BOILED. (*See* Damson Pudding, No. 1832.)

1857.—GREENGAGE PUDDING. (*See* Damson Pudding, No. 1832.)

1858.—GROUND RICE PUDDING. (*Fr.*—Pouding au Riz.)

Ingredients.—3 ozs. of ground rice, 1 tablespoonful of sugar, or to taste, 1 oz. of butter, 2 eggs, 1 pint of milk, bay-leaf, vanilla or other flavouring.

Method.—Boil the milk, sprinkle in the ground rice, simmer gently for 20 minutes, then stir in the sugar, butter and eggs. If bay-leaf or vanilla pod is the flavouring ingredient, it should be cooked in the milk; if essence is used, it is better to add it just before baking the mixture. Turn into a buttered piedish, and bake gently for about ½ an hour.

Time.—About 1 hour. **Average Cost,** 6d. **Sufficient** for 3 or 4 persons.

1859.—HAMPSHIRE PUDDING.

Ingredients.—3 ozs. of castor-sugar, 3 ozs. of butter warmed, 3 yolks of eggs, 2 whites of eggs, jam, puff-paste.

Method.—Line a deep plate with the paste, and cover the bottom with a good layer of jam. Beat the eggs well, add the butter and sugar gradually, and whisk briskly until thick. Pour the mixture over the jam, and bake in a moderately-hot oven for about ½ hour. Serve either hot or cold.

Time.—About 1 hour. **Average Cost,** 1s. **Sufficient** for 6 or 8 persons.

1860.—HASTY PUDDING. (*Fr.*—Pouding à la Minute.)

Ingredients.—Milk, sugar, flour, sago or tapioca, salt.

Method.—Boil up the milk ; with the left hand sprinkle in sufficient flour, sago or tapioca to thicken the milk, stirring briskly meanwhile. Add a little salt and sugar to taste, stir and cook for about 10 minutes, and serve with cream and sugar, jam or treacle.

Time.—About 20 minutes. **Average Cost,** 2d. per person.

1861.—HONEY PUDDING. (*Fr.*—Pouding au Miel.)

Ingredients.—4 ozs. of honey, 6 ozs. of breadcrumbs, 1 oz. of butter, 1 oz. of florador, 2 eggs, the grated rind of ½ a lemon, ½ a teaspoonful of ground ginger, 1 gill of milk.

Method.—Cook the florador in the milk for 10 minutes, then pour the preparation over the breadcrumbs, add the honey, lemon-rind, ginger, warmed butter, and the yolks of the eggs, and beat well. Whisk the whites stiffly, stir them lightly into the rest of the ingredients, and turn the mixture into a well-buttered plain mould. Steam gently from 1¾ to 2 hours, and serve with a suitable sauce.

Time.—About 2 hours. **Average Cost,** 9d. **Sufficient** for 5 or 6 persons.

1862.—HUNTER PUDDING. (*Fr.*—Pouding Chasseur.)

Ingredients.—12 ozs. of flour, 4 ozs. of finely-chopped suet, 6 ozs. of raisins stoned and halved, 3 ozs. of sugar, 1 teaspoonful of baking-powder, ¼ of a pint of milk or water, salt.

Method.—Add the suet, raisins, sugar, baking-powder, and a good pinch of salt to the flour, mix well, and stir in the milk or water. Shape the mixture into 1 large or 2 small rolls, tie in pudding cloths, and boil for about 2 hours. If preferred, the mixture may be made more moist and steamed in a basin.

Time.—From 2¾ to 3 hours. **Average Cost,** 7d. **Sufficient** for 6 or 7 persons.

1863.—ITALIAN PUDDING. (*Fr.*—Pouding à l'Italienne.)

Ingredients.—1 oz. of crumbled cake, 1 oz. of breadcrumbs, 6 macaroons pounded, 1 oz. of shredded candied peel, ½ an oz. of sultanas, ½ an oz. of pistachios shredded, the yolks of 5 eggs and the whites of 2 eggs, 1 tablespoonful of rum or brandy.

Method.—Mix all the ingredients well together, turn the mixture into a well-buttered mould, and steam gently from 1 to 1¼ hours. Serve with custard sauce No. 332.

Time.—From 1½ to 2½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons.

1864.—ITALIAN PUDDING. (Another Recipe.)

Ingredients.—1 lb. of apples sliced, ½ a lb. of dates stoned, ½ a lb. of raisins stoned, 2 ozs. of mixed peel shredded, 2 ozs. of Savoy or other plain cake-crumbs, 2 eggs, ¾ of a pint of milk, sugar, nutmeg.

Method.—Make a custard of the eggs and milk, stir in the cake-crumbs, and sweeten to taste. Mix the dates, raisins, and peel together, and add a little nutmeg. Place the apple at the bottom of a piedish, add the mixed fruit, and pour in the custard. Bake in a rather cool oven for ¾ of an hour, and serve either hot or cold.

Time.—About 1½ hours. **Average Cost,** about 1s. 2d. **Sufficient** for 5 or 6 persons.

1865.—JENNY LIND PUDDING.

Ingredients.—3 or 4 stale sponge cakes, 3 or 4 cocoanut cakes, 12 ratafias, 2 eggs, 1 pint of milk, sugar, 1 tablespoonful of desiccated cocoanut.

Method.—Slice the sponge cakes, and place them in a buttered piedish interspersed with the cocoanut cakes and ratafias. Simmer the cocoanut in the milk for 20 minutes, cool slightly, add the eggs and sugar to taste, and stir by the side of the fire for a few minutes. Pour the custard into the piedish, bake gently until set, then serve either hot or cold.

Time.—About 50 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 5 or 6 persons.

1866.—KAISER PUDDING. (*Fr.*—Pouding à l'Empereur.)

Ingredients.—2 ozs. of ground almonds, sugar to taste, 3 eggs, ½ a pint of cream, 1 dessertspoonful of orange-juice, blanched almonds, shredded candied peel.

Method.—Separate and beat the yolk of the eggs, add 1 tablespoonful of castor sugar, the ground almonds, and the cream gradually. Whisk the whites stiffly, stir them lightly in, and add more sugar if necessary. Have ready a mould well buttered and lightly covered with shredded almonds and candied peel, then pour in the mixture. Steam gently for 1½ hours, and serve with a suitable sauce.

Time.—2 hours. **Average Cost,** 1s. 9d. **Sufficient** for 4 or 5 persons.

1867.—LEMON PUDDING, BAKED. (*Fr.*—Pouding au citron.)

Ingredients.—2 lemons, 3 ozs. of castor sugar, 2 ozs. of cakecrumbs, 3 eggs, 1 gill of cream or milk, paste No. 1667, or 1668.

Method.—Cream the sugar and the yolks of the eggs together until thick and white, add the juice of the lemons, the rinds grated, the cream or milk, cakecrumbs, and lastly the stiffly-whisked whites of eggs. Have ready a piedish with the edges lined and decorated with paste (*see* Apple Amber), pour in the preparation, and bake in a moderate oven for about ½ an hour, or until set. Sprinkle the surface liberally with castor sugar, and serve hot.

Time.—About 1 hour. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons.

1868.—LEMON PUDDING, BAKED. (Another Method.)

Ingredients.—2 lemons, 2 ozs. of castor sugar, 1 oz. of butter, 3 sponge cakes, 3 eggs, ½ a pint of milk, paste.

Method.—Put the milk, butter, sugar and grated lemon-rind into a stewpan, boil up, let it infuse for about 15 minutes, then pour over the well-beaten yolks of the eggs, stirring meanwhile. Add the crumbled sponge cakes and lemon-juice, mix well together, and pour into a piedish, the edges of which must be previously lined and decorated with the paste (*see* Apple Amber). Bake in a moderate oven from 30 to 35 minutes, or until the mixture is set, then cover with the stiffly-whisked whites of eggs, and dredge liberally with castor sugar. Replace in the oven until the méringue hardens and acquires a little colour.

Time.—About 1¼ hours. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons.

1869.—LEMON PUDDING, BOILED. (*Fr.*—Pouding au citron.)

Ingredients.—8 ozs. of breadcrumbs, 2 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of sugar, 2 lemons, 2 eggs, milk.

Method.—Mix the breadcrumbs, flour, suet, and sugar together, add the well-beaten yolks of eggs, the lemon-juice, and the finely grated rinds, add milk gradually until a stiff yet thoroughly moistened mixture is formed. Turn into a buttered basin and steam for about 2½ to 3 hours. Serve with cornflour or sweet melted butter sauce.

Time.—About 3½ hours. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons.

1870.—MACARONI OR SPAGHETTI PUDDING.

Ingredients.—1 oz. of macaroni or spaghetti, 1 oz. of butter, 1 oz. of sugar, 1 pint of milk, 2 eggs, the grated rind of ½ a lemon or other flavouring, salt.

Method.—Break the macaroni or sparghetti into ½-inch lengths, put them with a pinch of salt into the milk when boiling, and simmer until tender. Add the sugar, butter, lemon-rind, and the well-beaten yolks of the eggs, stir the mixture by the side of the fire for a few minutes, but do not let it boil. Lastly, add the stiffly-whisked whites of eggs, then turn the mixture into a buttered piedish, and bake slowly from 25 to 30 minutes.

Time.—About 1¼ hours. **Average Cost,** 6d. **Sufficient** for 3 or 4 persons.

1871.—MADEIRA PUDDING. (*Fr.*—Pouding au Madère.)

Ingredients.—4 ozs. of bread in small dice, 2 ozs. of castor sugar, 2 eggs, ½ a pint of milk, 1 wineglassful of Madeira or sherry, 1 teaspoonful of grated lemon-rind.

Method.—Mix the bread, sugar and lemon-rind together in a basin. Boil the milk, pour it on the beaten eggs, stirring meanwhile, add the sherry, and pour over the dice of bread, etc. Let it soak for 15 or 20 minutes, then pour into a buttered mould, and steam gently for 2 hours. Serve with custard, or wine sauce, or jam syrup.

Time.—About 2½ hours. **Average Cost,** 8d. **Sufficient** for 4 or 5 persons.

1872.—MARMALADE PUDDING.

Ingredients.—4 ozs. of orange marmalade, 8 ozs. of breadcrumbs, 6 ozs. of finely-chopped beef suet, 2 eggs, ½ a teaspoonful of baking powder, a little milk.

Method.—Mix the suet, breadcrumbs, baking-powder, and a pinch of salt well together. Beat the eggs, add the marmalade, and when well mixed stir them into the dry ingredients. Beat the mixture lightly, and if at all stiff, add a little milk. Turn into a buttered basin or mould, cover with greased paper, and steam from 2½ to 2¾ hours. Serve with marmalade, cornflour, or other suitable sauce.

Time.—About 3½ hours. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1873.—MARMALADE PUDDING, BAKED.

Ingredients.—1 large tablespoonful of marmalade, 1 dessertspoonful of flour, 1 dessertspoonful of breadcrumbs, 2 eggs, 1½ ozs. of butter, 1½ ozs. of sugar, paste No. 1667, or 1668.

Method.—Cream the butter and sugar together until smooth, add the eggs, and beat well. Stir the marmalade, flour and breadcrumbs in lightly, and pour the mixture into a piedish, the edge of which must be previously lined as directed in the recipe for Apple Amber, No. 1676. Bake in a moderately hot oven for about ½ an hour, then dredge well with castor sugar, and serve.

Time.—From 40 to 45 minutes. **Average Cost,** 8d. **Sufficient** for 4 persons.

1874.—MARROW PUDDING. (*Fr.*—Pouding à la Moëlle.)

Ingredients.—6 ozs. of finely-chopped beef marrow, 6 ozs. of breadcrumbs, 4 ozs. of sugar, 2 ozs. of finely-shredded mixed candied peel, 2 ozs. of glacé cherries, 1 tablespoonful of brandy or sherry, 3 eggs.

Method.—Cream the yolks of the eggs and the sugar together until thick and smooth, add the marrow, breadcrumbs, peel, cherries cut into small pieces, brandy or sherry, and mix well together. Whisk the whites of the eggs to a stiff froth, and add them lightly to the rest of the ingredients. Turn the mixture into a well-buttered mould, and bake in a moderate oven for about ½ an hour. Serve with a suitable sauce.

Time.—About 1½ hours. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons.

1875.—MERINGUE PUDDING. (*Fr.*—Pouding Meringué.

This name may be given to any pudding covered with stiffly-whisked whites of eggs, such as Apple Amber, Chester Pudding, Savoy Pudding and many others.

1876.—MILK PUDDINGS. (*See* Rice Pudding Recipe, Tapioca or Sago Pudding, No. 1917, Custard Pudding, No. 1828, and Cornflour Pudding, No. 1820.)

1877.—MILITARY PUDDINGS.

Ingredients.—½ a lb. of finely-chopped suet, ½ a lb. of breadcrumbs, ½ a lb. of moist sugar, the finely-grated rind and juice of 1 large lemon, 2 eggs.

Method.—Mix all the ingredients well together, turn into well-buttered small cups, and bake in a moderate oven for ¾ of an hour. Serve with a suitable sauce. If preferred, the puddings may be steamed for the same length of time.

Time.—1 hour. **Average Cost,** 10d. **Sufficient** for 8 or 9 persons.

1878.—NEWMARKET PUDDING.

Ingredients.—4 or 5 sponge cakes, 2 ozs. of muscatel raisins halved, 2 ozs. of mixed peel shredded, 1 oz. of currants, 3 ozs. of sugar, 3 small or 2 large eggs, ½ a pint of milk, 2 or 3 tablespoonfuls of red currant jelly.

Method.—Make a custard of the eggs, sugar, and milk. Slice the sponge cakes, place them in layers in a well-buttered mould, and between the layers add raisins, peel, and currants. Pour in the custard, cover and steam gently for 1 hour. Warm the jelly and pour it over the pudding, just before serving.

Time.—To steam the pudding, 1 hour. **Average Cost,** about 1s. 6d. **Sufficient** for 5 or 6 persons.

1879.—NORFOLK DUMPLINGS.

Ingredients.—Bread dough, boiling water, salt.

Method.—Let the dough rise to the same degree as when making bread, then roll it into balls about the size of a very small egg. Have ready a saucepan of slightly salted rapidly boiling water, cook the dumplings for 6 or 7 minutes, and serve at once. They may be served with jam, treacle, butter and sugar, vinegar and sugar, or good gravy.

Time.—To cook, 6 or 7 minutes.

1880.—NOUILLE PUDDING. (*Fr.*—Pouding aux Nouilles.)

Ingredients.—4 ozs. of nouille paste, 8 ozs. of castor sugar, ½ an oz. of butter, 1 oz. of finely-shredded mixed candied peel, 6 eggs, 1 teaspoonful of vanilla essence.

Method.—Roll the nouille paste out thinly, cut it into fine strips, put them into rapidly boiling salted water, to which the butter has been added, cook for 10 minutes, and drain well. Meanwhile cream the yolks of the eggs and sugar together until thick and smooth, add the peel, vanilla essence, the nouilles when sufficiently cool, and lastly the stiffly-whisked whites of eggs. Turn into a well-buttered mould, cover with a buttered paper, and steam from 1¼ to 1¾ hours. Serve with a suitable sauce.

Time.—Altogether, about 3 hours. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons.

1881.—OATMEAL PUDDING.

Ingredients.—1 tablespoonful of fine oatmeal, 1 dessertspoonful of flour, 1¼ pints of milk, 1 egg, salt.

Method.—Mix the oatmeal and flour smoothly with a little cold milk, boil up the remainder, and add the blended oatmeal and flour. Stir and boil gently for 5 minutes, add salt to taste, and, when cool, put in the egg. Turn the whole into a buttered piedish, bake gently for 20 minutes, and serve with cream and sugar, or golden syrup.

Time.—40 minutes. **Average Cost,** 4d. **Sufficient** for 3 or 4 persons.

1882.—OMNIBUS PUDDING.

Ingredients.—3 ozs. of flour, 3 ozs. of finely-chopped suet, 3 ozs. of stoned raisins, 2 ozs. of golden syrup warmed, ¼ of a pint of milk.

Method.—Mix all the ingredients thoroughly together, pour into a well-buttered basin, and steam for 2 hours. Serve with a suitable sauce.

Time.—2½ hours. **Average Cost,** 4½d. **Sufficient** for 3 or 4 persons.

1883.—ORANGE PUDDING. (*Fr.*—Pouding à l'Orange.)

Ingredients.—4 oranges, 3 ozs. of castor sugar, 3 ozs. of cakecrumbs or crumbled sponge cakes, 3 eggs, ½ a pint of milk, salt, nutmeg, paste No. 1667, or 1668.

Method.—Remove the rind of 1 orange in exceedingly thin strips, place them in a stewpan with the milk, and bring to boiling point. Let the preparation infuse for about 20 minutes, then pour it over the cake crumbs, add the sugar, a pinch of salt, a sprinkling of nutmeg, the well-beaten eggs, and the juice of the oranges. Have ready a piedish with the edges lined as directed in the recipe for Apple Amber, pour in the preparation, and bake in a moderate oven for about ½ an hour. Dredge with castor sugar, and serve either hot or cold.

Time.—About 1 hour. **Average Cost,** 10d., exclusive of the paste. **Sufficient** for 5 or 6 persons.

1884.—OXFORD PUDDING. (*See* Recipe for College Pudding, No. 1817.)

1885.—PARADISE PUDDING.

Ingredients.—3 ozs. of coarsely-chopped apples, 3 ozs. of sugar, 3 ozs. of currants, 4 ozs. of breadcrumbs, 3 eggs, the finely-grated rind of ½ a lemon, salt and nutmeg to taste, 1 tablespoonful of brandy.

Method.—Mix all the ingredients well together, turn into a well-buttered mould or basin, and steam for 2 hours. Serve with a suitable sauce.

Time.—2½ hours. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons.

1886.—PEARS, BORDER OF. (*Fr.*—Bordure de Poires à la Reine.)

Ingredients.—2 lb. of small stewing pears, ½ a lb. of loaf sugar, 2 ozs. of castor sugar, 1 oz. of butter, 3 sponge cakes, 2 whole eggs, 1 yolk of egg, the grated rind of ½ a lemon, 1 inch of cinnamon, 1 gill of milk, carmine or cochineal.

Method.—Peel and halve the pears, carefully remove the cores, place them in a stewpan with syrup made with the loaf sugar, a pint of water, a few drops of carmine, and cook the pears gently for about ½ an hour, or until tender. Remove the pears, reduce the syrup by rapid boiling, and re-heat the pears in it before serving. Meanwhile beat the eggs well, and add the castor sugar, lemon-rind, milk, and a few drops of cochineal. Slice the sponge cakes, place them in a well-buttered border mould, pour in the custard, and bake for about 40 minutes in the oven, in a tin containing boiling water to half the depth of the mould. When ready, turn out on to a hot dish, arrange the pears on the border, strain the syrup over them, and serve.

Time.—About 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons.

1887.—PEARS AND RICE. (*Fr.*—Poires au Riz à la Marquise.)

Ingredients.—1 tin of preserved pears, 4 ozs. of rice, 2 ozs. of castor sugar, ¼ of an oz. of butter, about 1½ pints of milk, 2 eggs, the grated rind of ½ a lemon, salt, Maraschino or Curaçoa, if liked.

Method.—Pick, wash and drain the rice, place it in a stewpan with a pint of milk, the castor sugar, lemon-rind, butter, and a good pinch of salt. Cook until tender, then stir in the yolks of the eggs, and when sufficiently cooked press the rice into a flat round mould, and invert on to a hot dish. Meanwhile strain the syrup from the pears into a stewpan, add a little liqueur, if liked, or a few drops of vanilla essence, boil rapidly until considerably reduced, then put in the pears. Allow them to remain until thoroughly heated, then arrange them in a pyramidal form on the top of the rice, add a little syrup, sprinkle with castor sugar, and cover with the stiffly-whisked whites of eggs. Dredge well with castor sugar, and bake in a moderate oven until the méringue is hardened and slightly coloured.

Time.—About 1½ hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 6 or 7 persons.

1888.—PLUM PUDDING, CHRISTMAS.

Ingredients.—8 ozs. of moist sugar, 8 ozs. of finely-chopped suet, 8 ozs. of sultanas cleaned, 8 ozs. of raisins halved and stoned, 8 ozs. of currants washed and dried, 4 ozs. of shredded mixed candied peel, 4 ozs. of flour, 4 ozs. of breadcrumbs, 2 ozs. of almonds blanched and shredded, the grated rind of 1 lemon, 4 eggs, a saltspoonful of nutmeg grated, ½ a teaspoonful of salt, ¼ of a pint of milk, 1 wineglassful of brandy.

Method.—Mix all the dry ingredients together, stir in the well-beaten eggs, milk and brandy, turn the mixture into 2 well-buttered basins, steam from 5 to 6 hours.

Time.—To cook, from 5 to 6 hours. **Average Cost,** 2s. 6d. **Sufficient** for 8 or 9 persons.

1889.—PLUM PUDDING, CHRISTMAS. (Another Method.)

Ingredients.—8 ozs. of moist sugar, 6 ozs. of currants washed and dried, 6 ozs. of raisins halved and stoned, 6 ozs. of finely-chopped suet, 4 ozs. of mashed potato, 4 ozs. of grated raw carrot, 4 ozs. of brown breadcrumbs, 4 ozs. of flour, 2 ozs. of shredded candied peel, ½ a teaspoonful of salt, 1 saltspoonful of grated nutmeg, 2 eggs, ½ a pint of milk.

Method.—Boil the milk, pour it over the *browned* breadcrumbs, and let them soak for ½ an hour. Mix the dry ingredients together, add the well-beaten eggs, and the milk and breadcrumbs when ready. Turn the mixture into 2 well-buttered basins, and steam from 4 to 5 hours.

Time.—To cook, from 4 to 5 hours. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 7 or 8 persons.

1890.—PLUM PUDDING, CHRISTMAS. (Another Method.)

Ingredients.—5 ozs. of breadcrumbs, 4 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of raisins, halved and stoned, 4 ozs. of currants, washed and dried, 4 ozs. of moist sugar, 2 ozs. of shredded candied peel, 2 ozs. of raw carrot grated, 1 level teaspoonful of finely-grated lemon-rind, ½ a saltspoonful of grated nutmeg, 1 good teaspoonful of baking-powder, about ¼ of a pint of milk, 2 eggs.

Method.—Mix all the dry ingredients except the baking-powder together, add the beaten eggs and sufficient milk to thoroughly moisten the whole, then cover, and let the mixture stand for 1 hour. When ready, stir in the baking-powder, turn into a buttered mould or basin, and boil for 6 hours, or steam for 7 hours. Serve with a suitable sauce.

Time.—To cook, from 6 to 7 hours. **Average Cost,** 1s. 3d. **Sufficient** for 9 or 10 persons.

1891.—PLUM PUDDING. (Pouding Anglais.)

Ingredients.—6 ozs. of flour, 6 ozs. of breadcrumbs, 6 ozs. of finely-chopped suet, 6 ozs. of moist sugar, 6 ozs. of raisins, halved and stoned, 6 ozs. of currants, washed and dried, 1 heaped teaspoonful of baking-powder, 1 saltspoonful of salt, ½ a saltspoonful of ground mace, ½ a saltspoonful of grated nutmeg, about ½ a pint of milk.

Method.—Mix all the dry ingredients well together, add sufficient milk to mix into a very stiff batter, and turn into a well-greased basin. Boil for 6 hours, or steam for at least 7 hours.

Time.—To cook, from 6 to 7 hours. **Average Cost,** 1s. **Sufficient** for 9 or 10 persons.

1892.—PLUM PUDDING. (Another Method.)

Ingredients.—½ a lb. of flour, ½ a lb. of raisins, halved and stoned, ½ a lb. of treacle, ¼ of a lb. of finely-chopped suet, 1 heaping teaspoonful of baking-powder, a good pinch of nutmeg, a good pinch of salt.

Method.—Mix all the dry ingredients well together, then stir in the slightly warmed treacle, turn the mixture into a greased basin, and steam for 5 hours, or, if preferred, boil for 4 hours.

Time.—To cook, from 4 to 5 hours. **Average Cost,** 10d. **Sufficient** for 6 or 7 persons.

1893.—POUND PUDDING.

Ingredients.—1 lb. of finely-chopped suet, 1 lb. of currants cleaned, 1 lb. of raisins stoned, ½ a lb. of breadcrumbs, ½ a lb. of flour, 2 ozs. of shredded mixed peel, 1 teaspoonful of ground ginger, ½ a grated nutmeg, ½ a pint of milk, 4 eggs.

Method.—Mix all the ingredients well together, and add a little more milk if necessary. Turn into a well-buttered mould, and boil for about 3½ to 4 hours.

Time.—About 4½ hours. **Average Cost,** 2s. 6d. **Sufficient** for 9 to 11 persons.

1894.—PRIMROSE PUDDING.

Ingredients.—6 ozs. of flour dried and sieved, 4 ozs. of castor sugar, 4 ozs. of butter, 2 large or 3 small eggs, the grated rind of ½ a lemon, vanilla essence.

Method.—Work the butter and sugar together until thick and creamy, then stir in the eggs one at a time, and beat the mixture lightly for about 20 minutes. Now add the lemon-rind, a good pinch of salt, a few drops of vanilla essence, and stir in the flour as lightly as possible. Steam in a well-buttered mould from 1¼ to 1½ hours, and serve with custard, wine, vanilla, or other suitable sauce.

Time.—Altogether, about 2 hours. **Average Cost,** 9d. **Sufficient** for 5 or 6 persons.

1895.—QUEEN'S PUDDING. (*Fr.*—Pouding à la Reine.)

Ingredients.—4 ozs. of finely-chopped suet, 2 ozs. of castor sugar, 6 bananas sliced, 3 eggs, 1 breakfastcupful of whole meal, 1 breakfastcupful of boiling milk.

Method.—Mix the suet, sugar, bananas and meal together, add the milk, and cover closely. Let the preparation stand for at least 1 hour, then add the eggs and a little more milk if at all stiff, and beat well. Turn into a buttered basin, steam gently for about 1 hour, and serve with wine sauce.

Time.—To steam the pudding, about 1 hour. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 5 or 6 persons.

1896.—QUEEN OF BREAD PUDDINGS.

Ingredients.—1 pint of milk, ½ a pint of breadcrumbs, ¾ of an oz. of butter, 1 oz. of castor sugar, 2 eggs, the grated rind of 1 lemon, apricot or raspberry jam.

Method.—Boil the milk, pour it over the breadcrumbs, add the sugar, butter, lemon-rind, and when it has cooled a little, stir in the beaten yolks of eggs. Place the mixture in a buttered piedish, and bake for 10 minutes or until set. Now spread on a thick layer of jam, cover with the stiffly-whisked whites of eggs, and dredge well with castor sugar. Return it to the oven, and bake until the méringue hardens and acquires a little colour.

Time.—About 1 hour. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons.

1897.—RAISIN PUDDING, BAKED. (*See* Cottage Pudding, No. 1821.)

1898.—RAISIN PUDDING, BOILED. (*See* Baroness Pudding, No. 1780.)

1899.—RASPBERRY PUDDING. (*Fr.*—Pouding de Framboises.)

Ingredients.—Raspberry jam, ½ a lb. of breadcrumbs, ¼ of a lb. of castor sugar, ¼ of a lb. of butter, 3 eggs, brown breadcrumbs.

Method.—Cream the butter and sugar together until thick and smooth, beat in the eggs separately, and add the breadcrumbs. Have ready a well-buttered plain mould, coat it completely with brown breadcrumbs, place a layer of the preparation on the bottom, and cover it thickly with jam, taking care that it does not touch the sides of the mould. Repeat until the mould is full, letting the mixture form the top layer. Bake in a moderate oven from 1 to 1¼ hours, and serve with custard or other suitable sauce.

Time.—From 1½ to 1¾ hours. **Average Cost,** 1s. 2d. **Sufficient** for 5 or 6 persons.

1900.—RHUBARB PUDDING. (*See* Apple Pudding, No. 1761, and Damson Pudding, No. 1832.)

1901.—RICE PUDDING, BAKED.

Ingredients.—1 pint of milk, 3 tablespoonfuls of rice, 1½ tablespoonfuls of sugar, salt, nutmeg.

Method.—Pick and wash the rice, place it in a greased piedish, add the sugar, milk, and a small pinch of salt. Sprinkle the surface lightly with nutmeg, and bake in a slow oven for about 2 hours.

Time.—About 2 hours. **Average Cost,** 3d. **Sufficient** for 3 or 4 persons.

Note.—Skim milk, and ½ an oz. of butter, or a level tablespoonful of finely-chopped suet, may be used instead of the new milk.

1902.—RICE MÉRINGUE PUDDING.

Ingredients.—2 ozs. of rice, 1 oz. of castor sugar, or to taste, ¾ of an oz. of butter, 1 pint of milk, 2 eggs, bay-leaf.

Method.—Put the milk, rice and bay-leaf into a stewpan, and cook gently until the rice is tender. Let it cool slightly, then add the sugar, butter, and the beaten yolks of eggs. Remove the bay-leaf, put the rice preparation into a buttered piedish, cover with stiffly-whisked whites of eggs, and dredge well with castor sugar. Bake in a moderate oven for another 15 to 20 minutes, and serve hot.

Time.—About 1 hour. **Average Cost,** 6d. **Sufficient** for 4 or 5 persons.

1903.—ROYAL PUDDING. (*Fr.*—Pouding Royale.)

Ingredients.—1 oz. of fine flour, 1 oz. of butter, 1 gill of milk, 4 yolks of eggs, 5 whites of eggs, 1 dessertspoonful of castor sugar, 2 ozs. of crushed Savoy biscuits, vanilla essence.

Method.—Melt the butter, stir in the flour, add the milk, and cook and stir until it leaves the sides of the stewpan clear. Cool slightly, add the sugar and vanilla, the yolks of eggs one at a time, beat well, and then stir in the biscuit crumbs. Whisk the whites stiffly, stir them lightly in, and pour the mixture into a well-buttered soufflé mould. Cover with a buttered paper, and steam very gently for 40 minutes, or bake in a hot oven for 25 minutes. Serve with wine or jam sauce.

Time.—To cook the soufflé, from 25 to 40 minutes. **Average Cost,** 10d., exclusive of the sauce. **Sufficient** for 3 or 4 persons.

1904.—ROLY-POLY PUDDING.

Ingredients.—8 ozs. of flour, 4 ozs. of finely-chopped suet, ½ a teaspoonful of baking powder, 1 saltspoonful of salt, 2 to 3 tablespoonfuls of jam.

Method—Mix the flour, suet, baking-powder and salt into a stiff paste with a little cold water. Roll it out into a long piece about ¼ of an inch thick, spread on the jam to within 1 inch of the edge, and moisten the sides and far end with water. Roll up lightly, seal the edges, wrap the pudding in a scalded pudding-cloth, and secure the ends with string. Boil from 1½ to 2 hours, or bake in a quick oven for half that length of time.

Time.—To prepare and boil, from 2 to 2½ hours. **Average Cost,** 5d. **Sufficient** for 4 or 5 persons.

1905.—SAVARIN.

Ingredients.—8 ozs. of flour, ½ an oz. of yeast, 2 ozs. of castor sugar, 3 ozs. of butter, 4 eggs, 1 tablespoonful of cream, a little milk, salt.

Method.—Dry and sift the flour, put 2 ozs. of it into a warm basin, add a pinch of salt, and make a well in the centre. Mix the yeast smoothly with a little tepid milk, add it to the flour, work into a smooth sponge or dough, and let it stand in a warm place until it expands to twice its original size. Put the remainder of the flour into a large basin, add the sugar, warmed butter, the eggs one at a time, and a little tepid milk if required. Beat well for 10 or 15 minutes, add the dough when sufficiently risen, work in the cream, and beat all well together for 10 minutes longer. Have ready a well-buttered border mould, sprinkle the inside with ground rice and fine sugar mixed in equal quantities, or finely-shredded almonds, or cocoanut. Half fill with the dough, cover, and let it stand in a warm place until it rises nearly to the top of the mould, then bake in a hot oven.

Time.—About 2 hours. **Average Cost,** 8d. to 10d. **Sufficient** for 5 persons.

1906.—SAVARIN WITH PINEAPPLE. (*Fr.*—Savarin à l'Ananas.)

Ingredients—Savarin border, prepared as directed in No. 1905, preserved pineapple, 2 tablespoonfuls apricot marmalade, glacé cherries. For the syrup: $\frac{3}{4}$ of a pint of water, 3 ozs. of loaf sugar.

Method.—Prepare a border as directed in the preceding recipe. Boil the loaf sugar and water to syrup, add to it the strained apricot marmalade, simmer until sufficiently thick, then put in the pineapple, cut into dice, and allow it to become thoroughly hot. When ready, place the savarin on a hot dish, baste it well with the syrup, then pile the pineapple in the centre, garnish with cherries, and strain over the remainder of the syrup. Variety may be obtained by using apricots or peaches instead of the pineapple.

Time.—About 2 hours. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 6 or 7 persons.

1907.—SAVOY PUDDING. (*Fr.*—Pouding à la Savoy.)

Ingredients.—6 ozs. of stale Savoy or sponge cake, 2 ozs. of butter warmed, about 2 ozs. of shredded mixed peel, 1 oz. of castor sugar, 3 eggs, about $\frac{1}{4}$ of a pint of boiling milk, $\frac{1}{2}$ glass of sherry or Marsala.

Method.—Pass the cake through a fine wire sieve, add to it all the ingredients except the whites of eggs, and beat well. Whisk the whites of eggs stiffly, stir them lightly in, and pour the mixture into a buttered piedish. Bake in a moderate oven for $\frac{1}{2}$ an hour. Or, bake the mixture before adding the whites of eggs, which afterwards pile in a rocky form, dredge liberally with castor sugar, and bake until set and very lightly browned.

Time.—About 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons.

1908.—SAXON PUDDING. (*Fr.*—Pouding à la Saxonaise.)

Ingredients.—4 sponge cakes, 6 macaroons, 18 ratafias, 4 eggs, $\frac{1}{2}$ a pint of milk, $\frac{1}{4}$ of a pint of cream, 1 glass of sherry, 2 ozs. of almonds, a few glacé cherries, angelica, vanilla essence.

Method.—Blanch, peel, shred and bake the almonds until nicely browned. Butter a plain charlotte mould, decorate the bottom with halves of cherries and strips of angelica, and sprinkle the sides thickly with the prepared almonds. Fill the mould with alternate layers of slices of sponge cake, pieces of macaroon and ratafias. Beat the eggs well, add the milk, cream, wine, and a few drops of vanilla. Pour this into the mould, cover with a buttered paper, and let the mixture stand for 1 hour. Then steam from 1½ to 1¾ hours, and serve with fruit syrup, German or other suitable sauce. This pudding is exceedingly nice cold, with whipped cream as an accompaniment.

Time.—About 2½ hours. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons.

1909.—SEMOLINA PUDDING. (*Fr.*—Pouding de Semoule.)

Ingredients.—1½ pints of milk, 3 to 4 tablespoonfuls of semolina, 1 tablespoonful of moist sugar, 2 eggs, bay-leaf or other flavouring, salt.

Method.—Put the milk, with a good pinch of salt and the bay-leaf, into a stewpan; when boiling, sprinkle in the semolina and cook gently for 10 minutes, stirring meanwhile. Cool slightly, remove the bay-leaf, stir in the sugar, yolks of the eggs, and lastly the stiffly-whisked whites of the eggs. Turn into a buttered piedish, and bake gently from 25 to 30 minutes.

Time.—About 1 hour. **Average Cost,** 7d. **Sufficient** for 5 or 6 persons.

Note.—In place of bay leaf, lemon rind or cinnamon may be used.

1910.—SNOWDON PUDDING.

Ingredients.—4 ozs. of finely-chopped beef suet, 4 ozs. of breadcrumbs, 4 ozs. of castor sugar, 4 ozs. of raisins, stoned and halved, 1 oz. of glacé cherries halved, 1 oz. of ground rice, 2 eggs, ½ a gill of milk, the grated rind of 1 lemon, 2 tablespoonfuls of apricot marmalade or jam, ½ a teaspoonful of ground cinnamon, salt.

Method.—Decorate the bottom and sides of a well-buttered mould or basin with some of the halved cherries and raisins. Put the remainder into a basin, add the suet, breadcrumbs, sugar, ground rice, lemon-rind, cinnamon, and a good pinch of salt. Beat the eggs, stir in the milk and marmalade, and when well mixed, add them to the dry ingredients and beat well. Pour the mixture into the prepared mould, cover with a buttered paper, and steam from 1¼ to 1½ hours. Serve with fruit syrup or suitable sweet sauce.

Time.—About 2 hours. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons.

1911.—SOMERSETSHIRE PUDDING.

Ingredients.—3 eggs, their weight in flour, and the weight of 2 eggs in castor sugar and butter, essence of vanilla, or other flavouring.

Method.—Follow the directions given for making Canary Pudding. Turn the preparation into well-buttered dariols or cups, bake gently for 20 minutes, or until done, and serve with either jam or custard sauce. These puddings are sometimes served cold, with the inside scooped out, and the cavity filled with jam or stewed fruit and cream.

Time.—About 40 minutes. **Average Cost,** 8d. **Sufficient** for 6 or 8 persons.

1912.—SPAGHETTI PUDDING. (*See* Macaroni or Spaghetti Pudding, No. 1870.)

1913.—SPONGE PUDDING.

Ingredients.—12 ozs. of flour, 8 ozs. of golden syrup slightly warmed, 4 ozs. of suet finely-chopped, 1 level teaspoonful of carbonate of soda, milk.

Method.—Dissolve the soda in a little warm milk. Mix the flour and suet together, stir in the treacle, add the soda, and a little more milk if necessary, but the mixture should be rather stiff. Turn into a greased basin, and steam or boil from 2½ to 3 hours.

Time.—To cook the pudding, from 2½ to 3 hours. **Average Cost,** 7d. **Sufficient** for 5 or 6 persons.

Note.—See Canary Pudding, another variety of sponge pudding.

1914.—SPONGE CAKE PUDDING. (*See* Finger Pudding, No. 1845, Forest Pudding, No. 1846, Jenny Lind Pudding, No. 1865, and Savoy Pudding, No. 1907.)

1915.—SUET PUDDING.

Ingredients.—12 ozs of flour, 6 ozs. of finely-chopped suet, 1 teaspoonful of baking-powder, ¼ of a teaspoonful of salt, cold water.

Method.—Mix the flour, suet, baking-powder, and salt together, and add water gradually until a rather stiff paste is formed. Shape it into a roll, wrap it in a pudding-cloth, which must be previously scalded and well dredged with flour on the inner side, and secure the ends with string. Put it into boiling water, and cook for about 2¼ hours. Serve with jam, treacle, stewed fruit, or, if preferred, good gravy.

Time.—About 2¾ hours. **Average Cost,** 6d. **Sufficient** for 6 or 7 persons.

Note.—The above mixture may also be made into dumplings, which require boiling for two hours. For savoury dumplings, *see* Exeter Stew, No. 873.

1916.—SWISS PUDDING. (*Fr.*—Pouding à la Suisse.)

Ingredients.—6 large sour baking apples, about 8 ozs. of breadcrumbs, brown sugar, butter, 6 cloves.

Method.—Pare, core and slice the apples. Cover the bottom of a buttered piedish with breadcrumbs, add a layer of apple, sprinkle with sugar, moisten with water, and add 1 or 2 cloves and a few small pieces of butter. Repeat until all the materials are used, letting the breadcrumbs form the top layer. Pour on a little oiled butter, cover with a greased paper, and bake gently for about ¾ of an hour. As soon as the apples begin to fall remove the paper to allow the surface to brown.

Time.—About ¾ of an hour, to bake the pudding. **Average Cost,** 10d. to 1s. **Sufficient** for 4 or 5 persons.

1917.—TAPIOCA OR SAGO PUDDING.

Ingredients.—1 pint of milk, 2 tablespoonfuls of tapioca or sago, 1 tablespoonful of sugar, or to taste, 2 eggs (optional), nutmeg, salt.

Method.—Boil the milk, sprinkle in the tapioca or sago, stir until boiling, and simmer gently until it becomes clear, stirring occasionally. Add the sugar and a good pinch of salt, and when a little cool, the eggs, beaten. Pour into a greased piedish, and bake in a slow oven for about ½ an hour.

Time.—About 1 hour. **Average Cost,** 5d. **Sufficient** for 4 or 5 persons.

1918.—TIMBALES OF SEMOLINA. (*Fr.*—Timbales de Semoule.)

Ingredients.—1 bottle of apricots, or an equal quantity of freshly cooked fruit, 1 pint of water, 3 ozs. of semolina, 2 ozs. of castor sugar, 3 whole eggs, angelica, glacé cherries, almonds, 2 tablespoonfuls of cream, Maraschino, vanilla pod.

Method.—Simmer the vanilla pod in the milk until sufficiently flavoured, then remove it (dry it and keep for further use), sprinkle in the semolina and boil for a few minutes, stirring meanwhile. Let it cool slightly, then add the sugar, and beat in separately 3 yolks and 1 white of egg. Continue the beating until the mixture is nearly cold, then add the cream and stiffly-whisked whites of 2 eggs. Put the preparation into well-buttered timbale or dariol moulds, and steam for ½ an hour. Meanwhile heat, between 2 plates, as many halves of apricots as there are timbales. Boil the apricot syrup until well reduced, and flavour it with a little Maraschino, if liked. When ready, turn out the timbales on to a hot dish, place ½ an apricot on the top of each, decorate with shredded almonds, strips or leaves of angelica, and halves of cherries, all of which should be previously prepared and warmed. Strain over the syrup, and serve.

Time.—About 1 hour. **Average Cost,** 2s. **Sufficient** for 6 or 7 persons.

1919.—TRANSPARENT PUDDING.

Ingredients.—3 yolks of eggs, 2 ozs. of castor sugar, 2 ozs. of butter, apricot jam.

Method.—Cream the butter and sugar together until thick and smooth, then add each egg separately, beating meanwhile. Place a layer of this preparation in the bottom of 6 well-buttered dariol moulds, add to each a dessertspoonful of apricot jam, and cover with the remainder of the mixture. Steam from 20 to 25 minutes, let them cool slightly before turning them out, to lessen the probability of their breaking, and serve with custard sauce.

Time.—About 50 minutes. **Average Cost,** 9d. **Sufficient** for 4 or 5 persons.

1920.—TREACLE PUDDING.

Ingredients.—1 lb. of flour, 8 ozs. of finely-chopped suet, 2 ozs. of breadcrumbs, treacle, the grated rind of 1 lemon, 1 teaspoonful of baking-powder, salt.

Method.—Mix the flour, suet, baking-powder, and a good pinch of salt together, and form into a stiff paste with cold water. Divide it into 2 equal portions; with one line the basin, from the other portion cut off sufficient paste to form the lid, and roll the remainder out thinly. Put a layer of treacle in the basin, sprinkle liberally with breadcrumbs, and lightly with lemon-rind. From the rolled-out paste cut a round sufficiently large to rather more than cover the treacle, etc., in the basin, moisten the edges of it with water, and join them carefully to the paste lining the basin. Now add another layer of treacle, breadcrumbs and lemon-rind, and cover with pastry as before. Repeat until the pudding basin is full, then cover with a greased paper, and steam for 2½ hours.

Time.—From 2¾ to 3 hours. **Average Cost,** 1s. **Sufficient** for 8 or 9 persons.

1921.—VANILLA PUDDING. (*Fr.*—Pouding à la Vanille.)

Follow the directions given for making custard puddings, and flavour the preparation with vanilla.

1922.—VERMICELLI PUDDING.

Ingredients.—2 ozs. of vermicelli, 1 oz. of sugar, or to taste, 2 eggs, 1 pint of milk, lemon-rind, bay-leaf or other flavouring.

Method.—Boil the milk and flavouring ingredients together, add the vermicelli broken into short pieces, and simmer until tender. Now take out the bay-leaf, or whatever has been used, add the sugar and eggs, mix all lightly together, and pour into a buttered pie-dish. Bake in a moderate oven for about 30 minutes, then serve.

Time.—About 1 hour. **Average Cost,** 6d. **Sufficient** for 4 or 5 persons.

1923.—VICTORIA PUDDING. (*Fr.*—Pouding à la Victoria.)

Ingredients.—8 ozs. of finely-chopped beef suet, 4 ozs. of breadcrumbs, 3 ozs. of flour, 4 ozs. of apples, 4 ozs. of apricot jam, 2 ozs. of finely-shredded mixed peel, 3 ozs. of dried cherries cut in quarters, 3 ozs. of sugar, 4 eggs, 1 glass of brandy, ½ a gill of cream.

Method.—Peel, core and chop the apples finely, and mix with them the suet, breadcrumbs, flour, peel, cherries and sugar. Beat the eggs well, add the jam, cream and brandy; when well mixed, stir them into the dry ingredients, and beat well. Pour into a well-buttered mould, cover with the buttered paper, and steam from 1½ to 2 hours. Serve with a suitable sauce.

Time.—From 2 to 2½ hours. **Average Cost,** 2s. 3d. **Sufficient** for 8 or 9 persons.

1924.—VIENNOISE PUDDING. (*Fr.*—Pouding à la Viennoise).

Ingredients.—5 ozs. of white bread cut into small dice, 3 ozs. of castor sugar, 3 ozs. of sultanas picked and cleaned, 2 ozs. of finely-shredded candied peel, 1 oz. of almonds, the grated rind of 1 lemon, 4 yolks of eggs, ½ a pint of milk, 3 tablespoonfuls of sherry, caramel (*see* No. 155).

Method.—Blanch, shred and bake the almonds until well browned. Heat the milk, add sufficient caramel or burnt sugar to make it a deep nut-brown colour, then pour it on to the well-beaten yolks of eggs, stirring meanwhile. Mix the bread dice, sugar, sultanas, peel, almonds, and lemon-rind well together, add the sherry and prepared milk, etc., cover, and let it stand for 1 hour. When ready, turn the mixture into a well-buttered mould, steam for about 2 hours, and serve with German custard, arrowroot, or other suitable sauce.

Time.—About 3¼ hours, altogether. **Average Cost,** 1s. 3d. **Sufficient** for 6 or 7 persons.

1925.—WASHINGTON PUDDING. (*See* Canary Pudding.)

Add 2 tablespoonfuls of raspberry jam to the ingredients for the same, and follow the directions given.

1926.—WELLINGTON PUDDING. (*Fr.*—Pouding à la Wellington.)

Ingredients.—4 ozs. of finely-chopped beef suet, 4 ozs. of flour, 4 ozs. of brown breadcrumbs, 4 ozs. of cleaned and picked sultanas, 1 oz. of finely-chopped candied orange-peel, 4 ozs. of castor sugar, 5 eggs, 1 gill of milk, 1 tablespoonful of caramel (*see* No. 155), ½ a teaspoonful of ground cinnamon, nutmeg, 1 small glass of Marsala or sherry. Apricot or other suitable sauce. For the purée : 1 lb. of chesnuts, 2 tablespoonfuls of cream, sugar, vanilla.

Method.—Mix the suet, flour, breadcrumbs, sultanas, peel, sugar, cinnamon, and a pinch of nutmeg together. Beat the eggs well, add the caramel and half the milk, and stir into the dry ingredients with as much more milk as may be needed to thoroughly moisten the whole. Pour the mixture into a well-buttered border mould, cover with a buttered paper, and steam from 2½ to 2¾ hours. Meanwhile shell, scald, and skin the chesnuts, cook them in a very little milk until tender, rub them through a fine sieve, sweeten to taste, add a few drops of vanilla, and the cream. Invert the border on to a hot dish, pile the purée in the centre, and pour the sauce round.

Time.—From 3 to 3¼ hours. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 6 or 7 persons.

1927.—WELSH PUDDING.

Ingredients.—8 ozs. of finely-chopped suet, 8 ozs. of breadcrumbs, 8 ozs. of sugar, the juice of 2 large lemons, and the finely-grated rind of 1 lemon, 2 eggs.

Method.—Mix all the dry ingredients together, add the eggs, and a little milk if the mixture appears too stiff. Turn into a buttered basin, steam or boil from 3½ to 4 hours, and serve with a suitable sauce.

Time.—From 3½ to 4 hours. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons.

1928.—WEST RIDING PUDDING.

Ingredients.—Jam, 4 ozs. of flour, 3 ozs. of castor sugar, 2 ozs. of butter, 2 eggs, 1 teaspoonful of baking-powder, a little milk, paste No. 1667, or 1668.

Method.—Line and decorate a piedish with paste as directed in the recipe for Apple Amber, p. 890. Cream the butter and sugar together until thick and smooth, and add the eggs, one at a time. Beat thoroughly, then stir in the baking-powder and flour as lightly as possible, and add milk gradually until the mixture drops readily from the spoon. Place a thick layer of jam on the bottom of the prepared piedish, pour in the mixture, and bake from 1 to 1¼ hours. Dredge well with castor sugar, and serve either hot or cold.

Time.—From 1½ to 1¾ hours. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons.

1929.—WINDSOR PUDDING.

Ingredients.—6 apples, 1 oz. of castor sugar, 1 oz. of Carolina rice, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-grated lemon-rind, 4 whites of eggs, milk.

Method.—Boil the rice in milk until quite tender, and drain well. Bake or stew the apples until soft, pass them through a fine sieve, and stir in the sugar, rice, lemon-rind and lemon-juice. Whisk the whites stiffiy, stir them lightly in, and turn into a buttered basin. Steam as gently as possible for about 40 minutes, and serve with custard sauce made with the yolks of the eggs.

Time.—To steam the pudding, about 40 minutes. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 4 or 5 persons.

1930.—YORKSHIRE PUDDING.

Ingredients.—1 pint of milk, 2 eggs, 4 heaped tablespoonfuls of flour, salt, dripping.

Method.—Put the flour and a good pinch of salt into a basin, make a well in the centre, break in the eggs, stir, gradually mixing in the flour from the sides, and add milk by degrees until a thick smooth batter is formed. Now beat well for 10 minutes, then add the remainder of the milk, cover, and let it stand for at least 1 hour. When ready to use, cover the bottom of a pudding-tin with a thin layer of dripping taken from the meat-tin, and while the tin and dripping are getting thoroughly hot in the oven, give the batter another good beating. Bake the pudding for 10 minutes in a hot oven to partially cook the bottom, or, if more convenient, place the hottest shelf from the oven on the meat stand, and at once put the pudding in front of the fire, and cook it until set and well-browned. "Yorkshire" pudding is always cooked in front of the fire; when baked in the oven, the term "batter pudding" is applied to it by the people in the county whence it derives its name.

Time.—About 40 minutes. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons.

1931.—YORKSHIRE PUDDING WITH RAISINS. (*See* Yorkshire Pudding, No. 1930.)

Sultana raisins or currants may be sprinkled in after the batter has been poured into the tin. This pudding is frequently served with gravy, and, as a rule, before the meat.

1932.—YORKSHIRE PUDDING, BOILED. (*See* Batter Pudding, Boiled, No. 1782.)

Soufflés

1933.—APRICOT SOUFFLÉ. (*Fr.*—Soufflé aux Abricots.)

Ingredients.—6 fresh or tinned apricots, 4 ozs. of Vienna flour, 2 ozs. of butter, 2 ozs. of castor sugar, $\frac{1}{2}$ a pint of milk, 3 yolks of eggs, 4 whites of eggs.

Method.—Drain the apricots well, and pass them through a hair sieve. Melt the butter, stir in the flour, add the milk (some of the milk may be replaced by apricot syrup), and cook over the fire until the mixture no longer adheres to the sides of the stewpan. Let it cool slightly, then beat in the yolks of eggs, add the sugar, apricot pulp, and stir in as lightly as possible the stiffly-whisked whites of eggs. Have ready a well buttered soufflé mould, turn in the mixture, and steam slowly from 40 to 45 minutes. Unmould, and serve with a suitable sauce. Send to table as quickly as possible.

Time.—To cook, from 40 to 45 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 6 or 7 persons.

1934.—CHOCOLATE SOUFFLÉ. (*Fr.*—Soufflé au Chocolat.)

Ingredients.—2 ozs. of finely-grated chocolate, 3 ozs. of flour, 2 ozs. of sugar, 1 oz. of butter, ½ a pint of milk, 3 yolks of eggs, 4 whites of eggs, ½ a teaspoonful of vanilla essence, custard, or other suitable sweet sauce.

Method.—Place the milk and chocolate in a small stewpan, and simmer gently until dissolved. Melt the butter, stir in the flour, add the chocolate mixture, and boil well. Let it cool a little, add the vanilla, sugar, the yolks of eggs one at a time, give the whole a good beating, then stir in as lightly as possible the stiffly-whisked whites of eggs. Turn into a well-buttered mould, and steam gently from 45 to 50 minutes. Serve the sauce round the dish.

Time.—To prepare and cook, from 1¼ to 1½ hours. **Average Cost,** 1s., including the sauce. **Sufficient** for 5 or 6 persons.

1935.—CUSTARD SOUFFLÉ.

Ingredients.—2 ozs. of butter, 2 ozs. of flour, ½ a pint of milk, 4 eggs, 2 tablespoonfuls of castor sugar.

Method.—Melt the butter in a stewpan, stir in the flour, and add the milk. Boil up and cook over the fire for 5 minutes, stirring briskly meanwhile, then add the sugar and beat in the yolks of the eggs. Whisk the whites stiffly, stir them lightly in, turn the mixture into a buttered piedish, and bake in a hot oven for about 20 minutes. Serve with wine or fruit sauce.

Time.—To bake the soufflé, about 20 minutes. **Average Cost,** 8d. **Sufficient** for 4 or 5 persons.

1936.—ORANGE SOUFFLÉ. (*Fr.*—Soufflé à l'Orange.)

Ingredients.—1 orange, 3 ozs. of cakecrumbs, 3 ozs. of breadcrumbs, 2 ozs. of castor sugar, 1 oz. of butter, 2 eggs, ¾ of a pint of milk, ½ small glass of noyeau, a few glacé cherries.

Method.—Boil the milk, pour it over the crumbs, and let them soak while the other ingredients are being prepared. Cream the butter and sugar as usual, add the yolks and 1 white of egg, and beat well. Now add ½ the rind of the orange, grated or finely-chopped, a dessert-spoonful of orange-juice, noyeau, and the cakecrumbs. Turn the mixture into a buttered soufflé dish, and bake from 25 to 30 minutes in a moderately hot oven. Have ready the remaining white whisked to a stiff froth, spread it lightly over the surface of the soufflé, dredge with castor sugar, and garnish with the cherries. Replace in the oven until the méringue acquires a little colour, and serve.

Time.—To bake, from 35 to 40 minutes. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons.

1937.—PINEAPPLE SOUFFLÉ. (*Fr.*—Soufflé à l'Ananas.)

Ingredients.—Preserved pineapple, 4 ozs. of Vienna flour, 4 ozs. of castor sugar, 4 ozs. of butter, ½ a pint of milk, 3 eggs, 2 inches of vanilla pod, angelica.

Method.—Bring the milk and vanilla pod to boiling point, then draw the stewpan aside for ½ an hour for the contents to infuse. Meanwhile heat the butter in another stewpan, stir in the flour, cook over the fire for 4 or 5 minutes, then add the strained milk, and stir and boil well. Let it cool slightly, then beat in the yolks of eggs, add the sugar, 2 good tablespoonfuls of pineapple cut into small dice, and very lightly stir in the stiffly-whisked whites of eggs. Have ready a well-buttered soufflé mould with the bottom decorated with strips, circles, or other fancifully-cut pieces of angelica and pineapple, pour in the mixture, cover with a buttered paper, and steam very gently from 45 to 60 minutes. Unmould and serve as quickly as possible, with pineapple or other suitable sweet sauce.

Time.—From 1 to 1¼ hours, altogether. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 5 or 6 persons.

1938.—PRUNE SOUFFLÉ. (*Fr.*—Soufflé aux Pruneaux.)

Ingredients.—½ a lb. of prunes, 4 ozs. of castor sugar, 1 oz. of flour, ½ an oz. of butter, ½ an oz. of almonds blanched and shredded, 1 lemon, 3 eggs.

Method.—Wash the prunes and soak them in cold water for 3 or 4 hours. Then place them in a jar with the lemon-rind pared as thinly as possible, and a little cold water, and cook until tender. When cold, remove the stones, and cut the prunes into small pieces. Cream the yolks of the eggs and sugar together, stir in the flour, add half of the prepared almonds, 1 teaspoonful of lemon-juice and the prunes, and mix well. Whisk the whites of the eggs to a stiff froth, add half of it lightly to the rest of the ingredients, and pour the mixture into a buttered soufflé dish or piedish. Bake for about 15 minutes in a moderate oven, then pile the remainder of the whites of eggs on the top, dredge with castor sugar, and scatter on the almonds. Replace in the oven, bake from 15 to 20 minutes longer, and serve hot.

Time.—To bake, about 40 minutes. **Average Cost,** 9d. to 10d. **Sufficient** for 6 or 7 persons.

1939.—RASPBERRY SOUFFLÉ. (*Fr.*—Soufflé aux Framboises.)

Ingredients.—½ a lb. of ripe raspberries, 2 ozs. of cakecrumbs or breadcrumbs, 2 ozs. of castor sugar, 2 ozs. of rice flour or cornflour, ½ an oz. of butter, ½ a gill of cream, 4 eggs.

Method.—Put the raspberries, cream, rice flour, and sugar into a basin, and reduce them to a pulp by means of a wooden spoon. Beat in the yolks of the eggs, add the cakecrumbs, stir in lightly the stiffly-whisked whites of eggs, and turn the mixture into a well-buttered mould. Bake in a hot oven from 25 to 30 minutes, and serve as quickly as possible.

Time.—From 25 to 30 minutes. **Average Cost,** 1s. 2d. to 1s. 4d. **Sufficient** for 5 or 6 persons.

1940.—RICE AND APPLE SOUFFLÉ. (*Fr.*—Soufflé de Riz aux Pommes.)

Ingredients.—1 lb. of sour cooking-apples, 2 ozs. of ground rice, 2 ozs. of castor sugar, 1 oz. of butter, 3 eggs, ¾ of a pint of milk, 2 tablespoonfuls of moist sugar, or to taste, the rind of ½ a lemon, thinly pared, 1 clove, ½ an inch of stick cinnamon.

Method.—Cook the apples with 2 tablespoonfuls of water, the moist sugar, butter, lemon-rind, clove, and cinnamon in a jar placed in a saucepan of boiling water, and when soft rub them through a hair sieve. Meanwhile mix the ground rice smoothly with a little cold milk, boil the remainder, add the blended rice and milk, and simmer gently for 15 minutes. Now add the sugar, let the mixture cool a little, then add each yolk of egg separately, give the whole a good beating, and lastly stir in very lightly the stiffly-whisked whites of eggs. Fill a well-buttered soufflé dish with alternate layers of rice and apple purée, piling the last layer of rice in a pyramidal form. Dredge well with castor sugar, and bake in a moderate oven for about 30 minutes.

Time.—To bake, from 25 to 35 minutes. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons.

1941.—SEMOLINA SOUFFLÉ. (*Fr.*—Soufflé de Semoule.)

Ingredients.—1½ ozs. of semolina, 1 oz. of castor sugar, ½ a pint of milk, 3 whites of eggs, 2 yolks of eggs, the rind of ½ a lemon.

Method.—Simmer the lemon-rind and milk together for a few minutes, then add the sugar, sprinkle in the semolina, and cook until it thickens. Remove the lemon-rind, let the mixture cool slightly, beat in the yolks of eggs, and stir in lightly the stiffly-whisked whites. Pour into a well-buttered mould, and steam gently for about 1 hour. Serve with jam or custard sauce.

Time.—About 1½ hours. **Average Cost,** 5d., exclusive of the sauce. **Sufficient** for 3 or 4 persons.

1942.—STRAWBERRY SOUFFLÉ. (*Fr.*—Soufflé de Fraises.)

Ingredients.—½ a pint of strawberry pulp sweetened to taste, ½ a lb. of strawberries cut into dice, 2 ozs. of castor sugar, 2 ozs. of fine flour, 1½ ozs. of butter, 3 yolks of eggs, 4 whites of eggs, 1 gill of milk or cream, carmine.

Method.—Reduce the strawberries to a pulp by passing them through a hair sieve, and sweeten to taste with castor sugar. Melt the butter, stir in the flour, add the milk, boil well, then incorporate the sugar and strawberry pulp. Now beat in the yolks of eggs separately, brighten the colour by adding a few drops of carmine, stir in the strawberries cut into dice, and lastly, and very lightly, the stiffly-whisked whites of eggs. Pour the mixture into a well-buttered mould, and bake in a hot oven from 35 to 40 minutes. Serve with a suitable fruit syrup or sweet sauce.

Time.—To bake, from 35 to 40 minutes. **Average Cost,** 1s. 10d. **Sufficient** for 6 or 7 persons.

1943.—VANILLA SOUFFLÉ. (*Fr.*—Soufflé à la Vanille.)

Ingredients.—1 oz. of fine flour, 1 oz. of butter, 1 gill of milk, 3 yolks of eggs, 4 whites of eggs, 1 dessertspoonful of castor sugar, vanilla essence.

Method.—Melt the butter, stir in the flour, add the milk, and cook and stir until the mixture leaves the sides of the stewpan clean. Let this panada cool slightly, add the sugar and vanilla, the yolks of eggs one at a time, and beat well. Whisk the whites to a stiff froth, stir them lightly in, and pour the mixture into a well-buttered soufflé mould. Cover with a buttered paper, and steam very gently for 40 minutes, or bake in a hot oven for half that length of time. Serve with wine or jam sauce.

Time.—1 hour. **Average Cost,** 8d., exclusive of the sauce. **Sufficient** for 3 or 4 persons.

Omelets

1944.—JAM OMELET. (*See* Sweet Omelet, No. 1950, and Omelette Soufflé, No. 1945.)

1945.—OMELET SOUFFLÉ. (*Fr.* — Omelette Soufflée.)

Ingredients.—3 whites of eggs, 2 yolks of eggs, 1½ ozs. of castor sugar, ¼ of an oz. of flour, 1 tablespoonful of warmed jam, ¼ of a teaspoonful of vanilla essence, butter.

Method.—Work the yolks of the eggs and the sugar together until creamy, stir in the flour and vanilla essence, and lastly, and very lightly, the stiffly-whisked whites of eggs. Pour half the mixture into a well-buttered soufflé dish, place in jam, and the remainder of the mixture, and bake in a quick oven for about 15 minutes. Turn it on to a paper dredge with vanilla sugar to serve, and send to table in the dish in which it is baked.

Time.—From 25 to 30 minutes. **Average Cost,** 8d. **Sufficient** for 3 persons.

Note.—The use of flour is not essential.

1946.—OMELET SOUFFLE, CHOCOLATE. (*Fr.*—Omelette Soufflée au Chocolat.)

Ingredients.—1 tablespoonful of finely-grated chocolate, 5 whites of eggs, 3 yolks of eggs, 2 ozs. castor sugar, a few drops of essence of vanilla.

Method.—Cream the sugar and yolks of eggs well together, add the chocolate, vanilla, and lastly the very stiffly-whisked whites of eggs. Turn into a soufflé-pan coated with clarified butter, bake in a moderately hot oven, dish up, and serve dredged with castor sugar.

Time.—To bake, from 10 to 12 minutes. **Average Cost,** 10d. **Sufficient** for 3 or 4 persons.

1947.—OMELET SOUFFLÉ. (Another Method.)

Ingredients.—2 eggs, ½ an oz. of butter, 1 tablespoonful of castor sugar, a few drops of vanilla essence or other flavouring, 1 tablespoonful of warmed jam.

Method.—Cream the yolks of the eggs and sugar well together, and add the flavouring. Whisk the whites of the eggs to a stiff froth, and mix them as lightly as possible with the yolks, etc. Have the butter ready heated in an omelet pan, remove any scum which may have risen, and pour in the preparation. Cook over a quick fire until it sets, then put it into a hot oven to finish cooking. Turn it on to a hot dish, place the jam in the centre, fold over, dredge with castor sugar, and serve as quickly as possible.

Time.—About 20 minutes. **Average Cost,** 5d. **Sufficient** for 2 persons.

1948.—PLAIN OMELET. (*See* Sweet Omelet.)

By omitting the sugar, and adding salt and pepper to taste, this mixture may form the basis of any omelette of this description ; herbs should be beaten in before frying ; mushrooms, tomatoes, pimientoes, kidney, fish, etc., should be cooked, divided into small pieces, and folded in the omelette just before it is removed from the pan.

1949.—RUM OMELET. (*Fr.*—Omelette au Rhum.)

Ingredients.—3 eggs, ½ an oz. of butter, 1 tablespoonful of cream, 1 teaspoonful of castor sugar, a pinch of salt, 1 small glass of rum.

Method.—Beat the eggs well, add the cream, sugar, and the salt. Heat the butter in an omelette pan, pour in the eggs, stir until they begin to set, then fold quickly towards the handle of the pan. Cook a little longer to brown the under surface, then turn on to a hot dish, pour the rum round, light it, and serve at once.

Time.—About 10 minutes. **Average Cost,** 9d. **Sufficient** for 2 persons.

1950.—SWEET OMELET. (*Fr.*—Omelette Sucrée.)

Ingredients.—4 fresh eggs, 1 tablespoonful of cream or milk, 1 oz. of fresh butter, 1 teaspoonful of castor sugar, a pinch of salt.

Method.—Beat the eggs well, and add the salt, sugar, and cream or milk. Heat the butter in an omelette pan, then pour in the eggs, stir with a spoon or fork until they begin to set, and fold towards the side of the pan in the form of a crescent. Cook for 1 minute longer, then turn on to a hot dish, dredge with castor sugar, and serve as quickly as possible.

Time.—6 or 8 minutes. **Average Cost,** 8d. **Sufficient** for 2 or 3 persons.

Note.—Variety may be introduced by adding a little warm jam or fruit-purée ; it should be spread lightly in the centre of the omelet just before it is folded over.

Fritters

1951.—ALMOND FRITTERS. (*Fr.*—Beignets d'Amandes.)

Ingredients.—2 ozs. of ground almonds, ½ oz. cornflour, 2 eggs, 1 oz. of castor sugar, a few drops of vanilla.

Method.—Stir the yolks of the eggs and the sugar together until creamy, then add the almonds, vanilla, cornflour, and the whites of eggs, stiffly whisked. Have ready a pan of hot frying-fat, clarified butter and olive oil, drop in the prepared mixture in teaspoonfuls, and fry until they become a pale brown colour. Drain, and serve as hot as possible.

Time.—To make and cook, about 30 minutes. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons.

1952.—APPLE FRITTERS. (*Fr.*—Beignets de Pommes.)

Ingredients.—4 apples, 2 tablespoonfuls of flour, 2 tablespoonfuls of warm water, 1 dessertspoonful of salad-oil, or oiled butter, 1 white of egg, salt, sugar, frying-fat.

Method.—Pare, and core the apples, cut them into slices of even thickness, sprinkle them well with sugar, and let them remain thus for ½ hour. Sift the flour and salt in a basin, add the oil and the water gradually, stir until smoothly mixed, then beat well. Let the mixture stand for at least 1 hour, and then stir in the stiffly-whisked white of egg. Dip each apple ring into the batter, take it up on the point of a skewer, and drop at once into hot fat. Fry rather slowly until crisp and lightly-browned, then drain well, dredge with castor sugar, and serve as quickly as possible.

Time.—Altogether, about 1 hour. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons.

1953.—APRICOT FRITTERS. (*Fr.*—Beignets d'Abricots.)

Ingredients.—10 to 12 apricots (preserved fruit will do), castor sugar, ground cinnamon, frying-fat. For the yeast batter: 8 ozs. of flour, ¼ of an oz. of yeast, 1½ ozs. of oiled butter, milk, ½ a teaspoonful of castor sugar, a pinch of salt.

Method.—Cream the yeast smoothly with a little tepid milk, add 2 ozs. of flour, mix into a light dough, and let it rise in a warm place. When it has risen to nearly twice its original size add the salt, sugar, warm butter, flour, and as much tepid milk as is needed to form a light dough. Let it rise again, and meanwhile drain the apricots from the syrup. Cover the halves of the apricots completely with a thin coating of dough, place them on a well-buttered paper, let them remain near the fire for about ½ an hour, then fry in hot fat until nicely browned. Drain well, sprinkle with castor sugar and cinnamon, then serve.

Time.—About 2 hours. **Average Cost,** 11d. **Sufficient** for 8 or 9 persons.

Note.—For a quicker method, *see* preceding recipe, and use apricots instead of apples.

1954.—BANANA FRITTERS. (*Fr.*—Beignets de Bananes.)

Ingredients.—6 firm bananas, frying-batter (*see* No. 1645, or 1647), castor sugar, frying-fat.

Method.—Cut each banana lengthwise and across, thus forming 4 portions. Coat them completely with the prepared batter, fry them in hot fat until nicely browned, and drain well. Sprinkle with castor sugar, and serve.

Time.—Altogether, about ¾ hour. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1955.—BEETROOT FRITTERS. (*Fr.*—Beignets de Betterave.)

Ingredients.—1 large cooked beetroot, 3 yolks of eggs, 1 tablespoonful of flour, sugar to taste, ½ a teaspoonful of lemon-rind, a good pinch of nutmeg, frying-batter (*see* Apple Fritters, No. 1952), frying-fat.

Method.—Pass the beetroot through a fine sieve, sprinkle in the flour, add the yolks of eggs, lemon-rind, and nutmeg, and sweeten to taste. Stir over a slow fire for 10 minutes, and put aside until cold. Drop the mixture in dessertspoonfuls into the batter, drain slightly, and fry in hot fat until crisp and lightly browned. Drain well, and serve dredged with castor sugar. Another variety of fritters is prepared with cooked beetroot thickly sliced, coated with sweet or savoury batter, and fried as directed above.

Time.—Altogether, ½ an hour. **Average Cost,** 7d. **Sufficient** for 5 or 6 persons.

1956.—BREAD FRITTERS. (*Fr.*—Beignets de Pain.)

Ingredients.—2 French dinner rolls, 2 yolks of eggs, ½ a pint of milk, ½ small glass of Maraschino, ground cinnamon, clarified butter.

Method.—Rasp the crusts, cut the rolls into ¼-inch slices, and place them in a deep dish. Beat the yolks of eggs well, add the milk and Maraschino, sweeten to taste, and pour over the bread. Let it soak for about 15 minutes, then drain well, and fry golden brown in the clarified butter. Drain, sprinkle with castor sugar and cinnamon, then serve.

Time.—About 40 minutes. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons.

1957.—BREAD AND BUTTER FRITTERS. (*Fr.*—Beignets de Pain au beurre.)

Ingredients.—8 slices of thin bread and butter, jam, frying-fat, frying-batter (see p. 881), castor sugar.

Method.—Make the batter according to directions given. Spread half the slices of bread and butter with jam, cover with the remainder, and cut into 4 squares. Dip them into the prepared batter, drop them into hot fat, and fry slowly until crisp and lightly browned. Drain well, dredge with castor sugar, and serve as hot as possible.

Time.—To fry, about 15 minutes. **Average Cost,** 6d. **Sufficient** for 6 or 7 persons.

1958.—CROQUETTES OF FRUIT. (*Fr.*—Croquettes de Fruit.)

Ingredients.—¾ of a lb. of cooking cherries, damsons or plums, 1½ lb. of Savoy biscuits or Genoese cake finely crumbled, 4 ozs. of sugar, 1 teaspoonful of finely-grated lemon-rind, a good pinch of cinnamon, egg and breadcrumbs, frying-fat.

Method.—Stone the fruit, place it in a jar with the sugar, and stew gently until tender (*see* Stewed Fruit). Strain off the juice, stir in the cakecrumbs, lemon-rind and cinnamon, add juice gradually until the right consistency is obtained, then spread on a dish to cool. Form into cork-shaped pieces, coat carefully with egg and breadcrumbs, and fry in hot fat until nicely browned (breadcrumbs may be used instead of cakecrumbs). Serve garnished with strips of angelica.

Time.—About 3 hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 6 or 7 persons.

1959.—CORNFLOUR OR CORNMEAL FRITTERS.

Ingredients.—4 heaped tablespoonfuls of cornflour or cornmeal, 2 eggs well beaten, ½ a pint of milk, ½ a saltspoonful of salt, frying-fat.

Method.—Mix the ingredients smoothly together, drop the batter, a tablespoonful at a time, into hot fat, and fry until crisp and lightly browned. Drain well, and serve with jelly, jam, or compote of fruit.

Time.—½ an hour. **Average Cost,** 5d. **Sufficient** for 4 or 5 persons.

1960.—CURRANT FRITTERS. (*Fr.*—Beignets de Groseilles Rouges.)

Ingredients.—3 tablespoonfuls of currants, 3 tablespoonfuls of boiled rice, 2 tablespoonfuls of flour, sugar to taste, nutmeg, 3 eggs, ½ a pint of milk, frying-fat.

Method.—Mix the yolks of eggs with the flour, and add milk gradually until a smooth batter is obtained. Whisk the whites stiffly, stir them lightly in, add the currants, rice, a good pinch of nutmeg, and sweeten to taste. Drop the mixture, in small quantities, into hot fat, fry until crisp and lightly browned, and drain well. Serve piled high on a hot dish, and dredge well with castor sugar.

Time.—From 10 to 15 minutes, to fry the fritters. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1961.—CUSTARD FRITTERS.

Ingredients.—1 tablespoonful of cornflour, 1 tablespoonful of fine flour, 2 tablespoonfuls of castor sugar, 2 yolks of eggs, ½ a pint of milk, 1 saltspoonful of salt, vanilla essence, egg and breadcrumbs, frying-fat.

Method.—Mix the flour and cornflour smoothly with a little milk, boil up the remainder, and pour it over the flour, stirring meanwhile. Replace in the stewpan, simmer gently for 4 minutes, add the sugar and salt, and stir in the yolks of eggs. Cook gently for a few minutes, add a few drops of vanilla essence, and spread the mixture on a dish to the depth of ½ an inch. When cold, cut into small rounds, coat them carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Serve with wine or jam sauce.

Time.—To fry the fritters, about 5 minutes. **Average Cost,** 6d. **Sufficient** for 1 good dish.

1962.—FRIED PUFFS. (*See* Soufflé Fritters, No. 1973.)

1963.—FRUIT FRITTERS. (*See* Apple Fritters, No. 1952, Apricot Fritters, No. 1953, Banana Fritters, No. 1954, and Gooseberry Fritters, No. 1965.)

1964.—GERMAN FRITTERS.

Ingredients.—Slices of stale bread, eggs, and to each one add 2 tablespoonfuls of milk and sugar to taste, butter, castor sugar.

Method.—Remove the crust, and cut the bread into inch-wide strips. Soak them in the milk and egg mixture, drain well, and fry them in hot butter. Roll in castor sugar, and serve piled on a hot dish.

Time.—1 hour. **Average Cost,** 1 good dish, about 6d., including the butter for frying.

1965.—GOOSEBERRY FRITTERS. (*Fr.*—Beignets de Groseilles Vertes.)

Ingredients.—1 pint of large gooseberries, frying-fat. For the batter: 2 ozs. of flour, 1 white of egg, 2 yolks of eggs, 2 tablespoonfuls of cream, 2 tablespoonfuls of water, a pinch of salt.

Method.—Sift the flour into a basin and add the salt, then the yolks of eggs, cream and water gradually, thus forming a smooth batter. Let it stand for at least 1 hour, stir the stiffly-whisked white of egg, and put in the gooseberries. Take up 2 or 3 at a time by means of a tablespoon, lower them gradually into the hot fat, and withdraw the spoon without separating them. Fry a golden-brown, drain well, sprinkle with sugar, dish up, and serve.

Time.—About 1¼ hours, altogether. **Average Cost,** 8d. **Sufficient** for 6 or 7 persons.

1966.—INDIAN FRITTERS. (*Fr.*—Beignets à l'Indienne.)

Ingredients.—3 tablespoonfuls of flour, the yolks of 4 eggs, the whites of 2 eggs, jam or jelly, frying-fat.

Method.—Stir into the flour sufficient boiling water (about ½ a gill) to form a stiff smooth paste. Let it cool, then break in the eggs, and beat thoroughly. Fill a dessertspoon with the mixture, form a cavity, fill it with jam or jelly, and afterwards cover completely with the mixture. Fry in hot fat, drain well, and serve immediately.

Time.—Altogether, about ½ an hour. **Average Cost,** 5d., exclusive of the jam. **Sufficient** for 5 or 6 persons.

1967.—JELLY FRITTERS. (*See* Indian Fritters, No. 1966.)

1968.—ORANGE FRITTERS. (*Fr.*—Beignets d'Oranges.)

Ingredients.—4 or 5 oranges, castor sugar, frying-fat, frying-batter (*see* Apple Fritters, No. 1952.)

Method.—Prepare the batter as directed. Remove the peel and pith from the oranges, and divide them into pieces containing 2 or 3 sections, according to size. Dip them in the batter, fry in hot fat until golden-brown, and drain well. Dredge with castor sugar, and serve as quickly as possible.

Time.—To fry the fritters, about 15 minutes. **Average Cost,** 6d. to 8d. **Sufficient** for 6 or 7 persons.

1969.—PINEAPPLE FRITTERS. (*See* Apple Fritters, No. 1952, Apricot Fritters, No. 1953, and Banana Fritters, No. 1954.)

1970.—PLAIN FRITTERS. (*See* Soufflé Fritters, No. 1973.)

1971.—POLISH FRITTERS. (*Fr.*—Beignets à la Polonaise.)

Ingredients.—Pancakes, No. 1646, apricot marmalade, breadcrumbs, crushed macaroons, 1 egg, castor sugar, ground cinnamon, frying-fat.

Method.—Make the pancakes as directed, spread them with apricot marmalade, and roll up firmly. Trim off the ends, and cut each pancake across in halves. Mix the breadcrumbs and macaroons together, having $\frac{1}{3}$ of the former and $\frac{1}{3}$ of the latter. Coat each piece of pancake carefully with egg, roll in the crumbs, and fry in hot fat until nicely brown. Drain well, sprinkle with cinnamon and castor sugar, and serve.

Time.—About 1 hour. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons.

1972.—RICE FRITTERS. (*Fr.*—Beignets de Riz.)

Ingredients—3 ozs. of rice, 1½ ozs. of sugar, ½ an oz. of butter, 3 ozs. of orange marmalade, 2 eggs, 1½ pints of milk, frying-batter (*see* No. 1645), frying-fat.

Method.—Simmer the rice in the milk until the whole of it is absorbed, add the sugar, butter, marmalade and eggs, and stir over the fire for a few minutes. Spread the mixture on a dish to the thickness of ½ an inch, and, when cold, cut it into strips or squares. Dip these in batter, fry in hot fat until crisp, drain well, then serve.

Time.—To cook the rice, about 1 hour. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons.

1973.—SOUFFLÉ FRITTERS. (Beignets Soufflés.)

Ingredients.—Choux paste, No. 1650, frying-fat, castor sugar.

Method.—Prepare the paste as directed, drop teaspoonfuls of it into hot fat, and fry rather slowly until crisp and lightly browned. Drain well, dredge with castor sugar, and serve.

Time.—To fry, about 20 minutes. **Average Cost,** 9d. to 10d. **Sufficient** for 6 or 7 persons.

1974.—SPANISH FRITTERS. (*Fr.*—Beignets Espagnoles.)

Ingredients.—1 lb. of flour, ½ an oz. of yeast, 1 egg, milk, 2 ozs. of butter warmed, 1 saltspoonful of salt, frying-fat.

Method.—Moisten the yeast with a little lukewarm water, add the egg, and stir it into the flour. Sprinkle in the salt, mix and beat well, adding milk gradually until a very light dough is formed, then cover and set aside in a warm place to raise for 2 or 3 hours. When ready, work in the butter, shape the dough into small balls, and fry in hot fat until crisp and lightly browned. Serve with sweet sauce.

Time.—From 2½ to 3½ hours. **Average Cost,** 6d. **Sufficient** for 6 or 7 persons.

1975.—STRAWBERRY FRITTERS. (*See* Gooseberry Fritters, No. 1965.)

COLD SWEETS

CHAPTER XXXIII

Jellies, Creams, Cold Sweets, Ices, Water Ices, Sorbets, Mousses, Ice Puddings, etc.

Preparation of Moulds.—Moulds, whether intended for creams or jellies, should be thoroughly clean, and when possible rinsed with cold water, before being used. In preparing them for decorated creams, they are usually coated with a thin layer of jelly. To do this quickly and satisfactorily it is necessary that the moulds should be quite dry, perfectly cold, and the jelly on the point of setting when put into the mould, which is turned over and over until thinly, but completely, coated. The decoration is a matter of taste; it may consist of pistachio shredded or finely-chopped, almonds, glacé cherries, etc., and may afford no indication of the composition of the cream. But just as frequently the decoration consists of fancifully cut pieces of the fruit which, reduced to a purée, forms the basis of the cream. This branch of cookery affords almost unlimited scope for display of artistic taste. Success in this direction depends largely on a suitable combination of contrasting or harmonising colours, and the decoration being neat and uniformly disposed. Each section of the mould must be decorated separately, and the decoration fixed firmly by means of a little cool jelly, which must be allowed to set before changing the position of the mould. For this reason the process is a slow one unless the mould meanwhile rests upon and is surrounded by ice. Without this aid the task is almost an impossible one in hot weather.

Gelatine.—Much has been written on the subject of gelatine. Held at one time in high estimation as a food, it was afterwards considered of no value because it could not unaided sustain life. The object of the experiments which ultimately led to this conclusion was to ascertain the relative value of the albuminoids and gelatinoids. Liebig found that animals fed on the latter substance died of starvation; but more recent investigations have discovered that gelatine is a valuable nutrient, for, although its elements lack the life-sustaining properties of the albuminoids, they may to a large extent replace these nitrogenous bodies in many constructive processes of the body. Hence, gelatine is now regarded as an albumen economiser or albumen-sparing food.

The gelatine of commerce is prepared from the bones, etc., of animals and certain other substances. It is obtainable in sheets, strips, and powder, and the best qualities are almost entirely free from any unpleasant taste. Of the three forms in which it is sold, the sheet or leaf gelatine is to be preferred, as it dissolves more readily, but the packet gelatine may be substituted for leaf gelatine in all the following recipes. However, when doing so, rather less than the stated quantity must be used, and two or three hours' soaking should be allowed. It is always best to soak the gelatine first, and then stir it in a small saucepan by the side of the fire in a very small quantity of water until dissolved. Gelatine varies considerably in strength, therefore it is impossible to state EXACTLY how much will stiffen a given amount of liquid under varying conditions. A little more is required in summer than in winter, and when the cream or jelly is to be put into one large mould instead of several small moulds; but at all times it should be sparingly used, for an over-stiffened cream or jelly is almost uneatable.

Jellies.—Jellies may be described as solutions of gelatine in water, with wine, fruit, and other additions, and their clear, brilliant transparency one of their chief recommendations. However, jellies of this class do not comprise the whole list, for in addition there are the opaque nourishing milk and egg jellies, and also those made of apples and other fruit. Calf's foot jelly, which is stiffened by the gelatine extracted from the feet by boiling, has the advantage of being perfectly pure, but it is not more nourishing than the jelly made from bought gelatine. When nourishing jelly is required, it is better made from good veal stock. For ordinary garnishing and masking purposes, jelly made from leaf gelatine is more frequently employed than that made from meat. A plain lemon jelly answers admirably for coating the moulds for creams; and variously coloured and flavoured, it forms the basis of many other jellies. By adding a little gold and silver leaf or a few drops of yellow, red, or green vegetable colouring matter, considerable variety may be introduced at small cost. Pleasing effects may be produced by filling the projecting divisions of a mould with gold, silver, or coloured jelly, and the body of the mould with jelly that differs either in colour or character. Of course the colours must be blended artistically; bright-coloured creams, like strawberry, should be very simply decorated; and the creamy-white of the almond or the delicate green of the pistachio nut, imbedded in the amber-hued jelly with which the mould is lined, contrast favourably with chocolate, as also does finely flaked gold leaf.

To Clear Jelly.—The agent employed for this purpose is albumen, of which substance the white of egg is largely composed. The shells and lightly-beaten whites of eggs are added to the water, wine, etc., when cold, the whole being continuously whisked while coming to the boil. At a temperature of 160° F., the albumen coagulates, and as the hardened particles rise to the surface they entangle and carry with them all the insoluble substances with which they come in contact; this forms the scum and the filtering medium, through which the jelly must be afterwards passed and repassed until clear. The jelly should always be allowed to simmer for a short time after it reaches boiling point, but it must on no account be whipped, stirred, or otherwise disturbed. A little lemon-juice or any other acid assists in the coagulation of the albumen.

Straining Jelly.—For this purpose a jelly-stand and bag are desirable but not indispensable, for an inverted chair and a clean linen cloth may be made to do duty instead. Whichever is used, it must be previously scalded to prevent the jelly setting while running through; and on a cold day, when the jelly runs through slowly, it is advisable to place a basin of hot water in the midst of it to keep it warm. The jelly-bag or cloth must never be squeezed, as a very slight pressure will force through the particles of scum, and thus make the jelly cloudy.

Creams.—The term cream is used to describe compounds of cream and fruit, fruit-purée, etc., or custards, variously flavoured, stiffened with gelatine, and more or less elaborately decorated. For this purpose double cream is required, that is, cream skimmed off milk that has stood for 24 hours instead of 12, or been well drained from the milk after being separated. Cream is more quickly whipped to a stiff froth when cold, and the air introduced by whipping should be as cold as possible. The process should not be continued one moment after the proper degree of stiffness is obtained; great care being needed in this respect in warm weather, when the cream, if over-whipped, is apt to turn rather quickly to butter. Apart from the manipulation of the cream, an important factor in all preparations of this description of which it forms a part, there are one or two points which need careful attention. The gelatine, dissolved in a little water, must be added at a certain temperature, for if it be too hot it causes the cream to lose some of its lightness; if too cold, it sets in small hard lumps instead of being intimately mixed with the whole. And again, after the gelatine is added, the cream preparation must be stirred until just on the point of setting, more particularly so when it contains fruit, almonds, pistachios, etc., which would otherwise sink to the bottom of the mould. On the other hand, if the mixture is allowed to become too cold, it does not take the shape of the mould. If available, the mould should stand in an ice cave or on ice until the cream sets firmly. When creams have to set without this aid, they should be made the day before, and kept in a cold place until required.

To Unmould Jellies and Creams.—It is much better to dip the mould once into hot water than 3 or 4 times into lukewarm water; and as the whole is immersed it is necessary that the top of the jelly or cream should be afterwards dried with a clean cloth. One sharp "up and down" jerk will instantly detach the mould of cream or jelly, which should at once be placed on a cold dish, the hand being gently withdrawn. In turning out a border mould too large to be covered by the hand, the dish and mould together may be shaken sharply up and down until the border is detached.

Sweets of this description are usually garnished with a macédoine of fruit, whipped cream, or jelly. As a rule the jelly is chopped, and the more coarsely the better is the effect, for large pieces reflect the light, whereas finely-chopped jelly has a slightly opaque appearance.

Freezing Machines.—Recent years have introduced a variety of machines for making ices, but the ordinary old-fashioned pewter freezing pot still holds its own, and deservedly so, for it is reliable and satisfactory in every way, although its use entails a little more labour on the operator, and the process is slower than with the newly-invented machines. Except in the case of soufflés, a pewter pot and pewter mould for freezing should always be used; neither copper nor tin should come in contact with the ice. Nearly all the machines in present use are supplied with an outer compartment constructed to hold the ice and salt, and an inner receptacle in which the mixture to be frozen is placed, and revolved by means of a handle.

Freezing Mixture.—The materials usually employed for this purpose are ice and coarse salt, or freezing salt, the correct proportions being 1 lb. of salt to 7 or 8 lb. of ice. More salt than this is often added with a view to making the mixture freeze more quickly, which it does for a short time, but the large proportion of salt causes the ice to speedily melt, and the freezing operation comes to a standstill unless the ice is frequently renewed. The ice tub or outer compartment of the freezing machine must be filled with alternate layers of crushed ice and salt. A good layer of ice at the bottom of the tub enables the freezing pot to turn more easily and more quickly than if it were placed on the bare wood.

The following mixture may be used for freezing purposes when ice is not procurable : To 2 parts of sulphate of soda add 1 part of muriate of ammonia, and 1 part of nitrate of potash. Each ingredient should be pounded separately in a mortar. 4 ozs. of this mixture added to 1 gallon of water will be found a useful, though somewhat expensive, substitute for ice and salt.

Preparation of Ices.—The mixture to be frozen is placed in the freezing pot or inner receptacle of the freezing machine, and the lid firmly secured. When the vessel has been quickly turned for a short time, a thin coating of ice will have formed on the sides. This must be scraped down with the spatula, and well mixed with the liquid contents, and as soon as another layer has formed it must be dealt with in the same manner. This, and the turning, is continued until the mixture acquires a thick creamy consistency, when it is ready for moulding. To ensure success the following rules should be observed—

1. Avoid putting warm mixtures into the freezing pot, for the heat, penetrating through the metal, would cause the ice to melt.

2. Add sweetening ingredients with discretion; too much sugar or sweet syrup prevents the mixture freezing properly.

3. Avoid, as much as possible, the use of tin and copper utensils; they are apt to spoil both the colour and the flavour of ices.

4. Carefully wipe the lid of the freezer before raising it, so as to prevent any salt getting into the mixture.

Moulding Ices.—The ice, in the semi-solid condition in which it is taken from the freezing machine, is put into dry moulds, and well shaken and pressed down in the shape of them. If there is the least doubt about the lid fitting perfectly, it is better to seal the opening with a layer of lard, so as to effectually exclude the salt and ice. In any case the mould should be wrapped in 2 or 3 folds of kitchen paper when the freezing has to be completed in a pail. 1 part of salt should be added to 3 parts of ice, and the quantity must be sufficient to completely surround the mould. It should be kept covered with ice and salt for 3 or 4 hours, when it will be ready to unmould. When a charged ice cave is available, the ice is simply moulded, placed in the cave, and kept there until sufficiently frozen.

Unmoulding Ices.—Ices should be kept in the moulds, buried in ice, until required. When ready to serve, remove the paper and the lard when it has been used, dip the mould into cold water, and turn the ice on to a dish in the same way as a jelly or cream.

Varieties of Ices.—Ices may be broadly divided into 2 classes, viz., cream ices and water ices. The former are sometimes composed almost entirely of cream, sweetened, flavoured and elaborated in a number of ways, but more frequently the so-called " cream ice " consists principally of custard, more or less rich according to respective requirements, with the addition of fruit pulp, crystallized fruit, almonds, chocolate, coffee, liqueurs, and other flavouring ingredients. Water ices are usually prepared from the juices of fresh fruit mixed with syrup, fruit syrup, or jam, sieved and diluted with water or syrup. In addition to these there are the demi-glacé or half-frozen compounds, now largely introduced into high-class ménûs under the names of sorbet, granite or granito, and punch. This variety is always served immediately before the roast, and always in small portions in sorbet cups or glasses, never moulded; and alcoholic liqueurs are more or less used in their preparation. Parfaits, mousses, and soufflés differ from ordinary ices, inasmuch as the cream preparation is at once moulded and placed on ice, thus omitting the ordinary preliminary freezing process. In these, as in dessert ices, new combinations and moulds of original design for their use are being constantly introduced, but as the principal constituents of the preparations remain unchanged, they present no difficulty to those who understand the general principles of ice making.

Jellies, etc.

1976.—ALMOND CHARLOTTE.

(*See* Charlotte Russe, No. 2032.)

Omit the brandy or sherry and vanilla essence, and add 1 tablespoonful of coarsely-chopped, lightly-browned almonds and a few drops of almond essence.

1977.—AMBER JELLY.

Ingredients.—½ a pint of water, ¼ of a pint of sherry or Marsala, ¼ of a pint of lemon-juice, 6 ozs. of loaf sugar, 1 oz. of leaf gelatine, 4 yolks of eggs or 2 whole eggs, the thinly cut rind of 1 small lemon.

Method.—Put all the ingredients into a stewpan, and whisk over the fire until near boiling point, but do not allow it to actually boil, or the eggs will curdle. Strain through muslin or a fine strainer, pour into a mould and place in the cool to set.

Time.—About ½ an hour. **Average Cost,** 1s. 4d. **Sufficient** for about 1 quart of jelly.

1978.—APPLE JELLY. (*Fr.*—Gelée de Pommes.)

Ingredients.—1 lb. of apples, 3 ozs. of castor sugar, ½ an oz. of leaf gelatine, 1 lemon, ½ a pint of water.

Method.—Peel and slice the apples, put them into a stewpan with the sugar, water, the juice and thinly cut rind of the lemon, simmer until tender, and rub through a fine sieve. Melt the gelatine in 2 tablespoonfuls of water, strain, and stir it into the apple preparation, and turn into a prepared mould.

Time.—About 1 hour. **Average Cost,** 6d. **Sufficient** for 1 medium-sized mould.

1979.—APRICOT JELLY. (*Fr.*—Gelée d'Abricot.)

Ingredients.—18 large apricots, 1½ pints of syrup No. 2277, 1½ ozs. of gelatine, 3 tablespoonfuls of lemon-juice.

Method.—Remove the stones, and slice the apricots thinly. Make the syrup as directed, pour it boiling over the apricots, and add the lemon-juice. Soak the gelatine in a little cold water, and, when ready to use, stir it over the fire until dissolved. Allow the apricots to remain covered until nearly cold, then strain through a jelly bag, stir in the gelatine, and pour into a prepared mould.

Time.—About 1½ hours. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 1 quart.

1980.—ASPIC JELLY.

Ingredients.—2 quarts of jellied veal stock, No. 9, 2 ozs. of gelatine, ¼ of a pint of sherry, ¼ of a pint of vinegar (preferably French wine vinegar), the shells and whites of 2 eggs, 1 bouquet-garni (parsley, thyme, bay-leaf), 2 strips of celery.

Method.—Let the stock become quite cold, and remove every particle of fat. Put it into a stewpan with the gelatine, herbs, celery cut into large pieces, the egg-shells, and the whites previously slightly beaten Whisk over a sharp fire until near boiling, and add the wine and vinegar. Continue the whisking until quite boiling, then draw the stewpan aside, let the contents simmer for about 10 minutes, and strain till clear and use as required.

Time.—From 40 to 60 minutes, after the stock is made. **Average Cost,** 1s. 2d., exclusive of the stock. **Sufficient** for 2 quarts of jelly.

1981.—ASPIC JELLY FROM CALVES' FEET.

Ingredients.—2 calves' feet, 5 pints of cold water, 1 onion, 1 leek, 2 shallots, 1 carrot, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 2 dozen peppercorns, salt, 1 lemon, 2 tablespoonfuls each of malt and tarragon vinegars, 1 tablespoonful of chilli vinegar, the whites and shells of 2 eggs, ¼ of a pint of sherry (optional).

Method.—Wash, blanch and divide each foot into 4 or more pieces. Replace in the stewpan, add 5 pints of water; when boiling skim carefully, add the vegetables cut into large pieces, herbs, peppercorns, salt to taste, and simmer gently from 5 to 6 hours. Strain, and when cold, carefully remove every particle of fat. Now place the stock, the juice of the lemon and the rind finely-pared, the whites and shell of the eggs in the stewpan, whisk over the fire until hot, then add the wine and vinegar. Bring to the boil, whisking meanwhile. Simmer slowly for 30 minutes, strain and use as directed on p. 987.

Time.—About 1 hour, to clear and strain. **Average Cost,** 2s. 9d. to 3s. **Sufficient** for 1 quart.

Note.—When the jellied stock is not sufficiently stiff, a little French leaf gelatine should be added when clearing.

1982.—ASPIC JELLY FROM GELATINE.

Ingredients.—2½ ozs. of leaf gelatine, 1 quart of water, the whites and shells of 2 eggs, 1 lemon, ¼ of a pint of malt vinegar, 1 tablespoonful of tarragon vinegar, 1 onion, carrot, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, 1 teaspoonful of salt.

Method.—Whip the whites of eggs slightly, pare the lemon rind as thinly as possible, and strain the juice. Put them with the rest of the ingredients into a stewpan, whisk over a brisk fire until boiling, and simmer very gently for about 20 minutes. Strain as directed on p. 987.

Time.—About 1 hour. **Average Cost,** 10d. or 11d. **Sufficient** for 1½ pints.

Note.—Jelly of this description is used principally for lining and garnishing moulds. If too stiff it may be diluted with a little water, or sherry, when additional flavour is desired.

1983.—BRANDY JELLY. (*Fr.*—Gelée au Cognac.)

Ingredients.—1 small wineglassful of brandy, 4 ozs. of sugar, 1 oz. of leaf gelatine, the thin rind and strained juice of 1 small lemon, the stiffly-whipped whites and crushed shells of 2 eggs, 1 bay-leaf, 2 cloves, 1 blade of mace, 1 pint of cold water.

Method.—Put all the ingredients, except the brandy, into a stewpan, whisk gently until on the point of boiling, then draw the pan aside, and let the contents simmer gently for 5 minutes. Strain through a jelly bag until clear, add the brandy, and pour into a prepared mould.

Time.—About ½ an hour. **Average Cost,** 1s. 2d. **Sufficient** for a pint mould.

1984.—CALF'S FOOT JELLY. (*See* Aspic Jelly from Calves' Feet, No. 1981.)

1985.—CHAMPAGNE JELLY. (Gelée au Vin de Champagne.)

Ingredients.—1 pint of water, ¼ of a pint of champagne, ¼ of a pint of sherry, 6 ozs. of loaf sugar, 1¼ ozs. of gelatine, the juice and finely-cut rind of 1 lemon, the juice and finely-cut rind of 1 small orange, 2 cloves, 1 inch of cinnamon, the white and shell of 1 egg.

Method.—Put all these ingredients into a stewpan, and bring to the boil, stirring meanwhile. Simmer for about 10 minutes, strain through a hot jelly-bag or cloth, and pour into a wetted mould. When firm, turn out as directed on p. 987.

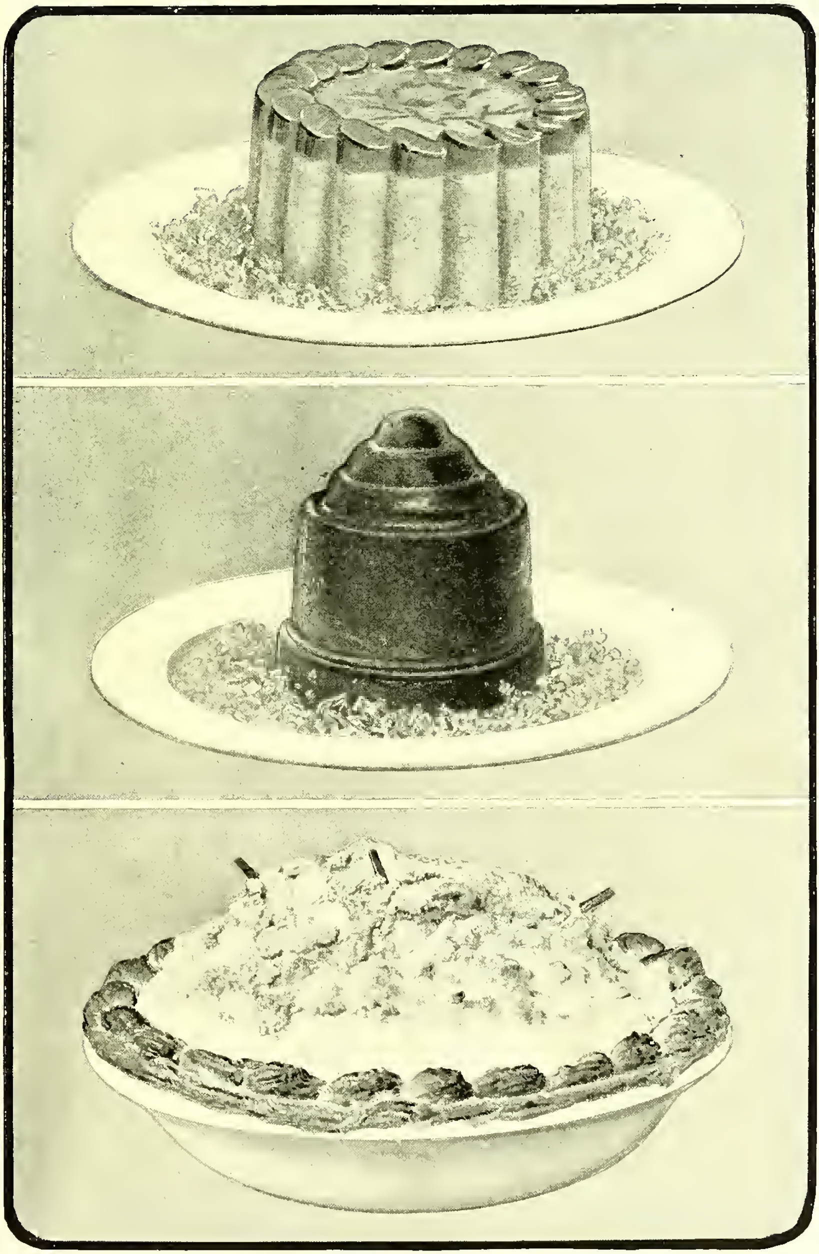
Time.—About 40 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 1½ pints of jelly.

1986.—CLARET JELLY. (*Fr.*—Gelée de Bordeaux.)

Ingredients.—1 pint of claret, ¾ of a pint of water, ¼ of a pint of lemon-juice, the thinly cut rind of 2 lemons, 6 ozs. of loaf sugar, 1½ ozs. of leaf gelatine, the whites and shells of 2 eggs, a few drops of cochineal.

Method.—Put all these ingredients into a stewpan, and whisk over the fire until it boils. Simmer for about 10 minutes, then strain

COLD SWEETS.



1. Chartreuse of Peaches. 2. Jubilee or Claret Jelly. 3. Apple Amber.

through a scalded bag or cloth, add a few drops of cochineal to improve the colour, pour into a wet mould, and put in a cool place to set.

Time.—About 40 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 1¾ pints.

1987.—CLARET JELLY. (Another Method.)

Ingredients.—½ a pint of claret, ¼ of a pint of water, ¼ of a pint of raspberry or strawberry jam or syrup, 1 tablespoonful of brandy, 3 ozs. of loaf sugar, ¾ of an oz. of leaf gelatine, the juice and thinly cut rind of 1 lemon, cochineal.

Method.—Dissolve the gelatine in the water, add the other ingredients, and stir by the side of the fire until well mixed. Simmer very gently for 10 minutes, strain through muslin, add a few drops of cochineal to improve the colour, and pour into a wet mould, and put to set in a cool place.

Time.—About ½ an hour. **Average Cost,** 1s. 3d. **Sufficient** for 1 pint.

1988.—COFFEE JELLY. (*Fr.*—Gelée au Café.)

Ingredients.—½ a pint of strong clear coffee, ½ a pint of water, ½ an oz. (full weight) of leaf gelatine, sugar to taste.

Method.—Put the water and gelatine into a small stewpan, stir by the side of the fire until dissolved, then pass through a fine strainer into a basin. Add the coffee, sweeten to taste, and turn into a mould previously rinsed with cold water. Turn out when set and serve.

Time.—From 20 to 25 minutes. **Average Cost,** 3d. **Sufficient** for 1 pint of jelly.

1989.—CRAB APPLE JELLY.

Ingredients.—Crab apples, sugar, lemon-juice, gelatine.

Method.—Halve the fruit, place it in a preserving pan with cold water to barely cover it, simmer gently until tender, then strain. Replace the liquor in the pan; to each pint allow 1 lb. of sugar and 1 dessert-spoonful of lemon-juice, and simmer gently for ½ an hour, skimming meanwhile. Measure the liquor; to each pint allow ½ an oz. of gelatine, dissolve it in a little warm water, and strain and add it to the contents of the preserving pan. Pour into a prepared mould or jelly glasses, and serve when set. If closely covered the jelly may be kept for a considerable time.

Time.—About 2 hours. **Average Cost,** 7d. or 8d. per pint.

Note.—Also see recipes for Apple Jelly, No. 1978.

1990.—DUTCH FLUMMERY.

Ingredients.—1 oz. of gelatine, castor sugar to taste, 4 eggs, the thinly-pared rind and strained juice of 1 lemon, 1 pint of sherry, Madeira, or raisin wine, 1 pint of water.

Method.—Soak the gelatine and lemon-rind in the water for 20 minutes, and afterwards simmer gently until the gelatine is dissolved. Beat the eggs, add the wine, lemon-juice, the strained water and gelatine, and sweeten to taste. Stir by the side of the fire until the mixture thickens, then pour it into a mould rinsed with cold water, and put aside until set.

Time.—40 minutes. **Average Cost,** 2s. 3d., if made with sherry. **Sufficient** for 1 quart mould.

1991.—GELATINE JELLY.

Ingredients.—1 quart packet of calves' foot gelatine, 5 ozs. of loaf sugar, 2 lemons, the stiffly-whipped whites and crushed shells of 2 eggs, ½ a pint of sherry, ½ a pint of cold water, 1 pint of boiling water.

Method.—Soak the gelatine in the cold water for ½ an hour, then put it into a stewpan with the boiling water, sugar, whites and shells of eggs, thin rind and strained juice of the lemons and the sherry. Whisk the mixture until it boils, let it stand 10 minutes to clear, then strain through a jelly bag or cloth.

Time.—About 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 1 quart.

1992.—GOLDEN JELLY. (*Fr.*—Gelée dorée.)

Ingredients.—1 quart of lemon, wine or other clear jelly, 2 to 3 gold leaves.

Method.—Break the gold leaves into small pieces, stir them into the jelly when on the point of setting, and pour into a mould as the jelly commences to set.

Time.—40 minutes. **Average Cost,** 1s. 9d. to 2s. 9d. **Sufficient** for 1 quart.

1993.—GOOSEBERRY JELLY. (*Fr.*—Gelée de Groseilles Vertes.)

Ingredients.—1 lb. of gooseberries, 3 ozs. of castor sugar, or to taste, ¾ of an oz. of leaf gelatine, the finely-cut rind of 1 lemon, ½ a pint of water.

Method.—Cut off the tops and tails of the gooseberries, put them into a stewpan with the sugar, water, and lemon-rind, simmer until tender, and rub through a hair sieve. Dissolve the gelatine in 2 tablespoonfuls of cold water, and strain it into the mixture. Turn into a mould previously rinsed with cold water, and put aside in a cold place until set and firm.

Time.—About 1 hour. **Average Cost,** 5d. or 6d. **Sufficient** for 1 medium-sized mould. **Seasonable** from April to July.

1994.—GRAPE JELLY.

Ingredients.—1½ pints of wine jelly or gelatine jelly, black grapes.

Method.—Arrange the grapes and jelly in alternate layers (*see* Chartreuse of Oranges), and, if liked, intersperse shredded almonds and strips of pistachio kernels.

Time.—1 hour. **Average Cost,** from 2s. to 2s. 6d. **Sufficient** for about 1¾ pints.

1995.—ISINGLASS JELLY.

Ingredients.—1 oz. of patent isinglass, 5 ozs. of loaf sugar, the finely-pared rind and strained juice of 2 lemons, the stiffly-whisked whites and crushed shells of 2 eggs, ½ a pint of sherry, ½ a pint of cold water, 1 pint of boiling water.

Method.—Follow the directions given for making Gelatine Jelly, No. 1991.

Time.—About 1 hour. **Average Cost,** 1s. 9d. **Sufficient** for 1 quart.

1996.—IVORY JELLY.

Ingredients.—4 ozs. of ivory dust (to be obtained from first-class grocers), 1 wineglassful of sherry, 1 clove, 1 bay-leaf, 1 blade of mace, sugar to taste, 1 quart of water.

Method.—Put all the ingredients, except the wine and sugar, into a stewpan, and simmer gently until reduced to 1 pint. Strain through a jelly bag, when cold and set remove the sediment, re-heat the jelly, add the wine and sugar to taste, strain into a mould, and put aside until set.

Time.—About 12 hours. **Average Cost,** uncertain. **Sufficient** for a pint mould.

1997.—JELLY, POLONAISE STYLE. (*Fr.*—Gelée à la Polonaise.)

Ingredients.—1½ pints of Maraschino jelly No. 2008, 1 pint of milk, 1 oz. of sugar, ½ an oz. of cornflour, ¼ of an oz. of gelatine, 2 yolks of eggs, 1 tablespoonful of Maraschino, ½ a teaspoonful of vanilla essence.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, and add to it the sugar, and the blended cornflour and milk. Stir and boil for 2 or 3 minutes, then add the gelatine, previously softened in a little cold water. Simmer gently until it dissolves, and allow the mixture to cool a little. Now add the beaten yolks of eggs, and stir by the side of the fire until they thicken, then strain the preparation into a basin, and stir in the Maraschino and vanilla essence. Pour into a flat-bottomed mould, let it set on ice, and cut into diamond blocks of uniform size. Set these in a fancy border mould in layers with jelly (see Macédoine of Fruit, No. 2001), arranging them symmetrically.

Time.—From 3½ to 4 hours, altogether. **Average Cost,** 2s. **Sufficient** for 1 medium-sized mould.

1998.—JELLY IN COLOURS.

(*See* Marbled Jelly, No. 2007.)

1999.—JELLY WITH BANANAS. (*Fr.*—Chartreuse de Bananes.)

Ingredients.—6 or 8 bananas, 1 pint of lemon or wine jelly, Nos. 2020 and 2004.

Method.—Remove the skins from the bananas as required, as they so quickly discolour. Cut them into rather thin slices, and arrange them in jelly as directed in the recipe for Jelly with Oranges, No. 2002. The greatest care must be taken to have the layers of fruit and the spaces of jelly between them uniform.

Time.—From 1 to 1¼ hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 1 medium-sized mould.

2000.—JELLY WITH CREAM.

Ingredients.—1 pint of red jelly (claret or port), ¼ oz. each of preserved ginger, apricots, angelica, and cherries, all shredded, ½ an oz. of gelatine, ½ a pint of stiffly-whipped cream.

Method.—Place a deep layer of jelly at the bottom of a plain mould, let it set firmly, put in a small round mould, or tumbler with straight sides, and fill the outer space with cold liquid jelly. When firm, take away the mould or glass , this may be easily done by filling it for a minute or so with warm water. Dissolve the gelatine in a little hot water, when slightly cooled add it to the cream, stir in the fruits, and turn the whole into the prepared mould.

Time.—Without ice, 5 or 6 hours. **Average Cost,** 2s. 9d. **Sufficient** for 5 or 6 persons.

2001.—JELLY WITH FRUIT. (*Fr.*—Macédoine de Fruit à la Gelée.)

Ingredients.—1½ pints of lemon or wine jelly, Nos. 2020 and 2004, mixed fruit, such as grapes, strawberries, red and white currants, small slices or dice of pineapple, peaches and apricots.

Method.—Rinse the mould with cold water, place it in a basin or shallow pan of broken ice, cover the bottom with a thin layer of cool jelly, and let it set. Add some of the fruit, contrasting the colours carefully, cover with jelly, and leave it to stiffen. Repeat until the mould is full, taking care that each layer is firmly fixed before adding another. Turn out when set and serve.

Time.—About 1 hour. **Average Cost,** from 2s. 3d. to 3s. 6d. **Sufficient** for 1 large mould.

2002.—JELLY WITH ORANGES. (*Fr.*—Chartreuse aux Oranges.)

Ingredients.—6 Tangerine oranges, 1 pint of lemon or wine jelly Nos. 2020 and 2004.

Method.—Peel the oranges, remove every particle of pith, and divide them into sections. Cover the bottom of a charlotte mould with a little cool jelly, let it set, then arrange sections of orange neatly overlapping each other round the mould. Cover with more jelly, let it set, then add another layer of oranges, and repeat until the mould is full.

Time.—From 1 to 1¼ hours, when ice is used. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 1 medium-sized mould. **Seasonable** from November to August.

TANGERINE ORANGES.—Tangerine oranges are small, with thin, highly aromatic skins, full of essence. The flavour of the fruit is decided and perfumed. The fruit originally came from China and Tangiers. Tangerines are preserved when green in sugar-glacé or crystallized, and are then known as Chinois ; when preserved ripe, they are called Mandarine or Tangerine.

2003.—JELLY WITH RAISINS.

Ingredients.—Wine or lemon jelly, Valencia raisins stoned.

Method.—The raisins may be placed in the jelly according to the directions given in Jelly with Bananas, No. 1999, or Jelly with Fruit, No. 2000.

Time.—Without ice, 5 or 6 hours. **Average Cost,** 1s. 6d. to 2s., according to size.

2004.—LEMON JELLY. (*Fr.*—Gelée au Citron.)

Ingredients.—1¼ pints of water, ½ a pint of sherry, ¼ of a pint of lemon juice, 6 ozs. of loaf sugar, the finely-peeled rind of 4 lemons, the whites and shells of 2 eggs, 1½ ozs. of leaf gelatine.

Method.—Put the water, lemon-rind and juice, gelatine, sugar, egg shells, and the slightly beaten whites together into a stewpan, boil up, whisking meanwhile, simmer for about 10 minutes, then strain through a scalded jelly-bag or linen cloth. Add the wine, and use as required.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 1¾ pints.

Note.—When the jelly is intended to line or garnish moulds, an extra ½ oz. of gelatine should be added, especially so in hot weather.

2005.—LEMON JELLY. (Another Method.)

Ingredients.—1½ pints of water, ½ a pint of lemon-juice, 6 ozs. of loaf sugar, 2 ozs. of leaf gelatine, the thinly cut rinds of 4 lemons, 4 cloves, 1 inch of cinnamon, the whites and shells of 2 eggs.

Method.—Put all these ingredients into a stewpan, whisk until they boil, and simmer for about 10 minutes. Strain through a scalded cloth or bag, and when cool use as required.

Time.—About 1 hour. **Average Cost,** 1s. 2d. **Sufficient** for 1¾ pints.

2006.—LIQUEUR JELLY.

(*See* Maraschino Jelly, No. 2008.)

2007.—MARBLED JELLY. (*Fr.*—Gelée Panachée.)

Ingredients.—1½ pints of lemon or wine jelly, cochineal, sap-green or spinach colouring.

Method.—Coat a mould with a thin layer of cool jelly, put 3 or 4 tablespoonfuls aside, and divide the remainder into 3 equal portions. Colour one green, one red, and leave the other plain. Let it become firm, then put it into the mould in rough pieces about the size of a large walnut, and set them with a little cool jelly, put aside for the purpose. Let it remain on ice or in a cool place until firm, then turn out and serve.

Time.—About 1½ hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 5 or 6 persons.

2008.—MARASCHINO JELLY. (*Fr.*—Gelée au Marasquin.)

Ingredients.—4 tablespoonfuls of Maraschino liqueur, 1½ pints of water, 4 ozs. of loaf sugar, 1¼ ozs. of leaf gelatine, the juice of 2 lemons, the whites and shells of 2 eggs.

Method.—Put all the ingredients except the Maraschino into a stewpan, and bring to boiling point, whisking meanwhile. Simmer gently for a few minutes, then strain, add the Maraschino, and when sufficiently cool pour into a wet mould.

Time.—About 1 hour. **Average Cost,** 1s. 3d. **Sufficient** for 1½ pints.

2009.—NECTARINE JELLY.

(*See* Apricot Jelly, No. 1979.)

2010.—NOYEAU JELLY.

(*See* Maraschino Jelly, No. 2008.)

2011.—NOYEAU CREAM. (*Fr.*—Crème au Noyeau.)

Ingredients.—1½ pints of cream, 1½ ozs. of gelatine, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of noyeau, 1 tablespoonful of sugar, or to taste.

Method.—Soak and afterwards dissolve the gelatine in a little water. Add the noyeau, lemon-juice, sugar, and the cream slightly-whipped. Whisk gently until light, then turn into a mould and set aside the preparation until it becomes firm.

Time.—About ½ an hour. **Average Cost,** 3s. **Sufficient** for 1 large mould.

2012.—ORANGE JELLY. (*Fr.*—Gelée d'Oranges.)

Ingredients.—1 pint of orange juice (strained), 1 pint of boiling water, 2 ozs. of loaf sugar, 1¾ ozs. of gelatine, the juice of 2 lemons, the thinly cut rind of 2 oranges.

Method.—Put the water, gelatine, sugar and orange-rinds into a stewpan, bring to the boil, and let the mixture stand by the side of the fire for about 10 minutes. Have the strained orange and lemon-juice ready in a basin, add the contents of the stewpan, pouring them through a piece of muslin or a strainer. When cool, pour into a mould rinsed, with cold water. This jelly is never cleared, as it spoils the flavour.

Time.—About 40 minutes. **Average Cost,** 1s. **Sufficient** for 1 quart of jelly. **Seasonable** from November to August.

2013.—PORT WINE JELLY. (*Fr.*—Gelée au vin d'Oporto.)

Ingredients.—½ a pint of port wine, 1½ gills of water, 1 oz. of loaf sugar, ½ an oz. of leaf gelatine, 1 tablespoonful of red-currant jelly, cochineal.

Method.—Put the water, sugar, red-currant jelly and gelatine into a stew-pan, and stir the ingredients by the side of the fire until dissolved. Add half the wine, a few drops of cochineal to improve the colour, and strain through muslin or jelly bag. Add the remainder of wine at the last.

Time.—About ½ an hour. **Average Cost,** 1s. 3d. **Sufficient** for 1 small mould.

2014.—PUNCH JELLY. (*Fr.*—Gelée au Punch.)

Ingredients.—1 pint of water, 1 wineglassful each of rum, sherry, and kirsch, ½ a lb. of loaf sugar, 1½ ozs. of French gelatine, 2 lemons, 1 egg, ½ an inch of cinnamon, 20 coriander seeds.

Method.—Put the water and sugar into a stewpan, and boil to a syrup. Add the finely-cut rind of the lemons, the gelatine, previously softened in a little cold water, and stir until the latter dissolves. Now put in the lemon-juice, rum, sherry, kirsch, cinnamon and coriander seeds, bring to the boil, and let it cool. Beat up the white and shell of the egg, add the mixture to the contents of the stewpan when sufficiently cool, and whisk by the side of the fire until boiling. Simmer very gently for 10 minutes, then strain through a hot jelly-bag or a cloth until clear, and pour into a mould previously rinsed with cold water.

Time.—About 1 hour. **Average Cost,** 1s. 9d. **Sufficient** for 1½ pints of jelly.

2015.—RHUBARB JELLY. (*Fr.*—Gelée de Rhubarbe.)

Ingredients.—1 small bundle of rhubarb, 4 ozs. of castor sugar, or to taste, ¾ of an oz. of leaf gelatine, the finely-cut rind of 1 lemon, ½ a pint of water.

Method.—Wipe the rhubarb with a cloth, trim it, and cut it into short lengths, put it into a stewpan with the water, sugar and lemon-rind, simmer until tender, and rub through a hair sieve. Dissolve the gelatine in 2 tablespoonfuls of water, and strain into the rest of the ingredients. Turn into a wetted mould, and keep on ice or in a cold place until set.

Time.—About 1 hour. **Average Cost,** 6d. to 7d. **Sufficient** for 1 medium-sized mould. **Seasonable** from February to May.

2016.—SAUTERNE JELLY. (*See* Champagne Jelly, No. 1985.)

2017.—STOCK FOR JELLY. (*See* Aspic Jelly from Calves' Feet, No. 1981, Gelatine Jelly, No. 1991, and Wine Jelly, No. 2020.)

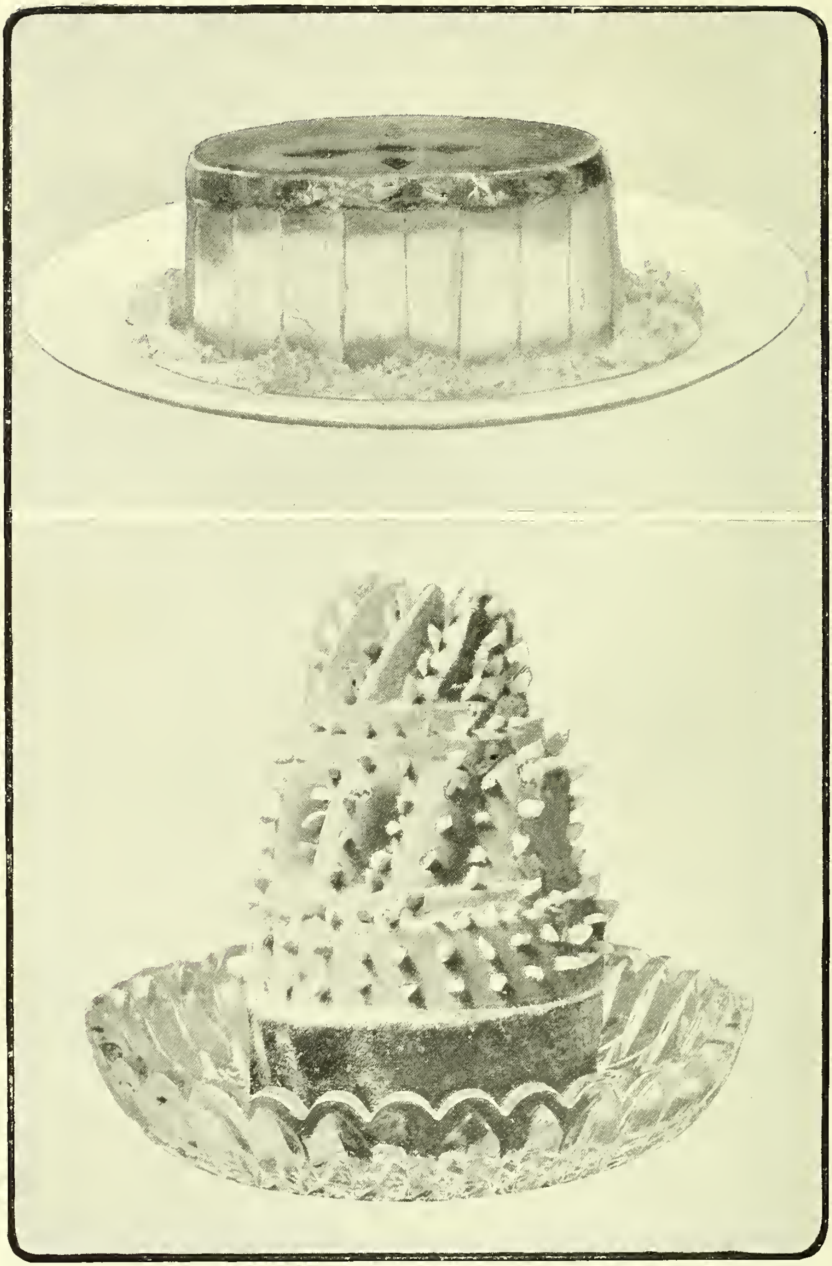
When sweet jelly is required, lemon-rind, cloves, bay-leaf and mace should replace the vegetables, herbs and vinegar used in making aspic jelly.

2018.—STRAWBERRY JELLY. (*Fr.*—Gelée aux Fraises.)

Ingredients.—1 lb. of strawberries, ½ a lb. of loaf sugar, 2 ozs. of gelatine, the juice of 1 lemon, the whites and shells of 2 eggs, a little lemon jelly, No. 2020.

Method.—Boil the sugar and 1 pint of cold water to a syrup, and when cool, pour it over ½ a lb. of strawberries, previously picked and crushed to a pulp. Cover the basin, and let the fruit remain thus for ½ an hour. Coat a mould thinly with lemon jelly, decorate tastefully with whole strawberries, and fix them firmly in place with a little more jelly (*see* p. 996). Place the gelatine with 1 pint of water in a stewpan; when dissolved add the strawberry preparation and the lemon-juice. Let the mixture cool, then stir in the whites of the eggs and the shells. Whisk until boiling, and strain through a jelly-bag or cloth until clear. When the preparation is cold and on the point of setting pour it into

COLD SWEETS.



1. Charlotte Russe. 2. Savarin Triffle.

the prepared mould, and let it remain on ice or in a cool place until firm.

Time.—About 1½ hours. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 1 large mould. **Seasonable** from June to August.

2019.—TIPPAREE JELLY.

Ingredients.—Tipparee pods (Cape gooseberries), sugar, lemon-juice.

Method.—Wipe the pods, cover them with cold water, simmer gently until soft, then drain through a jelly bag, but do not squeeze the pulp. Measure the liquor; to each pint add 1 lb. of sugar and 1 dessertspoonful of lemon-juice, and simmer gently for ½ an hour, skimming meanwhile. Pour the jelly into prepared moulds, or into jars if not required for immediate use.

Time.—About 2 hours. **Average Cost,** uncertain.

2020.—WINE JELLY. (*Fr.*—Gelée au Vin.)

Ingredients.—1 quart of water, ⅓ of a pint of wine, sherry or Marsala, 4 ozs. of loaf sugar, 2½ ozs. of French leaf gelatine, 1 orange, 1 lemon, ½ an oz. of coriander seed, the whites and shells of 2 eggs.

Method.—Put the water, sugar, gelatine, the juice and finely-cut rind of the orange and lemon, and the coriander seeds into a stewpan, and let them soak until the gelatine is softened. Whisk the whites and shells of the eggs together, add them to the rest of the ingredients, and whisk over the fire until boiling. Simmer gently for 10 minutes, then strain through a hot jelly-bag or cloth until clear, and pour into a wet mould.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 1 quart of jelly.

Creams, etc.

2021.—ALMOND CREAM. (*Fr.*—Crème aux Amandes.)

Ingredients.—2 ozs. of almonds, ½ a pint of cream, 1 oz. of sugar, ½ an oz. of leaf gelatine, essence of almonds.

Method.—Blanch and skin the almonds, chop them coarsely, and bake in the oven until light brown. Dissolve the gelatine and sugar in 3 tablespoonfuls of water. Whip the cream stiffly, add the gelatine, etc., the almonds when cold, and mix all lightly together. Pour into a prepared mould, and stand in ice or in a cool place until firmly set.

Time.—About 40 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 1 small cream.

2022.—APRICOT CREAM. (*Fr.*—Crème aux Abricots.)

Ingredients.—½ a pint of apricot purée, ½ a pint of cream, 1½ ozs. of castor sugar, ¾ of an oz. of leaf gelatine, 1 teaspoonful of lemon-juice, ¼ of a pint of apricot syrup, cochineal.

Method.—Tinned or bottled apricots may be used, and the purée is made by passing them through a fine sieve. Whip the cream stiffly, and stir it lightly into the purée. Dissolve the gelatine in a little water and put with the syrup, add the sugar and lemon-juice, and let it cool, then strain into the cream, etc., and add cochineal drop by drop until the desired colour is obtained. Pour the mixture into the prepared mould, and stand on ice or in a cold place until firm.

Time.—From 20 to 30 minutes, after the mould is prepared. **Average Cost,** about 1s. 6d. **Sufficient** for 1 medium-sized mould.

2023.—BANANA CREAM. (*Fr.*—Crème de Bananes.)

Ingredients.—½ a pint of banana purée, ½ a pint of cream, 1½ ozs. of castor sugar, ¾ of an oz. of leaf gelatine, 1 wineglassful of Benedictine or Maraschino, cochineal.

Method.—Pass the bananas through a fine sieve, add the stiffly-whipped cream, the Benedictine or Maraschino, and mix lightly together. Dissolve the gelatine in a tablespoonful of water, stir in the sugar, and when sufficiently cool mix lightly with the cream, etc., adding cochineal drop by drop until a pale pink colour is obtained. Pour into the prepared mould, and stand on ice or in a cold place until firm.

Time.—To make the cream, from 20 to 30 minutes. **Average Cost,** from 1s. 9d. to 2s. **Sufficient** for 1 medium-sized mould.

2024.—BANANA CREAM. (*Fr.*—Bavaroise de Bananes.)

Ingredients.—2 bananas, 1 quart of milk, 2 ozs. of cornflour, 2 ozs. of castor sugar, 2 yolks of eggs, ½ a teaspoonful of vanilla essence.

Method.—Mix the cornflour smoothly with a little milk, put the remainder into a stewpan with the sugar, when boiling add the blended cornflour and milk, and boil about 10 minutes. Let the preparation cool a little, then add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Add the vanilla essence, the bananas thinly-sliced, and when cool pour into the prepared mould.

Time.—From 25 to 30 minutes. **Average Cost,** 9d. **Sufficient** for 1 large mould.

2025.—BAVARIAN CREAMS.

A variety of these will be found under their respective names, e.g. Bavaroise au Chocolate, Bavaroise de Bananes, Bavaroise aux Pêches, etc. etc.

2026.—BAVAROISE AU CHOCOLATE. (*See* Chocolate Cream, No. 2036.)

2027.—BAVAROISE DE BANANES. (*See* Banana Cream, No. 2023.)

2028.—BAVAROISE AUX PÊCHES. (*See* Peach Cream, No. 2047.)

2029.—BROWN BREAD CREAM. (*Fr.*—Crème au Pain-bis.)

Ingredients.—1 pint of cream, ½ a pint of milk, 3 tablespoonfuls of crumbled brown bread, 1 oz. of loaf sugar, ½ an oz. of gelatine, 2 whites of eggs, 1 yolk of egg, 1 vanilla pod, ¼ of a teaspoonful of ground cinnamon.

Method.—Simmer the milk and vanilla pod together until pleasantly flavoured; add the sugar, and when dissolved strain on to the beaten eggs, stirring meanwhile. Return to the stewpan, add the gelatine, previously soaked in a little water, then put in the cream and stir until the mixture thickens. Have the sieved brown bread and cinnamon ready in a basin, add the milk preparation, stir frequently until cool, then pour into the prepared mould.

Time.—From 40 to 45 minutes. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 1 large or 2 small moulds.

2030.—CANARY CREAM.

Ingredients.—1½ pints of milk, 4 ozs. of loaf sugar, ¾ of an oz. of leaf gelatine, 1 lemon, 6 yolks of eggs.

Method.—Soak the gelatine in a little milk, boil the remainder with the thinly-cut lemon-rind and sugar for a few minutes, add the gelatine, and when dissolved let the mixture cool a little. Now put in the lemon-juice, the beaten yolks of eggs, and stir by the side of the fire until they thicken. Stir the mixture frequently until cool, then pour into a wetted or lined mould.

Time.—From 35 to 40 minutes. **Average Cost,** 1s. **Sufficient** for 1 large mould.

2031.—CARAMEL CREAM. (*Fr.*—Crème Renversée.)

Ingredients.—1½ pints of milk, 3 ozs. of ground rice, 1 oz. of castor sugar, the thinly-cut rind of 1 lemon, 2 ozs. of loaf sugar.

Method.—Put the loaf sugar into a stewpan with 1 tablespoonful of cold water, allow it to boil quickly until it becomes dark golden-brown, then pour it into a dry plain mould, which must be turned slowly over and over until the inner surface is completely coated. Add the lemon-rind and castor sugar to the boiling milk, sprinkle in the ground rice, and boil gently for 10 minutes. When ready, remove the lemon-rind, pour the mixture into the prepared mould, and let it remain in a cold place until set.

Time.—From 35 to 45 minutes. **Average Cost,** 6d. **Sufficient** for 1 medium-sized mould.

2032.—CHARLOTTE RUSSE. (*Fr.*—Charlotte Russe.)

Ingredients.—½ a pint of cream, ¼ of a pint of milk, ¼ of an oz. of leaf gelatine, 1 tablespoonful of brandy or sherry, 1 dessertspoonful of castor sugar, vanilla essence, Savoy or finger biscuits, jelly, cherries, angelica, or other decoration.

Method.—Cover the bottom of a charlotte mould thinly with jelly, and when set garnish with strips of angelica and halved cherries. Cover with jelly to the depth of about ½ an inch, let the jelly set, then line the mould with Savoy biscuits. Dissolve the gelatine and sugar in the milk, then strain it and add the brandy and vanilla essence to taste. When cool stir into the stiffly-whipped cream. Pour into the prepared mould, and set on ice or in a cool place until firm.

Time.—From 15 to 20 minutes, after the mould is prepared. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 1 medium-sized mould.

Note.—If preferred, the bottom of the tin may be lined with biscuits cut to the shape of the mould.

2033.—CHARLOTTE À LA ST. JOSÉ.

Ingredients.—4 ozs. of preserved pineapple, Savoy biscuits, ½ a pint of cream, ½ a gill of milk, ½ a pint of lemon or wine jelly (about) (*see* Nos. 2004 and 2020), 1 oz. of castor sugar, ½ an oz. of gelatine, 1 tablespoonful of pineapple syrup.

Method.—Line the bottom of an oval charlotte mould with jelly; when set, decorate it with fancifully-cut pieces of pineapple, and cut the remainder into small dice. Set the decoration with a little jelly, and cover with a layer to the depth of at least ½ an inch. Stand on ice until firm, then line the sides of the mould with Savoy biscuits. Dissolve the gelatine and sugar in the milk, add the pineapple syrup, and let the mixture cool. Whip the cream stiffly, add the pineapple dice, and when cool stir in the gelatine, etc. Pour into the mould, stand on ice until firm, then turn out and serve.

Time.—About 1 hour, to prepare. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 6 or 7 persons.

2034.—CHARTREUSE OF APPLES. (*Fr.*—Chartreuse de Pommes à la Princesse.)

Ingredients.—6 small cooking apples, 3 ozs. of sugar (about), ½ an oz. of leaf gelatine, 2 ozs. of angelica, 1 oz. of glacé cherries, 1 oz. of pistachios, the thinly-cut rind of ½ a lemon, 1 pint of lemon or wine jelly, ½ a gill of cream, 2 cloves, carmine or cochineal for colouring purposes.

Method.—Peel, core and slice the apples, cook them with the sugar, cloves, lemon-rind, and ½ a pint of water until tender, then rub them through a hair sieve. Dissolve the gelatine in 1 tablespoonful of water, and stir it into the purée. Divide into 2 equal portions, colour 1 pink with carmine, add 1 tablespoonful of cream to the other, pour into separate sauté-pans or round shallow tins, and when cold cut into stars, crescents or other shapes. Have ready a plain charlotte mould coated with jelly, ornament the bottom and sides tastefully with the prepared shapes and fancifully cut pieces of angelica, and fix them firmly in place with a little cool jelly (*see* p. 985). Place a small mould in the centre of the large one, leaving about 1 inch of space all round; fill this space with cool jelly, and let it set firmly. Dissolve the trimmings of the coloured and plain preparations separately, add the remainder of the cream stiffly-whipped, sweeten to taste, and add to each portion 1 gill of cool jelly. Remove the mould from the centre, and fill the cavity with alternate layers of plain and coloured purée, taking care that each layer is firmly set before adding the following one, and dividing them by a liberal sprinkling of shredded cherries and pistachios. Let the mould remain on ice for about 2 hours, then turn out, and serve.

Time.—To prepare, from 2½ to 3 hours. **Average Cost,** 2s. 9d. to 3s. **Sufficient** for a medium-sized mould; 6 or 7 persons.

2035.—CHESTNUT CREAM. (*Fr.*—Crème aux Marrons.)

Ingredients.—1 lb. of chestnuts, 1½ pints of milk, ½ a pint of cream, 4 ozs. of castor sugar, ¾ of an oz. of gelatine, 4 yolks of eggs, the thinly-cut rind of 1 lemon, a vanilla pod, 1 wineglassful of Maraschino, carmine or cochineal.

Method.—Shell, parboil and skin the chestnuts, put them into a stewpan with 1 pint of milk, the lemon-rind and vanilla pod, simmer until tender, then rub through a fine sieve. Dissolve the sugar and gelatine in the remaining ½ pint of milk, cool slightly, then add the yolks of eggs, and stir by the side of the fire until they thicken. When cool mix with the purée, add the Maraschino, thickly-whipped cream, and the carmine drop by drop, until a pale pink colour is obtained. Pour into a decorated mould, and let it remain on ice or in a cool place until set.

Time.—About 1½ hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 1 medium-sized mould (6 persons).

2036.—CHOCOLATE CREAM. (*Fr.*—Crème au Chocolat.)

Ingredients.—4 ozs. of chocolate, 2 ozs. of castor sugar, ¾ of an oz. of leaf gelatine, 4 yolks of eggs, ¼ of a pint of cream, ¼ of a pint of milk, 1 teaspoonful of vanilla essence.

Method.—Simmer the milk and chocolate together until smoothly mixed, let it cool slightly, then add the yolks of eggs and stir until they thicken, but the mixture must not boil or the eggs may curdle. Dissolve the gelatine in 1 tablespoonful of water, strain it into the custard, and add the vanilla essence. Whip the cream stiffly, stir it lightly into the custard, turn into a prepared mould, and stand on ice or in a cool place until firmly set.

Time.—From 20 to 30 minutes. **Average Cost,** 1s. 9d. to 2s., not including decoration and garnish. **Sufficient** for 1 medium-sized mould.

2037.—CHOCOLATE CREAM. (*Fr.*—Bavaroise au Chocolat.)

Ingredients.—4 ozs. of chocolate, 3 ozs. of sugar, ½ an oz. of French leaf gelatine, 1 tablespoonful of crême de riz or ground rice, 6 yolks of eggs, 1 quart of milk, 1 teaspoonful of vanilla essence.

Method.—Soak the gelatine in a little milk, mix the crême de riz smoothly with milk, put the remainder into a stewpan with the chocolate and sugar, bring to the boil, add the crême de riz, and simmer for about 10 minutes. Let the mixture cool a little, add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Add the vanilla and gelatine, and, when cool, pour into the mould, which may be simply wetted, or lined with jelly, and decorated according to taste.

Time.—From 35 to 40 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 1 large mould.

2038.—COFFEE CREAM. (*Fr.*—Crème au Café.)

Ingredients.—½ a pint of cream, ½ a pint of milk, coffee essence, 2½ ozs. of castor sugar, ¾ of an oz. of gelatine, the yolks of 2 eggs.

Method.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, then put in the sugar and cool slightly. Now dissolve the gelatine in 1 tablespoonful of water, and add it to the custard. Whip the cream stiffly, stir it in to the custard when nearly cold, add the coffee essence, and pour into the prepared mould. Let the mould remain on ice or in a cold place until firm.

Time.—About ½ an hour. **Average Cost,** from 1s. 6d. to 1s. 8d. **Sufficient** for 1 medium-sized mould.

2039.—COLD CABINET PUDDING. (*Fr.*—Pouding Cabinet Froid.)

Ingredients.—Savoy biscuits, 2 ozs. of ratafias, 1 oz. of castor sugar, ½ an oz. of leaf gelatine, ½ a pint of milk, ½ a gill of cream, the yolks of 4 eggs, jelly, cherries, angelica.

Method.—Prepare the mould as directed for the recipe for Charlotte Russe, No. 2032. Bring the milk and sugar nearly to boiling point, stir it into the beaten yolks of the eggs, replace in the stewpan, and stir by the side of the fire until the mixture thickens, but it must not boil. Dissolve the gelatine in 1 or 2 tablespoonfuls of water, add it to the custard, and when nearly cold stir in the cream, and flavour to taste with vanilla. Place the ratafias and trimmings off the Savoy biscuits in the mould, and pour the preparation, when cold and on the point of setting, over them. Place on ice or in a cold place until firm.

Time.—From 30 to 35 minutes, after the mould is prepared. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 1 medium-sized mould.

2040.—GARIBALDI CREAM. (*Fr.*—Crème à la Garibaldi.)

Ingredients.—Equal quantities of pistachio, strawberry, and vanilla cream (*see* recipes for same).

Method.—Place a layer of strawberry cream at the bottom of a mould previously lined with jelly, or rinsed with cold water. Allow it to set, add an equal depth of vanilla cream, and when firm, pour over it the pistachio cream. Let it remain on ice until set, and unmould.

Time.—Without ice, 3 to 4 hours. **Average Cost,** 2s. 6d. to 3s., according to size.

2041.—GENOESE CREAM. (*Fr.*—Crème à la Génoise.)

Ingredients.—½ a pint of milk, ¼ of a pint of cream, 2 ozs. of macaroons, 2 ozs. of castor sugar, 1 oz. of mixed glacé fruit shredded, ½ an oz. of leaf gelatine, 4 yolks of eggs, the finely-cut rind of ½ an orange, ½ a wineglassful of brandy.

Method.—Crush the macaroons and soak them in the brandy. Put the milk, sugar and orange-rind into a stewpan, boil up, and simmer for 10 minutes, then add the gelatine, the beaten yolks of eggs, and stir by the side of the fire until they thicken and the gelatine is dissolved. Strain over the macaroons and brandy, add the prepared fruit, and when cool, stir in the stiffly-whipped cream. Continue the stirring until the mixture is on the point of setting, then turn into the prepared mould. Let it remain on ice or in a cool place until firm.

Time.—From 35 to 40 minutes. **Average Cost,** 1s. 9d. **Sufficient** for 1 medium-sized mould.

2042.—GINGER CREAM. (*Fr.*—Crème de Gingembre.)

Ingredients.—½ a pint of cream, ¼ of a pint of milk, 2 tablespoonfuls of ginger syrup, 1 tablespoonful of castor sugar, 2 ozs. of preserved ginger, ¾ of an oz. of leaf gelatine, the yolks of 3 eggs.

Method.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, add the sugar, and set aside to cool. Dissolve the gelatine in a tablespoonful of water, mix with it the ginger syrup, the ginger cut into dice, and pour into the custard. Whip the cream stiffly, and when cool stir it lightly into the custard. Turn into the prepared mould, and stand on ice or in a cold place until required.

Time.—About ½ an hour. **Average Cost,** 1s. 8d. to 2s. **Sufficient** for 1 medium-sized mould.

Preserved Ginger comes to us from the West Indies. It is made by scalding the roots when they are green and full of sap, then peeling them in cold water, and putting them into jars, with a rich syrup, in which state we receive them. It should be chosen of a bright yellow colour with a little transparency; what is dark-coloured, fibrous and stringy, is not good.

2043.—GOOSEBERRY CREAM. (*Fr.*—Crème de Groseille Verte.)

Ingredients.—½ a pint of gooseberry purée, 1 teaspoonful of lemon juice, vanilla cream No. 2062, spinach greening.

Method.—Cook the gooseberries in a stew-jar until tender, pass them through a hair sieve, and sweeten to taste. Make the cream as directed, but omit the vanilla flavouring. Add to it the gooseberry pureé with a few drops of spinach colouring, and pour into a prepared mould.

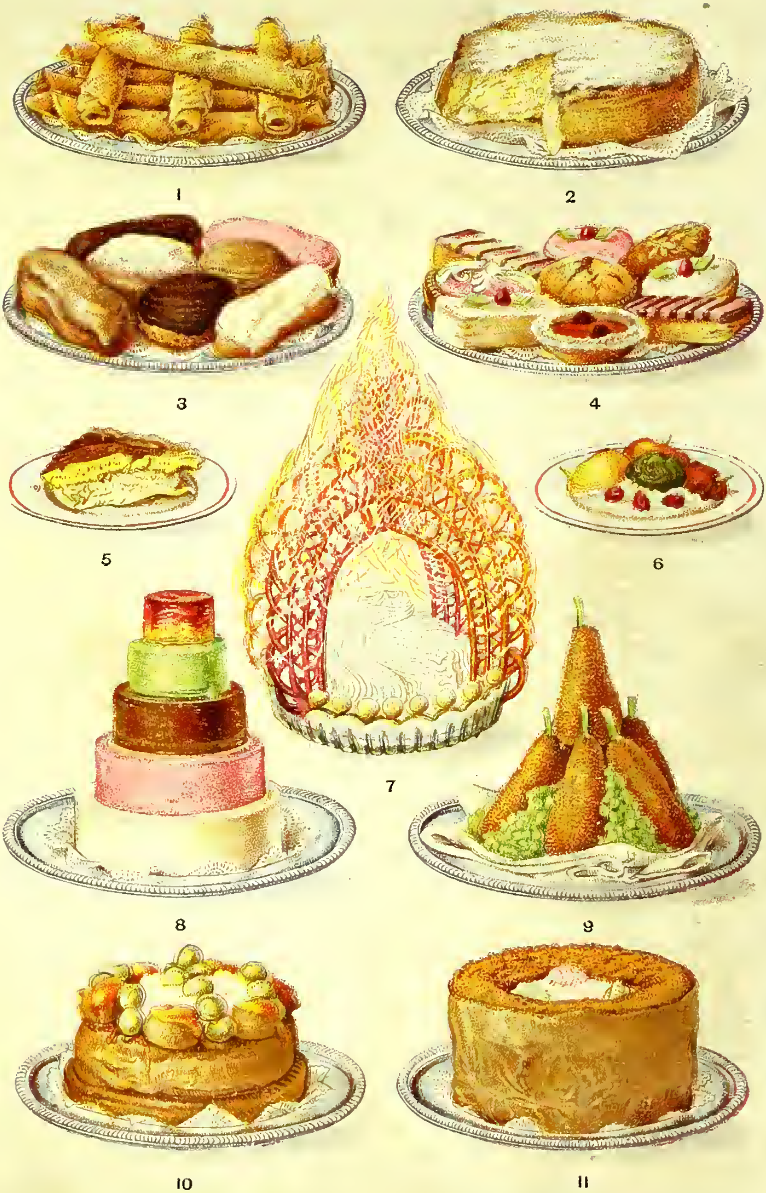
Time.—From 1¼ to 1½ hours. **Average Cost,** 2s. to 2s. 9d. **Sufficient** for 6 or 7 persons.

2044.—ITALIAN CREAM. (*Fr.*—Crème à l'Italienne.)

Ingredients.—½ a pint of cream, ½ a pint of milk, 1 oz. of gelatine, sugar to taste, the yolks of 4 eggs, the thin rind and strained juice of 1 lemon.

Method.—Soak the gelatine in a little cold water for ½ an hour, and afterwards stir it over the fire until dissolved. Boil up the milk,

SWEETS.



1.—Pancakes. 2.—Rice and Apple Cake. 3.—Eclairs. 4.—Assorted Pastry.
5.—Rice Pudding. 6.—Stewed Fruits. 7.—Sugar Trifle. 8.—Pyramid Cream.
9.—Croquettes of Rice. 10.—Gâteau St. Honoré. 11.—Simnel Cake.

infuse the lemon-rind for 20 minutes, then add the gelatine, yolks of eggs, lemon-juice, and sugar to taste. Stir by the side of the fire until the mixture thickens, then strain, and, when cool, stir in the stiffly-whipped cream. The preparation may be turned into a mould and put aside until set, or it may be at once served in a glass dish or jelly-glasses.

Time.—About 1 hour. **Average Cost,** 1s. 8d. **Sufficient** for 5 or 6 persons.

2045.—LEMON CREAM. (*Fr.*—Crème au Citron.)

Ingredients.—1 pint of cream, 2 tablespoonfuls of lemon-juice, 1 heaped tablespoonful of ground almonds, 2 glasses of sherry, sugar to taste.

Method.—Whip the cream stiffly, adding the rest of the ingredients gradually, and sweeten to taste. Serve in jelly glasses. For a moulded cream, *see* Vanilla Cream, and substitute lemon-juice for vanilla.

Time.—From 25 to 30 minutes. **Average Cost,** 2s. 6d. **Sufficient** to fill 12 small glasses.

2046.—ORANGE CREAM. (*Fr.*—Crème à l'Orange.)

Ingredients.—1 good orange, 2 tablespoonfuls of apricot marmalade, vanilla cream.

Method.—Make the cream as directed, but omit the vanilla flavouring, add the strained juice of the orange, the rind finely-grated, and the marmalade well reduced. Pour into a prepared mould, and place on ice until set.

Time.—From 1¼ to 1½ hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 6 or 7 persons.

2047.—PEACH CREAM. (*Fr.*—Bavaroise aux Pêches.)

Ingredients.—½ a pint of peach purée, ½ a pint of cream, 1 oz. of castor sugar, 1 gill of apricot syrup, ½ an oz. of leaf gelatine.

Method.—Pass sufficient peaches through a hair sieve to make the required amount of purée. Dissolve the gelatine and sugar in the purée, and stir in the stiffly-whipped cream. Turn into the prepared mould, and let it remain on ice or in a cold place until set.

Time.—From 25 to 30 minutes. **Average Cost,** about 1s. 6d., exclusive of decoration or garnish. **Sufficient** for 1 medium-sized mould.

2048.—PINEAPPLE CREAM. (*Fr.*—Crème d'Ananas.)

Ingredients.—½ a pint of cream, 1 gill of water, ⅓ of a pint of pineapple purée, 2 good tablespoonfuls of pineapple cut into dice, 1½ ozs. of castor sugar, ½ an oz. of leaf gelatine, 1 teaspoonful of lemon-juice.

Method.—Whip the cream stiffly, stir it lightly into the pineapple purée, and add the pineapple dice. Dissolve the gelatine and sugar in the water, add the lemon-juice, and when sufficiently cool, stir it lightly into the cream, etc. Pour into the prepared mould, and set on ice or in a cold place until firm.

Time.—From 30 to 40 minutes. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 1 medium-sized mould.

Pineapple (Fr. *ananas*).—The pineapple is a native of tropical South America, but is now widely found in all tropical countries. It is a peculiar growth of the *Ananassa sativa*. The fruit, which much resembles a pine-cone, is of a delicious and delicate flavour, slightly reminiscent of turpentine, containing sugar, and is a sub-acid. In proper condition it should be soft, sweet and full of juice. It is much appreciated as a dessert fruit, and, owing to its delicious and characteristic flavour, is well adapted for use in the kitchen in preparing a large variety of sweet dishes. The finest fruit for table use is grown in the United Kingdom in specially heated glass pine-houses. Enormous quantities are also imported from the West Indies, the Azores, etc. These are packed while still hard, and ripen on the journey. Pineapples are also preserved in tins, in glass with syrup, and candied, in all of which forms they are most useful to the cook. It was first known in Europe about 250 years ago, and appears to have been cultivated in England in the middle of the eighteenth century. From the fibre of the pineapple a beautiful cloth, called "pina," is manufactured.

2049.—PISTACHIO CREAM. (*Fr.*—Crème aux Pistaches.)

Ingredients.—1 pint of cream, 4 ozs. of pistachio nuts, 2 ozs. of castor sugar, 1 oz. of leaf gelatine, a little sap-green liquid colouring.

Method.—Blanch, skin and chop the pistachios finely. Dissolve the gelatine and sugar in 3 tablespoonfuls of water. Whip the cream stiffly, add the gelatine when cool, the pistachios, and sap-green drop by drop, until the desired colour is obtained. Pour into a decorated mould (*see* p. 985), and let it remain on ice or in a cold place until firmly set.

Time.—About ½ an hour. **Average Cost,** 3s. 9d. to 4s. 3d. **Sufficient** for 1 medium-sized mould.

2050.—RASPBERRY CREAM. (*Fr.*—Crème aux Framboises.)

Ingredients.—1 pint of cream, ¼ of a pint of milk, 1½ ozs. of castor sugar, ½ an oz. of gelatine, the juice of 1 lemon, ¼ of a pint of raspberry syrup, or 2 tablespoonfuls of raspberry jam.

Method.—When raspberry jam is used instead of syrup, pass it through a hair sieve, dilute with water to make the required quantity, and add a few drops of cochineal. Dissolve the gelatine and sugar in the milk, add the lemon-juice, mix with the raspberry syrup, and stir in the stiffly-whipped cream.

Time.—About ½ an hour. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 1 medium-sized mould.

2051.—RICE CREAM. (*Fr.*—Riz à l'Impératrice.)

Ingredients.—2 ozs. of Caroline rice, 4 ozs. of castor sugar, ¼ of an oz.

of leaf gelatine, 1 pint of milk, ½ a pint of cream, vanilla or other flavouring, fruit compôte (*see* p. 1025).

Method.—Simmer the rice in the milk until perfectly tender, and when the milk is nearly absorbed, stir frequently to prevent the rice sticking to the bottom of the pan. Melt the gelatine in 1 or 2 tablespoonfuls of water, stir it into the rice with the sugar and flavouring ingredient, and when sufficiently cool add the stiffly-whipped cream. Turn into a decorated border mould, and allow it to remain on ice or in a cold place until set. Serve the compôte of fruit piled in the centre.

Time.—About 2 hours. **Average Cost,** 1s. 4d., exclusive of the fruit compôte. **Sufficient** for 1 medium-sized mould.

2052.—RICE CREAM. (*Fr.*—Créme de Riz.)

Ingredients.—1 pint of milk, ½ a pint of cream, 2 ozs. of ground rice, 2 ozs. of castor sugar, ½ an oz. of leaf gelatine, vanilla essence, or other flavouring.

Method.—Bring the milk and sugar to boiling point, sprinkle in the rice, and simmer gently for about 20 minutes. Dissolve the gelatine in 1 tablespoonful of water, add it to the rice, flavour to taste with vanilla essence, and when cool, mix in as lightly as possible the stiffly-whipped cream. Pour into the prepared mould, and set aside until firm.

Time.—About ½ an hour. **Average Cost,** 1s. 5d. to 1s. 7d. **Sufficient** for 1 medium-sized mould.

2053.—RUM CREAM. (*Fr.*—Crème au Rhum.)

Ingredients.—1 wineglassful of rum, 2 ozs. of sugar, ¼ of an oz. of leaf gelatine, 3 yolks of eggs, ½ a pint of milk, 1 bay-leaf.

Method.—Bring the milk to boiling point, put in the bay-leaf, and infuse for 20 minutes. Add the sugar and yolks of eggs, stir until the mixture thickens, then put in the gelatine previously dissolved in a little hot water, and remove the bay-leaf. Add the rum, stir occasionally until cool, and pour into a mould rinsed with cold water.

Time.—About ½ an hour. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons.

2054.—SOLID CREAM.

Ingredients.—1 pint of double cream, castor sugar to taste, 1 dessertspoonful of lemon-juice, 2 tablespoonfuls of brandy.

Method.—Whip the cream stiffly, add the lemon-juice and brandy, and sweeten to taste. Serve in jelly glasses.

Time.—25 minutes. **Average Cost,** 2s. 6d. **Sufficient** for 6 or 7 persons.

2055.—STONE CREAM.

Ingredients.—1 pint of milk, 2 ozs. of sugar, 1 heaped up tablespoonful of arrowroot, 3 drops each of essence of cloves and almonds, jam, strips of angelica, glacé cherries.

Method.—Place a good layer of jam at the bottom of a glass dish. Mix the arrowroot smoothly with a little cold milk, boil the remainder, pour it over the arrowroot, stirring meanwhile. Replace in the stewpan, add the sugar, simmer gently for 2 or 3 minutes, and stir in the flavourings. Stir the mixture occasionally until nearly cold, then pour it over the jam, and garnish with angelica and cherries.

Time.—Altogether, about 1 hour. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons.

2056.—STRAWBERRY CREAM. (*Fr.*—Crème de Fraises.)

Ingredients.—1 lb. of strawberries, ½ a pint of cream, 3 ozs. of castor sugar, ¾ of an oz. of leaf gelatine, the juice of 1 lemon.

Method.—Pick the strawberries and pass them through a fine hair seive. Dissolve the gelatine and sugar in 2 tablespoonfuls of water, and add the lemon-juice. Strain the gelatine, etc., into the strawberry purée, add the cream well-whipped, mix lightly together, and pour into the prepared mould. Set on ice or in a cold place until firm.

Time.—From 35 to 40 minutes. **Average Cost,** 2s. **Sufficient** for 1 medium-sized mould. **Seasonable** from June to August.

2057.—STRAWBERRY CREAMS, SMALL. (*Fr.*—Petits pains de Fraises à la Moderne.)

Ingredients.—1 lb. ripe strawberries, 1 pint of lemon or wine jelly, Nos. 2004, 2020, 1 tablespoonful of Maraschino, ½ an oz. of leaf gelatine, 1 oz. of castor sugar, 2 ozs. of loaf sugar, 2 eggs, angelica.

Method.—Line the moulds with jelly, and decorate them with leaves of angelica and halved strawberries (*see* p. 985). Boil the loaf sugar and 1 gill of cold water to a syrup. Pass the remainder of the strawberries through a fine sieve, place in a large basin with the syrup, sugar, Maraschino, beaten eggs, gelatine dissolved in 1 tablespoonful of water, and whisk over a saucepan of boiling water until the mixture thickens. Now stand the basin on ice or on a cold slab, stir frequently until cold and on the point of setting, then pour into the prepared moulds.

Time.—2 hours, altogether. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 8 or 10 small moulds.

Note.—As the mixture is poured less quickly into small moulds than one large one, it should not be allowed to come quite so near setting point. If, however, it stiffens during the process of filling the moulds, it should be slightly re-heated over a saucepan of hot water.

2058.—SWISS CREAM. (*Fr.*—Crème à la Suisse.)

Ingredients.—½ a pint of cream, ½ a pint of milk, ¼ of a pint of sherry, 1 oz. of castor sugar, 1 tablespoonful of cornflour, 1 lemon, 1 teaspoonful, of finely-chopped pistachios, sponge cake.

Method.—Cut the cake into 1-inch thick slices, place them in a deep silver or glass dish, and pour over the sherry. Mix the cornflour smoothly with a little milk, boil the remainder with the thinly-cut lemon-rind and sugar until pleasantly flavoured, remove the lemon rind, then add the blended cornflour and milk, boil for 2 or 3 minutes, and let the mixture cool. Whip the cream slightly, add it and the lemon-juice to the cornflour preparation, and pour over the sponge cake. Sprinkle with the pistachios, and serve when perfectly cold.

Time.—From 35 to 40 minutes. **Average Cost,** 1s. 6d. to 1s. 8d., exclusive of the cake. **Sufficient** for 1 medium-sized dish.

2059.—TAPIOCA CREAM. (*Fr.*—Crème au Tapioca.)

Ingredients.—1½ ozs. of French crushed tapioca (sold in packets), 2 ozs. of castor sugar, 1 quart of milk, 2 tablespoonfuls of thick cream, 4 yolks of eggs, the thinly-cut rind of ½ a lemon, 1 bay-leaf, ½ a small pot of red-currant jelly, an equal quantity of lemon or wine jelly.

Method.—Mix and dissolve the jellies, and when cool pour the preparation on the bottom of a border mould, and let it set. Bring the milk, bay-leaf, and lemon-rind to the boil, and sprinkle in the tapioca. Cook gently for about ½ an hour, then add the sugar, beaten yolks of eggs, and stir until the mixture thickens. Remove the bay-leaf and lemon-rind, and when cool stir in the stiffly-whipped cream, and pour the mixture into the prepared mould.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 1 large mould.

2060.—TEA CREAM. (*Fr.*—Crème au Thé.)

Ingredients.—1 oz. of good tea, ¾ oz. of gelatine, ½ pint of milk, ½ pint of cream, sugar to taste.

Method.—Bring the milk to boiling point, pour it over the tea, let it infuse for 20 minutes, then strain and add half the cream. Dissolve the gelatine in a little boiling water, strain it into the cream, and sweeten to taste. Whip the remainder of the cream stiffly, stir it into the tea, etc., when sufficiently cool. Pour into a mould rinsed with cold water and let set.

Time.—About 1 hour. **Average Cost,** 2s. **Sufficient** for 4 or 5 persons.

2061.—VANILLA CREAM. (*Fr.*—Crème à la Vanille.)

Ingredients.—1¼ pints of milk, ½ pint of cream, 1½ ozs. of castor sugar, ½ an oz. of leaf gelatine, 4 yolks of eggs, 1 tablespoonful of brandy, 2 teaspoonfuls of vanilla essence.

Method.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, put in the sugar, and let the preparation cool. Dissolve the gelatine in 1 tablespoonful of water, and add it with the brandy and vanilla essence to the rest of the ingredients. Whip the cream slightly, stir it lightly into the preparation when cool, and pour into the prepared mould.

Time.—From 40 to 60 minutes. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 1 large mould.

2062.—VANILLA CREAM. (*Fr.*—Crème à la Vanille.)

Ingredients.—1 pint of cream, 1 oz. of castor sugar, ½ an oz. of leaf gelatine, 1 gill of water, 1 teaspoonful of vanilla essence.

Method.—Whip the cream stiffly, add the castor sugar and vanilla essence. Dissolve the gelatine in the water, when cool, strain into the cream, mix well, and pour into the prepared mould. Let it remain on ice or in a cold place until set.

Time.—About 20 minutes. **Average Cost,** 2s. to 2s. 4d. **Sufficient** for 1 medium-sized mould.

VANILLA is the fruit of *vanilla aromatica*, a parasitical orchid which flourishes in Brazil, Mexico, Peru, and many other places. The fruit is a long capsule, thick and fleshy. Certain species of this fruit contain a pulp with a delicious perfume and flavour. Vanilla is principally imported from Mexico. The capsules for export are always picked at perfect maturity. The essence is the form in which it is used generally and most conveniently. Its properties are stimulating. Vanilla is in daily use for ices, chocolates, and flavouring confections generally.

2063.—VELVET CREAM. (*Fr.*—Crème à la Velouté.)

Ingredients.—½ a pint of cream, ½ a gill of water, 1 wineglassful of brandy or sherry, 1 oz. of castor sugar, ½ an oz. of leaf gelatine.

Method.—Dissolve the gelatine and sugar in the water, and add the sherry or brandy. Whip the cream stiffly, add to the rest of the ingredients when cool, and mix well. Pour into the prepared mould, and let it stand on ice or in a cold place until firm.

Time.—From 20 to 30 minutes. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 1 small mould.

Cold Sweets

2064.—ALMOND CUSTARD.

Ingredients.—1 tablespoonful of finely-chopped almonds, almond-essence, ½ an oz. of potato flour, 4 ozs. of sugar, 4 yolks of eggs, 3 sheets or ¼ oz. of leaf gelatine, 1½ pints of milk.

Method.—Mix the potato flour smoothly with a little milk, boil up the remainder, and pour it over the potato flour, stirring the mixture meanwhile. Replace in the stewpan, simmer gently for 3 minutes, then add the sugar and yolks of eggs, and stir by the side of the fire until the mixture thickens. Dissolve the gelatine in a little hot water, add it to the custard, and strain. Stir in the almonds, add almond essence to taste, and use for filling éclairs, cornets, etc.

Time.—About ½ an hour. **Average Cost,** 10d. to 1s.

2065.—APPLE COMPOTE. (*See* Compote of Fruit, No. 2099, and Stewed Fruit, No. 2160.)

2066.—APPLE CUSTARD.

Ingredients.—2 lbs. of apples, 6 ozs. of sugar, 4 eggs, 1 pint of milk.

Method.—Peel, core and slice the apples, stew them with 4 ozs. of sugar and 2 or 3 tablespoonfuls of water until tender, then pass through a hair sieve, or beat to a pulp. Bring the milk nearly to boiling point, put in the remainder of the sugar and the beaten yolks of eggs, stir and cook gently until the mixture thickens, but do not allow it to boil. Whisk the whites of eggs to a stiff froth, and sweeten with a little castor sugar. Place the apple pulp at the bottom of a piedish, pour the custard on top, and cover lightly with the white of egg. Sprinkle the surface liberally with castor sugar, and bake in a moderately cool oven until the méringue hardens and acquires a little colour.

Time.—About 1½ hours. **Average Cost,** 1s. 1d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2067.—APPLE FOOL.

Ingredients.—1 pint of apple pulp, ¼ of a pint of stiffly-whipped cream, sugar to taste.

Method.—Bake or stew the apples, pass them through a fine sieve, sweeten to taste, and stir in the cream. Serve in a glass dish, or custard glasses.

Time.—About 1 hour. **Average Cost,** 1s. **Sufficient** for 3 or 4 persons.

2068.—APPLE FROST WITH CREAM. (*Fr.*—Pommes Méringuées à la Crème.)

Ingredients.—10 small sour cooking apples, 10 ozs. of loaf sugar, castor sugar, ½ a pint of cream, 3 whites of eggs, 1 teaspoonful of lemon-juice, 1 inch of cinnamon, 2 cloves, 10 crystallized cherries, angelica.

Method.—Peel and core the apples carefully without breaking. Place the loaf sugar in a stewpan with ½ a pint of water, the sugar, lemon-juice, cloves and cinnamon, and reduce to a syrup, skimming meanwhile. Arrange the apples in a sauté-pan, pour the syrup round, cover with a buttered paper, and bake gently until tender. Transfer them to a buttered baking-sheet, cover the entire surface lightly with stiffly-whisked sweetened white of egg, by means of a pipe and forcing-bag, and dredge well with castor sugar. Bake in a slow oven until the méringue hardens and acquires a little colour, and let them become quite cold. When ready to serve, whip the cream stiffly, stir in 1 dessertspoonful of castor sugar, pile a little in the centre of each apple, dish each one on a little bed of cream, and serve the remainder in the centre of the dish. Decorate each apple with a cherry and strips of angelica, then serve.

Time.—About 3 hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

2069.—APPLE HEDGEHOG.

Ingredients.—1 dozen sour cooking apples, 5 ozs. of moist sugar, castor sugar, 1 oz. of blanched baked almonds, 2 whites of eggs, the finely-grated rind of ½ a lemon, 1 pint of water.

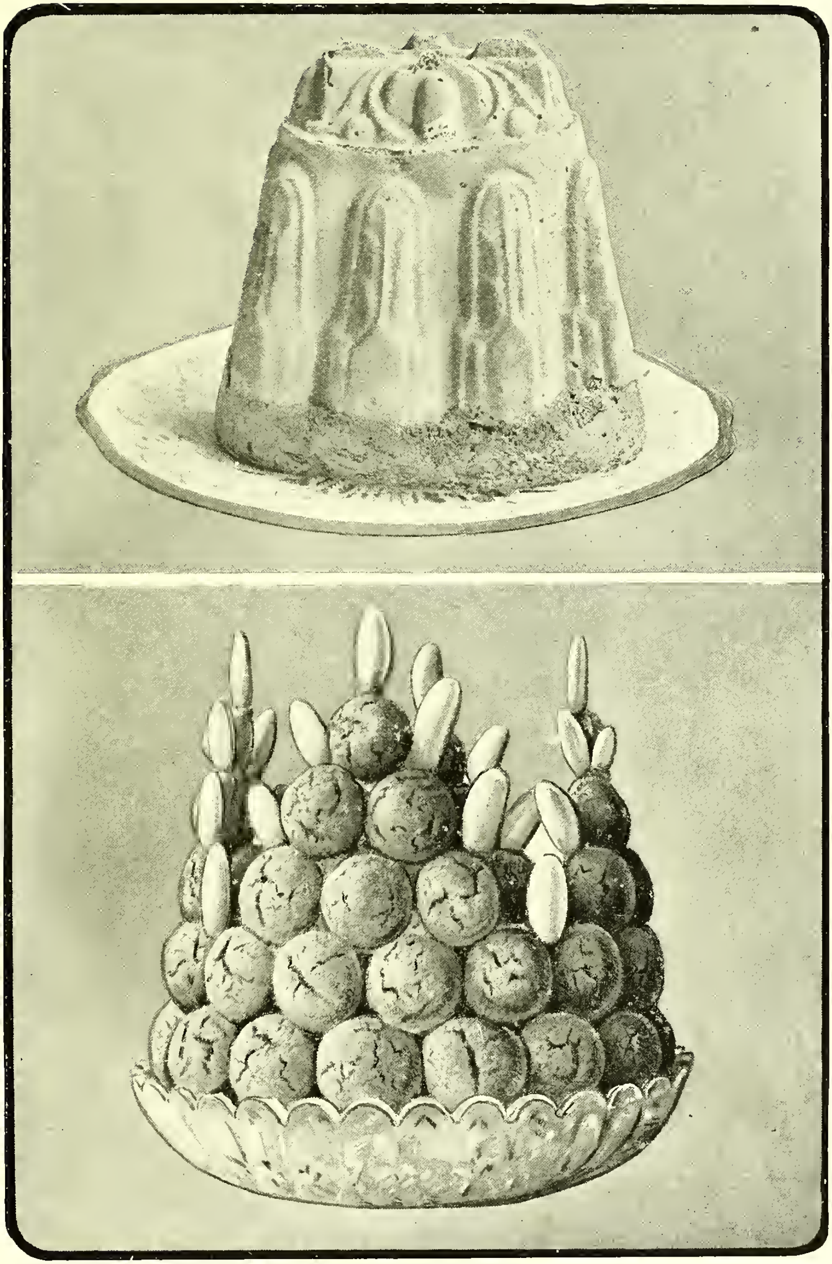
Method.—Peel the apples, core 8 of them carefully, and slice the remainder. Place the 8 whole apples in a stewpan with the moist sugar and water, stew gently until tender, then transfer them carefully to a dish. Put the sliced apples into the stewpan, cook them in the syrup until perfectly soft, and beat them to a pulp. Spread a layer of this pulp on a dish, place the whole apples on the top of it, fill the spaces between them with apple pulp, and cover the surface with the remainder, raising it slightly in the centre, in the form of a dome. Whisk the whites of eggs stiffly, sweeten to taste with castor sugar, and spread lightly over the apples. Insert the strips of almonds uniformly, to represent the back of a hedgehog, and serve.

Time.—From 1¾ to 2 hours. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2070.—APPLE SNOW. (*Fr.*—Pommes à la Neige.)

Ingredients.—6 apples, 6 whites of eggs, 4 or 5 ozs. of castor sugar, the thinly-cut rind of 1 lemon.

COLD SWEETS.



1. Savoy or Sponge Cake. 2. Ratifia Trifle.

Method.—Peel, core and slice the apples, place them in a jar with the sugar, lemon-rind, and 2 tablespoonfuls of water, and stew gently on the stove or in the oven until tender. Pass through a sieve, add more sugar if necessary, and let the pulp become quite cold. Then whip the whites stiffly, add them to the pulp, and continue the whisking until the mixture becomes stiff. Serve in custard-glasses or on a glass dish.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 2d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2071.—APPLE SNOW. (Another Method.)

Ingredients.—6 apples, 2 whites of eggs, 2 tablespoonfuls of castor sugar, 1 tablespoonful of coarsely-chopped candied peel, 2 tablespoonfuls of sherry, the thinly-cut rind of ½ a lemon.

Method.—Peel, core and slice the apples, put them into a stewpan with the water, sherry, sugar and lemon-rind. Cook gently until tender, pass through a hair sieve, add the stiffly-whisked whites of eggs, and whisk until the mixture becomes firm. Stir in the candied peel, and serve in small glasses.

Time.—About 1¼ hours. **Average Cost,** from 1s. to 1s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2072.—APPLE SNOW. (Another Method.)

Ingredients.—2 lbs. of sour cooking apples, 4 or 5 ozs. of sugar, the thinly-cut rind of 1 lemon, 2 whites of eggs.

Method.—Peel, core and slice the apples, stew them with 3 tablespoonfuls of water, the lemon-rind and sugar until tender, then pass them through a sieve. Add more sugar if necesssary, let the apple pulp become quite cold, and mix lightly in the stiffly-whisked whites of eggs. Serve in jelly-glasses or on a glass dish.

Time.—About 1½ hours. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2073.—APPLE TRIFLE. (*Fr.*—Trifle de Pommes.)

Ingredients.—2 lbs. of sour cooking apples, 6 ozs. of sugar, ⅓ of a pint of cream, ½ a pint of custard, No. 2104, 3 sponge cakes, the finely-grated rind of ½ a lemon, glacé cherries, angelica.

Method.—Peel, core, slice the apples, stew them with the lemon-rind, sugar and 2 tablespoonfuls of water in a jar until tender, and rub through a hair sieve. Cut each sponge cake into 3 or 4 slices, place them in a glass dish, cover with the apple purée, pour over the custard, and let the preparation stand until perfectly cold. Then whip the cream stiffly, spread it lightly over the entire surface, and garnish with halved cherries and strips of angelica.

Time.—Altogether, about 2 hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2074.—APPLES AND CREAM. (*Fr.*—Pommes à la Chantilly.)

Ingredients.—2 lbs. of sour cooking apples, 5 ozs. of moist sugar, 1 lemon, ⅓ of a pint of cream.

Method.—Peel, core and slice the apples, place them in a jar with the thinly-cut rind of the lemon, 2 tablespoonfuls of water and the sugar, and cook on the stove or in the oven until tender. Pass through a hair sieve, add the lemon-juice, and more sugar, if necessary, and ¾ fill custard glasses with the preparation. Whip the cream stiffly, sweeten to taste, and pile lightly on the top of the apple purée.

Time.—From 1½ to 1¾ hours. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2075.—APPLES IN RED JELLY.

Ingredients.—6 apples, 6 ozs. of loaf sugar, ½ an oz. of leaf gelatine, 1 pint of boiling water, the thinly-cut rind of 1 lemon, 4 cloves, 1 white of egg, castor sugar, cochineal.

Method.—Peel and core the apples, place them in a stewpan large enough to allow them to stand side by side, pour over them the hot water, in which the loaf sugar has been previously dissolved, and add the lemon-rind and cloves. Cover, and stew very gently until the apples are tender, then remove them, brush the tops of them with white of egg, and sprinkle liberally with castor sugar. Add the gelatine to the contents of the stewpan, stir until dissolved, then strain into a basin, and colour red with cochineal. Place the apples in a deep glass dish, pour the syrup round, and put aside in a cold place until set.

Time.—About 1 hour. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2076.—APRICOT COMPOTE. (*See* Compôte of Fruit, No. 2099, and Stewed Fruit, No. 2160.)

2077.—APRICOT MOULD. (*Fr.*—Pain d'Abricot.)

Ingredients.—1½ pints of milk, 2 ozs. of ground rice, 1 oz. of castor sugar, 4 tablespoonfuls of apricot jam, or ½ gill apricot pulp, and ½ a gill of cream.

Method.—Bring the milk to boiling point, sprinkle in the ground rice, and simmer for about 10 minutes. Dilute the jam or pulp with a tablespoonful of hot water, and press it through a sieve or strainer into the stewpan. Add the sugar, and when well-mixed, pour the preparation into a wetted border mould. Let it stand until set, then turn out, and pile the stiffly-whipped sweetened cream in the centre.

Time.—From 25 to 30 minutes. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons.

2078.—APRICOT TRIFLE. (*Fr.*—Trifle d'Abricot.)

Ingredients.—1 bottle or tin of apricots, stale sponge cake, ⅓ of a pint of cream, 1 tablespoonful of almonds blanched and shredded, 1 tablespoonful of castor sugar, 1 tablespoonful of lemon-juice.

Method.—Strain the apricots, and boil the syrup and sugar together for ½ an hour. Cut the sponge cake into ½-inch slices, and stamp them out into rounds a little larger than ½ an apricot. Place them on a dish, pour the syrup over them, and let them soak for 1 hour. Now remove them to the dish in which they will be served, and add ½ an apricot to each piece. Strain the syrup, mix with it the lemon-juice, and pour it over the apricots. Stick the shredded almonds in the apricots, and serve the stiffly-whipped sweetened cream piled in the centre of the dish. Peaches or pineapple may also be used in this manner, the trimmings of the latter being mixed with the cream. For a plain dish, stale bread may replace the sponge cake, and a good custard may be substituted for the cream.

Time.—Altogether, 2½ hours. **Average Cost,** 2s. **Sufficient** for 6 or 7 persons.

2079.—ARROWROOT BLANCMANGE.

Ingredients.—4 heaped tablespoonfuls of arrowroot, sugar to taste, 1½ pints of milk, lemon-rind, vanilla or other flavouring.

Method.—Mix the arrowroot smoothly with a little cold milk, bring the remainder to boiling point, put in the flavouring ingredient, and infuse for 20 minutes. Strain the milk over the blended arrowroot and stir, replace in the stewpan, sweeten to taste, and boil gently for a few minutes. Rinse the mould with cold water, pour in the preparation, and put aside until set. Serve with stewed fruit, jam, or cold custard sauce.

Time.—About 35 minutes. **Average Cost,** 7d. or 8d. **Sufficient** for 4 or 5 persons.

2080.—BANANA BLANC MANGE.

Ingredients.—2 bananas. 1 quart of milk, 2 ozs. of cornflour, 2 ozs. of castor sugar, 2 yolks of eggs, ½ a teaspoonful of vanilla essence.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, add the sugar and blended cornflour, and simmer gently for 5 minutes. Let it cool, add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Now put in the bananas thinly-sliced, and the vanilla essence, and pour the preparation into a wetted mould.

Time.—From 30 to 35 minutes. **Average Cost,** 10d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2081.—BANANA CANTALOUP.

Ingredients.—Firm bananas, crushed ice, Krona pepper.

Method.—Let the bananas remain on ice for at least 12 hours, then remove the skins, and cut the bananas into thick slices. Fill a finger bowl with finely-crushed ice, piling it high in the centre, and place the bowl on a dish covered with a serviette. Replace the sliced bananas in their original form, and arrange them overlapping each other round the bowl of ice. Serve with salt and Krona pepper.

Time.—12 to 13 hours. **Average Cost,** Good Bananas, 2d. each. Allow 1 to each person.

2082.—BANANA CHARLOTTE.

Ingredients.—½ a pint of banana pulp, ¼ of a pint of stiffly-whipped cream, ½ an oz. of gelatine, sugar to taste, Savoy biscuits or strips of bread (*see* Apple Charlotte, No. 1755).

Method.—Obtain the pulp by passing the bananas through a fine sieve. Soak the gelatine in cold water, and stir it over the fire until dissolved. Prepare the mould as directed in the recipe for making Apple Charlotte. Mix the banana pulp and cream lightly together, sweeten to taste, add the gelatine, and, when well mixed, turn into the prepared mould.

Time.—About 1 hour. **Average Cost,** 1s. 9d., exclusive of Savoy biscuits. **Sufficient** for a pint mould.

2083.—BANANA TRIFLE. (*Fr.*—Trifle de Banane.)

Ingredients.—1 pint of cream, ½ a pint of lemon jelly, 6 bananas, ¼ of an oz. of gelatine, 2 tablespoonfuls of apricot jam sieved, a good tablespoonful of almonds, 2 dozen of ratafias, 1 wineglassful of Maraschino or Curaçoa, carmine.

Method.—Pass the bananas through a hair sieve, add the jam, cool liquid jelly, and the Maraschino or Curaçoa. Dissolve the gelatine in a tablespoonful of water, mix with the other ingredients, add a few drops of carmine to brighten the colour, and pour into a deep dish. Blanch, shred, bake the almonds brown, and let them become perfectly cold. When ready to serve, whip the cream stiffly, sweeten to taste with castor sugar, and, if liked, flavour with Maraschino or Curaçoa.

Pile lightly on the top of the jellied preparation, sprinkle the almonds over the entire surface, and garnish the base with ratafias.

Time.—About 3 or 4 hours. **Average Cost,** 3s. 6d. **Sufficient** for 1 dish. **Seasonable** at any time.

2084.—BLANC MANGE. (*See* Arrowroot Blancmange, No. 2079, Vanilla Blancmange, No. 2171, Cornflour Blancmange, No. 2100, etc.)

2085.—BORDER OF FIGS WITH CREAM. (*Fr.*—Bordure de Figues à la Crème.)

Ingredients—½ a lb. of dried figs, 1 oz. of castor sugar, ¼ of an oz. of leaf gelatine, ½ a pint of water, ⅓ of a pint of cream, the thinly-cut rind of ½ a lemon,

Method.—Cut the figs into small pieces, put them into a jar with the water (sherry or claret may replace a little of the water if liked), sugar ann lemon-rind, simmer gently on the stove or in the oven until tender, and rub through a fine sieve. Stir in 2 tablespoonfuls of cream, pour the preparation in a mould, previously wetted, or lined with jelly, if preferred. When set, turn out and serve, the stiffly-whipped sweetened cream piled in the centre.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2086.—BORDER OF FRUIT. (*Fr.*—Bordure de Fruits.)

Ingredients.—2 eggs, the weight of 2 eggs in flour, the weight of 2 eggs in sugar, 2 bananas, 1 orange, ¼ of a lb. of grapes, 1 oz. of preserved cherries, 2 ozs. of strawberries, ¼ of a pint of water, ½ a lb. of loaf sugar, ½ a gill of brandy and Maraschino (mixed), the juice of 1 lemon, a few pistachios, ½ a pint of whipped cream.

Method.—Whisk the eggs and sugar to a frothy consistency, and sprinkle the flour in lightly. Bake in a quick oven in greased border moulds for about 10 minutes. When cooked, turn on a sieve to cool. Boil the sugar and water for about 20 minutes until a thick syrup is obtained, flavour this with lemon-juice and the liqueurs. Prepare the fruit and put it into the syrup. Soak the borders of cake with the syrup, pile up the fruit, and force whipped-cream round the edge of the border and on the fruit daintily by means of a bag and rose pipe. Any fruit may be used, such as raspberries and red currants. The liqueurs also may be varied. Decorate the dish with blanched pistachios and a few preserved cherries.

Time.—About 1½ hours. **Average Cost,** 2s. 9d. to 3s. 6d. **Sufficient** for 6 or 7 persons.

2087.—BORDER OF PRUNES WITH CREAM. (*Fr.*—Bordures de Prunes à la Crème.)

Ingredients.—1 lb. of prunes, ¼ of a lb. of loaf sugar, ½ an oz. of leaf gelatine, 1 gill of cream, 1 gill of claret, the thinly cut rind of ½ a lemon, 1 inch of cinamon, lemon or wine jelly.

Method.—Stone the prunes, place them in a jar with the claret, sugar, lemon-rind, cinnamon, and ¼ of a pint of water, stand the jar in a saucepan of boiling water or in a cool oven, cook until tender, and rub through a fine sieve. Dissolve the gelatine in a little water, and stir it into the purée. Have ready a border mould lined with wine jelly, pour in the preparation, let it remain until set, then turn out, and serve with the stiffly-whipped sweetened cream piled in the centre.

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 9d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2088.—BOSTON CUP PUDDING.

Ingredients.—1 teacupful of flour, 1 teacupful of brown moist sugar, ½ a teacupful of milk, 1 teaspoonful of baking-powder, ½ a teaspoonful of grated lemon-rind, 1½ ozs. of butter, 1 egg, raspberry jam.

Method.—Cream the butter and sugar well together, beat the egg in, then add the lemon-rind and flour, stir in the milk, and lastly the baking-powder. Have ready a buttered Yorkshire pudding tin, pour in the preparation, and bake from 20 to 25 minutes in a moderately hot oven. When cold, split, spread a good layer of jam between, and serve.

Time.—To bake, from 20 to 25 minutes. **Average Cost,** 7d. **Sufficient** for 1 dish.

2089.—CANNELONS.

Ingredients.—Strips of puff paste, about 16 inches long and 1 inch wide, whipped cream, preserved fruit, jam, or jelly.

Method.—Wrap the paste round short sticks, which must be previously greased and floured, and brush them over with egg. Bake in a moderately hot oven, and, when cold, fill them with sweetened stiffly-whipped cream, fruit, jam, or jelly. Also *see* Cornucopians.

Time.—To bake, about 15 minutes. **Average Cost,** 1d. to 2d. each. Allow 1 to each person.

2090.—CHERRY COMPOTE. (*See* Compote of Fruit, No. 2099, and Stewed Fruit, No. 2160.)

2091.—CHOCOLATE FARINA.

Ingredients.—8 ozs. of chocolate, 4 ozs. of farina (cornflour will serve), 2 ozs. of sugar, 1 quart of milk, vanilla.

Method.—Mix the farina, or cornflour, smoothly with a little milk, heat the remainder, add the sugar and chocolate in small pieces, and stir until dissolved. Pour the boiling milk, etc., over the cornflour, stirring meanwhile, replace in the stewpan, and simmer gently for 10 minutes, stirring continuously. Add vanilla to taste, and pour into a mould rinsed with cold water.

Time.—About 40 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 4 or 5 persons.

2092.—CHOCOLATE MOULD. (*Fr.* — Pain au Chocolat.)

Ingredients.—4 ozs. of chocolate, 1 oz. of castor sugar, 1 oz. of gelatine, 1 pint of milk, vanilla.

Method.—Soak the gelatine in 1 or 2 tablespoonfuls of milk, and boil the remainder with the chocolate. When perfectly smooth, stir in the sugar and gelatine, add vanilla essence to taste, let the mixture cool a little, then pour into 1 large or several small moulds.

Time.—About ½ an hour. **Average Cost,** 8d. to 9d. **Sufficient** for 4 or 5 persons.

2093.—CHOCOLATE MOULD. (Another Method.)

Ingredients.—2 ozs. of chocolate, 2 ozs. of cornflour, 1 oz. of loaf sugar, 1¼ pints of milk, liquid caramel (see p. 214).

Method.—Mix the cornflour smoothly with a little milk, put the rest into a stewpan with the chocolate grated or broken into small pieces, add the sugar, and simmer until dissolved. Then add the blended cornflour and milk, simmer very gently for about 5 minutes, and deepen the colour by adding a few drops of caramel. Turn the preparation into a wet mould, and let it remain in a cold place until set.

Time.—About ½ an hour. **Average Cost,** 6d. **Sufficient** for 3 or 4 persons.

2094.—COBURG TRIFLE. (*Fr.*—Trifle à la Coburg.)

Ingredients.—6 stale sponge cakes, macaroons, raspberry or apricot jam, ½ a pint of cream, ¼ of a pint of custard, No. 2104, 1 glass of sherry or Marsala, angelica, glacé cherries, almonds blanched and shredded.

Method.—Slice the sponge cakes, spread ½ of them with jam, and cover with the remainder. Arrange them compactly in a glass dish, pour the wine over them, place the macaroons on the top in the form of a pyramid, and cover with the custard. Whip the cream stiffly, pile it on lightly, and garnish with strips of angelica and cherries and the shredded almonds. This dish should be made at least 1 hour before serving.

Time.—About ½ an hour, after the custard is made. **Average Cost,** 3s. **Sufficient** for 1 large dish.

2095.—COFFEE CUSTARD. (*Fr.*—Petites Crèmes au Café.)

Ingredients.—Coffee essence, 4 yolks of eggs, 2 whites of eggs, ½ a pint of milk, sugar to taste.

Method.—Bring the milk nearly to boiling point, pour it over the eggs previously beaten, and add sugar and coffee essence to taste. Pour the custard into buttered china ramakin cases, bake until set, and serve either hot or cold.

Time.—About 20 minutes. **Average Cost,** 6d. **Sufficient** for 6 or 8 ramakins.

Note.—Also see Moka Custard for Filling Eclairs.

2096.—COFFEE MOULD.

Ingredients.—1 pint of milk, 1 dessertspoonful of coffee essence, 1½ ozs. of castor sugar, ½ an oz. of leaf gelatine.

Method.—Boil the milk, pour it over the gelatine; when dissolved stir in the sugar and coffee essence to taste. Stir occasionally until the preparation becomes cold and creamy, then pour into a wetted mould.

Time.—From 30 to 35 minutes. **Average Cost,** 4d. **Sufficient** for 4 or 5 persons.

2097.—COLD CABINET PUDDING. (*Fr.*—Pouding Cabinet froid.)

Ingredients.—Savoy biscuits, 2 ozs. of ratafias, ½ a pint of milk, ½ a gill of cream, 1 oz. of castor sugar, ½ an oz. of leaf gelatine, 4 yolks of eggs, glacé cherries, vanilla essence, wine jelly.

Method.—Decorate the bottom of a charlotte mould, previously lined with a layer of jelly, with halves or rings of cherries, and line the sides of the mould with biscuits, placing them alternately back and front next the tin. Bring the milk nearly to boiling point, add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Dissolve the gelatine and sugar in 1 or 2 tablespoonfuls of water, strain into the custard, and add vanilla essence to taste. Place the ratafias and trimmings of the Savoy biscuits in the mould, add the cream to the custard when cool, and pour into the mould. Let it stand on ice or in a cool place until set, then turn out and serve.

Time.—About 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 1 medium sized mould.

2098.—COMPOTE OF APPLES WITH CREAM. (*Fr.*—Compôte de Pommes à la Crème.)

Ingredients.—1 lb. of sour cooking apples, 4 ozs. of loaf sugar, 1 oz. of vanilla sugar, ½ a pint of cream, ½ a pint of milk, 2 cloves, the thinly-cut rind of ½ a lemon, 2 yolks of eggs, 1 glass of sherry, 1 glass of Maraschino.

Method.—Pare, core and stew the apples with the loaf sugar, cloves, lemon-rind, and a little water until tender, then drain well, and place them in a glass dish. Bring the milk nearly to boiling point, add the beaten yolks of eggs, stir, and cook slowly until they thicken, then add the cherry and vanilla sugar. Stir frequently until the custard is quite cold, then pour it over the apples. Whip the cream stiffly, sweeten to taste with castor sugar, add the Maraschino, pile lightly on the top of the custard, then serve.

Time.—Altogether, from 2 to 2½ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2099.—COMPOTE OF FRUIT. (*Fr.*—Compôte de Fruits.)

Ingredients.—½ a lb. of loaf sugar, ¼ of a pint of water, fruit either fresh or preserved.

Method.—Dissolve the sugar in the water, boil until well reduced, skimming meanwhile. Immersion for a few minutes is all that is necessary when using preserved fruits ; but fresh fruit must be simmered in the prepared syrup until sufficiently cooked, but not broken. The compote may be served as a separate sweet, or as an accompaniment to plain creams, blancmange, etc.

2100.—CORNFLOUR BLANC MANGE.

Ingredients.—2 ozs. of cornflour or arrowroot, 1½ ozs. of castor sugar, 1 pint of milk, bay-leaf, or other flavouring.

Method.—Mix the cornflour smoothly with a little milk, boil the rest with the bay-leaf, and let it infuse for 10 or 15 minutes. Now stir in the blended cornflour, and cook gently for 5 minutes, then remove the bay-leaf, add the sugar, and pour into a mould, previously rinsed with cold water. Serve with jam, stewed fruit, or fruit syrup.

Time.—About ½ an hour. **Average Cost,** 4d. **Sufficient** for 4 or 5 persons.

2101.—CREAM EGGS.

Ingredients.—Vanilla blancmange (1½ quantities of recipe No. 2171), 7 eggs.

Method.—Make a small hole at the end of each egg, empty them, and as far as possible keep the yolks separate from the whites. Make the vanilla custard as directed, using for the purpose 4 or 5 of the yolks, and the whites of 3 eggs. When cool, put it into the egg-shells, place them in an upright position on the unbroken end until set, then remove the shells.

Time.—To prepare, about 1 hour. **Average Cost,** 2s. 3d. **Sufficient** for 6 or 7 persons.

2102.—CREAM SNOW. (*Fr.*—Crème à la Neige.)

Ingredients.—1 pint of cream, the whites of 2 eggs, 1 tablespoonful of castor sugar, vanilla essence.

Method.—Whip the cream and whites of eggs separately to a stiff froth, then mix them lightly together, add the sugar, and flavour to taste with vanilla. Pile in a glass dish, and, if liked, garnish with cherries and strips of angelica.

Time.—About 20 mintues. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons.

2103.—CUSTARD BOILED, No. 1.

Ingredients.—½ a pint of milk, 3 yolks of eggs, 1 to 1½ ozs. of castor sugar, according to taste, lemon-rind, bay-leaf, vanilla-pod, or other flavouring, 2 tablespoonfuls of thick cream.

Method.—Rinse a stewpan with cold water, to prevent the milk sticking to the bottom. Put in the milk and flavouring ingredient, simmer gently until pleasantly flavoured, and add the sugar. Strain on to the eggs stirring meanwhile, return to the stewpan, and stir by the side of the fire until the mixture thickens. Considerable care is needed to cook custard in this manner without curdling it, and any one inexperienced should, instead of replacing the preparation in the stewpan, pour it into a jug or double saucepan, place whichever is used in a saucepan of boiling water, and stir until the custard coats the spoon. Add the cream, stir 2 or 3 minutes longer to cook the cream, and let the custard cool, stirring frequently meanwhile.

Time.—From 35 to 45 minutes. **Average Cost,** 7d. **Sufficient** for 1 pint.

2104.—CUSTARD BOILED, No. 2.

Ingredients.—½ a pint of milk, 2 eggs, 1 oz. of loaf sugar, bay-leaf, lemon-rind, or other flavouring.

Method.—Prepare the custard as directed in the preceding recipe. Use any of the flavouring ingredients enumerated there, or, if preferred, flavour with vanilla or other essence.

Time.—From 35 to 45 minutes. **Average Cost,** 4d. **Sufficient** for ¾ of a pint.

2105.—CUSTARD BOILED, No. 3.

Ingredients.—1 pint of milk, 1 oz. of sugar, 1 teaspoonful of cornflour, 1 egg, lemon-rind or other flavouring.

Method.—Mix the cornflour smoothly with a little milk, simmer the remainder with the lemon-rind until pleasantly flavoured, then strain it on the blended cornflour, stirring meanwhile. Replace in the stewpan, simmer gently for 3 or 4 minutes to cook the cornflour, add the sugar, and let the preparation cool slightly. Beat the egg, add it to the contents of the stewpan, stir by the side of the fire for a few minutes, then let the custard cool.

Time.—About 25 minutes. **Average Cost,** 4d. **Sufficient** for 1 pint.

2106.—CUSTARD MOULD.

Ingredients.—1 pint of milk, 3 eggs, 1 oz. of castor sugar, ¾ of an oz. of leaf gelatine, 1 tablespoonful of brandy, vanilla essence.

Method.—Bring the milk nearly to boiling point, add the sugar and well-beaten eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil. Pour it on the gelatine in a basin, add the brandy and vanilla, stir until dissolved, then pour into 1 large or several small moulds. Sherry may replace the brandy, or it may be omitted altogether. A little cold jam sauce or fruit syrup served round the dish will be found an improvement.

Time.—About ½ an hour. **Average Cost,** 9d. **Sufficient** for 4 or 5 persons.

2107.—CUSTARD MOULD. (*See* Caramel Pudding, No. 1800.)

2108.—DAMSON COMPOTE. (*See* Compôte of Fruit, No. 2099, and Stewed Fruit, No. 2160.)

2109.—DEVONSHIRE JUNKET. (*See* Junket, No. 2128.)

2110.—FIG MOULD.

Ingredients.—1 lb. of figs, 6 ozs. of sugar, 1 oz. of leaf gelatine, 1 lemon, 1 pint of water.

Method.—Cut the figs into small pieces, put them into a stewpan with the water, sugar, the juice and thinly-cut rind of the lemon, and simmer until tender. Dissolve the gelatine in 3 tablespoonfuls of water, add it to the rest of the ingredients, and pour the mixture into 1 large or several small moulds. Serve with whipped-cream or a good custard sauce.

Time.—About ½ an hour. **Average Cost,** 8d. **Sufficient** for 4 or 5 persons.

2111.—FLOATING ISLAND.

Ingredients.—1 pint of cream, sweetened and stiffly whipped, 2 whites of eggs, 2 or 3 tablespoonfuls of raspberry jam or red currant jelly.

Method.—Beat up the whites of eggs till stiff and mix the jam or jelly lightly. Spread the whipped cream lightly at the bottom of a glass dish, and drop tablespoonfuls of the egg mixture on the surface, making each small pile as rocky as possible.

Time.—About ½ an hour. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 1 large dish.

2112.—FRUIT BLANC MANGE.

Ingredients.—Cornflour or ground rice blancmange, stewed fruit.

Method.—Make the blancmange as directed, and put a good layer at the bottom of large-sized dariol moulds. When set, place in each mould a much smaller dariol, and fill the space between the two with blancmange. Let the smaller dariols remain until the blancmange is firm, then remove them, fill the cavity with stewed fruit, and cover with blancmange. When set, turn out, and serve with custard or whipped cream.

Time.—About 2 hours. **Average Cost,** uncertain.

2113.—FRUIT MOULDS. (*See* Jelly with Bananas, No. 1999, Jelly with Fruit, No. 2001, and Jelly with Oranges, No. 2002.)

2114.—FRUIT PUDDING.

Ingredients.—Stewed fruit, stale sponge cakes.

Method.—Cut the sponge cake into ½-inch slices, and with them line a pudding basin. Stew the fruit in a jar until tender, sweeten to taste and pour both fruit and syrup into the basin. Cover with slices of cake, press it down with a plate and weight until cold, then serve with a good custard sauce. For a plain pudding, stale bread may be used instead of the cake.

2115.—FRUIT SALAD. (*See* Compote of Fruit, No. 2099.)

2116.—GENEVA WAFERS.

Ingredients.—3 ozs. of fine flour, 2 ozs. of castor sugar, 3 ozs. of butter, 2 eggs, vanilla essence, cream, apricot jam.

Method.—Cream the butter and sugar well together, beat each egg in separately, add a few drops of vanilla, and stir the flour in as lightly as possible. Put the mixture into a forcing-bag with a large plain pipe, force it out on a well-buttered baking-tin in portions that would just fill a teaspoon, and spread out thinly with a hot wet palette-knife. Bake in a moderate oven until set, then take them out carefully with a palette-knife, and wrap them round buttered cornet tins. Place one inside the other, to keep them in shape, replace in the oven, and bake until lightly browned, turning them frequently in order that all parts may be equally coloured. When cool remove the moulds, partly fill them with stiffly-whipped sweetened cream, add a little jam, and fill the remaining space with cream.

Time.—About 1½ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons.

2117.—GLAZED APPLES.

Ingredients.—Small apples of equal size, lemon-juice, syrup No. 2277, apricot jam or marmalade, red currant jelly, strips of angelica, sugar.

Method.—Pare and core the apples, and simmer them very gently in water to which sugar to taste and a little lemon-juice has been added. Drain well, pour over them a little syrup, and cover closely. When cold, coat the apples with apricot marmalade, fill the cavities from which the cores were removed with jelly, and decorate tastefully with strips or leaves of angelica.

Time.—From 3 to 3½ hours. **Average Cost,** 2½d. each. Allow 1 to each person.

2118.—GOOSEBERRIES, COMPOTE OF. (*See* Compôte of Fruit, No. 2099, and Stewed Fruit, No. 2160.)

2119.—GOOSEBERRY CHARLOTTE. (*Fr.*—Charlotte de Groseilles Vertes.)

Ingredients.—Gooseberry cream, No. 2043, finger biscuits, sponge cake, or Génoise.

Method.—Line a plain charlotte mould with the biscuits or slices of the cake, cutting them to fit both the bottom and sides of the mould carefully. Make the cream as directed; when on the point of setting, turn it into the prepared mould, and set on ice until firm.

Time.—About 1½ hours. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable,** May to August.

2120.—GOOSEBERRY FOOL.

Ingredients.—1 quart of green gooseberries, ¼ of a lb. of loaf sugar, 1 pint of cream, ½ a pint of water.

Method.—Top and tail the gooseberries, cook them until tender with the water and sugar in a jar placed in a saucepan of boiling water. Rub them through a hair sieve, add more sugar if necessary, and let the pulp become quite cold. Whip the cream stiffly, and stir it into the preparation a few minutes before serving. Send to table in custard-glasses or in 1 large dish.

Time.—From 1¼ to 1½ hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** from May to August.

2121.—GOOSEBERRY TRIFLE.

Ingredients.—2 lbs. of green gooseberries, 6 ozs. of sugar, ⅓ of a pint of cream, ½ a pint of custard No. 2104, 3 sponge cakes, 1 oz. of almonds.

Method.—Stew the gooseberries with the sugar and 4 tablespoonfuls of water in a jar until tender, then rub through a fine sieve. Divide each sponge cake into 3 or 4 slices, place them in a deep dish, cover with the gooseberry pulp, pour over the warm custard, and allow the preparation to become perfectly cold. When ready to serve whip the cream stiffly, spread it lightly over the entire surface, sprinkle with almonds, previously blanched, shredded and baked golden-brown, and serve.

Time.—About 2 hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons. **Seasonable** from May to August.

2122.—GREEN FIG COMPOTE.

Ingredients.—1 pint of green figs (tinned ones will serve), ½ a lb. of loaf sugar, ¾ of a pint of water, 1 dessertspoonful of lemon-juice, finely-grated rind of 1 lemon.

Method.—Boil the water, sugar and lemon-rind for 20 minutes, add the figs, and simmer very gently until tender. Remove very carefully, add the lemon-juice to the syrup, strain it over the figs, and, when cold, serve. Dried figs may be prepared in the same way.

2123.—GREENGAGES, COMPOTE OF. (*See* Compôte of Fruit, No. 2099, and Stewed Fruit, No. 2160.)

2124.—GROUND RICE BLANC-MANGE.

Ingredients.—1½ ozs. of ground rice, 1½ ozs. of castor sugar, 1 pint of milk, vanilla-pod, lemon-rind or other flavouring.

Method.—Mix the ground rice smoothly with a little milk, boil the remainder with the vanilla-pod or lemon-rind, and let it infuse for a few minutes. Strain on to the blended rice, stirring meanwhile; replace in the stewpan, and simmer gently for 10 minutes. Now add the sugar, and pour into a wet mould.

Time.—About ½ an hour. **Average Cost,** 4d. **Sufficient** for 4 or 5 persons.

2125.—ICED ORANGES.

Ingredients.—Oranges, icing sugar, and to each lb. allow 2 stiffly-whipped whites of eggs.

Method.—Remove the rinds and pith carefully, and pass a thread through the centre of each orange. Beat the sugar and whites of eggs together until quite smooth, dip each orange in separately, and tie them securely to a stick. Place the stick across the oven, which must be very cool, and let them remain until dry. If well-coated and smoothed with a palette knife they have the appearance of balls of snow.

Time.—2 hours. **Average Cost,** 1½d. each.

2126.—ISINGLASS BLANC-MANGE.

Ingredients.—1 oz. of patent isinglass, sugar to taste, ½ a pint of cream, 1 pint of milk, 1 wineglassful of sherry, 2 or 3 thin strips of lemon-rind.

Method.—Soak the isinglass and lemon-rind in the milk for 2 hours, then simmer gently for 20 minutes. Strain, replace in the stewpan, add the cream, sweeten to taste, and boil up. When cool, stir in the cream, and turn into a mould rinsed with cold water.

Time.—About 3 hours. **Average Cost,** 1s. 9d. **Sufficient** for 5 or 6 persons.

2127.—JAUNE-MANGE.

Ingredients.—The yolks of 6 eggs, 1 oz. of gelatine, sugar to taste, the thin rind and strained juice of 1 large lemon, ½ a pint of white wine, 1 pint of water.

Method.—Soak the gelatine in the water for ½ an hour, then add the lemon-rind, and simmer gently until the gelatine is dissolved. Strain into a jug containing the yolks of eggs, add the wine and lemon-juice, and sweeten to taste. Place the jug in a saucepan of boiling water, stir until the contents thicken, and, when cool, pour into a mould rinsed with cold water.

Time.—About 1 hour. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for about 1 quart.

2128.—JUNKET.

Ingredients.—1 pint of milk, junket powder, or 1 dessertspoonful of essence of rennet, 1 teaspoonful of castor sugar.

Method.—Warm the milk (the exact temperature should be 98° F., the natural heat of the milk), put it into the bowl or deep dish in which it will be served, add the sugar, and stir in the rennet or junket powder. Let it remain in a moderately warm place until set. The amount of junket powder required is stated on the wrapper; its use may be recommended in preference to the liquid essence, which, in consequence of its, varying strength, is uncertain in its results.

Time.—About 1½ hours, to coagulate the milk. **Average Cost,** 4d. **Sufficient** for 3 or 4 persons.

2129.—LEMON BLANC MANGE. (*See* Vanilla Blanc-mange, No. 2171.)

Follow the directions given, substituting lemon-rind for the vanilla pod.

2130.—LEMON SPONGE.

Ingredients.—½ a pint of water, 1 oz. of castor sugar, ½ an oz. of leaf gelatine, 1 lemon, 1 white of egg.

Method.—Heat the water, sugar, gelatine and thinly-cut lemon-rind together, stir until the gelatine is dissolved, then strain to the white of egg and lemon-juice previously mixed in a large basin. Whisk all together until stiff, then pile on a dish, and, if liked, colour the last portion with carmine or cochineal, and place it on the top. If preferred, the sponge may be set in a mould rinsed with cold water, and turned out when firm.

Time.—About 1 hour. **Average Cost,** 3d. **Sufficient** for 4 or 5 persons.

2131.—MACARONI, SWEET.

Ingredients.—¼ of a lb. of macaroni, 1½ pints of milk, 3 ozs. of sugar, the thinly-cut rind of 1 lemon, ¾ of a pint of custard No. 2104, nutmeg.

Method.—Boil the milk, add the sugar, lemon-rind, macaroni in 3-inch lengths, and simmer gently until tender, but firm and unbroken. Place the macaroni in a deep dish, let it become quite cold, then pour over the prepared cold custard, grate with nutmeg, and serve.

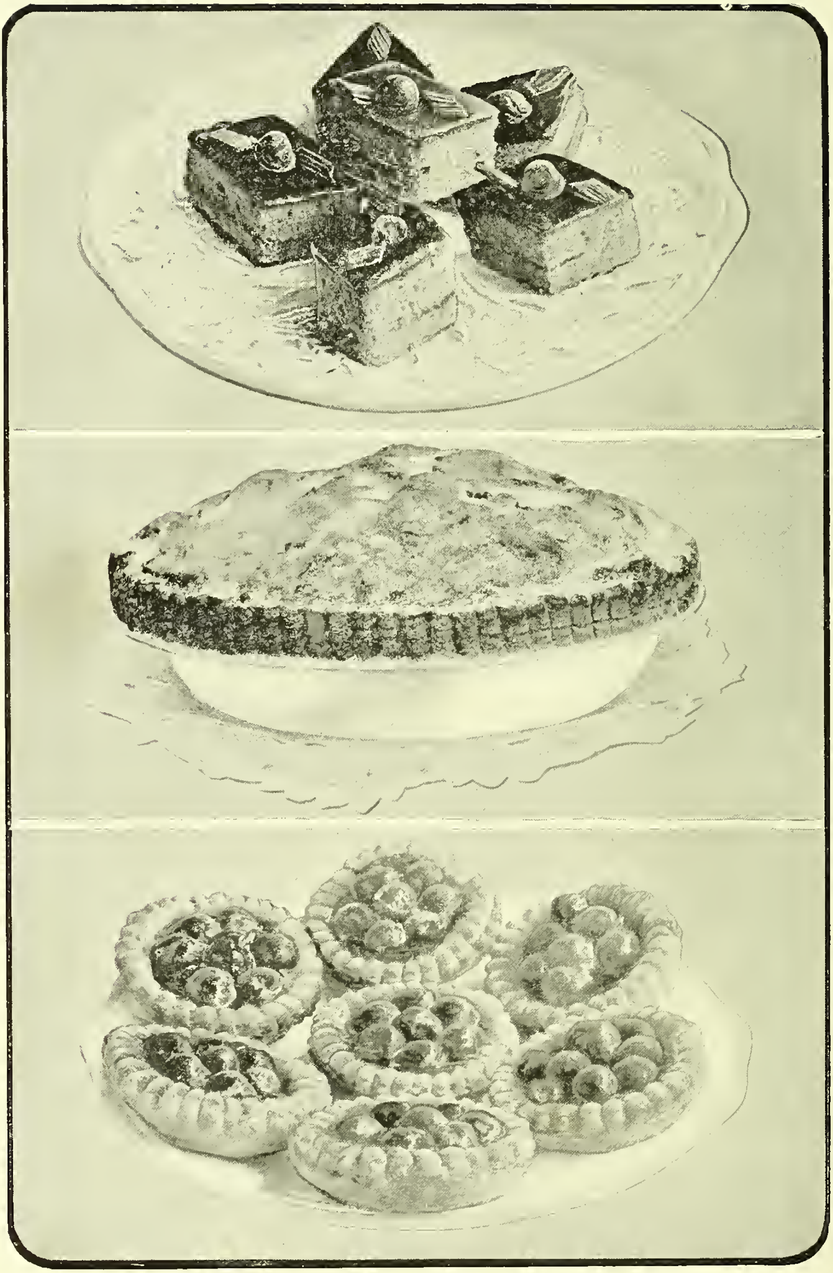
Time.—About 1½ hours. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons.

2132.—MACAROON TRIFLE.

Ingredients.—12 or 14 macaroons, 6 ratafias, 1 oz. of castor sugar, 3 ozs. of glacé fruits (cherries, etc.), ¼ of an oz. of pistachios, 2 eggs, 1½ gills of milk, 1 gill of cream, 1 gill of sherry.

Method.—Bring the milk nearly to boiling point, add the sugar and beaten yolks of eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil, or the eggs may curdle. Place the macaroons compactly in a deep dish, add the crumbled ratafias, and pour over the sherry. Stir the custard frequently until quite cold,

SWEETS.



1. Sweet Pastry. 2. Gooseberry Tart. 3. Cherry Tartlets.

then pour it over the biscuits, pile the stiffly-whipped sweetened cream on the top, and garnish with shredded pistachios and fruits.

Time.—About 1 hour. **Average Cost,** 2s. 9d. **Sufficient** for 6 or 7 persons.

2133.—MARBLED MOULD.

Ingredients.—Blancmange, coffee essence, cochineal, saffron-yellow, spinach-green.

Method.—Prepare the blancmange according to the directions given (*see* Cornflour and Ground Rice Blancmanges, No. 2100 and 2124), divide it into 4 equal parts, and colour them respectively with coffee essence, cochineal, saffron-yellow and spinach-green. Mould separately, and, when cool, divide in irregularly-shaped pieces about the size of a walnut. Have ready some white blancmange on the point of setting. Place the coloured pieces in a mould, leaving spaces between them, fill these with white blancmange, and put aside until set.

Time.—About 12 hours. **Average Cost,** about 1s. for 1 large mould. **Sufficient** for 5 or 6 persons.

2134.—MELON CANTALOUP.

Ingredients.—1 Rock melon, crushed ice, Krona pepper.

Method.—Allow the melon to remain imbedded in ice for at least 12 hours. Leave the skin on, cut the melon into slices, and arrange round a bowl of ice, as directed in Banana Cantaloup, No. 2081.

Time.—From 12 to 13 hours. **Average Cost,** 5s. to 7s. 6d. **Sufficient** for 8 or 9 persons.

2135.—MERINGUES.

Ingredients.—6 whites of eggs, ½ a lb. of castor sugar.

Method.—Put the whites of eggs in a bowl or basin with a pinch of salt, and whisk them stiffly. Sieve the sugar, stir in as lightly as possible with a spoon, folding it in, rather than mixing it with, the whites of eggs. Cover a ¾-inch thick board or a baking-tin with foolscap paper (slightly oiled). Put the preparation into a forcing-bag attached to a plain pipe, and press on to the paper small round or oval portions in rows about 1 inch apart. Dredge them well with castor sugar, and bake in a cool oven for about 2 hours, when they should have acquired a pale fawn colour, and be perfectly crisp. Turn them over, scoop out any portion not hardened, and let them remain in a warm place until dry. Use as required.

Time.—Altogether, about 2½ hours. **Average Cost,** 8d. **Sufficient** for 1 dish.

Note.—When a forcing-bag and pipe are not available, the mixture may be shaped in the form of an egg, by means of a spoon and knife, in the manner already described in reference to Quenelles of Veal. Méringue shells may be kept for a considerable time in an air-tight tin box.

2136.—MÉRINGUES À LA CHANTILLY.

Ingredients.—16 méringue cases, ⅓ to ½ a pint of cream, according to the size of the shells, vanilla sugar.

Method.—Prepare the shells as directed in the preceding recipe. Whip the cream stiffly, sweeten to taste with vanilla sugar, place 2 together, enclosing the cream, and serve.

Time.—About 20 minutes, after the shells are prepared. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 6 or 7 persons.

2137.—MILAN SOUFFLÉ. (*Fr.*—Soufflé Milanaise.)

Ingredients.—½ a pint of double cream, ½ oz. of gelatine, 2 ozs. of castor sugar, the yolks of 6 eggs, the juice of 3 lemons, the finely-grated rinds of 2 lemons.

Method.—Whisk the yolks of eggs and sugar in a stewpan over the fire until creamy, but do not let the mixture boil. Stir in the lemon-rind and juice, and put aside till cold. Soak the gelatine in a little cold water, then stir it over the fire until dissolved, and strain. Whip the cream stiffly, add the gelatine, and stir the egg mixture lightly in. Turn into a silver or china soufflé dish, and place in a charged ice cabinet for about 2 hours, then serve.

Time.—2 hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 5 or 6 persons.

2138.—NOUGAT CORNETS WITH CREAM. (*Fr.*—Cornets de Nougat à la Crème.)

Ingredients.—½ a lb. of sweet almonds, ½ a lb. of castor sugar, the juice of ½ a lemon, 1 gill of cream, vanilla sugar, pistachios.

Method.—Blanch, shred and bake the almonds pale-brown. Put the sugar and strained lemon-juice into a sugar boiler, cook until golden-brown, and add the prepared almonds. Let the mixture boil up again, then pour on to an oiled slab, and quickly stamp out some rounds about 2½ inches in diameter. Wrap each one quickly round an oiled cornet mould to keep the cornet in shape. When cold, remove the moulds, fill the cornets with stiffly-whipped sweetened cream, garnish with chopped pistachios, and serve.

Time.—Altogether, from 1¼ to 1½ hours. **Average Cost,** 1s. 9d. **Sufficient** for 6 or 7 persons.

2139.—ORANGE COMPOTE. (*See* Compôte of Fruit, No. 2099).

2140.—ORANGE CUSTARD.

Ingredients.—4 oranges, 4 ozs. of loaf sugar, 4 eggs, ¼ of a pint of cream, candied orange-peel.

Method.—Place the sugar, very thinly-cut rinds and juice of the oranges in a basin, and add 1½ pints of boiling water. Let these ingredients remain covered for 2 hours, then strain into a stewpan, and bring nearly to boiling point. Add the beaten eggs, and stir by the side of the fire until they thicken. When cool, pour into custard-glasses, and when quite cold, pile the stiffly-whipped cream on the top, and garnish with fine strips of candied orange-peel.

Time.—From 3 to 3½ hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 6 or 7 persons. **Seasonable** from November to August.

2141.—ORANGE FLOAT.

Ingredients.—1 pint of cream, sweetened and stiffly whipped, 2 whites of eggs, 3 tablespoonfuls of orange pulp, castor sugar.

Method.—Beat the whites of eggs and orange pulp together until light, and sweeten to taste. Spread the whipped cream lightly at the bottom of a glass dish, and drop spoonfuls of the egg mixture on the surface, making each small pile as rocky as possible.

Time.—About ½ an hour. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 1 large dish.

2142.—ORANGE MOULD.

Ingredients.—4 oranges, ¾ of a pint of milk (about), 3 ozs. of sugar, ½ an oz. of gelatine.

Method.—Remove the orange-rind as thinly as possible, and cut it into fine strips. Strain the orange-juice, mix with it milk to increase the quantity to exactly 1 pint, and add the gelatine and sugar. Soak for 2 hours, then bring gently to boiling point, and simmer for 2 or 3 minutes. Add more sugar if necessary, and pour into a wetted mould.

Time.—About 3 hours. **Average Cost,** 8d. **Sufficient** for 5 or 6 persons. **Seasonable** from November to August.

2143.—ORANGE SPONGE.

Ingredients.—¾ of a pint of orange juice, 2 whites of eggs, sugar to taste, ½ an oz. of gelatine.

Method.—Soak and afterwards dissolve the gelatine in a little boiling water, add the orange-juice and sweeten to taste. When cold, add the whites of eggs, whisk until light, and either mould or serve piled on a dish (*see* Lemon Sponge, No. 2130). Raspberry sponge may be made by substituting the strained juice of fresh raspberries for the orange juice.

Time.—About 40 minutes. **Average Cost,** 9d. to 1s. **Sufficient** for 1 dish or large mould.

2144.—ORANGES FILLED WITH JELLY.

Ingredients.—Oranges, jelly of 2 or 3 colours.

Method.—The rind of each orange must be shaped in the form of a cup with a narrow handle across the top. Remove half the rind of each orange, except that part which forms the handle, by means of a sharp knife, and scoop out the pulp. When an ornamental dish is required, cut the edge of both cup and handle into points, or some other design. Fill the cups with jelly, decorate the light jelly with pistachio nuts or angelica, and the dark jelly with shredded almonds, or, if preferred, use whipped cream as a garnish.

Average Cost.—3d. to 4d. each. Allow 1 to each person.

2145.—PEACHES, COMPOTE OF. (*See* Compôte of Fruit, No. 2099, and Stewed Fruit, No. 2160.)

2146.—PORCUPINE PUDDING.

Ingredients.—6 stale sponge cakes, 1¼ pints of milk, 2 ozs. of loaf sugar, 4 eggs, 1 oz. of almonds, raspberry jam, vanilla pod or bay-leaf, or other flavouring.

Method.—Put 1 pint of milk, the flavouring ingredient, and the sugar into a jug, add the eggs, well-beaten, and place the jug in a saucepan of boiling water. Stir the contents until thick enough to coat the spoon, then transfer the jug to a basin of cold water, and stir frequently until the custard is cold. Meanwhile, blanch the almonds and shred them lengthwise. Split each sponge cake in two, spread on a thick layer of jam, replace the halves, and arrange them compactly in a glass dish. Prick them well with a fork, pour the remainder of the milk slowly over them, and stick in the almonds. Let them soak for a few minutes, then pour over the custard, then serve.

Time.—About 1¼ hours. **Average Cost,** 1s. 6d. **Sufficient** for 5 or 6 persons.

2147.—PRUNE MOULD.

Ingredients.—1 lb. of prunes, 4 ozs. of sugar, 1 oz. of leaf gelatine, 1½ pints of water, 1 lemon, cochineal.

Method.—Split the prunes and remove the stones; place them in a stewpan with the water, sugar, juice and thinly-cut rind of the lemon, and simmer from 20 to 25 minutes. Melt the gelatine in 1 tablespoonful of water, and mix with the contents of the stewpan, add a few drops of cochineal, and turn into 1 large or several small moulds rinsed with cold water.

Time.—Altogether, about 1 hour. **Average Cost,** 9d. **Sufficient** for 4 or 5 persons.

2148.—QUEEN MAB'S PUDDING.

Ingredients.—4 ozs. of castor sugar, 1 oz. of gelatine, 1 pint of milk, ½ a pint of double cream, 6 yolks of eggs, 2 ozs. of glacé cherries halved, 1 oz. of candied citron peel shredded, vanilla essence.

Method.—Soak the gelatine in the milk for ½ an hour, then stir it over the fire until dissolved, and add the sugar. Cool slightly, put in the yolks of eggs and cream, stir by the fire until the mixture thickens, but it must not boil. Let it cool, add the cherries, citron, and vanilla to taste, stir until on the point of setting, then turn into a mould previously lined with jelly, or rinsed with cold water.

Time.—About 1 hour. **Average Cost,** 2s. 3d. **Sufficient** for 5 or 6 persons.

2149.—QUINCE BLANCMANGE.

Ingredients.—1 lb. of ripe quinces, 6 ozs. of castor sugar, ¾ of an oz. of gelatine, ¼ of a pint of double cream, 1 pint of water.

Method.—Peel and core the quinces, simmer them in the water until quite soft and broken, but not reduced to a pulp, then strain through a jelly bag. Replace the liquor in the pan, add the sugar and the gelatine previously soaked in a little cold water, and stir and boil gently until the gelatine is dissolved. When cool, add the cream, mix well, and turn into a mould rinsed with cold water.

Time.—About 1½ hours. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons.

2150.—RAISIN CHEESE.

Ingredients.—1 lb. of raisins, ½ a lb. of castor sugar, a good pinch each of cinnamon and cloves, angelica, candied citron peel.

Method.—Stone the raisins, add the sugar, cinnamon, and cloves, and stew for 1½ hours in a jar placed in a saucepan of boiling water. When cool, pour into a glass dish, garnish with strips of angelica and citron, and serve cold.

Time.—1½ hours. **Average Cost,** 8d. or 9d. **Sufficient** for 4 or 5 persons.

2151.—RICE AND CREAM. (*Fr.*—Riz à la crème.)

Ingredients.—3 ozs. of Carolina rice, 1 pint of milk, ½ a pint of cream, 1 tablespoonful of castor sugar, 2 tablespoonfuls of sherry, glacé cherries.

Method.—Simmer the rice in the milk until tender, drain well on a sieve and let it cool. Whip the cream stiffly, stir in the rice, add the sherry and sugar, and serve in custard-glasses garnished with strips of cherries.

Time.—About 1¼ hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 5 or 6 persons.

2152.—RICE BLANCMANGE. (*See* Ground Rice Blancmange, No. 2124, and Whole Rice Mould, No. 2173.)

2153.—RICE BORDER WITH PRUNES. (*Fr.*—Bordure de Riz aux Prunes.)

Ingredients.—2 dozen French plums or prunes, 2 ozs. of Carolina rice, 2 ozs. of castor sugar, 1 oz. of pistachios, blanched and chopped, 1 pint of milk, ½ a gill of cream, 3 yolks of eggs, 2 tablespoonfuls of apricot marmalade or jam, the finely-grated rind of ½ a lemon, 1 glass of Maraschino, glacé cherries, angelica, sugar.

Method.—Simmer the rice in the milk until tender, add the lemon-rind and sugar, let it remain uncovered for a short time for some of the moisture to evaporate, then stir in the yolks of eggs and Maraschino. Press into a well-buttered border mould, place the mould in the oven in a tin, surround with boiling water, and bake for about ½ an hour. Dilute the apricot marmalade with a little water, sweeten to taste, strain over the moulded rice, when cold, and sprinkle on the prepared pistachios. Meanwhile stew the plums or prunes (*see* p. 1040), remove the stones, press the parts together again, and insert a short strip of angelica in each one to represent a stalk. Pile them in the centre of the rice, and garnish with halved cherries and the whipped cream, using a forcing-bag and rose pipe.

Time.—About 1½ hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 6 or 7 persons.

2154.—SAGO SNOW. (*Fr.*—Sagou à la Neige.)

Ingredients.—2 ozs. of sago, 2 pints of milk, 2 ozs. of castor sugar, 4 eggs, vanilla.

Method.—Boil up the milk, sprinkle in the sago, simmer and stir until the mixture becomes clear. Add the sugar, let the mixture cool slightly, then put in the beaten yolks of eggs. Stir by the side of the fire until they thicken, cool a little, add the vanilla, and pour into a deep silver or glass dish. Beat the whites to a stiff froth, add 1 dessertspoonful of castor sugar, drop rough pieces into the rest of the milk, previously brought to boiling point, and poach for about 1 minute. Drain, and serve on the top of the sago custard.

Time.—From 35 to 40 minutes, to prepare. **Average Cost,** 9d. **Sufficient** for 4 or 5 persons.

2155.—SNOW EGGS. (*Fr.*—Oeufs à la Neige.)

Ingredients.—5 eggs, 1 pint of milk, sugar, essence of vanilla.

Method.—Boil up the milk, sweeten to taste, and flavour with vanilla.

Whisk the whites of the eggs to a stiff froth, put 1 tablespoonful at a time into the boiling milk, and poach until firm. Turn 2 or 3 times during the process, and as each portion is cooked, drain and place in a glass dish. Beat the yolks of the eggs, add them to the milk, and strain into the jug. Stand the jug in a saucepan of boiling water, and stir the contents until they thicken. Let the custard cool, stirring occasionally meanwhile, then pour over and round the snow eggs, and serve.

Time.—About 1¼ hours. **Average Cost,** 9d. to 1s. **Sufficient** for 6 or 7 persons.

2156.—SNOW PUDDING. (*See* Lemon Sponge, No. 2130.)

The preparation should be moulded until set, and served with boiled custard.

2157.—SPONGE CAKE MOULD.

Ingredients.—Stale sponge cakes, macaroons or ratafias, 1 pint of milk, 1 oz. of castor sugar, or to taste, ¼ of an oz. of leaf gelatine, 1 tablespoonful of brandy, 3 eggs, glacé cherries, vanilla essence.

Method.—Rinse a plain mould with cold water, decorate the bottom with halves or rings of cherries, and about ¾ fill it with broken sponge cakes and macaroons. Dissolve the gelatine in the milk, when nearly boiling add the eggs, and stir by the side of the fire until they thicken. Add the sugar and vanilla essence to taste, and pour into the mould. Turn out when cold, and serve with a good custard.

Time.—About ½ an hour. **Average Cost,** 1s. 9d. **Sufficient** for 1 medium sized mould.

2158.—ST. CLOUD PUDDING. (*Fr.*—Pouding Froid à la St. Cloud.)

Ingredients.—1 pint of strong clear coffee (coffee essence may be used), 4 eggs, 3 ozs. of almonds, 2 ozs. of castor sugar, stale sponge cake (or any plain cake), 3 tablespoonfuls of apricot marmalade or jam, ½ a gill of cream, 2 tablespoonfuls of Maraschino, glacé cherries, angelica.

Method.—Blanch, shred, and bake the almonds pale brown. Coat a plain charlotte mould thickly with clarified butter, and sprinkle liberally with the prepared almonds when cold. Three-quarters fill the mould with pieces of cake, interspersing the remainder of the almonds. Dissolve the sugar in the coffee, pour over the well-beaten eggs, stirring meanwhile, and add the Maraschino and cream. Strain into the mould, cover with a buttered paper, and steam very gently for about 2 hours. Turn out and set aside till cold. Dilute the apricot marmalade with a little water, sweeten to taste, and when cool strain over the pudding. Decorate with rings of cherries and strips of angelica.

Time.—About 2¾ hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 6 or 7 persons.

2159.—STEWED FIGS. (*Fr.*—Compôte de Figues.)

Ingredients.—1 lb. of figs, 6 ozs. of sugar, the juice of 1 lemon, 1 pint of water.

Method.—Place the figs, sugar and lemon-juice in a jar, boil the water, and add it to the contents of the jar. Cover closely, stand the jar in a saucepan of boiling water or in a slow oven, and stew gently from 1½ to 1¾ hours. Serve with a good custard sauce.

Time.—From 1½ to 1¾ hours. **Average Cost,** 7d. **Sufficient** for 3 or 4 persons.

2160.—STEWED FRUIT. (*Fr.*—Compôte de Fruit.)

Ingredients.—1 lb. of fruit, 4 ozs. of sugar, ¼ of a pint of water.

Method.—Apples and pears intended for stewing should be peeled, quartered and cored. Gooseberries should have the tops and tails cut off; rhubarb is usually sliced, and if at all old the stringy outer skin is stripped off. Other fruit, such as cherries and plums, should have the stalks removed, but the stones may be taken out or not, as preferred. Bring the water and sugar to the boil, add the fruit, and stew very gently until tender. Or, place the fruit and sugar in a jar, stand the jar in a saucepan of boiling water, and cook until tender.

2161.—STEWED PRUNES. (*Fr.*—Compôte de Prunes.)

Ingredients.—1 lb. of prunes, 6 ozs. of sugar, 1 pint of water, 1 teaspoonful of lemon-juice.

Method.—Rinse the prunes well in cold water, then place them in a basin, add the pint of cold water, and let them soak for at least 6 hours. When ready, put them into a jar, add the sugar and lemon-juice, place the jar in a saucepan of boiling water or in a slow oven, and stew gently from 1½ to 2 hours.

Time.—To cook, from 1½ to 2 hours. **Average Cost,** 6d. to 8d. **Sufficient** for 3 or 4 persons.

2162.—ST. HONORÉ TRIFLE.

Ingredients.—A round Genoese cake 1 inch in thickness, ¼ of a pint of sherry, ½ a pint of stiffly-whipped sweetened cream, 2 or 3 whites of eggs stiffly-whisked and sweetened, crushed macaroons or ratafias, glacé cherries, angelica.

Method.—Remove the Genoese cake from the tin as soon as it is baked, and force the white of egg round the edge to form a raised border. Replace in a cool oven until the méringue hardens, but do not allow it to acquire much colour. Place a good layer of macaroons or ratafias on the top of the cake, pour the wine over, taking care not to touch the border, and let it soak for at least 1 hour. Just before serving, pile the cream on the top, and garnish with cherries and strips of angelica

Time.—About 2 hours, after the cake is made. **Average Cost,** 2s. to 2s. 3d., exclusive of the cake. **Sufficient** for 6 or 7 persons.

2163.—SUGAR FOR COMPOTES. (*See* To Clarify Sugar for Syrup, No. 2277.)

2164.—SYLLABUB. No. 1.

Ingredients.—½ a pint of sherry or Madeira wine, 2 tablespoonfuls of brandy, ¾ of a pint of cream, 1 white of egg, 1 lemon, castor sugar.

Method.—Remove the rind of the lemon as thinly as possible, put it into the sherry, and let it soak for 12 hours. When ready, strain and add the cream, brandy, lemon-juice, and sugar to taste. Beat or whisk the mixture briskly, and as the froth forms skim it off, and place it at once in glasses or a hair sieve with a basin under it to receive the drippings. Let it be made several hours before required.

Time.—Altogether, 18 hours. **Average Cost,** 2s. 3d. **Sufficient** for 10 or 12 persons.

2165.—SYLLABUB. No. 2.

Ingredients.—10 macaroons, 1 pint of cream, 4 ozs. of castor sugar, the juice of 1 lemon, the finely-grated rind of ½ a lemon, 1 wineglassful of sherry or Madeira, a pinch of ground cinnamon, essence of ratafia.

Method.—Mix the sugar, lemon-juice and rind, cinnamon and wine together in a large basin, add a few drops of essence of ratafia, stir until the sugar is dissolved, then add the cream and whip to a froth. Arrange the macaroons compactly on the bottom of a deep dish, and as the froth is formed on the syllabub skim it off and place it on the biscuits. When the whole of the preparation has been reduced to a froth, stand the dish in a cold place, and let it remain for at least 12 hours before serving.

Time.—Altogether, about 13 hours. **Average Cost,** 3s. to 3s. 3d. **Sufficient** for 7 or 8 persons.

2166.—SYLLABUB. No. 3.

Ingredients.—½ a pint of cream, ¼ of a pint of sherry, half that quantity of brandy, the juice of ½ a lemon, a little grated nutmeg, 3 ozs. of pounded sugar, whipped cream.

Method.—Mix all the ingredients, put the syllabub into glasses, and over the top of them heap a little whipped-cream. Solid syllabub is made by whisking or milling the mixture to a stiff froth, and putting it in the glasses without the whipped-cream at the top.

Time.—20 minutes. **Average Cost,** 2s. 9d. to 3s. 3d. **Sufficient** to fill 8 or 9 glasses.

2167.—TIPSY CAKE.

Ingredients.—8 sponge cakes, raspberry jam, 1 pint of custard No. 2104, ¼ of a pint of sherry.

Method.—Split the cakes, spread on a good layer of jam, replace the halves, arrange them compactly in a dish, giving them as far as possible the appearance of one large cake. Pour over the sherry, and let them soak for 1 hour. Make the custard as directed, and, when cool, pour it over. The cake may be garnished with cherries, angelica, chopped pistachois, or baked almonds.

Time.—About 1¼ hours. **Average Cost,** 1s. 9d. **Sufficient** for 6 or 7 persons.

2168.—TIPSY PUDDING.

Ingredients.—3 ozs. of flour, 3 ozs. of castor sugar, 3 eggs, 3 or 4 tablespoonfuls of rum, desiccated cocoanut.

Method.—Beat the eggs and sugar together until thick and smooth, and stir in the flour as lightly as possible. Coat 6 or 7 well-buttered dariol moulds thickly with castor sugar, fill them three-quarters full with the mixture, and bake in a moderately hot oven. When cooked, baste them with rum sweetened to taste, sprinkle lightly with cocoanut, and serve cold.

Time.—About 20 minutes. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons.

2169.—TRIFLE, No. 1.

Ingredients.—4 sponge cakes, 6 macaroons, 12 ratafias, 2 ozs. of almonds (blanched and shredded), the grated rind of ½ a lemon, ½ a pint of custard No. 2104, ½ a pint of cream, 2 whites of eggs, castor sugar, raspberry or strawberry jam, ¼ of a pint of sherry, glacé cherries, angelica.

Method.—Make the custard as directed, and let it become quite cold. Cut the sponge cakes into rather thick slices, spread half of them with jam, cover with the remainder, and arrange them alternately with the macaroons and ratafias in a glass dish. Pour over the wine, adding a little more if necessary to soak them thoroughly, sprinkle on the lemon-rind, add the almonds, and cover with the custard. Mix the cream and whites of eggs together, whip stiffly, sweeten to taste with castor sugar, pile lightly on the top of the custard, and garnish with halved cherries and strips of angelica.

Time.—About 1½ hours. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 7 or 8 persons.

2170.—TRIFLE, No. 2.

Ingredients.—18 Savoy biscuits, 12 ratafias, raspberry jam, ½ a pint of custard No. 2104, 1 wine glass of sherry, 2 tablespoonfuls of milk, 1 oz. of blanched and shredded almonds, 2 whites of eggs, castor sugar.

Method.—Make the custard as directed, and let it cool. Spread jam on half the biscuits, cover with the others, and arrange them with the ratafias compactly on a glass dish. Mix the sherry and milk together, pour it over the biscuits, stick in the shreds of almonds, and let the preparation soak for 1 hour. Then pour over the custard, pile the stiffly-whisked sweetened whites of eggs on the top, and serve.

Time.—About 2½ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons.

2171.—VANILLA BLANC MANGE.

Ingredients.—¾ of a pint of milk, ½ a pint of cream, 4 ozs. of loaf sugar, 1 oz. of leaf gelatine, 4 yolks of eggs, 2 inches of vanilla-pod.

Method.—Bring the milk, sugar and vanilla-pod to boiling point, and simmer gently until sufficiently flavoured. Beat the yolks of eggs slightly, strain on to them the boiling milk, stirring vigorously meanwhile, return to the stewpan, and stir by the side of the fire until the mixture thickens. Dissolve the gelatine in a ¼ of a pint of water, add it to the custard, and, when cool, stir in the stiffly-whipped cream. Stand on ice or in a cold place until set.

Time.—About 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons.

2172.—WHIPPED-CREAM.

Ingredients.—½ a pint of double cream, 1½ ozs. of castor sugar, or to taste, 1 dessertspoonful of sherry, 1 dessertspoonful of brandy (the wine and brandy may be omitted), the juice and finely-grated rind of ½ a lemon.

Method.—Put the sherry, brandy, sugar, lemon-juice and rind into a basin, and stir until the sugar is dissolved. Add the cream, and whip, slowly at first and afterwards more quickly, until firm. Serve as required. Raisin or other sweet wine may replace the sherry and brandy, or an equal quantity of raspberry or strawberry syrup.

Time.—About 15 minutes, altogether. **Average Cost,** 1s. 8d. **Sufficient** for 6 or 7 persons.

2173.—WHOLE RICE MOULD.

Ingredients.—4 ozs. of Carolina rice, 1 quart of milk, 3 ozs. of castor sugar, the thinly-cut rind of ½ a lemon.

Method.—Simmer the rice, sugar, lemon-rind and milk together until the rice is perfectly tender and the milk almost absorbed. Remove the lemon-rind, pour the preparation into a wet mould, and, when firm, turn out and serve with jam, stewed fruit or custard sauce.

Time.—About 1½ hours. **Average Cost,** 6d. **Sufficient** for 1 large mould.

Ices

2174.—ALMOND CREAM ICE. (*Fr.*—Glace à la Crème d'Amandes.)

Ingredients.—3 ozs. of sweet almonds, 3 bitter almonds, ½ a pint of custard No. 1 or 2, ¼ of a pint of whipped-cream, ¼ pint of milk, a few drops of almond essence, 1 teaspoonful of orange-flower water.

Method.—Blanch, chop, and pound the almonds smoothly, adding the orange-flower water to prevent them oiling. Warm the milk, pour it over the almonds, let it remain covered while the custard is made and gets cold, then mix the whole together. Partially freeze, then add the cream, almond-essence, a little sugar if necessary, and complete the freezing.

Time.—From 3 to 4 hours. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons.

2175.—APRICOT ICED EGGS. (*Fr.*—Œufs aux abricots glacés.)

Ingredients.—12 apricots (preserved ones will serve), 6 ozs. of castor sugar, 1 pint of cream, the juice of 1 lemon, 2 or 3 drops of carmine.

Method.—Pass the fruit through a hair sieve, stir in the sugar and lemon-juice, and add the cream stiffly whipped. Mix in a little carmine, freeze, press lightly into egg moulds, and pack in ice until required.

Time.—To make and freeze, about 2 hours. **Average Cost,** 2s. 9d. to 3s. 3d. Allow 1 to each person.

2176.—BANANA CREAM ICE. (*Fr.*—Glace à la Crème de Bananes.)

Ingredients.—1¼ pints of custard No. 1, ¼ of a pint of cream, 6 bananas, 1 tablespoonful of lemon-juice, 1 tablespoonful of Curaçoa or brandy.

Method.—Pass the bananas through a fine hair sieve. Prepare the custard as directed, and whip the cream stiffly. When the custard is sufficiently cool, add the banana pulp, lemon-juice and Curaçoa, stir the cream in lightly, and freeze (*see* p. 988).

Time.—From 2 to 2½ hours. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 7 or 8 persons.

2177.—BISCUIT ICE CREAM. (*Fr.*—Biscuits Glacés.)

Ingredients.—Ice cream, Savoy buscuit.

Method.—Line a plain ice mould with Savoy biscuits, put in the frozen cream ice, cover, and pack in ice until required.

Time.—Altogether, 5 or 6 hours. **Average Cost,** Variable. Allow a pint mould for 4 or 5 persons.

2178.—BROWN BREAD CREAM ICE. (Glace au Pain Bis.)

Ingredients.—1 pint of custard No. 1 or 2, 3 ozs. of crumbled brown bread, ½ a gill of cream, 1 tablespoonful of brandy.

Method.—Pass the brown bread through a sieve, and bake in a cool oven until crisp and well browned. Partially freeze the custard, add the brown crumbs, cream and brandy, complete the freezing, and mould as required.

Time.—2 hours. **Average Cost,** 1s. 6d. **Sufficient** for 5 or 6 persons.

2179.—BURNT ALMOND CREAM. (*Fr.*—Glace aux Amandes Brulées.)

Ingredients.—1½ pints of custard No. 1, ¾ of a gill of cream, 1 tablespoonful of Kirsch, 2 ozs. of loaf sugar, 2 ozs. of almonds.

Method.—Blanch, shred, and bake the almonds until brown, prepare the custard according to the recipe. Put the sugar and a few drops of water into a small stewpan, and boil until it acquires a deep golden brown colour. Now add the cream, boil up and stir into the custard. Let the mixture cool, then add the prepared almonds and Kirsch, and freeze as directed on p. 988).

Time.—About 1 hour. **Average Cost,** 2s. 3d. **Sufficient** for 7 or 8 persons.

2180.—CARAMEL CREAM ICE. (*Fr.*—Glace à la Crème de Caramel.)

Ingredients.—1½ pints of custard No. 1, ¾ of a gill of cream, 1 tablespoonful of Benedictine, 2 ozs. of loaf sugar.

Method.—Prepare the custard according to the recipe. Put the sugar into a small stewpan with a few drops of water, and boil until it acquires a deep golden-brown colour. Now add the cream, and when boiling stir into the custard. Let the mixture cool, add the Benedictine, and freeze as directed (*see* p. 988).

Time.—From 35 to 40 minutes. **Average Cost,** 2s. **Sufficient** for 7 or 8 persons.

2181.—CUSTARD (for Cream Ices) No. 1.

Ingredients.—1 pint of milk, ½ a pint of cream, 6 ozs. of castor sugar, 6 yolks of eggs.

Method.—Bring the milk nearly to boiling point, and pour it over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan, and stir by the side of the fire until the mixture thickens, but do not let it boil, or the eggs may curdle. Stir in the sugar, strain, and when cool add the cream.

Time.—From 25 to 30 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 1¾ pints.

2182.—CUSTARD (for Cream Ices) No. 2.

Ingredients.—1½ pints of milk, 1 gill of cream, 8 ozs. of castor sugar, 1 heaped dessertspoonful of cornflour, 4 eggs.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder with the sugar, add the blended cornflour and milk, and simmer for 3 or 4 minutes. Cool slightly, then add the beaten yolks of eggs, and stir by the side of the fire until the mixture thickens. Strain into a basin; when cool add the cream, the whites of eggs stiffly-whisked, and use as required.

Time.—From 25 to 30 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 1¾ pints.

2183.—CUSTARD (for Cream Ices) No. 3.

Ingredients.—1½ pints of milk, 6 ozs. of castor sugar, ½ an oz. of cornflour, saffron-yellow colouring.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder with the sugar, add the blended cornflour and milk, and simmer gently for 3 or 4 minutes. Strain, add sufficient colouring matter to give the mixture the appearance of rich custard, and use as required.

Time.—From 20 to 25 minutes. **Average Cost.** 4½d. **Sufficient** for 1½ pints.

2184.—CHERRY CREAM ICE. (*Fr.*—Glace à la créme de Cerises.)

Ingredients.—1 pint of custard No. 2, ¾ of a lb. of ripe cherries, 2 ozs. of castor sugar, the juice of 1 lemon, 1 tablespoonful of Kirschwasser or other liqueur, carmine.

Method.—Stone the fruit, crack the stones, take out the kernels, place both cherries and kernels in a basin, add the sugar, lemon-juice, Kirschwasser, cover, and let the preparation stand for ½ an hour. Then pour all into a copper stewpan, add ½ a pint of water, cook until the cherries are tender, and rub through a fine sieve. Add the prepared custard and a few drops of carmine, and freeze as directed (*see* p. 988).

Time.—About 2 hours. **Average Cost,** 1s. 3d. to 2s. **Sufficient** for 7 or 8 persons.

2185.—CHOCOLATE BOMBE, WITH FRUIT. (*Fr.*—Bombe au Chocolat à la Printanière.)

Prepare a bomb of chocolate cream ice, and fill the interior with cream sweetened, slightly stiffened with gelatine, and mixed with halved or quartered strawberries.

2186.—CHOCOLATE CREAM ICE. (*Fr.*—Glace au Chocolat.)

Ingredients.—4 ozs. of chocolate, 1 pint of custard No. 1 or 2, 1 gill of milk, ½ a gill of cream, sugar.

Method.—Prepare the custard as directed. Dissolve the chocolate in the milk, sweeten to taste, and strain it into the custard. Let the mixture cool, then add the stiffly-whipped cream, and freeze (*see* p. 988).

Time.—About 40 minutes. **Average Cost,** 1s. 5d. to 2s. **Sufficient** for 7 or 8 persons.

2187.—CIDER ICE. (*Fr.*—Glace au Cidre.)

Ingredients.—1 pint of cider, 1 pint of syrup No. 2231, ½ a pint of unsweetened apple pulp, the juice of 3 lemons.

Method.—Mix all the ingredients together, boil up, pass through a fine sieve, and, when cold, freeze as directed (*see* No. 988). The ice may be coloured pale green or pink by adding a few drops of either spinach extract or carmine.

Time.—About 2 hours. **Average Cost,** 1s. 3d. **Sufficient** for 6 or 7 persons.

2188.—CLARIFIED SUGAR FOR WATER ICE. (*See* Syrup for Water Ices, No. 2231.)

2189.—COCOA ICED. (*Fr.*—Cacao Frappé.) (*See* Coffee Iced, No. 2236.)

2190.—COFFEE CREAM ICE. (*Fr.*—Glace Crème au Café.)

Ingredients.—1½ ozs. of freshly roasted and ground coffee, 3 ozs. of castor sugar, 1 pint of custard No. 1 or 2, ½ a gill of cream, 1 glass of Kirsch.

Method.—Pour boiling water over the coffee, infuse for about ½ an hour, then strain, add the sugar, and let it cool. Make the custard according to the recipe, stir in the coffee; when cool, add the Kirsch and whipped cream, and freeze (*see* p. 988).

Time.—About 30 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 7 or 8 persons.

2191.—COFFEE CREAM ICE. (*Fr.*—Crème au Café Glacé.)

Ingredients.—1 pint of very strong clear coffee, 1¼ pints of cream, 4 ozs. of sugar.

Method.—Sweeten the coffee with the sugar, partially freeze it, then stir in the slightly-whipped cream, and continue the freezing.

Time.—About 30 minutes with cold coffee. **Average Cost,** 2s. **Sufficient** for 7 or 8 persons.

2192.—COFFEE SAUCE FOR CREAM ICE.

Ingredients.—6 tablespoonfuls of freshly-ground coffee, ¾ of a pint of boiling water, 3 ozs. of castor sugar, 5 yolks of eggs, 2 sheets of gelatine.

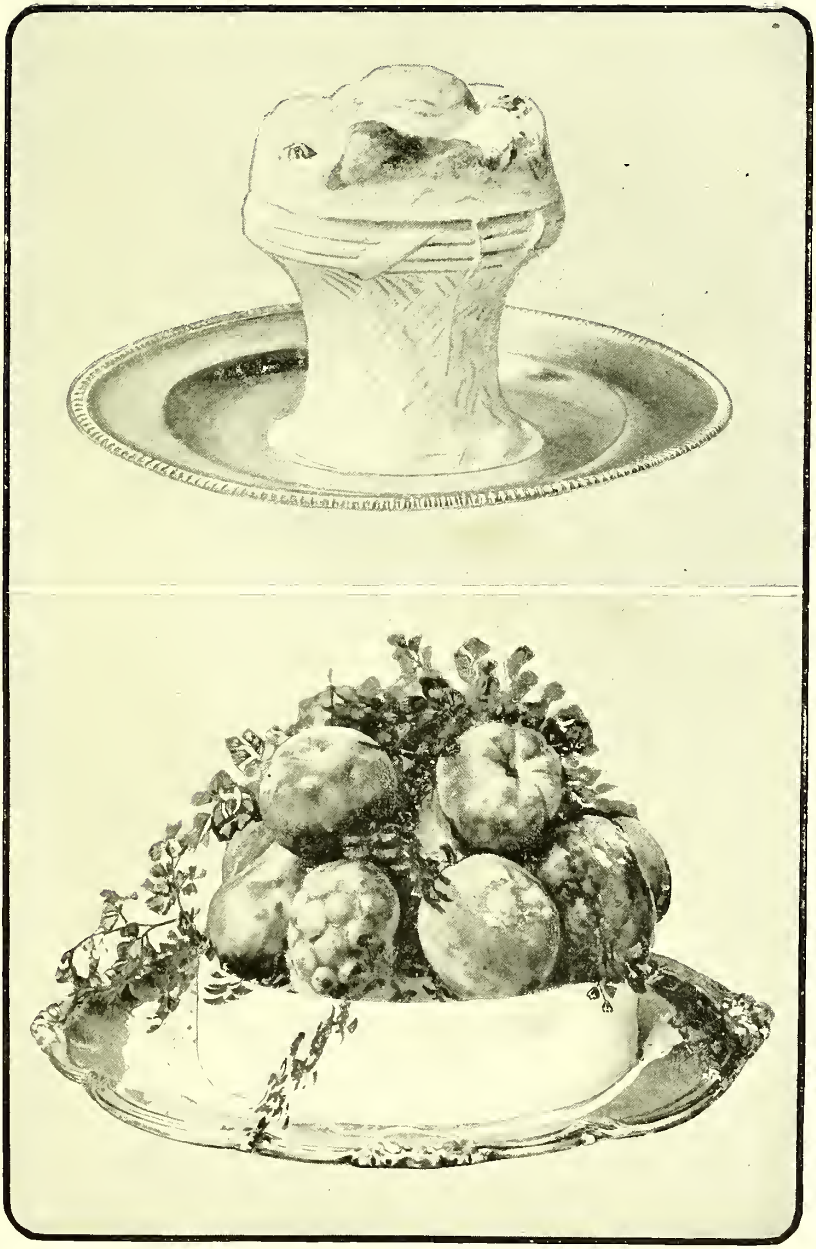
Method.—Pour the boiling water over the coffee, let it stand until clear, then strain it into a saucepan. Beat the yolks of eggs and sugar together, and dissolve the gelatine in a very little cold water. Add both to the coffee, stir and cook slowly until the preparation has the consistency of thick cream, then strain, and serve separately when quite cold.

Time.—About ½ an hour. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 1 pint of sauce.

2193.—CREAM ICE (en Surprise). *Fr.*—Glace panachée en Surprise.)

Moulded cream ice, masked with méringue, and quickly baked.

ICES.



1. Ice Pudding. 2. Dessert Ices.

2194.—CREAM ICE FROM FRESH FRUIT. (Fr.—Créme de Fruits Glacés).

Ingredients.—1 pint of milk, ½ a pint of cream, ½ a pint of fruit pulp, sugar to taste (10 to 12 ozs.), the juice of 1 lemon, the white of 1 egg.

Method.—Put the milk and sugar into a stewpan, bring to the boil and cool. Pass the fruit through a fine hair sieve, add the lemon-juice and milk to the pulp thus formed, and stir in lightly the stiffly-whipped cream. When the mixture is partially frozen, add the well-whisked white of egg, and continue the freezing.

Time.—From 30 to 35 minutes. **Average Cost,** 1s. 8d. to 2s. **Sufficient** for 7 or 8 persons.

Note.—In a recipe of this description the exact amount of sugar cannot be stated. It varies with the fruit; but it must be added with discretion, for if the mixture be made too sweet, freezing is extremely difficult, while, on the other hand, if not sufficiently sweetened the ice becomes too solid.

2195.—CREAM ICES PREPARED FROM PRESERVED FRUIT OR JAM.

Ingredients.—1 pint of milk, 1 gill of cream, 3 yolks of eggs, sugar to taste, 6 ozs. of preserved fruit pulp or jam, such as strawberry, raspberry, greengage, apricot, peach, pineapple, etc.

Method.—Beat the yolks of eggs, add the milk when nearly boiling, replace in the stewpan, and stir by the side of the fire until they thicken, but the mixture must not boil. Strain, add the sieved jam or fruit pulp, sweeten to taste and brighten the colour by adding a few drops of carmine, saffron, or spinach greening, according to the fruit used. Let the preparation cool, then add the stiffly-whipped cream, and freeze as directed.

Time.—About an hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 7 or 8 persons.

2196.—FIG CREAM ICE. (*Fr.*—Glace à la Crème de Figues.)

Ingredients.—1 breakfastcupful of finely-chopped dried figs, 4 ozs. of castor sugar, 1 dessertspoonful of best isinglass, 2 tablespoonfuls of cornflour, vanilla essence, 1 quart of milk, 1 pint of cream, 3 eggs.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, add the cornflour, and stir until boiling. Beat the eggs and sugar together, stir them into the milk and cornflour, add the isinglass previously softened in a little cold water, and stir it until dissolved. When cold, add the cream and a little vanilla essence, freeze slightly, then add the figs and complete the freezing.

Time.—About 2 hours. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 12 or 14 persons.

2197.—FROZEN PUDDING. (*See* Iced Queen's Pudding, No. 2241, and Nesselrode Pudding, No. 2247.)

2198.—FRUIT CREAM ICE. (*Fr.*—Fruits Glacés à la Crème.)

Ingredients.—½ a pint of fresh fruit pulp (strawberry, raspberry, currant, or any other fruit preferred), 10 to 12 ozs. of sugar, ½ a pint of cream, 1 pint of milk, the juice of 1 lemon, the stiffly-whipped white of 1 egg.

Method.—Boil the milk, add the sugar, and put aside until nearly cold. Obtain the pulp by passing the fruit through a fine hair sieve, add the lemon-juice, milk, and the cream stiffly whipped. Partially freeze the preparation before adding the white of egg. The amount of sugar required depends upon the fruit used.

Time.—About 1 hour. **Average Cost,** about 2s. **Sufficient** for 10 or 12 persons.

2199.—GINGER ICE CREAM. (*Fr.*—Glace à la Crème de Gingembre.)

Ingredients.—1½ pints of custard No. 1, 2 or 3, 3 ozs. of preserved ginger, 1 teaspoonful of ginger syrup.

Method.—Make the custard according to the recipe selected. Cut the ginger into small dice, stir it with the syrup into the custard and freeze as directed on p. 988.

Time.—From 30 to 40 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 7 or 8 persons.

2200.—ICED FRUIT. (*Fr.*—Fruits Glacés.)

Fruit of nearly every description may be iced by first dipping it in beaten white of egg, and afterwards in crushed loaf sugar, the process being repeated until a sufficiently thick coating is obtained. Pineapples should be sliced ; pears, peaches and plums should be halved after removing the skins ; cherries, strawberries and similar fruit are iced with the stems on ; and from oranges and lemons every particle of pith is removed before dividing the former into sections and the latter into slices (*see* Oranges, Iced).

2201.—ICE PUDDING. (*See* Iced Queen's Pudding No. 2241, and Nesselrode Pudding. No. 2247.)

2202.—ICED SOUFFLÉ. (*See* Iced Strawberry or Raspberry Soufflé.)

2203.—JAPANESE PLOMBIÈRE. (*Fr.*—Glace Plombière à la Japonaise.)

Ingredients.—8 yolks of eggs, 1 oz. of sugar, 4 ozs. of ground almonds, ½ a pint of cream, 1½ pints of milk, 1 glass of Kirsch, apricot marmalade, 4 ozs. of pounded macaroons, salt.

Method.—Boil up the milk, pour it over the yolks of eggs, add a little salt and the sugar, and replace in the saucepan. Cook gently for a few minutes, then tammy or pass through a fine hair sieve, and add 2 ozs. of marmalade, the almonds and Kirsch. When cold, add the macaroons and the cream stiffly whipped, and freeze. Mould with a little apricot marmalade in the centre, and serve garnished with ratafias or ice wafers.

Time.—About 1 hour. **Average Cost,** 3s. **Sufficient** for 8 or 10 persons.

2204.—LEMON CREAM ICE. (*Fr.*—Glace à la Crème de Citron.)

Ingredients.—1 pint of custard No. 1, 2 or 3, 4 ozs. of loaf sugar, 2 lemons.

Method.—Prepare the custard according to directions given. Rub the lumps of sugar on the rinds of the lemons until all the outer yellow part is removed, and dissolve it in 1 tablespoonful of warm water. Add the juice of 1 lemon, and when cool stir into the custard. If necessary, add a few drops of liquid saffron colouring, and freeze as directed on p. 988.

Time.—About 40 minutes. **Average Cost,** 9d. to 1s. 6d. **Sufficient** for 7 or 8 persons.

2205.—MAPLE PARFAIT. (*Fr.*—Parfait au Sirop.)

Ingredients.—1½ gills of thick syrup, 1 quart of cream, 4 ozs. of maple sugar, 5 yolks of eggs, 1 inch of vanilla pod.

Method.—Boil the syrup and vanilla pod in a copper pan until it registers 240° on a saccharometer, then remove the vanilla, and pour the syrup over the yolks of eggs, previously well-beaten. Whisk the preparation in an egg-bowl over boiling water until it has the consistency of thick cream, and afterwards whisk until cold. Add the stiffly-whipped cream and maple sugar, stir for some minutes over the ice, then turn into a parfait or bomb mould lined with paper. Secure and seal the lid, and imbed in ice from 2½ to 3 hours.

Time.—From 1 to 2 hours. **Average Cost,** 4s. to 4s 6d. **Sufficient** for 9 or 10 persons.

2206.—ORANGE ICE CREAM. (*Fr.*—Glace à la Crème d'Orange.)

Ingredients.—1½ pints of custard No. 1, 2 or 3, 3 oranges, 2 ozs. of loaf sugar, saffron-yellow colouring, carmine.

Method.—Prepare the custard according to directions given. Remove the outer yellow part of 2 oranges by rubbing them with the lumps of sugar, which afterwards must be dissolved in 1 tablespoonful of warm water. Mix with the strained juice of the oranges; when cool stir into the custard, and add the carmine and saffron-yellow, until the desired colour is obtained. Freeze as directed on p. 988.

Time.—From 40 to 45 minutes. **Average Cost,** 1s. to 2s. 6d. **Sufficient** for 7 or 8 persons.

2207.—PINEAPPLE CREAM ICE. (*Fr.*—Glace à la Crème d'Ananas.)

Ingredients.—1 pint of custard No. 1 or 2, ½ a lb. of finely-chopped preserved pineapple, ½ a gill of pineapple syrup, 1 teaspoonful of lemon-juice.

Method.—Pass the pineapple through a fine sieve, and mix with it the syrup and lemon-juice. Make the custard as directed, and when cool stir in the pineapple preparation, and freeze as directed on p. 988.

Time.—From 40 to 50 minutes. **Average Cost,** 1s. 3d. to 2s. 3d., according to the custard selected. **Sufficient** for 7 or 8 persons.

2208.—PINEAPPLE PLOMBIÈRE. (*Fr.*—Glace Plombière d'Ananas.)

Ingredients.—1 quart of cream, 6 yolks of eggs, 4 ozs. of sugar, 3 tablespoonfuls of pineapple dice, 3 tablespoonfuls of pineapple syrup, vanilla essence.

Method.—Boil up 1½ pints of the cream, pour it over the yolks of eggs, previously well-beaten, add the sugar and pineapple syrup, and replace the mixture in the saucepan. Stir and cook gently by the side of the fire for a few minutes, then strain, and, when cold, freeze. When the mixture is half frozen, add the pineapple dice, a little vanilla essence, and the cream stiffly whipped.

Time.—About 1 hour. **Average Cost,** 4s. to 4s. 9d. **Sufficient** for 10 or 12 persons.

2209.—PISTACHIO CREAM ICE. (*Fr.*—Glace crème aux Pistaches.)

Ingredients.—1½ pints of custard No. 1, 2 or 3, 4 ozs. of pistachio nuts blanched and pounded, 1 tablespoonful of noyeau, orange-flower water, spinach-greening.

Method.—While pounding the pistachio nuts add gradually a little orange-flower water. As soon as the custard is cold, add the noyeau and a little spinach extract, and when partially frozen, stir in the pistachio nuts.

Time.—About 1 hour. **Average Cost,** 2s. 9d. to 3s. **Sufficient** for 7 or 8 persons.

2210.—RASPBERRY ICE CREAM. (*Fr.*—Glace à la Crème de Framboises.)

Ingredients.—1 lb. of raspberries, 1 pint of custard No. 1, 2 or 3, 6 ozs. of castor sugar, 1 teaspoonful of lemon-juice, carmine.

Method.—Make the custard as directed. Pass the raspberries through a fine hair sieve, add the sugar and lemon-juice, and mix with the prepared custard, adding at the same time as much carmine as is needed to produce a bright red colour. Freeze as directed on p. 988.

Time.—About 1 hour. **Average Cost,** 10d. to 1s., exclusive of the custard. **Sufficient** for 7 or 8 persons.

2211.—STRAWBERRY ICE CREAM. (*Fr.*—Glace à la Crème de Fraises.)

Ingredients.—1 lb. of strawberries, ½ a pint of cream, ¼ of a pint of milk, 3 yolks of eggs, 10 ozs. of castor sugar, 1 teaspoonful of lemon-juice, carmine.

Method.—Bring the milk and cream to near boiling point, add the beaten yolks of eggs, stir by the side of the fire until they thicken, then put in the sugar, and when dissolved, strain and let the preparation cool. Pass the strawberries through a fine sieve, mix with the custard, add the lemon-juice and carmine gradually until a deep pink colour is obtained. Freeze as directed.

Time.—About 1 hour. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 7 or 8 persons.

2212.—STRAWBERRY ICE CREAM. (Another method.)

Ingredients.—1 lb. of strawberries, 1 quart of milk, ½ a gill of cream, 10 ozs. of castor sugar, ½ an oz. of cornflour, 4 eggs, the juice of 2 lemons, carmine.

Method.—Mix the cornflour with a little milk, boil the remainder with the sugar, add the blended cornflour and milk, simmer for 2 or 3 minutes, then cool slightly. Beat the yolks of the eggs, add them to the contents of the stewpan, and stir by the side of the fire until the mixture thickens. Strain, add the strawberries, previously reduced to a purée by being passed through a fine sieve, the lemon-juice, a few drops of carmine, and when cold, the cream and well-whisked whites of eggs. Freeze as directed.

Time.—About 1 hour. **Average Cost,** 2s. **Sufficient** for 7 or 8 persons.

2213.—TEA CREAM ICE. (*Fr.*—Thé Glacé à la Crème.)

Ingredients.—½ a pint of strong tea, 1 pint of custard No. 2, 1 tablespoonful of thick cream, 2 ozs. of castor sugar.

Method.—Strain the tea, add the sugar, and let it cool. Prepare the custard according to the recipe, add the tea; when cool, stir in the cream, and freeze (*see* p. 988).

Time.—30 to 35 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 7 or 8 persons.

2214.—TEA ICE CREAM, AMERICAN. (*Fr.*—Thé Glacé à l'Americaine.)

Ingredients.—2 tablespoonfuls of dry tea, 1 pint of milk, ½ a pint of cream, 6 ozs. of castor sugar, 4 whole eggs, 1 inch of vanilla pod.

Method.—Bring the milk and vanilla pod to boiling point, infuse for a few minutes, then pour it over the tea, allow it to remain closely covered for 5 minutes, and strain. Beat the eggs well, add the castor sugar, and continue the beating until perfectly smooth, then stir in the prepared tea. Put this mixture into a stewpan, and stir by the side of the fire until it thickens. Strain into a basin; when cool, add the stiffly-whipped cream and freeze (*see* p. 988).

Time.—From 35 to 40 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 7 or 8 persons.

2215.—TUTTI-FRUTTI, ICED (MIXED FRUIT ICE). (*Fr.*—Tutti-Frutti Glacés.)

Ingredients.—1 oz. of pistachios, blanched and shredded, 1 oz. of glacé cherries, 1 oz. of glacé apricots, ½ an oz. of mixed candied peel. all cut into small dice, ½ a pint of cream stiffly whipped, ½ a gill of Maraschino, 2 whites of eggs stiffly whipped, vanilla essence, 8 ozs. of sugar, 5 yolks of eggs, 1 pint of milk.

Method.—Boil the milk, add the yolks of eggs and sugar, stir and cook very gently for a few minutes. then strain and, when cold, add vanilla essence to taste. Partially freeze, add the whites of eggs, cream, nuts and fruit, and, when the freezing process is nearly completed, put in the Maraschino.

Time.—From 3 to 4 hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 8 or 9 persons.

2216.—VANILLA ICE CREAM. (*Fr.*—Glace à la Crème de Vanille.)

Ingredients.—1 pint of cream, ½ a pint of milk, 6 ozs. of castor sugar, 6 yolks of eggs, ½ a pod of vanilla.

Method.—Whisk the yolks of eggs and sugar well together, boil the cream and milk with the vanilla for a few minutes, stir into the eggs, etc., and replace the whole in the stewpan. Stir by the side of the fire until the mixture thickens, but it must on no account be allowed to boil. Tammy or pass through a fine strainer, if necessary, add a few drops of vanilla essence, and when cool, freeze as directed on p. 988.

Time.—About ½ an hour. **Average Cost,** 2s. 6d. **Sufficient** for 7 or 8 persons.

2217.—VANILLA ICE CREAM. (*Fr.*—Glace à la Crème de Vanille.)

Ingredients.—1½ pints of milk, 1 gill of cream, 8 ozs. of castor sugar, 1 heaped dessertspoonful of cornflour, 4 eggs, the juice of ½ a lemon, 1 teaspoonful of vanilla essence.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder with sugar, add the blended cornflour, simmer for 2 minutes, and cool slightly. Beat the yolks of the eggs, add them to the contents of the stewpan, and stir by the side of the fire until the mixture thickens. Strain, and when cool, add the lemon-juice, vanilla essence, cream, and lastly the well-whisked whites of eggs. Freeze as directed.

Time.—From 30 to 40 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 7 or 8 persons.

2218.—VANILLA ICE CREAM. (Economical.)

Ingredients.—1½ pints of milk, 6 ozs. of castor sugar, ½ an oz. of cornflour, ½ a teaspoonful of vanilla essence, saffron or liquid yellow colouring.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder with the sugar, add the blended cornflour and milk, and simmer gently for 2 minutes. Strain; when cool, add the vanilla essence and sufficient colouring matter to give the mixture the appearance of rich custard. Freeze as directed.

Time.—About ½ an hour. **Average Cost,** 6d. **Sufficient** for 6 or 7 persons.

2219.—VANILLA PLOMBIÈRE. (*Fr.*—Glace Plombière à la Vanille.)

Ingredients.—1½ pints of vanilla ice cream mixture No. 2216, ½ a pint of stiffly-whipped cream, 2 tablespoonfuls of coarsely-chopped almonds.

Method.—Partially freeze the vanilla ice cream, add the whipped-cream and almonds, and complete the freezing.

Time.—From 3 to 4 hours. **Average Cost,** about 2s. 6d. **Sufficient** for 10 or 12 persons.

2220.—WALNUT CREAM ICE. (*See* Pistachio Cream Ice, No. 2209.)

Omit the spinach greening, and, if preferred, substitute vanilla essence for the noyeau.

Water Ices

2221.—APPLE WATER ICE. (*Fr.*—Glace à l'eau de Pommes.)

Ingredients.—1 pint of apple pulp, 1 pint of syrup No. 2232, 2 tablespoonfuls of lemon-juice.

Method.—Stew the apples in a jar, pass them through a hair sieve, and stir the pulp into the hot syrup. When cold, add the lemon-juice, and freeze. A few drops of carmine or cochineal improve the colour.

Time.—From 2½ to 3 hours. **Average Cost,** 9d. **Sufficient** for 10 or 12 persons.

2222.—CHERRY WATER ICE. (*Fr.*—Glace à l'eau de Cérises.)

Ingredients.—1½ lbs. of good cooking cherries, 1½ pints of syrup, 1 tablespoonful of lemon-juice, 1 tablespoonful of Kirsch, carmine or cochineal.

Method.—Stone the cherries, and from about a quarter of the stones remove the kernels and pound them finely. Pour the syrup when boiling over the cherries and kernels, let it stand closely covered until cold, then add the Kirsch, lemon-juice, and a few drops of carmine. Freeze as directed on p. 988.

Time.—Altogether, about 2 hours. **Average Cost,** 1s. 9d. **Sufficient** for 8 or 9 persons.

2223.—GINGER WATER ICE. (*Fr.*—Glace de Gingembre.)

Ingredients.—4 ozs. of preserved ginger, a little of the syrup in which it is preserved, 1 pint of syrup No. 2231, the stiffly-whipped white of

1 egg, the strained juice of 2 lemons and 1 orange, the rind of 1 orange, 3 or 4 lumps of sugar.

Method.—Pound the ginger finely, adding gradually a little of its syrup, and press the whole through a fine sieve. Rub the sugar on the orange-rind, add the sugar to the ginger, together with the syrup, lemon and orange juices, and 3 tablespoonfuls of cold water. Boil up, strain, and, when cold, freeze as directed (*see* p. 988), adding the white of egg when the mixture is about half frozen.

Time.—About 1 hour. **Average Cost,** about 1s. **Sufficient** for 6 or 7 persons.

2224.—GRAPE WATER ICE. (*Fr.*—Glace à l'eau de Grappes.)

Ingredients.—1 lb. of sweetwater grapes, the thin rind of 2 lemons, the juice of 4 lemons, 1½ pints of syrup, 1 wineglassful of sherry or Marsala, 1 tablespoonful of orange-flower water.

Method.—Crush the grapes on a hair sieve, and press the pulp through with a wooden spoon, add the syrup boiling, lemon-rind and juice, let it remain until cold, then strain, add the wine, and orange-flower water, and freeze.

Time.—About 1 hour. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 10 or 12 persons.

2225.—LEMON WATER ICE. (*Fr.*—Glace au Citron.)

Ingredients.—1½ pints of syrup No. 2232, 6 lemons, 2 oranges.

Method.—Remove the peel from the lemons and 1 orange as thinly as possible, and place it in a basin. Make the syrup as directed, pour it boiling hot over the rinds, cover, and let it remain thus until cool, then add the juice of the lemons and orange. Strain or tammy, and freeze as directed (*see* p. 988).

Time.—From 1¼ to 1½ hours. **Average Cost,** 1s. 4d. **Sufficient** for 7 or 8 persons.

2226.—MELON WATER ICE. (*Fr.*—Glacé au Melon.)

Ingredients.—1 medium-sized ripe melon, 4 ozs. of sugar, the juice of 2 oranges, the juice of 2 lemons, 1 wineglassful of Maraschino, 1 quart of water.

Method.—Peel and slice the melon, simmer for 10 minutes with the water and sugar, and rub through a fine hair sieve. When cool, add the strained orange and lemon-juice, the Maraschino, and, if necessary, a little more sugar. Freeze as directed on p. 988.

Time.—From 50 to 60 minutes. **Average Cost,** 2s. **Sufficient** for 8 persons.

2227.—PEACH SHERBET. (*Fr.*—Sorbet aux Pêches.)

Ingredients.—6 peaches, the juice of 4 lemons, sugar to taste, 3 quarts of water.

Method.—Skin and stone the fruit, remove the kernels from the stones, and chop them finely. Cut the fruit into small pieces, add the water, kernels, lemon-juice and sugar to taste. Let it remain on ice for 5 or 6 hours, and strain before using.

Time.—From 5½ to 6½ hours. **Average Cost,** 1s. 4d. **Sufficient** for 3 quarts.

2228.—PINEAPPLE WATER ICE. (*Fr.*—Glace à l'eau d'Ananas.)

Ingredients.—1 preserved pineapple, 1 pint of syrup No. 2231 or 2232, the juice of 1 lemon.

Method.—Make the syrup as directed. Pound the pineapple or chop it finely, and pass it through a hair sieve. Mix with it the syrup, add the lemon-juice, let the mixture become sufficiently cold, and freeze (*see* p. 988).

Time.—From 50 to 60 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons.

2229.—RASPBERRY OR STRAWBERRY WATER ICE. (*Fr.*—Glacé à l'eau de Fraises ou Framboises.)

Ingredients.—1½ lbs. of ripe strawberries or raspberries, 1½ pints of syrup No. 1, the juice of 2 lemons.

Method.—Prepare the syrup as directed. Rub the fruit through a fine sieve, add the lemon-juice, and if necessary deepen the colour with a few drops of carmine. Freeze as directed on p. 988.

Time.—About 40 minutes. **Average Cost,** 2s. **Sufficient** for 7 or 8 persons.

2230.—RED CURRANT WATER ICE. (*Fr.*—Glace à l'eau de Groseilles.)

Ingredients.—1 lb. of red currants, ½ a lb. of raspberries, 1 quart of syrup No. 1, the juice of 1 lemon.

Method.—Pick the fruit and rub it through a hair sieve. Prepare the syrup according to the recipe, pour it over the fruit pulp, add the strained lemon-juice, and when cold freeze (*see* p. 988).

Time.—About 1 hour. **Average Cost,** 1s. 9d. **Sufficient** for 7 or 8 persons.

2231.—SYRUP FOR WATER ICES, No. 1.

Ingredients.—2 lbs. of loaf sugar, 1 pint of water.

Method.—Put the sugar and water into a copper sugar-boiler or stewpan; when dissolved place over a clear fire, and boil until a syrup is formed, taking care to remove the scum as it rises. If a saccharometer is available for testing the heat of the syrup, it should be boiled until it registers 220° F.

Average Cost, 6d. **Sufficient** for 1 pint.

2232.—SYRUP FOR WATER ICES, No. 2.

Ingredients.—3 lbs. of loaf sugar, 1 good pinch of cream of tartar, 1 quart of water, the white and shell of 1 egg.

Method.—Place the sugar, cream of tartar, water, the shell and well-whisked white of egg in a copper sugar boiler or stewpan, boil until reduced to a syrup, then strain; when cool, use as required.

Average Cost, 8d. **Sufficient** for 1 quart.

2233.—TANGERINE WATER ICE. (*Fr.*—Glace aux Tangerines.)

Ingredients.—6 tangerines, 2 oranges, 2 lemons, 4 ozs. of loaf sugar, 1 pint of syrup.

Method.—Rub the sugar on the rind of the tangerines to extract some of the flavour. Place the sugar in a saucepan, add the thin rind of 1 orange and 1 lemon, ¼ a pint of cold water, and boil the mixture for 10 minutes. Skim if necessary, add the juice of the oranges and lemons, and the syrup, boil up, then strain, and, when cold, freeze.

Time.—About 1 hour. **Average Cost,** 1s. 3d. **Sufficient** for 6 or 7 persons.

2234.—WATER ICE MADE FROM JAM. (*Fr.*—Glace au Confiture.)

Ingredients.—½ a lb. of jam, 2 ozs. of icing sugar, 1 pint of water, the juice of 1 lemon, liquid colouring.

Method.—Put all these ingredients together in a stewpan, bring to the boil, skim well, and simmer gently for 10 minutes. Now tammy or rub through a very fine hair sieve, add a few drops of colouring matter to brighten the colour, and when cold freeze as directed.

Time.—About ½ an hour. **Average Cost,** 6d. or 9d. **Sufficient** for 1½ pints.

Sorbets, Mousses and Ice Puddings

2235.—CHAMPAGNE GRANITE. (*Fr.*—Granite au Champagne.)

Ingredients.—1 quart of lemon water ice No. 2225, ½ a bottle of champagne, ½ a lb. of fresh fruit, such as strawberries, apricots, peaches, all cut into small dice, ½ a pint of crushed ice.

Method.—Prepare and freeze the lemon water ice, and stir in the champagne, prepared fruit and crushed ice. Serve in glasses or cups.

Time.—About 1¼ hours. **Average Cost,** 5s. to 6s. 6d. **Sufficient** for 10 or 12 persons.

2236.—COFFEE ICED. (*Fr.*—Café Frappé à la Vanille.)

Ingredients.—1 quart of strong, clear, hot coffee, ½ a pint of milk, ½ a pint of cream, 6 ozs. of castor sugar, 1 inch of vanilla pod.

Method.—Place the milk, sugar and vanilla in a stewpan, bring nearly to boiling point, then add the coffee, and let the mixture cool. Now strain, stir in the cream, freeze until it has the consistency of thick cream, and serve in this condition. Castor sugar should be handed with the coffee.

Time.—About 1 hour. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 7 or 8 persons.

2237.—COFFEE PARFAIT. (*Fr.*—Parfait au Moka.)

Ingredients.—1 tablespoonful of coffee extract, 6 yolks of eggs, 1½ ozs. of castor sugar, 1½ gills of syrup No. 2231 or 2232, ¾ of a pint of cream.

Method.—Put the coffee extract, yolks of eggs, sugar and syrup into a stewpan, place it in a tin containing boiling water, and whisk the contents until they thicken. The mixture should be strongly flavoured with coffee, therefore add more essence if necessary, and let the mixture cool. Whip the cream stiffly, stir in lightly, pour the mixture into an ice mould, cover closely (*see* p. 988), and pack in ice for 2 or 3 hours.

Time.—About 2 hours. **Average Cost,** 1s. 9d. **Sufficient** for 7 or 8 persons.

Note.—With slight variations a large number of parfaits may be based on the above recipe. For Parfait au Thé, ½ a gill of very strong tea is substituted for the coffee extract; Parfait au Chocolat may be flavoured with 3 or 4 ozs. of grated chocolate dissolved in a little milk; Parfait aux Abricot or Parfait aux Pêches have pulped fruit added as a flavouring ingredient. Maraschino and Kirsch also enter largely into the composition of this particular class of sweets, the parfait, as a matter of course, taking its name from the liqueur.

2238.—CREAM SORBET. (*Fr.*—Sorbet à la Crème.)

Ingredients.—½ a pint of cream, ½ a lb. of loaf sugar, 1 oz. of vanilla sugar, the whites of 3 eggs, the juice of 2 lemons, ¼ of a gill of Maraschino, 1½ pints of boiling water.

Method.—Add the loaf sugar to 1½ pints of boiling water, reduce a little by boiling rapidly, skimming frequently meanwhile, and add the lemon-juice. Strain, and thoroughly cool, then stir in the vanilla sugar, stiffly-whipped cream, well-whisked whites of eggs, and Maraschino. Freeze to the required consistency, and serve.

Time.—About 1½ hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 7 or 8 persons.

2239.—GOOSEBERRY SORBET WITH MARASCHINO. (*Fr.*—Sorbet de Groseilles au Marasquin.)

Ingredients.—1 pint of green gooseberries, ½ a lb. of loaf sugar, ½ a pint of water, the juice of 2 lemons, ½ a gill of Maraschino, glacé cherries, spinach colouring.

Method.—Pick the gooseberries, put them into a stewpan with the water and sugar, cook until tender, and rub through a hair sieve. Add the lemon-juice and spinach colouring until the desired shade of green is obtained. When cold, stir in the Maraschino, freeze partially, and serve in small glasses garnished with strips of glacé cherries.

Time.—About 1 hour. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 6 or 7 persons.

2240.—GRAPE SORBET. (*Fr.*—Sorbet de Raisin.)

Ingredients.—1 pint of half-frozen lemon-water ice, 2 dozen large ripe green grapes, 1 wineglassful of sherry or Marsala, 1 wineglassful of elderflower water.

Method.—Pass the grapes through a hair sieve, add them to the lemon-water ice when half frozen, and mix in the wine and elderflower water. Continue the freezing a few minutes longer, until the whole is in a half-frozen condition. Serve in sorbet cups or glasses, and if liked, garnish with grapes, previously peeled, and flavoured with a little Maraschino.

Time.—About 15 minutes after the water ice is ready. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 6 or 7 persons.

2241.—ICED QUEEN'S PUDDING. (*Fr.*—Pouding Glacé à la Reine.)

Ingredients.—1½ pints of custard No. 1 (p. 1046), 1 pint of cream, 2 ozs. of crystallized apricots, shredded or cut into dice, 2 ozs. of crystallized glacé cherries, shredded or cut into dice, 1 glass of Curaçoa almonds.

Method.—Prepare the custard as directed; when half-frozen add the cream stiffly-whipped and the prepared fruit, and press into a fancy ice mould. Cover, seal the edges with lard, wrap in paper, and pack in ice and salt for about 2 hours. Blanch, coarsely chop and bake the almonds brown, let them become perfectly cold, and sprinkle them lightly on the pudding just before serving.

Time.—About 3 hours. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 7 or 8 persons.

2242.—LEMON GRANITE. (*Fr.*—Granite au Citron.)

Ingredients.—1 quart of half-frozen lemon water ice, ½ a pint of finely-crushed ice, 1 glass of Maraschino.

Method.—Add the crushed ice and Maraschino to the half-frozen lemon water ice, mix thoroughly, and serve in small cups or glasses.

Time.—About 1¼ hours. **Average Cost,** 1s. 9d. **Sufficient** for 8 or 9 persons.

2243.—LEMON SORBET. (*Fr.*—Sorbet au Citron.)

Ingredients.—8 lemons, 2 oranges, 10 ozs. of loaf sugar, 2 ozs. of castor sugar, 3 whites of eggs, ¼ of a pint of Marsala wine, 3 pints of water.

Method.—Place the loaf sugar in a stewpan with the 3 pints of water; let it dissolve, then boil and reduce a little, and skim well during the process. Add the finely-grated rind of 2 lemons, the juice of the lemons and oranges, bring to the boil, strain, and let the preparation cool. Partially freeze, then add the well-whisked whites of eggs, sugar and wine, and continue the freezing until the desired consistency is obtained.

Time.—About 1½ hours. **Average Cost,** 1s. 6d. **Sufficient** for 7 or 8 persons.

Note.—Orange sorbet (sorbet d'orange) may be made by using 8 oranges and 2 lemons instead of 8 lemons and 2 oranges.

2244.—MARASCHINO MOUSSE. (*Fr.*—Mousse au Marasquin.)

Ingredients.—½ a gill of Maraschino, ½ a gill of Kirschwasser, ½ a pint of cream, ¼ of a pint of water, 4 ozs. of loaf sugar, 4 yolks of eggs.

Method.—Boil the 4 ozs. of sugar and ¼ of a pint of water to a syrup, skimming meanwhile. Stir in the beaten yolks of eggs, add the Maraschino and Kirschwasser, and whisk the contents of the basin over a saucepan of boiling water until they thicken. Let the mixture cool, stirring frequently, and when ready to use add the stiffly-whipped cream. Line a plain mould with white paper, pour in the preparation and cover closely, first with paper, and then with the lid. Pack in ice and salt for at least 2 hours.

Time.—About 1 hour. **Average Cost,** 2s. 3d. to 2s. 6d. **Sufficient** for 6 or 7 persons.

2245.—MILK PUNCH. (*Fr.*—Punch au Lait.)

Ingredients.—1 quart of milk, 4 ozs. of loaf sugar, 1 gill of cream, 2 tablespoonfuls of brandy, 2 tablespoonfuls of rum.

Method.—Boil the milk, dissolve the sugar in it, then strain, and when cool partially freeze. Add the brandy, rum, and the cream whipped, mix well, and freeze a little longer. Serve in a half-frozen condition in small china sorbet cups, and, if liked, grate on a little nutmeg or cinnamon over before serving.

Time.—From 1 to 1¼ hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 7 or 8 persons.

2246.—NEAPOLITAN ICE. (*Fr.*—Glace Napolitaine.)

Ingredients.—¼ of a pint of strawberry or raspberry pulp, ½ an oz. of grated chocolate, 3 yolks of eggs, 1½ pints of milk, ½ a pint of cream, 3 ozs. of castor sugar, ½ a teaspoonful of vanilla essence, carmine or cochineal.

Method.—Cream the yolks of eggs and 3 ozs. of castor sugar well together. Add the rest of the sugar to the milk, and when boiling pour on to the yolks of eggs and sugar, stirring vigorously meanwhile. Replace in the stewpan, and stir by the side of the fire until the mixture thickens, then strain. Dissolve the chocolate in 1 tablespoonful of water, mix with it ⅓ of the custard, and let it cool. Mix the fruit pulp with half the remaining custard, and if necessary add a few drops of carmine. To the other third of the custard add the vanilla essence. Whip the cream slightly, divide it into 3 equal portions, and add 1 to each preparation. Freeze separately, then pack in layers in a Neapolitan ice-box, or, failing this, a mould best suited to the purpose. Cover closely, and pack in salt and ice for about 2 hours. Serve cut across in slices.

Time.—From 1 to 1½ hours. **Average Cost,** about 2s. **Sufficient** for 7 or 8 persons.

2247.—NESSELRODE PUDDING. (*Fr.*—Pouding Glace à la Nesselrode.)

Ingredients.—3 dozen chestnuts, ½ a pint of milk, 1 pint of cream, 12 ozs. of loaf sugar, 2 ozs. of glacé cherries cut into dice, 8 yolks of eggs, vanilla essence, 1 glass of Maraschino.

Method.—Shell, parboil, and skin the chestnuts, simmer them in 1 gill of milk until tender, and rub them through a fine sieve. Bring the remaining gill of milk nearly to boiling point, add the yolks of eggs, cook by the side of the fire until they thicken, then stir them into the chestnut purée. Let this mixture become cold, add ½ the cream, freeze until nearly set, then stir in the Maraschino, cherries, and the remainder of the cream stiffly-whipped. Freeze until set, stirring frequently, then press into a fancy ice mould, cover, seal the edges with lard, wrap in paper, and bury in ice and salt until required.

Time.—About 3½ hours. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 9 or 10 persons.

2248.—NOYEAU SORBET. (*Fr.*—Sorbet au Noyeau.)

Ingredients.—1 quart of half-frozen lemon water ice No. 2225, 1 gill of noyeau, the juice of 1 orange, whipped-cream, castor sugar.

Method.—Prepare and half-freeze the lemon water ice, then add the noyeau and orange-juice, and continue the freezing until the proper degree of hardness is obtained. Three-parts fill the sorbet glasses or cups with the preparation, and cover roughly with sweetened stiffly-whipped cream.

Time.—15 minutes after the water ice is ready. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 7 or 8 persons.

2249.—PINEAPPLE MOUSSE. (*Fr.*—Mousse à l'Ananas.)

Ingredients.—10 ozs. of preserved pineapple, 2 ozs. of castor sugar, ¾ of an oz. of gelatine, ½ a gill of pineapple syrup, 1½ gills of cream, ¼ of a gill of Maraschino, 1½ gills of lemon or wine jelly No. 2020, glacé cherries.

Method.—Mask the jelly mould with a thin layer of jelly, and decorate with the cherries. Pound and chop the pineapple finely, and rub it through a hair sieve. Dissolve the sugar and gelatine in the pineapple syrup, and let the mixture cool. Melt the remainder of the jelly; let it cool, and whisk it over the ice to a stiff froth. Add this and the stiffly-whipped cream to the pineapple purée, stir in the gelatine when cool, add the Maraschino, and pour into the prepared mould. Let it remain on ice for 2 hours.

Time.—About 1½ hours. **Average Cost,** 2s. 6d. **Sufficient** for 6 or 7 persons.

2250.—RASPBERRY OR STRAWBERRY SORBET. (*Fr.*—Sorbet aux Fraises ou Framboises.)

Ingredients.—1 quart of raspberry or strawberry water ice preparation, No. 2229, ½ a gill of Sauterne, 1 glass of Curaçoa.

Method.—Prepare and half-freeze the water ice, add the wine and Curaçoa, continue the freezing until the proper degree is obtained, then serve.

DESSERT, DESSERT SWEETS AND SWEETMEATS

CHAPTER XXXIV

Dessert at the Present Day does not hold the same relationship to the dinner that it held with the ancients—the Romans more especially. On ivory tables they would spread hundreds of different kinds of raw, cooked and preserved fruits, tarts and cakes, as substitutes for the more substantial comestibles with which the guests were satiated. No part of a dinner is governed more by individual tastes and circumstances than the dessert; it may consist of one or more dishes of choice fruits; or a varied display may be provided at a comparatively trifling cost, when the dessert is composed principally of fruits in season and home-made sweets. Pines, melons, grapes, peaches, nectarines, plums, strawberries, cherries, apples, pears, oranges, figs, raisins, walnuts, filberts, crystallized fruits, fancy ices, fancy cakes and biscuits, make up the dessert, together with dainty sweets and bon-bons, with which the present chapter deals.

Dessert Services.—The shape, material and pattern of dessert services is so varied, and depends so much upon taste, that the word " fashion " may hardly be used in reference to them, though it may be said that the services now used are those in which the colours are pale and delicate, and that the stands for fruit are of medium height or quite low. White china now forms some of the prettiest dessert services, and is well calculated to show off the beauty of the fruit, the effect being particularly good when the stands are surrounded by trails of flowers and foliage, or placed upon artistically arranged silk of some delicate hue, contrasting or harmonizing with the flowers. If available, bon-bons are usually served in small silver dishes constructed for the purpose, otherwise they should be daintily arranged in small fancy dishes lined with lace-edged dessert papers, or in tiny ornamental paper cases.

Arrangement of Fruit.—No hard and fast rules can be laid down with reference to this, except that such easily damaged fruits as strawberries should never be mixed with the more solid kinds. In nearly all cases the beauty of the fruit may be enhanced by surrounding it with foliage. Keen competitors in public favour are the tender green, delicately trailing smilax, the beautiful feathery asparagus, and the double-edged mallow; strawberry and vine leaves have a pleasing effect ; while for winter desserts, the bay, cuba and laurel are sometimes used, holly also being in demand from Christmas Eve to the middle of January.

Dessert Sweets and Sweetmeats.—Until recently the art of sweetmeat-making was little understood, and still less practised, by private individuals. Even now there exists a mistaken idea that this artistic branch of cookery presents many difficulties, and that elaborate utensils and implements are essential. Certainly success is more assured when the operations are aided by a saccharometer, marble slab, crystallizing tray, etc., but they are not indispensable. By measuring accurately, testing repeatedly, and by taking care to apply the right amount of heat, an amateur should find no difficulty in preparing any of the sweetmeats for which recipes are given on the following pages.

Except when otherwise stated, the lid should be kept on the stewpan while the sugar is being brought to boiling point and during the early stages of the following process, to prevent the sugar crystallizing on the sides of the pan. When this occurs, the particles of sugar adhering to the sides of the stewpan must be removed by means of a brush dipped in water, for if allowed to remain, they may cause the sugar to grain. Cream of tartar is added to the syrup to prevent the sugar granulating, and carbonate of soda serves to whiten the toffee, etc., with which it is mixed.

When cooking over gas it is advisable to have a piece of sheet-iron to place over the gas burners when a very slow continuous application of heat is required, as in making caramels, etc. In boiling treacle and brown sugar a large stewpan should be used, as these ingredients are apt to boil over more quickly than white sugar.

Of the utensils and implements mentioned in the following pages, those absolutely necessary are simple and inexpensive, and comprise a hair sieve; a spatula, which is flat, wooden, with a broad rounded end tapering off to a long narrow handle; a sweet fork and ring, both made of twisted wire; and a candy hook. For this latter implement may be substituted a strong iron larder hook, which should be fixed firmly on a wall about 5 feet from the floor, according to the height of the worker. When a sugar skimmer is not available for testing the sugar as it approaches the "small ball" degree, a piece of wire twisted to form small rings will be found a good substitute. A saccharometer, caramel cutter, crystallizing tray, moulds, and a marble slab are indispensable to those who wish to excel in the higher branches of the art of sweet-making, but with few exceptions, all the following recipes require nothing further for their preparation than the few simple appliances enumerated above.

Dessert

2253.—ALMONDS AND RAISINS.

The dish in which these are served should be covered with a lace-edged paper. The fruit should be separated into branches suitable for serving, piled high in the centre of the dish, and the almonds blanched and scattered over. To prepare the almonds, place in cold water, bring to boil, skin and use as required.

2254.—ALMONDS SALTED AND DEVILLED.

These are much appreciated after the sweet course. They are prepared by tossing blanched almonds in hot oil or butter, the process of which is fully described in previous recipe.

2255.—APPLES AND PEARS.

These should be well rubbed with a clean soft cloth, and arranged in a dish, piled high in the centre, with green leaves between the layers. The inferior fruit should form the bottom layer, with the bright-coloured ones on the top. Oranges may be arranged and garnished in the same manner.

2256.—APRICOTS, PEACHES, PLUMS, NECTARINES, OR GREEN FIGS.

The beautiful colouring of these fruits when good and ripe renders anything more than a few green leaves for garnish necessary. These, when possible, should be vine leaves, otherwise the more delicate kinds of ferns are suitable. The fruit looks best when arranged a little from the edge of the stand and piled pyramidically.

2257.—BANANAS.

Bananas look best when mixed with other fruits, and possibly the best effect is produced by arranging them with a series of arches over a single layer of apples or oranges, a fine apple or orange being piled in the centre where the points of the bananas meet.

2258.—CURRANTS AND GOOSEBERRIES.

Red and white currants may be mixed with good effect; they should be be piled in alternate layers to form a pyramid. Gooseberries should also be piled high, but need no other arrangement.

2259.—DATES, FIGS, FRENCH PLUMS.

All these should be daintily arranged on small dishes covered with lace-edged papers, which replace the leaves used with fresh fruit.

Dates.—Dates are imported into Britain, in a dried state, from Barbary and Egypt, and, when in good condition, they are much esteemed. An inferior kind has lately become common, which is dried hard, and has little or no flavour. Dates should be chosen large, soft, not much wrinkled, of a reddish colour on the outside, with a white membrane between the fruit and the stone.

2260.—GRAPES.

These may be mixed or not, according to taste, but the blending of the white and black fruit enhances the beauty of both. Vine leaves, when procurable, should be put round the edge of the dish. Grape scissors must always accompany the grapes, as without them serving is very difficult, fine bunches being easily spoilt.

2261.—NUTS.

These are simply arranged piled high in the centre of the dish, with or without leaves round the edge. Filberts or other nuts of this description should always be served with the outer skin or husk on them, and walnuts should be well wiped with a damp cloth, and afterwards with a dry one, to remove the unpleasant sticky feeling the shells frequently have. Chestnuts, when boiled or roasted, should be served on a folded serviette.

Hazel Nut and Filbert.—The common hazel is the wild, and the filbert the cultivated, variety of the same tree. The hazel is found wild, not only in forests and hedges, in dingles and ravines, but occurs in extensive tracts in the more mountainous parts of the country. It was formerly one of the most abundant of the trees which are indigenous to this island. It is seldom cultivated as a fruit tree, though perhaps its nuts are superior in flavour to the others. The Spanish nuts imported are a superior kind, but they are somewhat oily and rather indigestible. Filberts, both the red and the white, and the cob-nut, are supposed to be merely varieties of the common hazel, which have been produced partly by the superiority of soil and climate, and partly by culture. They were originally brought out of Greece to Italy, whence they have found their way to Holland, and from that country to England. It is supposed that, within a few miles of Maidstone, in Kent, there are more filberts grown than in all England besides; and it is from that district that the London market is supplied. The filbert is longer than the common nut, though of the same thickness, and has a larger kernel. The cob-nut is a still larger variety, and is rounder. Filberts are more esteemed for dessert than common nuts, and are generally eaten with salt. They are very free from oil, and disagree with few persons.

2262.—PINE OR MELON.

Vine leaves should first be placed upon the dish and the fruit stood upon them. If a pine does not stand upright, a slice may be cut off the bottom to level it. A melon should have the stalk showing at the top.

Note.—The melon is frequently served as an hors d'œuvre, eaten with salt and pepper. Prepared this way, it is excellent as a summer luncheon dish. *See* Melon Cartaloup.

2263.—STRAWBERRIES AND CHERRIES.

These should be arranged in rows in a pyramidal form, with the stalks inwards, so that when the whole is completed, nothing but the red part of the fruit is visible. When strawberries are served with cream, the stalks should be removed.

Dessert Sweets and Sweetmeats

2264—BOILING SUGAR.

Although sugar may be boiled, and the degree approximately gauged by applying certain simple tests, the process is greatly simplified by the use of a saccharometer.

The different degrees to which sugar is boiled are classed as follows:—

I.	Small Thread .	215° F.	VI.	Large Blow or Feather	233° F.
II.	Large Thread .	217° F.	VII.	Small Ball . . .	237° F.
III.	Small Pearl .	220° F.	VIII.	Large Ball	247° F.
IV.	Large Pearl .	222° F.	IX.	Small Crack. . . .	290° F.
V.	Small Blow .	230° F.	X.	Large Crack . . .	312° F.

XI. Caramel, 350° Fahrenheit.

2265.—THE SMALL THREAD.

Ingredients.—2 lbs of loaf sugar, 1 pint of water.

Method.—Dissolve the sugar in the water, bring to boiling point, and remove the scum. Boil for a few minutes, then dip the tip of the forefinger into the syrup and apply it to the thumb. If, on immediately separating the finger and thumb, the syrup is drawn out into a fine thread which breaks at a short distance, the sugar is boiled to the **small thread** (215° F).

2266.—THE LARGE THREAD.

Boil the syrup a little longer, and apply the same test; if the thread can be drawn longer without breaking, the syrup is boiled to the **large thread** (217° F).

2267.—THE SMALL PEARL.

Continue the boiling for a few moments and proceed as before. When the thumb and forefinger may be separated to a little distance without breaking the thread, the sugar is boiled to the **small pearl** (220° F).

2268.—THE LARGE PEARL.

After a little further boiling dip the forefinger in again, stretch the thumb and forefinger as far as possible, and if the thread remains unbroken the sugar has been boiled to the **large pearl** (222° F.).

2269.—THE SMALL BLOW.

Boil a little longer, then take a skimmer, dip it into the syrup, drain it well over the pan, and blow through the holes. If small bubbles appear on the other side of the skimmer, the sugar is boiled to the **small blow** (230° F.).

2270.—THE LARGE BLOW OR FEATHER.

After a moment's further boiling repeat the test, and when the bubbles appear in much larger quantities and fly off the skimmer when shaken, like small feathers or down, the sugar is boiled to the **large blow** (233° F).

2271.—THE SMALL BALL.

Now dip the forefinger into a basin of cold water, then dip it into the sugar, and again quickly into the water. When the sugar can be rolled between the thumb and forefinger into a **small ball** it has reached the stage known by that name (237° F.).

2272.—THE LARGE BALL.

Continue the boiling and proceed as before; as soon as the sugar can be formed into a larger and harder ball, it is boiled to the **large ball** (247° F.)

2273.—THE SMALL CRACK.

Boil for a moment longer, then dip in the forefinger, and if the sugar adhering to it breaks with a slight noise, and sticks to the teeth when bitten, it is boiled to the **small crack** (290° F.).

2274.—THE LARGE CRACK.

Boil a little longer, dip the forefinger into cold water, then into the sugar, and again quickly into the water. If the sugar breaks short and brittle, and does not stick to the teeth when bitten, it is boiled to the **large crack** (312° F.).

2275.—THE CARAMEL.

If the boiling is prolonged beyond this stage, the sugar soon begins to acquire a little colour, which gradually deepens until brown, and finally black, burnt sugar is obtained.

2276.—TO SPIN SUGAR.

Ingredients.—1 lb. of best loaf sugar, ½ a pint of water, ½ a saltspoonful of cream of tartar.

Method.—Dissolve the sugar in the water in a copper sugar boiler or stewpan, and boil to the "large crack" degree. Add the cream of tartar, draw the pan aside, repeatedly test the consistency of the syrup by means of a tablespoon, and use as soon as it runs in a fine thread from the spoon to the pan. Now take in the left hand a large knife, previously oiled, hold it in a horizontal position, and spin the sugar into fine threads by moving the spoon containing it to and fro over the flat blade of the knife.

To spin sugar successfully it must be done in a dry atmosphere, and the worker must avoid standing in a draught.

2277.—TO CLARIFY SUGAR, FOR SYRUP.

Ingredients.—6 lb. of loaf sugar, 1 quart of water, 2 whites of eggs.

Method.—Dissolve the sugar in the water in a large stewpan, but do not let it become very hot. Beat the whites of eggs, pour the warm syrup on to them, and return to the stewpan. When the syrup boils, add ½ a gill of cold water, repeat 3 times, thus using in all ½ a pint. Now draw the pan aside for about 10 minutes, then strain by means of a jelly bag or fine muslin, and use as required.

2278.—ALMOND ROCK.

Ingredients.—1 lb. of loaf sugar, ¼ of a lb. of almonds, ¼ of a lb. of glucose, ½ a pint of water, essence of almonds.

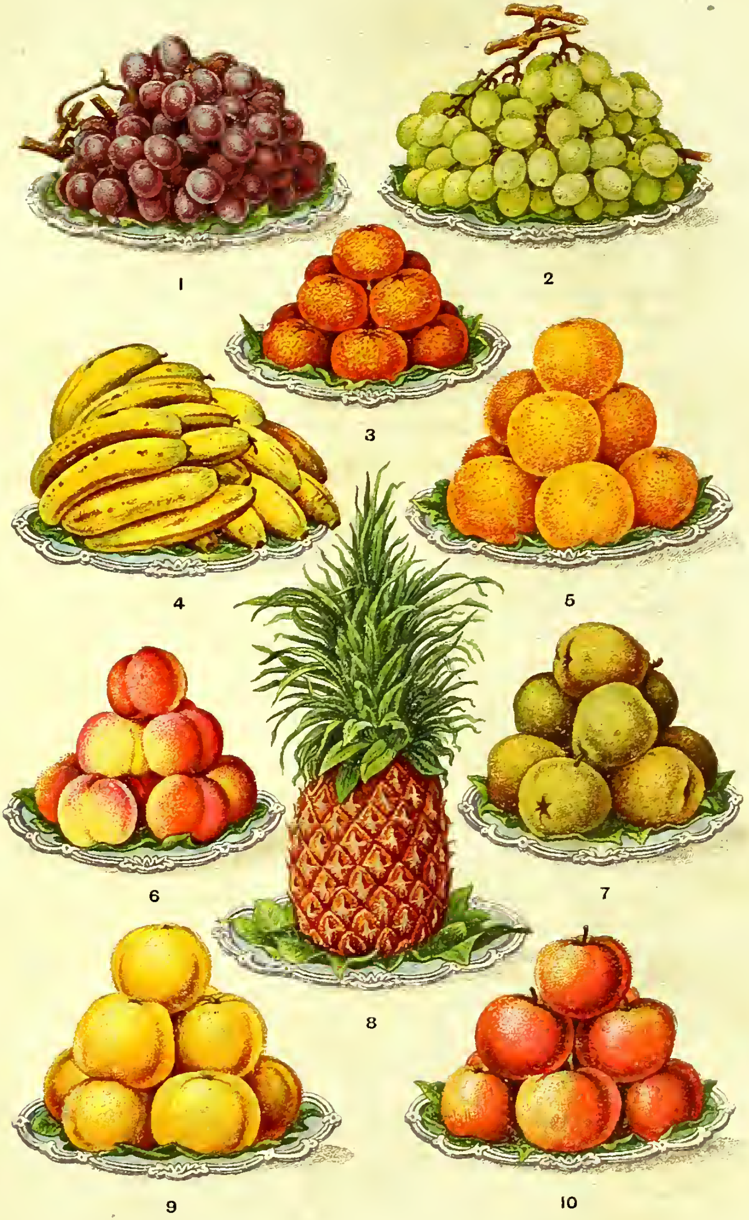
Method.—Blanch and dry the almonds thoroughly. Dissolve the sugar in the water, add the glucose, and boil to the "little crack" degree. Remove the stewpan from the fire, add the almonds, a few drops of essence of almonds, boil until it acquires a golden-brown colour, and pour on to oiled or buttered tins.

2279.—ALMOND ROCK. (Another Method.)

Ingredients.—1 lb. of brown moist sugar, 5 ozs. of almonds, 8 ozs. of glucose, ¼ of a pint of water, essence of almonds.

Method.—Blanch the almonds, split them in halves lengthwise, and place them cut side downwards on an oiled or buttered tin. Dissolve

FRUIT.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1.—Black Grapes. 2.—Muscat Grapes. 3.—Tangerines. 4.—Bananas. 5.—Oranges.
6.—Peaches. 7.—Pears. 8.—Pineapple. 9 and 10.—Apples.

the sugar in the water, add the glucose, flavour to taste, and boil to the "hard crack" degree. Let the preparation cool slightly, then pour very slowly and carefully over the almonds. Brown sugar should always be boiled in a rather large stewpan, as it is apt to boil over.

2280.—ALMOND STICKS.

Ingredients.—½ a lb. of Jordan almonds, ¾ of a lb. of icing sugar, ¼ of a lb. of vanilla sugar, the whites of 5 eggs, royal icing No. 1736, vanilla essence.

Method.—Blanch and dry the almonds thoroughly in a cool oven, then pound them finely in a mortar, adding by degrees the icing sugar and vanilla sugar. When perfectly smooth add the whites of eggs, and when well-mixed turn the whole on to a marble slab. Knead it well, roll it out to about ¼-inch in thickness, and cut it into strips about 2 inches long and ½ an inch wide. Place them on a greased and floured baking-sheet, cover them with royal icing flavoured with vanilla, and bake in a very slow oven for about ½ an hour. These sticks may be served as dessert or handed round with the ices instead of wafers.

2281.—ALMOND TOFFEE.

Ingredients.—1 lb. of loaf sugar, 5 ozs. of almonds, ½ a pint of water, a pinch of cream of tartar, almond essence.

Method.—Blanch and skin the almonds, cut them across in halves, and dry them in the oven without browning. Dissolve the sugar in the water, add the cream of tartar, and boil until a deep amber-coloured syrup is obtained. Remove the stewpan from the fire, add the almonds, boil up again, and pour on to a buttered or oiled tin.

2282.—ALMOND TOFFEE. (Another Method.)

Ingredients.—1 lb. of granulated sugar, ½ a lb. of almonds, ¼ of a lb. of butter.

Method.—Blanch the almonds, split them lengthwise, and dry thoroughly in a cool oven. Melt the butter in a stewpan, add the sugar, and boil to the "ball" degree, then stir in the almonds and continue boiling to the "crack." Pour into an oiled or buttered tin, and, when cold and set, break up into pieces.

2283.—AMERICAN CANDY.

Ingredients.—2 lb. of moist sugar, ½ a pint of water, cream of tartar, tartaric acid, 1 dessertspoonful of golden syrup, saffron-yellow, flavouring essence.

Method.—Dissolve the sugar in the water, add a good ½ teaspoonful of cream of tartar, and boil to the "large crack" degree. Pour on to an oiled slab, add a little saffron-yellow or other colouring ingredient, and flavour to taste. Any flavouring substance may be used, but it should agree with the colour of the candy; thus red should be flavoured with raspberry essence, yellow with pineapple, etc. Add also a pinch of tartaric acid and the golden syrup, work well in, fold up, then pull over an oiled hook, and cut into squares.

2284.—BARLEY SUGAR.

Ingredients.—1 pint of clarified syrup No. 2231, 1 teaspoonful of lemon-juice, 5 drops of essence of lemon, saffron-yellow.

Method.—Boil the prepared syrup to the "large crack," add the lemon-juice and lemon-essence, and reboil until it acquires a little colour. Now add a few drops of saffron-yellow, and pour at once on to an oiled slab. When cool, cut into drops about 6 inches long and 1 inch wide, and twist them. Keep in air-tight tins.

2285.—BARLEY SUGAR. (Another Method.)

Ingredients.—2 lbs. of loaf sugar, 1 pint of water, ½ a teaspoonful of lemon-juice, a pinch of cream of tartar, essence of lemon, saffron-colouring.

Method.—Dissolve the sugar in the water, boil to the "small ball" degree (*see* No. 2271), and add the lemon-juice. Continue boiling to the "large crack," add a few drops of saffron-yellow, flavour to taste, and turn on to an oiled slab. When cool, cut into narrow strips, twist them into a spiral form, and when perfectly cold store them in air-tight tins or boxes.

2286.—BURNT ALMONDS.

Ingredients.—1¾ lb. of granulated sugar, 1 lb. of almonds, cold water.

Method.—Blanch the almonds and dry them thoroughly in a cool oven. Put 1 lb. of sugar and 1½ gills of water into a stewpan, bring to the boil, then add the almonds, and boil gently by the side of the fire. When the almonds make a slight crackling noise, remove the pan further from the fire, stir until the sugar granulates, then turn the whole on to a coarse sieve. Shake well, put the sugar that passes through the sieve into a stewpan, add to it 1½ gills of water and the remaining ¾ of a lb. of sugar, and let it boil to the "soft ball" degree. Now add the almonds, which should in the meantime have been kept warm, stir until well coated, but at the first inclination they show of sticking together, remove them from the fire, and place them on the sieve as before. The second coating of sugar is frequently coloured and flavoured according to individual taste.

2287.—BURNT ALMONDS. (Another Method.)

Ingredients.—1 lb. of Demarara sugar, ½ a lb. of almonds, 1 gill of water.

Method.—Put the sugar and water into a stewpan and stir occasionally until dissolved. As soon as it comes to the boil cease stirring, boil 2 or 3 minutes, and add the almonds. Now stir briskly until the sugar browns slightly and granulates, and has completely coated the almonds, then turn them on to a sieve, separate any that may have stuck together, and let them remain until cold.

2288.—BUTTER SCOTCH.

Ingredients.—1 lb. of loaf sugar, ½ a lb. of butter, a pinch of cream of tartar, ½ a pint of milk.

Method.—Place the sugar and milk in a stewpan, and stir occasionally by the side of the fire until the sugar is dissolved. Now add the cream of tartar and the butter a small piece at a time, and boil the mixture until a little, dropped into cold water, forms a moderately hard ball. Pour on to an oiled or buttered tin, and as soon as it is sufficiently firm, mark off into small oblongs or squares, and when cold, divide the sections thus formed. Wrap each piece first in wax paper, then in tinfoil.

2289.—BUTTER SCOTCH. (Another Method.)

Ingredients.—1 lb. of moist sugar, ½ a lb. of butter, ½ a teacupful of cold water, essence of almonds.

Method.—Put the water and sugar into a stewpan, let the mixture stand by the side of the fire until dissolved, then add the butter and boil until the mixture becomes quite thick. Stir occasionally until it begins to thicken, and afterwards continuously, as this preparation is liable to stick to the bottom of the pan. Pour on to an oiled or buttered tin, and mark and divide as directed in the preceding recipe.

2290.—CANDY. (*See* American Candy, No. 2283, American Molasses Candy, No. 2291, Cocoanut Candy, No. 2312, Candy Twist, No. 2298, Pineapple Snow Candy, No. 2340, Treacle Candy, No. 2352, and Candy Kisses, White Almond, No. 2294.)

2291.—CANDY, AMERICAN MOLASSES.

Ingredients.—3 cups of Demarara sugar, 1 cup of molasses, 1 cup of water, 1 oz. of butter, ½ a teaspoonful of cream of tartar.

Method.—Dissolve the sugar in the water, add the butter and molasses, and when boiling stir in the cream of tartar. Continue the cooking until the syrup reaches the "crack" degree, then turn on to an oiled slab. When cool enough to handle, pull it over an oiled hook, and when firm cut into squares.

2292.—CANDIED CHESTNUTS.

Ingredients.—Chestnuts, loaf sugar.

Method.—Remove the shells of the chestnuts, place them in a stewpan of boiling water, boil for about 10 minutes, then drain and skin them. Replace in the stewpan, cover with boiling water, boil until tender but not broken, and let them cool. Allow ½ a pint of water to each lb. of sugar, boil to the "crack" degree, then dip in the chestnuts one at a time, and place them on an oiled slab.

2293.—CANDY KISSES, BROWN ALMOND.

Ingredients.—1 lb. of Demerara sugar, 4 ozs. of glucose, 2 ozs. of almonds, 1 oz. of butter, ¼ of a pint of water, caramel essence.

Method.—Blanch and chop the almonds coarsely, then bake them in the oven until golden-brown. Dissolve the sugar in the water, add the butter and glucose, and boil to the "large ball" degree. Remove the stewpan from the fire, stir in caramel essence to taste, press the syrup against the sides of the pan by means of a spatula or wooden spoon, to give the candy a grained appearance, and when it becomes cloudy stir in the prepared almonds. When sufficiently firm, pile small portions on an oiled slab, using a teaspoon for the purpose. Chopped hazel nuts or cocoanut may be substituted for the almonds.

2294.—CANDY KISSES, WHITE ALMOND.

Ingredients.—1 lb. of loaf sugar, 4 ozs. of glucose, 2 ozs. of almonds, 1 oz. of butter, ¼ of a pint of water, vanilla essence.

Method.—Blanch and chop the almonds and dry them thoroughly. Prepare the syrup as directed in the preceding recipe, substituting vanilla essence for the caramel flavouring.

2295.—CANDIED PEEL.

There are three kinds of candied peel, viz. citron, lemon, and orange, the mode of preparation being in all cases practically the same. The rinds of sound young fruit are cut lengthwise in halves, freed from pulp, boiled in water until soft, and afterwards suspended in strong cold syrup until they become semi-transparent. Finally, they are slowly dried in a stove or in a current of hot air.

2296.—CANDIED POPCORN.

Ingredients.—1 quart of popped corn, ½ a lb. of castor sugar, 1 oz. of butter, 3 tablespoonfuls of water.

Method.—To prepare the popped corn, put the Indian maize into a wire sieve and shake it gently over a slow fire until it pops. Place the sugar, butter and water in a stewpan, boil to the "small ball" degree, add the prepared corn, and stir briskly until the corn is completely coated. Remove the pan from the fire, and continue stirring until cool, to prevent the corn sticking together.

2297.—CANDY, OR THREAD SUGAR. (*See* Boiling Sugar, No. 2264.)

2298.—CANDY TWIST.

Ingredients.—1½ lb. of Demerara sugar, ½ a pint of water, caramel colouring, almond essence.

Method.—Dissolve the sugar in the water, boil to the "crack" degree, then colour and flavour to taste. Pour the syrup on to an oiled slab, and as the edges cool fold them over. When the whole is cool enough to handle pull it over the candy-hook, cut it into 6-inch lengths, and twist them into a spiral form. If preferred, white granulated sugar may be substituted, and the candy flavoured with vanilla, or it may be coloured red and flavoured with raspberry.

2299.—CARAMELS, CHOCOLATE.

Ingredients.—3 ozs. of finely-grated vanilla chocolate, 1 lb. of best loaf sugar, ½ a pint of cream, ½ a pint of milk.

Method.—Dissolve the sugar in the milk, add the cream and bring slowly to boiling point. Dissolve the chocolate in the smallest possible quantity of hot water, stir it into the syrup, and boil very gently until a little, dropped into cold water, at once hardens and snaps easily. Pour it on to an oiled slab into a square formed by bars, or, failing these, into an oiled tin. When cold, cut into squares with a caramel cutter, or a buttered knife, and wrap each piece in wax paper.

2300.—CARAMELS, CHOCOLATE. (Another Method.)

Ingredients.—½ a lb. of loaf sugar, 2 ozs. of grated chocolate, 2 ozs. of glucose, 1 oz. of butter, ¼ of a gill of cream, acetic acid.

Method.—Dissolve the sugar in the water, add the glucose, and boil to 280°. Stir in the cream, butter and chocolate, replace on the fire, and reboil to the same temperature. Remove from the fire, stir in 2 drops of acetic acid, and pour into a well-oiled tin. When cold, mark with a caramel cutter, and cut into squares.

2301.—CARAMELS, CHOCOLATE, AMERICAN.

Ingredients.—1 teaspoonful of golden syrup, 1 teacupful of finely-grated chocolate, 1 teacupful of brown sugar, 1 teacupful of milk, 1 oz. of butter, 1 dessertspoonful of glycerine, ½ a teaspoonful of vanilla essence.

Method.—Place the syrup, butter, sugar and milk in a stewpan, bring to boiling point, and add the glycerine. Boil rapidly for about 10 minutes, then stir in the chocolate, replace the stewpan on the fire, and continue the boiling until, when a little is dropped into cold water, a hard ball is immediately formed. Turn into well-buttered or oiled tins, allow the preparation to remain until cold, then mark with a caramel cutter, and cut into squares.

2302.—CARAMELS, CREAM.

Ingredients.—1 lb. of sugar, ¼ of a lb. of glucose, 1 oz. of butter, 1½ gills of water, 1 gill of cream, caramel essence.

Method.—Dissolve the sugar in the water, add the glucose, and boil to 265°. Then add the butter and cream, and stir until the mixture again registers 265°. Remove from the fire, flavour to taste, and pour on to a well-oiled tin. When sufficiently firm mark with a caramel cutter, and when cold cut into squares, and wrap them in wax paper.

2303.—CARAMELS, RASPBERRY.

Ingredients.—2 lb. of granulated sugar, 1 oz. of butter, ½ a pint of cream, ½ a pint of water, 3 tablespoonfuls of glucose, raspberry essence, cherry-red colouring or carmine.

Method.—Put the sugar with the water into a stewpan; when dissolved stir in the glucose, and boil to the " ball " degree. Add the cream and the butter in small pieces, stir and boil until the syrup reaches the " crack " degree, then transfer the stewpan at once to a bowl of cold water, to arrest further cooking. Colour and flavour to taste, pour between bars on an oiled slab or into an oiled tin, and when sufficiently cool, cut into small squares by means of a caramel cutter or a slightly buttered knife, and wrap each caramel in wax paper.

2304.—CARAMELS STRAWBERRY.

Ingredients.—2 lb. of best lump sugar, 2 ozs. of honey, ¼ of an oz. of butter, ⅓ of a pint of cream, ¼ of a pint of water, strawberry essence, cherry-red colouring or carmine.

Method.—Place the sugar in a copper sugar boiler or stewpan, add the water, and when dissolved stir in the honey, cream and butter. Boil to the " crack," then stir in the flavouring essence and colouring ingredient, and pour on to an oiled slab. When set, cut into small squares, by means of a caramel cutter or buttered knife, and wrap each caramel in wax paper.

2305.—CARAMELS, WRAPPED.

Ingredients.—1 lb. of loaf sugar, 1 oz. of butter, 4 ozs. of glucose, ¼ of a pint of water, ½ a gill of cream, acetic acid, vanilla essence.

Method.—Dissolve the sugar in the water, add the glucose, and boil to 280°. Stir in the cream and butter, re-heat to the same temperature, then remove the stewpan from the fire, and add 2 drops of acetic acid and vanilla essence to taste. Turn into an oiled tin; when sufficiently firm mark with a caramel cutter, and when cold cut into squares. Wrap them in wax paper.

2306.—CHOCOLATE ALMONDS.

Ingredients.—Almonds blanched and dried, chocolate, vanilla essence.

Method.—Dissolve the chocolate in the smallest possible quantity of hot water, and flavour it to taste with vanilla essence. Dip each almond in separately, and place them on an oiled slab or plates to set.

2307.—CHOCOLATE PRALINES.

Ingredients.—½ a lb. of icing sugar, ¼ of a lb. of almonds or Barcelona kernels, chocolate, chocolate coating.

Method.—Blanch and bake the almonds until brown, or, when using Barcelona kernels, remove the shells, bake the nuts until the insides are brown, and take away the skins. Whichever are used, they must be coarsely-chopped and finely-pounded in a mortar. Place the sugar in a copper sugar boiler or stewpan, WITHOUT WATER, cook over the fire until lightly browned, stir in the almonds, and pour the whole on to an oiled slab. When cold pound to a powder, mix with it sufficient chocolate dissolved in warm water to form a paste, and turn it into a tin. When cold cut into small squares, and coat with dissolved chocolate.

2308.—CHOCOLATE STICKS.

Ingredients.—½ a lb. of almonds, blanched and chopped, 10 ozs. of castor sugar, 2 ozs. of finely-grated chocolate, the whites of 2 small eggs, royal icing.

Method.—Pass the sugar through a fine sieve, and pound finely any coarse particles there may be. Dry the almonds thoroughly in a cool oven, pound them to a paste, adding the sugar gradually, then add the chocolate and whites of eggs. When well-mixed, turn on to a board or slab, knead well, roll out to about ¼ of an inch in thickness, and cut into strips about 2 inches long and ½ an inch wide. Place them on a buttered and floured baking sheet, cover them with royal icing, and bake in a very slow oven for about half an hour.

2309.—CLOVE DROPS.

Ingredients.—Essence of cloves, a few drops of acetic acid, 1 lb. of loaf sugar, ½ a pint of water.

Method.—Boil the sugar and water to the ball degree, add a few drops of acetic acid, and clove essence to taste. Grain the syrup by pressing it against the sides of the pan with the back of the spoon, let it cool slightly, then turn it on to an oiled sheet. Mark it in small squares with the back of a knife, and separate them when cold.

2310.—COCOANUT BARS.

Ingredients.—1 lb. of freshly grated or desiccated cocoanut, 3 lbs. of loaf sugar, ¾ of a lb. of glucose, 1½ pints of water, vanilla essence, raspberry essence, cherry-red colouring or carmine.

Method.—Cut grease-proof paper to fit the sides and bottom of a shallow box, or tin with straight sides, and arrange it carefully. Dissolve the sugar in the water, add the glucose, and boil to the "ball" degree. Pour half the syrup into another stewpan, and keep it warm. Flavour the remainder to taste with the raspberry essence, and add colouring drop by drop until a pale pink colour is obtained. Grain this pink syrup by working it against the sides of the pan; when cloudy, stir in half the cocoanut and pour the mixture into the prepared box or tin. Flavour the other portion with vanilla essence, grain it in the same manner as the pink syrup, and when cloudy add the remainder of the cocoanut and pour it on the top of the pink ice. When quite cold and set, turn out of the box, and cut into slices.

2311.—COCOANUT BARS. (Another Method.)

Ingredients.—3 lbs. of best loaf sugar, ½ a lb. of freshly-grated or desiccated cocoanut, ½ a pint of water, vanilla essence, carmine or cochineal.

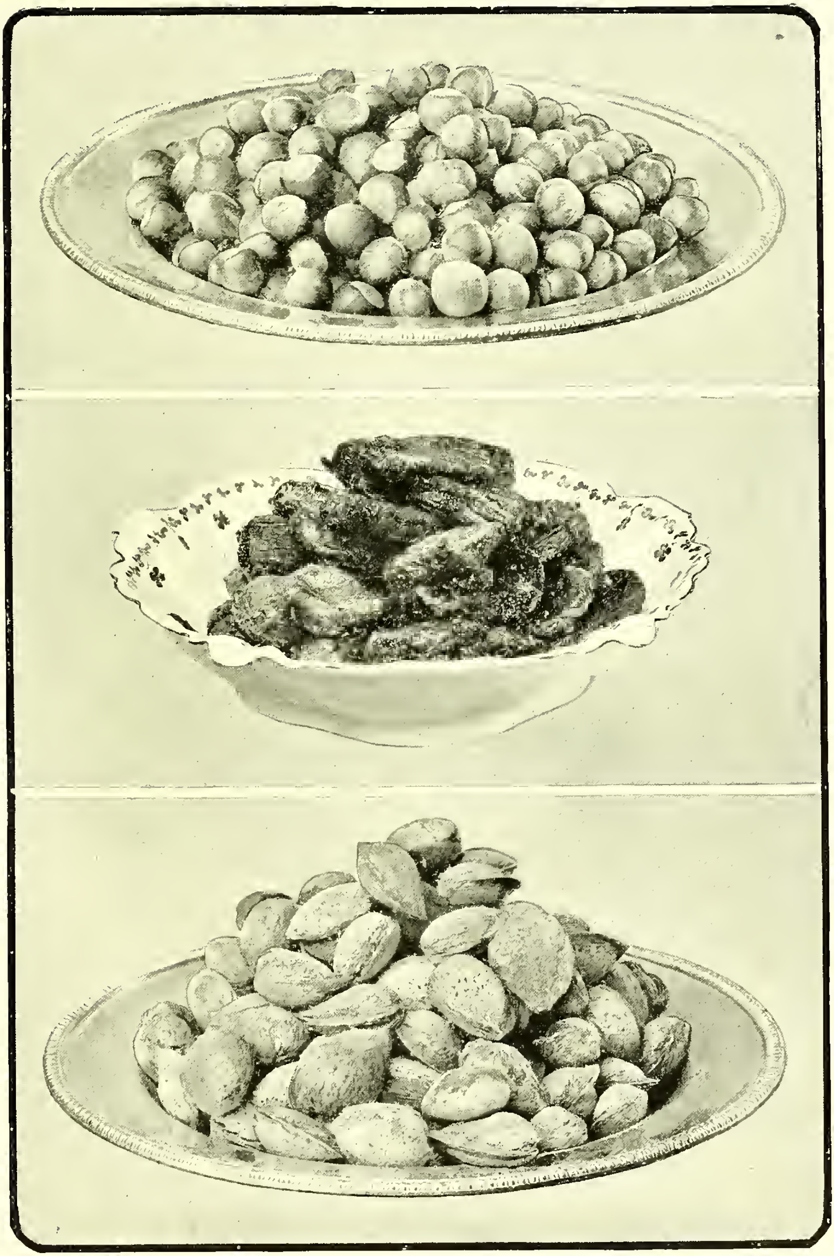
Method.—Line a shallow tin with grease-proof paper. Boil the sugar and water to the "small ball" degree, remove the pan from the fire, add the cocoanut, and flavour to taste. Let it cool a little, then pour ½ into the prepared tin, and stand the vessel containing the remainder in hot water, to prevent it setting. As soon as the portion in the tin is set, add a few drops of carmine or cochineal to the preparation in the stewpan, and pour it over the ice in the tin. When cold turn out and cut into bars.

2312.—COCOANUT CANDY.

Ingredients.—1½ lb. of Demarara sugar, ¾ of a pint of water, 1 medium-sized cocoanut.

Method.—Remove the shell and rind from the cocoanut, and slice it thinly. Dissolve the sugar in the water, boil to the "large ball"

DESSERT.



1. Spanish Nuts. 2. Pulled Figs. 3. Almonds.

degree, then remove the pan from the fire, and grain the syrup by rubbing it with the spatula against the sides of the stewpan. As soon as the mixture begins to grow cloudy add the sliced cocoanut, stir until quite thick, then pour on to an oiled tin. When sufficiently firm mark into squares or oblongs, and when perfectly cold and firm divide into sections. White candy may be made by substituting white sugar for the Demarara.

2313.—COCOANUT MÉRINGUE ROCKS.

Ingredients.—½ a lb. of castor sugar, 2 ozs. of desiccated cocoanut, 4 whites of eggs, vanilla essence.

Method.—Pass the sugar through a fine sieve. Put the whites of eggs with a good pinch of salt into a copper bowl or large basin, and whip them to a very stiff froth. Now stir in as lightly as possible the sugar and cocoanut, and add a few drops of vanilla essence. Have ready a baking-tin, buttered and dredged lightly with flour, and upon it pile the mixture in dessertspoonfuls, about 1 inch apart. Sprinkle ½ of them with finely-chopped pistachios, and the remainder with coarse granulated sugar. Bake in a slow oven from 30 to 40 minutes.

2314.—COCOANUT TOFFEE.

Ingredients.—¾ of a lb. of granulated sugar, ½ a lb. of Demerara sugar, ¼ of a lb. of desiccated cocoanut, ¼ of a lb. of glucose, 1½ gills of water, flavouring essence.

Method.—Dissolve the sugar in the water, add the glucose, and boil to the "little crack" degree. Remove the stewpan from the fire, stir in the cocoanut, and boil to the "large crack." Add a few drops of flavouring essence, and pour on to oiled or buttered tins.

2315.—COLOURING FOR CONFECTIONERY, JELLIES, ETC.

The principal colourings used in cookery and confectionery are red, green and yellow, which can be bought ready prepared. Harmless vegetable extracts should always be employed, and they may be easily prepared by following the directions given in subjoined recipes.

Red Colouring.—Boil ½ a pint of water and 1 lb. of loaf sugar to a syrup, and let it cool. Pound ½ an oz. of carmine until smooth, stir it into the syrup, simmer gently for 10 minutes, and strain. When cold, add ½ a teaspoonful of sal-ammoniac, bottle the mixture, and cork securely.

Green Colouring.—Wash and thoroughly dry some spinach, pound it until smooth, and squeeze it dry in a cloth. Place the spinach in a copper stewpan, cook over the fire until the liquid that flows from it becomes curdled, then strain through a hair seive. Remove the purée from the sieve, and use as required.

Yellow Colouring.—Simmer ¼ of a pint of water, 3 ozs. of loaf sugar, ¼ of an oz. of alum, and ¼ of an oz. of Turkish saffron for 15 minutes, then strain until clear. When cold, add rather more than ⅛ of a pint of spirits of wine, and bottle the mixture for use.

2316.—EVERTON TOFFEE.

Ingredients.—1 lb. of Demarara sugar, 4 ozs. of butter, ¼ of a pint of water, a good pinch of cream of tartar.

Method.—Dissolve the sugar in the water, add the cream of tartar, and boil to the "hard ball" degree. Remove the stewpan from the fire, add the butter in small pieces, then boil to the "crack" degree. Pour on to buttered or oiled tins; when sufficiently set, mark into squares or oblongs, and when quite cold divide and wrap each piece first in wax paper and afterwards in tin foil.

2317.—FONDANT CREAM.

Ingredients.—2 lbs. of loaf or granulated cane sugar, 1 dessertspoonful of glucose, 1½ gills of water, flavourings, colourings.

Method.—Dissolve the sugar in the water, add the glucose, bring to the boil quickly, and boil until the syrup registers 240° ("small ball"). Pour on to an oiled or wetted slab, let it cool slightly (for if worked at its greatest heat it will grain), and work it with a spatula, keeping the mass as much as possible together with a scraper held in the left hand. When the paste has become sufficiently cool, knead it well with the hands. When perfectly smooth, divide into 2 or 3 portions, colour, flavour, and knead again separately, and use as required.

2318.—FONDANT CREAM. (Another Method.)

Ingredients.—3 lbs. of loaf sugar, 1 pint of cold water, ¼ of a teaspoonful of cream of tartar, colouring and flavouring ingredients.

Method.—Dissolve the sugar in the water, add the cream of tartar, and boil to the "small ball" degree. Pour the syrup into a basin, let it remain until lukewarm, then stir well with a spatula until white and slightly hardened. Now turn the paste on to a slab or large dish, and knead it with the hands until perfectly smooth. Flavour and colour to taste, and use as required.

2319.—FONDANT CREAM SQUARES.

Ingredients.—1 lb. of fondant cream, carmine, sap green colouring, essence of pineapple, raspberry and vanilla.

Method.—Make the fondant according to either of the preceding recipes, and divide it into 3 equal portions. Colour 1 portion green, and flavour it with vanilla; add a few drops of carmine to the second portion, and flavour it with raspberry; flavour the remaining portion with pineapple. Roll out into 3 squares of uniform size and thickness, place them one above the other, and press lightly together with a rolling pin. Let the paste stand for at least 12 hours, then cut up into small squares. Roll in finely-chopped dried almonds or desiccated cocoanut, or coat with chocolate. If preferred, they may be crystallized by dipping in syrup prepared as below.

2320.—FONDANTS, LIQUID.

Ingredients.—2 lbs. of cane loaf sugar, 1½ gills of water, 1 dessertspoonful of glucose, colouring and flavouring to taste.

Method.—Dissolve the sugar in the water, bring to boiling point, add the glucose, and boil to the " soft ball " degree. Turn on to a marble slab, work well with a spatula until white, then knead with the hands until perfectly smooth. Colour and flavour to taste, put a small portion into a cup, stand the cup in a tin of boiling water, and stir until the fondant has the appearance of thick cream. Any kind of fruit or nuts may one by one be dipped into the liquid fondant; care should be taken to coat them thoroughly; cherries, grapes, etc., may be held by the stem, but nuts must be immersed and lifted out with a ring fork. During the process the fondant must be kept warm to prevent it hardening.

2321.—FONDANTS, SYRUP FOR CRYSTALLISING.

Ingredients.—3 lbs. of loaf sugar, 1 pint of cold water.

Method.—Dissolve the sugar in the water, then boil it to the " small thread " degree. Pour the syrup into a basin, cover with a damp cloth, and let it remain until perfectly cold. Place the prepared fondants on a crystallizing tray or drainer, pour the syrup over, cover the whole with a damp cloth, and let it stand in a rather warm dry place from 9 to 10 hours. Drain off the syrup, let the fondants dry thoroughly, and pack in air-tight boxes.

2322.—FONDANTS, WALNUT.

Ingredients.—½ a lb. of fondant cream, 18 dried walnuts, green colouring, pineapple essence.

Method.—Make the fondant cream as directed, colour it pale green, and flavour it to taste with pineapple essence. Divide into 18 equal portions, form them first into balls, then press them into oval cakes, the same shape and size as the walnuts. Place the cakes between 2 halves of walnuts, press firmly together, and let them harden in a dry and fairly warm place.

2323.—GINGER TOFFEE.

Ingredients.—2 lbs. of Demerara sugar, 1 oz. of ground ginger, ½ a pint of water.

Method.—Dissolve the sugar in the water, bring gently to boiling point, stirring occasionally in the early part of the process, and continuously when nearing boiling point. When the syrup has reached the " ball " degree, add the ginger, replace on the fire, stir until it begins to thicken, then pour into a tin lined with well-buttered paper. When cold, cut into diamonds and squares.

2324.—HARD GLAZE.

Ingredients.—½ a lb. of the best loaf sugar, ½ a gill of water, fresh or candied fruit.

Method.—Fresh fruit must be dried thoroughly; candied fruit must be washed free from sugar and afterwards dried. Dissolve the sugar in the water, add a few drops of lemon-juice, and boil to the " small crack " degree. Plunge the stewpan into cold water, to prevent the preparation becoming overcooked, and at once dip in the prepared fruit one by one. Place them on an oiled tin until cold, then transfer to sheets of white paper.

2325.—ICED FRUIT. (*See* No. 2200, Ices, Chapter XXXIII.)

2326.—LEMON AND ACID DROPS.

Ingredients.—1½ lbs. of loaf sugar, ½ a pint of water, ½ a teaspoonful of cream of tartar, essence of lemon, 1 dessertspoonful of tartaric acid.

Method.—Boil the sugar, water, and cream of tartar together until the mixture acquires a pale yellow tinge, add essence of lemon to taste, and turn the preparation on to an oiled slab. Sprinkle on the tartaric acid, work it well in, and, as soon as it is cool enough to handle, form into thin rolls, cut off short pieces with the scissors, and roll into shape under the hand. Coat with sifted sugar, dry well, and afterwards store in an airtight tin.

2327.—MACAROONS.

Ingredients.—½ a lb. of almonds, blanched and coarsely-chopped, 1 lb. of castor sugar, 5 or 6 whites of eggs, the finely-grated rind of 1 lemon.

Method.—Dry the almonds thoroughly in a cool oven, and pound them finely, adding the whites of eggs gradually. When perfectly smooth add the sugar and lemon-rind, turn the mixture into a stewpan, and stir it over a moderate fire until lukewarm. Have ready a baking-tin covered with wafer paper, arrange the mixture quickly in small round portions, and bake in a moderate oven.

2328.—MACAROONS. (Another Method.)

Ingredients.—9 ozs. of castor sugar, 8 ozs. of almonds, blanched and coarsely-chopped, 1½ ozs. of fine flour, the whites of 3 eggs, orange-flower water.

Method.—Dry the almonds in a cool oven, pound them to a paste, adding the whites of eggs gradually. When quite smooth, add the flour, sugar and a few drops of orange-flower water. Turn the preparation into a bag or paper cornet, and force out very small round portions on to a tin covered with wafer paper. Bake in a moderate oven.

2329.—MARASCHINO CREAM BON-BONS.

Ingredients.—For the centres: 2 ozs. of gum arabic, 2 tablespoonfuls of Maraschino, icing sugar, 1 gill of hot water. For coating: 1½ lbs. of icing sugar (about), 2 whites of eggs, 1 teaspoonful of lemon-juice, coffee essence, caramel.

Method.—Pass the sugar through a fine hair sieve. Soak the gum arabic in the gill of hot water, strain, add the Maraschino and as much icing sugar as will form a paste firm enough to be cut yet sufficiently moist to pass readily through the forcer, and work until elastic. Put it into a paper cornet or forcing-bag, and as it is pressed out, cut it into small pieces, and let them drop on to a paper liberally dredged with icing sugar. Allow these centres to remain in a warm place until they harden slightly. Add the lemon-juice and whites of eggs gradually to about ¾ of a lb. of icing sugar, work until perfectly smooth, then flavour to taste with coffee essence, and colour nut-brown with caramel. Dip in the centres one by one, and let them remain on a wire tray until dry.

Note.—Curaçoa or any other liqueur, orange-flower water, and many flavouring essences, may be substituted for Maraschino, the bon-bons of course taking their name from the flavouring ingredient used.

2330.—MARSH MALLOWS.

Ingredients.—½ a lb. of icing sugar, ¼ of a lb. of gum arabic, 3 whites of eggs, ½ a pint of water, caramel essence.

Method.—Soak the gum arabic in the water until soft, then heat gently until dissolved, and strain it through fine muslin. Return to the stewpan, add the sugar, and when dissolved, stir in the whites of eggs, and whisk until the mixture is quite stiff. Flavour to taste, sugar, and let it remain for about 10 hours. When ready, cut into small squares, and dredge them liberally with icing sugar.

2331.—MARZIPAN.

Ingredients—1 lb. of loaf sugar, 12 ozs. of ground almonds, 3 ozs. of sifted icing sugar, 2 whites of eggs, 1½ gills of water.

Method.—Boil the sugar and water to 240° F., then draw the sugar boiler or pan aside, and when the syrup has cooled slightly add the almonds and whites of eggs. Stir by the side of the fire for a few minutes, then turn on to a slab, stir in the icing sugar, and work with a spatula until the preparation is cool enough to handle. Knead until perfectly smooth, add flavouring to taste, and mould into desired shapes.

2332.—MARZIPAN, GERMAN.

Ingredients.—1 lb. of almonds, $\frac{3}{4}$ of a lb. of castor sugar, $\frac{1}{2}$ a lb. of sifted icing sugar, $\frac{1}{4}$ of a gill of orange flower water.

Method.—Blanch and shred the almonds finely, and pound them to a paste with the orange flower water. Put the castor sugar and pounded almonds into a stewpan placed in a tin of boiling water, and stir until the preparation, when touched, does not stick to the fingers. Turn on to a slab, add the icing sugar, work with a spatula until cool enough to handle, then knead until perfectly smooth. Colour and flavour to taste, and use as required.

2333.—MARZIPAN SLICES.

Ingredients.—Marzipan No. 2331, Vanilla, raspberry and coffee essences, brown, red and green colouring substances.

Method.—Divide the marzipan into 3 equal portions, and colour them brown, red and green. Flavour the brown with coffee essence, the red with raspberry, and the green with vanilla. Roll the 3 pieces out to a uniform shape, and about $\frac{1}{3}$ of an inch in thickness. Brush the red piece over with water, cover with the green piece, brush lightly over with water, and lay the brown marzipan on the top. Press firmly with the rolling pin to make the parts adhere, brush the brown surface lightly over with water, cover with wafer paper, and roll gently until it becomes firmly attached. Turn the marzipan over, moisten and cover with paper, and roll as before until the paper adheres. When dry and set, cut the marzipan into narrow strips, and each strip into diamonds or squares.

2334.—NOUGAT.

Ingredients.—4 ozs. of icing sugar, 4 ozs. of honey, 8 ozs. of almonds, 2 whites of eggs, wafer paper.

Method.—Blanch and dry the almonds thoroughly. Line a box of suitable size first with white paper and then with wafer paper, both of which must be cut to fit exactly. Put the sugar, honey and whites of eggs into a copper sugar boiler or pan, and stir by the side of the fire until the mixture becomes thick and white. Drop a little into cold water; if it at once hardens, remove the pan from the fire, and stir in the almonds. Dredge the slab with icing sugar, turn on to it the nougat, and form into a ball. Press into the prepared box, cover with paper, let it remain under pressure until cold, then cut up into squares.

2335.—NOUGAT. (Another Method.)

Ingredients.—¾ of a lb. of best castor sugar, ½ a lb. of almonds, 1 dessertspoonful of lemon-juice.

Method.—Blanch and chop the almonds coarsely, dry them thoroughly in the oven, but do not let them brown. Place the sugar and lemon-juice in a copper sugar boiler or stewpan, stir with a spatula or wooden spoon until it acquires a pale brown colour, and add the prepared almonds. Turn on to an oiled slab, press it out with a hot wet knife, mark into small squares, and when cold break them apart.

2336.—NOUGAT BASKET.

Ingredients.—¾ of a lb. of best castor sugar, ½ a lb. of almonds, 1 dessertspoonful of lemon-juice.

Method.—Prepare the nougat as in the preceding recipe, and keep it warm. Take a small quantity at a time, knead and roll it out thinly, mould it into the desired shape, and trim the edges with a pair of scissors. Handles may be made of fine strips of nougat; they should be moulded on a round ruler, a rolling-pin, or anything of suitable size and shape, but whatever is used, it should first be covered with oiled or buttered paper. The ends, when slightly warmed, are easily attached to the baskets. This nougat may also be used for lining moulds, which should be previously oiled.

2337.—ORANGE BISCUITS.

Ingredients.—4 ozs. of loaf sugar, 4 ozs. of butter, 1 oz. of candied orange peel finely shredded, 2 ozs. of flour, 4 eggs, 2 or 3 oranges, castor sugar.

Method.—Rub the sugar on the rind of the orange, and afterwards pound it finely. Cream the butter, add first the sugar, then the yolks of eggs, and when well mixed, stir in lightly the candied orange peel, flour, and stiffly-whisked whites of eggs. Turn the mixture into well buttered biscuit moulds, sprinkle with castor sugar, and bake slowly until set.

Time.—To bake, from 7 to 10 minutes. **Average Cost,** 1s. **Sufficient** for 1 large dish.

2338.—ORANGE DROPS.

Ingredients.—2 lbs. of loaf sugar, 1 pint of water, 3 or 4 oranges, saffron.

Method.—Rub some of the sugar on the oranges to obtain the zest. Boil all the sugar and the water to the "small crack," and add a little saffron. Cool slightly, then pour on to an oiled slab, mark off into small squares, and break them asunder when cold. Or, use a sugar boiler with a spout, and drop the preparation in small pieces : this process may be aided by using an oiled wire or knife. Let the drops remain in a drying closet for about 2 hours, and afterwards store them in an airtight box.

2339.—ORANGES, ICED. (*See* Ices, Chapter XXXIII.)

2340.—PINEAPPLE SNOW CANDY.

Ingredients.—1 pint of clarified syrup No. 2231, 1 white of egg, pineapple essence, saffron-yellow colouring, 1 tablespoonful of castor sugar.

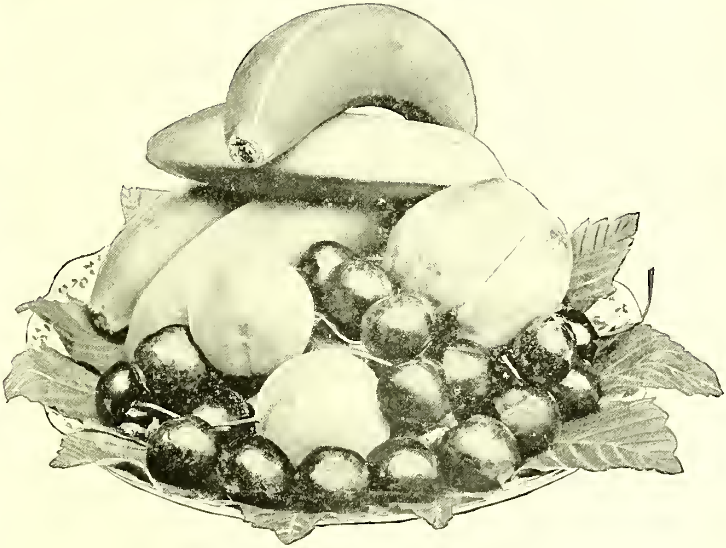
Method.—Boil the prepared syrup to the "crack" degree, and add a few drops of saffron-yellow. Meanwhile whip the white of egg stiffly and add to it the castor sugar and a few drops of pineapple essence. Line some moulds or small tins with oiled paper, and sprinkle the bottom and sides of them liberally with icing or castor sugar. As soon as the syrup is sufficiently boiled, plunge the stewpan into cold water to arrest further cooking, and let it cool slightly, then pour it on the white of egg and sugar preparation, and stir briskly to a froth. When ready, pour into the prepared moulds, and turn out when perfectly set. The flavour and colour may be varied as desired, the candy of course taking its name from the flavouring ingredient.

2341.—RASPBERRY CREAM BON-BONS.

Ingredients.—For the centres: 2 ozs. of gum arabic, icing sugar, carmine, essence of raspberry. For coating: 4 ozs. of unsweetened, finely-grated chocolate, 2 whites of eggs, 1 teaspoonful of lemon-juice, 1½ lbs. of best icing sugar (about).

Method.—Pass the sugar through a fine hair sieve. Soak the gum arabic in 1 gill of hot water, strain, colour and flavour to taste, stir in gradually as much icing sugar as will form a paste firm enough to be cut, yet moist enough to pass readily through the piping tube, and work it well. Have ready a paper cornet with a tube attached, fill with the preparation, press out, cut off into small pieces, and let them fall on to a paper covered thickly with icing sugar. Let the bon-bons remain in a warm place while the coating is being prepared, in order that they may slightly harden. Put about ¾ of a lb. of icing sugar into a basin, add the lemon-juice and whites of eggs gradually, and work until perfectly smooth. Put the chocolate with a tablespoonful of warm water into a basin, place it over a small saucepan of boiling water, and stir until dissolved, and when cool, add it to the white of egg and sugar preparation. Mix thoroughly, dip in the bon-bons one by one, place on a wire tray, and allow them to dry.

DESSERT.



1. Bananas, Nectarines and Cherries. 2. Grapes, Apple and Strawberries.

2342.—ROUT CAKES OR PETITS FOURS.

Ingredients.—1 lb. of almonds, 1 lb. of castor sugar, orange-flower water.

Method.—Blanch, dry and pound the almonds finely, adding gradually a little orange-flower water. When reduced to a fine paste, put it into the stewpan with the sugar, and stir over the fire until dry and when touched does not adhere to the finger. Form into small fancifully shaped biscuits, and bake in a moderately cool oven.

2343.—SPUN SUGAR TRIFLE. (*See* To Spin Sugar, No. 2276.)

The spun sugar may be used to mask or garnish ices, creams, trifles and other cold sweets.

2344.—STRAWBERRY DROPS. (*See* Clove Drops, No. 2309.)

Substitute strawberry essence for clove essence.

2345.—STRAWBERRIES. (*See* Strawberries and Cherries, No. 2263.)

2346.—TOFFEE.

Ingredients.—1 lb. of loaf sugar, $\frac{1}{4}$ of a pint of water, a pinch of cream of tartar, lemon essence or other flavouring.

Method.—Put the water and sugar into a sugar boiler or stewpan, stir occasionally until dissolved, bring to the boiling point, and add the cream of tartar. Boil to the "little crack" degree (310°), pour into an oiled tin, allow it to cool slightly, then mark off into diamonds or squares with a knife, and when cold divide into sections thus formed.

2347.—TOFFEE, FRENCH.

Ingredients.—1 pint of golden syrup, $\frac{3}{4}$ of a lb. of granulated sugar, 2 tablespoonfuls of cocoanut, 2 tablespoonfuls of almonds, 2 tablespoonfuls of vinegar, 1 teaspoonful of lemon-juice, 1 egg.

Method.—Put the golden syrup and sugar into a copper sugar boiler or pan, and boil to the "large crack" degree (see p. 1071). Add the almonds previously blanched and chopped coarsely, the cocoanut vinegar, lemon-juice, and the well-beaten egg. Replace on the fire, bring to boiling point, and pour on to wet tins.

2348.—TOFFEE, LEMON.

Ingredients.—1 lb. of granulated sugar, 4 ozs. of butter, the juice of 1 lemon, essence of lemon.

Method.—Melt the butter in a stewpan, add the sugar, boil up slowly, stir and boil for a few minutes, and add 1 teaspoonful of lemon-juice, continue boiling to the "crack" degree, add the rest of the lemon-juice and a few drops of essence of lemon, and pour at once on to a buttered or oiled tin.

2349.—TOFFEE, RASPBERRY.

Ingredients.—1 lb. of sugar, 1 gill of cold water, a few drops of cochineal, a few drops of raspberry essence, a pinch of cream of tartar.

Method.—Dissolve the sugar in the water, then add the cream of tartar, bring to boiling point, skim carefully, and boil to the "large crack." Remove the stewpan from the fire, stir in the cochineal and raspberry essence, and pour into an oiled or buttered tin. Let it harden stiffly, then mark off into sections, and divide them when cold.

2350.—TOFFEE, RUSSIAN.

Ingredients.—¾ of a lb. of loaf sugar, ¾ of a pint of cream, flavouring essence.

Method.—Dissolve the sugar in the cream, stand the stewpan in a bain-marie or tin of boiling water, and stir and cook until the mixture thickens and leaves the sides of the pan. Remove from the fire, stir in the flavouring essence, pour on to oiled or buttered tins, and when cold cut into squares.

2351.—TOFFEE, RUSSIAN. (Another Method.)

Ingredients.—½ a lb. of loaf sugar, ¼ of a lb. of butter, ¼ of a pint of cream, 1 tablespoonful of red-currant jelly, vanilla or other flavouring essence.

Method.—Place the sugar, butter and cream in a stewpan, and stir by the side of the fire until the mixture thickens and leaves the sides of the pan clean. Flavour to taste, pour on to an oiled or buttered tin, and when cold, cut into squares.

2352.—TREACLE CANDY.

Ingredients.—1 pint of treacle, ¾ of a lb. of brown sugar, 2 ozs. of butter, 1 tablespoonful of vinegar, 1 teaspoonful of carbonate of soda.

Method.—Place the treacle, sugar, butter and vinegar in a large stewpan, boil until a few drops will harden immediately when dropped into cold water, then stir in the carbonate of soda, previously dissolved in a little hot water. Pour at once into an oiled or buttered tin, turn the edges in as they cool, and as soon as the whole can be handled pull it until white, draw it into sticks, and cut into short lengths.

2353.—TREACLE TOFFEE.

Ingredients.—1 pint of treacle, 2 ozs. of brown sugar, 1 oz. of butter, ½ a gill of vinegar, ½ a teaspoonful of carbonate of soda, essence of almonds.

Method.—Place the sugar in a sugar-boiler or stewpan, pour on the vinegar, and when dissolved add the treacle and boil to the "large ball" degree. Remove the pan from the fire, add the soda dissolved in a little hot water, the butter, almond essence to taste, boil to the "little crack" degree, and pour into an oiled or buttered tin. When partially set, mark into bars or squares, and when quite firm break into sections.

2354.—TURKISH DELIGHT.

Ingredients.—½ a lb. of icing sugar, 1 lb. of loaf sugar, 1 oz. of leaf gelatine, 2 ozs. of almonds or pistachios, 1 orange, 1 lemon, 1 tablespoonful of rum, 1 gill of water.

Method.—Put the gelatine to soak in cold water. Blanch the almonds or pistachios, and chop them coarsely. Remove the rinds of the orange and lemon in thin fine strips, place them in a copper sugar boiler or stewpan with the loaf sugar, water, and the strained juice of the orange and lemon. When boiling add the gelatine, simmer until dissolved, then strain into a basin and add the rum. Let the mixture remain until on the point of setting, then stir in the almonds or pistachios, and pour at once into a wetted round tin. When perfectly set turn the jelly out, cut it into 1-inch square pieces, and roll them in icing sugar.

2355.—WALNUT TOFFEE.

Ingredients.—2 lbs. of golden syrup, 1 lb. of walnuts, 1 tablespoonful of glucose, a good pinch of carbonate of soda.

Method.—Blanch the walnuts, break them into small pieces or chop them coarsely, and dissolve the carbonate of soda in a small quantity of hot water. Bring the syrup slowly to boiling point, add the glucose and boil to the "little crack" degree. Now draw the stewpan aside, stir in the prepared walnuts and carbonate of soda, and at once pour on to an oiled or buttered tin. When sufficiently set, mark into sections, and when perfectly cold, divide and wrap each piece in wax paper.

SALADS, SALAD DRESSINGS AND SANDWICHES

CHAPTER XXXV

Salads.—Although lettuce frequently forms the foundation of salads composed of raw materials, there are few vegetables and edible plants that may not be used for the purpose. The long list of those generally regarded as most appropriate includes artichokes, asparagus, beetroot, carrots, cauliflower, cresses, cucumbers, endive, French beans, lentils, lettuce, onions, potatoes, radishes, salsify, spinach, tomatoes, walnuts, and many other products. On the Continent, a variety of tempting salads are prepared from cold cooked vegetables, which in England are rarely utilized in this manner, but a typical French salad is composed entirely of one vegetable, for the cooks of that nation will on no account mix any two vegetables or salad plants. By these means, the characteristic delicate flavour of choice vegetables is preserved; hence the superiority of salads prepared by them. As compounding salads is regarded as an art that only a few specially gifted excel in, ordinary cooks cannot be expected to attain perfection in this respect, but careful attention to a few simple details should enable them to prepare at least a palatable dish. To ensure success, it is absolutely necessary that the plants and vegetables employed should be young, freshly gathered, and crisp. If stale and limp, they may be freshened by immersion in cold water for a time, otherwise it is better to simply wash them thoroughly. Probably the point upon which perfection largely depends is the more or less complete removal of moisture after washing. When a salad basket is not available, the materials should be well drained and shaken in a colander, and afterwards in a clean dry cloth held by the corners, and shaken lightly until the salad is dry. Lettuce should always be torn into shreds, not cut with a knife; and it is a good plan to pour the salad dressing into the bottom of the bowl, lay the vegetables upon it, and mix vigorously at the moment of serving. Salads afford considerable scope for the exercise of individual taste and inventive faculty, and whatever their composition, they should always look cool, inviting, and dainty.

The term Sandwich was originally applied to slices of meat placed between bread and butter, but it has now a much wider meaning, for it is used to describe an endless number of pounded and shredded preparations, the varieties being multiplied by the addition of savoury butters, sauces, and condiments unknown in the eighteenth century when sandwiches were first introduced. The old comparatively substantial form still accompanies the sportsman and traveller, but those intended for "afternoon tea" are dainty trifles, pleasing the eye and palate, but too flimsy to allay hunger where it exists.

To have sandwiches in perfection the bread should not be more than one day old, and sandwich loaves should be provided when a large number have to be prepared, or large French rolls, when rolled sandwiches are preferred. Creamed butter, No. 2465, is more easily spread than ordinary butter, but when the latter is used it should first be beaten to a cream. Savoury anchovy, lobster, prawn, and shrimp butters may be usefully employed to give piquancy and variety to other substances; they are also used alone in the preparation of rolled sandwiches, which consist of single slices of bread and butter, spread with some prepared substance, and then lightly rolled.

Sandwiches for afternoon tea or any occasion where they will come in contact with gloved fingers, should be left perfectly plain on the outside, but when they may be eaten with a fork, some pretty effects may be produced by decorating them with variously-coloured chaudfroid sauces. Or they may be decorated with cold aspic jelly, and garnished with lobster coral, Krona pepper, parsley, hard-boiled egg, etc.

Salads

2356.—AMERICAN SALAD. (*Fr.*—Salade à l'Americaine.)

Ingredients.—1 white cabbage very finely shredded, 2 ozs. of butter, 1 gill of vinegar, 1 teaspoonful of sugar, 1 teaspoonful of salt, pepper to taste, $\frac{1}{4}$ of a pint of sour cream.

Method.—Bring the butter, vinegar, sugar, salt and pepper just to boiling point, pour it over the cabbage, and, when quite cold, stir in the cream, and serve. Or, moisten the cabbage with salad dressing, and serve directly.

2357.—ANCHOVY SALAD. (*Fr.*—Salade d'Anchois.) (*See* Spanish Sardine Salad, No. 2418.)

Substitute anchovies for sardines.

2358.—APPLE AND CUCUMBER SALAD. (*Fr.*—Salade de Pommes et Concombres.)

Ingredients.—Equal quantities of sliced apples and cucumber, lemon-juice, salt and pepper, whipped cream.

Method.—Season the apples and cucumber with salt and pepper, and sprinkle with lemon-juice. Stir in a little whipped cream, and serve piled in a salad-bowl.

2359.—ARTICHOKE SALAD. (*Fr.*—Salade d'Artichauts.)

Ingredients.—Cooked globe artichokes, vinaigrette sauce No. 2450.

Method.—Let the artichokes become quite cold, then serve in a salad-bowl or dish, and hand the sauce separately.

2360.—ASPARAGUS AND CAULIFLOWER SALAD. (*Fr.*—Salade d'Asperges et Choufleur).

Ingredients.—50 cooked asparagus points, 1 cauliflower cooked, mayonnaise or other salad dressing (*see* recipes for same).

Method.—Divide the cauliflower into small sprays, and mix with them the asparagus points. When quite cold, toss them lightly in a little salad dressing, and serve.

2361.—ASPARAGUS SALAD. (*Fr.*—Salade d'Asperges.)

Ingredients.—50 heads of cooked asparagus, mayonnaise, vinaigrette, or some salad sauce (*see* recipes for same).

Method.—Let the asparagus remain on ice for 2 or 3 hours, then coat the tips with sauce, dish up neatly and serve.

2362.—ASPIC MAYONNAISE. (*Fr.*—Mayonnaise d'Aspic.)

Ingredients.—$\frac{1}{2}$ a pint of aspic jelly, $\frac{1}{4}$ of a pint of stiff mayonnaise sauce.

Method.—Dissolve the aspic, let it become quite cold, then stir in the mayonnaise, and use as directed.

2363.—BACON SALAD. (*See* Potato Salad, No. 2406.)

2364.—BEETROOT AND ONION SALAD. (*See* Onion Salad, No. 2403.)

Use one part of thinly sliced onion and two parts of sliced and pickled beetroot.

2365.—BEETROOT SALAD. (*Fr.*—Salade de Betterave.)

Arrange stamped-out or plain slices of beetroot overlapping each other closely, moisten with salad dressing (*see* recipes for same), and serve garnished with shredded celery, or tufts of finely scraped horseradish.

2366.—BRUSSELS SPROUTS SALAD. (*Fr.*—Salade de Choux de Bruxelles.)

Ingredients.—Cooked Brussels sprouts, salad dressing No. 2444, beetroot.

Method.—Toss the sprouts lightly in a little salad dressing, pile in a salad-bowl, and decorate with beetroot.

2367.—CARDON SALAD. (*See* Celery Salad, No. 2369.)

2368.—CAULIFLOWER SALAD. (*Fr.*—Salade de Choufleur.)

Ingredients.—Cooked cauliflower, salad dressing (*see* recipes for same).

Method.—When cold, break the cauliflower into sprays, toss these lightly in salad dressing, and serve garnished with cress and beetroot.

2369.—CELERY AND CUCUMBER SALAD. (*Fr.*—Salade de Concombre et Céléri.)

Ingredients.—1 head of celery, 1 cucumber, 2 or 3 bunches of small red radishes, ½ a teaspoonful of finely-chopped gherkin, ½ a teaspoonful of finely-chopped parsley, 2 hard-boiled eggs, mayonnaise sauce, or salad dressing (*see* recipes for same), salt and pepper.

Method.—Use only the white part of the celery; trim and wash it, shred lengthwise into fine strips, let it remain in cold water for about ½ an hour, then drain and dry thoroughly. Peel the cucumber thinly, cut it across into 1½ inch lengths, and shred them in the same way as the celery. Mix the salad dressing, celery, cucumber, and a seasoning of salt and pepper thoroughly together, heap it up in the bowl, surround the base with the radishes, garnish with slices of hard-boiled egg, sprinkle over the gherkin and parsley, and serve.

RADISH (Fr. *rave*).—This is the common name given to the root of the *Raphanus sativus*, one of the varieties of the cultivated horseradish. There are red and white radishes; and the French have also violet and black varieties, of which the black are the larger. Radishes are composed of nearly the same constituents as turnips, that is to say, mostly fibre and nitrogen; and, being generally eaten raw, it is on the last of these that their flavour depends.

2370.—CELERY AND NUT SALAD. (*See* Walnut and Celery Mayonnaise, No. 2435.)

2371.—CELERY AND TRUFFLE SALAD. (*Fr.*—Salade de Céléri et Truffes.)

Trim the white part of 1 or 2 heads of celery with its root, and wash thoroughly. Cut it into very fine shreds, and put these into cold water with the juice of a lemon to soak. Slice and cut into shreds 3 or 4 large truffles. Drain the celery, and mix with the truffles. To this add a tablespoonful of Madeira wine, and dress neatly on a glass dish or in a salad bowl. Coat with mayonnaise sauce, decorate to taste, and serve.

2372.—CHICKEN SALAD. (*Fr.*—Salade de Volaille.)

Ingredients.—1 boiled chicken, 2 heads of lettuce, 2 strips of white celery, 2 hard boiled eggs, 12 stoned olives, 1 tablespoonful of capers, 1 tablespoonful of strips of gherkin, 1 gill of mayonnaise sauce, 1 tablespoonful of tarragon vinegar.

Method.—Remove the bones, and cut the flesh into small neat pieces. Wash the lettuce and dry it thoroughly; wash the celery and cut it into dice. Mix the chicken, celery, and lettuce together in a basin, add the vinegar, and season with salt and pepper. Transfer to a salad bowl, pile high in the centre, cover with mayonnaise sauce, garnish with alternate groups of lettuce leaves, quarters of hard-boiled egg, stoned olives, shredded gherkin and capers, and serve.

2373.—CHICORY SALAD. (*See* Endive Salad, No. 2386.)

2374.—COLD MEAT SALAD, FRENCH STYLE. (*Fr.*—Salade de Viande à la Française.)

Ingredients.—Cold roast or boiled meat, 4 anchovy fillets, 2 shallots, 2 tablespoonfuls of salad-oil, 1 tablespoonful of wine vinegar, ½ a teaspoonful of finely-chopped parsley, one teaspoonful of French mustard, salt and pepper. For garnishing: finely-shredded pickled gherkins, finely-chopped capers.

Method.—Cut the meat into strips about 2½ inches in length and 1 inch in width. Chop the shallots and fillets of anchovy finely, put them into a basin, add ½ a teaspoonful of parsley, the oil, vinegar and mustard, season with a little salt and pepper, then stir in the slices of meat, cover, and put aside for 2 hours, stirring occasionally. When ready to serve, arrange the salad in a pyramidal form in a salad bowl, garnish with strips of gherkin and chopped capers, and serve.

2375.—COOKED VEGETABLE SALAD. (*See* Russian Salad, No. 2409.)

2376.—CRAB SALAD. (*See* East Indian Salad, No. 2384.)

2377.—CRESS SALAD. (*Fr.*—Salade au Cresson.)

Ingredients.—Watercress, mustard and cress, 2 hard-boiled eggs, French Orleans vinegar, tarragon vinegar, Provence oil, mignonette pepper, salt.

Method.—Mix together equal quantities of French Orleans vinegar, Provence oil, and tarragon vinegar. Season this with salt and mignonette pepper. Have ready some small cress and watercress, thoroughly washed and trimmed. Drain well, and pour over the prepared dressing. Mix well but lightly, and put into a salad bowl. Garnish with hard-boiled eggs, and serve.

2378.—CUCUMBER SALAD. (*Fr.*—Salade de Concombre.)

Ingredients.—1 cucumber, ½ a teaspoonful of finely-chopped parsley, vinegar, salad-oil, salt and pepper.

Method.—Peel the cucumber thinly, cut it into very thin slices, and place them in a salad bowl or dish. Mix 2 parts of salad-oil with 1 part of vinegar, add the parsley, salt and pepper to taste, stir well, and pour over the cucumber.

CUCUMBER (Fr. *concombre*).—The cucumber is refreshing, but neither nutritious nor digestible, and should be excluded from the regimen of the delicate. There are various methods of preparing cucumbers. When gathered young, they are called gherkins; these pickled are much used in seasonings.

2379.—CURRY SALAD. (*Fr.*—Salade de Homard au Kari.)

Ingredients.—1 lobster coarsely flaked, 1 cucumber sliced, 1 teaspoonful of finely chopped shallot, 1 teaspoonful of finely chopped mango chutney, 1 teaspoonful of curry paste, 3 tablespoonfuls of salad-oil, cayenne, shredded lettuce, endive.

Method.—Mix the shallot, chutney, curry paste, a good pinch of cayenne and the oil well together. Add the lobster and cucumber, and, when well mixed, serve on a bed of lettuce, garnished with tufts of endive.

2380.—DANDELION SALAD. (*Fr.*—Salade de Dent-de-lion.)

Ingredients.—1 pint of young dandelion leaves, oil, vinegar, salt and pepper.

Method.—Thoroughly pick, wash, drain and dry the leaves, sprinkle over them a little salt and pepper, add 1 dessertspoonful of vinegar and 2 of salad oil, mix well, and serve.

A more palatable salad may be made by mixing equal parts of dandelion and lettuce, or dandelion and beetroot.

2381.—DUCK SALAD. (*Fr.*—Salade de Canard.)

Ingredients.—½ a cold duck, ½ a head of celery, ½ a bunch of watercress, 1 cabbage lettuce, 2 thin slices of sour orange (unpeeled), 1 teaspoonful each of chopped olives and parsley, 2 tablespoonfuls of salad-oil, 1 tablespoonful of Orleans vinegar, mayonnaise sauce, salt and pepper.

Method.—Cut the duck into 1-inch dice, wash the celery, trim away the green parts, and cut the white portion into fine strips. Place both duck and celery in a basin, add the oil and vinegar, season with salt and pepper, and let the preparation stand for a while. Cut each slice of orange into 8 sections, trim, wash, and dry the lettuce and watercress, and line a salad bowl with the leaves of the lettuce. Arrange the watercress and sections of orange on the top of them, cover with a thin layer of mayonnaise sauce, and add the preparation of duck and celery. Spread the surface lightly with mayonnaise sauce, sprinkle over the chopped parsley, and serve.

2382.—DUTCH SALAD. (*See* Flemish Salad, No. 2389.)

2383.—DUTCH BEETROOT SALAD. (*Fr.*—Salade de Betteraves à la Hollandaise.)

Ingredients.—Beetroot sliced and stamped out with a fancy cutter, shredded lettuce, cress, hard-boiled eggs, aspic jelly, mayonnaise No. 201.

Method.—Pass the yolks of the eggs through a sieve, chop the white coarsely, and stir them into some stiffly whipped cold liquid aspic jelly. Cover the bottom of a mould with some of this aspic; when cold, add successive layers of beetroot, lettuce and cress, separating each layer with a little aspic jelly. Repeat this until the mould is full. When cold, turn out, mask lightly with mayonnaise, garnish with sliced beetroot and yolk of egg, then serve.

2384.—EAST INDIAN SALAD. (*Fr.*—Salade à l'Indienne.)

Ingredients.—1 large crab, 1 gill of tarragon vinegar, 1 teaspoonful of chilli vinegar, 1 tablespoonful of salad-oil, 1 anchovy, shredded celery, lettuce, endive, cayenne, salt.

Method.—Pound the anchovy and crab in a mortar, add the salad-oil, vinegar and seasoning to taste, and serve garnished with celery, lettuce and endive. Another variety of crab salad is made by mixing the prepared crab with shredded lettuce, to which may be added endive, celery, etc.

2385.—EGG SALAD. (*Fr.*—Salade aux Oeufs.)

Ingredients.—6 hard-boiled eggs, 1 crisp lettuce, a few slices of beetroot, 1 tablespoonful of capers, 1½ teaspoonfuls of chopped parsley, 1 slice of toasted bread, 2 tablespoonfuls of cream, 1 tablespoonful of mayonnaise sauce No. 201.

Method.—Cut the eggs across into rather thick slices; wash, trim, and dry the lettuce thoroughly; whip the cream stiffly, and add it, with a teaspoonful of parsley, to the mayonnaise sauce. Place the round of toast in a salad bowl; upon it arrange a layer of lettuce leaves, then a layer of mayonnaise, cover with slices of egg, and season with salt and pepper. Repeat until the materials are used, piling the centre somewhat high, garnish with the capers, and slices of beetroot, sprinkle on the remainder of the parsley, and serve.

2386.—ENDIVE SALAD. (*Fr.*—Salade de Chicorée.)

Ingredients.—Endive, cress, shredded celery, boiled beetroot, salad dressing (*see* recipes for same).

Method.—Separate the endive into tufts, toss these in salad dressing, pile them high in a salad-bowl, and garnish with cress, celery and beetroot.

2387.—ENGLISH SALAD. (*Fr.*—Salade à l'Anglais.)

Ingredients.—Shredded lettuce, watercress, mustard and cress, sliced radishes, a few spring onions finely sliced, sugar, salt, pepper, equal parts of oil and vinegar, sliced tomatoes.

Method.—Mix together the lettuce, cress, radishes and onions. Add a little sugar and a seasoning of salt and pepper to the oil and vinegar, pour it over the salad, and serve garnished with sliced tomatoes.

2388.—FISH SALAD. (*Fr.*—Salade de Poisson.)

Ingredients.—Cold fish, mayonnaise sauce, or other salad dressing, lettuce, endive, cress.

Method.—Separate the fish into large flakes, place it alternately with layers of lettuce, etc., in a salad-bowl, covering each layer very lightly with mayonnaise or other salad dressing. Decorate with olives, sliced beetroot, prawns, shrimps, gherkin, or any suitable fish garnish.

2389.—FLEMISH SALAD. (*Fr.*—Salade à la Flamande.)

Ingredients.—Equal quantities of cooked Brussels sprouts, boiled potatoes sliced, sprays of boiled cauliflower, sliced beetroot, and chopped apples. To 1 bowl of salad allow 1 small herring separated into small flakes, mayonnaise or other salad dressing (*see* recipes for same).

Method.—Mix all the ingredients together, add salad dressing to taste, and serve.

2390.—GAME SALAD. (*Fr.*—Salade de Gibier.)

Ingredients.—The remains of any kind of cold game, 1 hard-boiled egg, 2 lettuces, cayenne, pepper and salt, mayonnaise sauce No. 201, pickled beetroot for garnish.

Method.—Remove the bones, and cut the flesh into dice of medium size. Wash, trim and dry the lettuce, and tear it into shreds. Stamp out some star-shaped pieces of white of egg, chop up the remainder of the egg, and mix it with the meat. Arrange the meat, lettuce, and mayonnaise in alternate layers in a salad bowl, raising the centre in a pyramidal form, and add a sprinkling of salt and pepper to each layer. Cover the surface with a thin layer of mayonnaise sauce, garnish with stars of sliced beetroot and hard-boiled yolk of egg, and serve.

2391.—GERMAN SALAD. (*Fr.*—Salade à l'Allemande.)

Ingredients.—½ a lb. of cold boiled beef shredded, 1 tablespoonful of finely chopped onion, 1 tablespoonful of coarsely chopped gherkin, 3 tablespoonfuls of pickled red cabbage, ½ a beetroot sliced, 1 boiled potato sliced. For the salad dressing: ¼ of a pint of white wine, ¼ of a pint of salad-oil, 1 tablespoonful of tarragon vinegar. For garnish: 2 hard-boiled eggs.

Method.—Beat the oil, wine and vinegar well together, pour the preparation over the salad mixture, let it remain on ice for 3 or 4 hours, then garnish with sections of egg, and serve.

2392.—GREEN PEA AND BEAN SALAD. (*Fr.*—Salade de Petits Pois et Haricots Verts.)

Ingredients.—Cooked green peas, cooked French beans, 1 small cooked beetroot, 2 hard-boiled eggs, ½ a teaspoonful of finely-chopped parsley, a clove of garlic, salad dressing No. 2444.

Method.—For this salad preserved peas and beans may be used. When using fresh ones, boil them separately in slightly salted water containing a small piece of soda, drain well, and, when cold, cut the beans into 1 inch lengths. Cut the clove of garlic in two, and rub the inside of the salad bowl with the cut side. Mix the peas and beans with 2 or 3 saladspoonfuls of dressing, and a seasoning of salt and pepper, garnish with rings of hard-boiled egg and slices of beetroot, sprinkle the parsley over, and serve.

2393.—HORSERADISH SALAD. (*Fr.*—Salade de Raifort.)

Ingredients.—Finely scraped horseradish, mayonnaise sauce, cress.

Method.—Moisten the horseradish with mayonnaise, and garnish with cress.

2394.—ITALIAN SALAD. (*Fr.*—Salade à l'Italienne.)

Ingredients.—Equal parts of ½-inch slices of cooked carrots, turnips, potatoes and beetroot, and a corresponding quantity of Brussels sprouts, French beans, and sprigs of cauliflower, all cooked, Tartare sauce No. 213.

Method.—Mix all well together, moisten with the sauce, and serve.

Note.—This Salad is frequently prepared in an ordinary basin mould, which is masked with Aspic, and afterwards decorated with tomatoes and other vegetables, in the manner shown in the coloured illustrations.

2395.—JAPANESE SALAD. (*Fr.*—Salade à la Japonaise.)

Ingredients.—3 medium-sized truffles coarsely chopped, 3 medium-sized cold potatoes cut into dice, 18 cooked mussels, 1 teaspoonful of blanched onion finely chopped, 1 teaspoonful of finely chopped parsley, 12 small fillets of anchovy, small lettuce leaves, ½ a wineglassful of champagne, nutmeg, salt and pepper.

Method.—Mix the truffles, potatoes, a pinch of nutmeg, and a seasoning of salt and pepper together, and add the champagne. Let it stand for 2 hours, then add the mussels, onion and parsley, and serve garnished with lettuce leaves and fillets of anchovy.

2396.—LENTIL SALAD. (*Fr.*—Salade de Lentilles.)

Ingredients.—1 pint of cooked lentils, ¼ of a pint of shredded celery, 1 tablespoonful of finely chopped cooked onion, salad dressing (*see* recipes for same).

Method.—Place a little salad dressing in a salad-bowl, put in the lentils, etc., mix well, and garnish with beetroot, cress or radishes.

2397.—LETTUCE SALAD. (*Fr.*—Salade de Laitue.)

Ingredients.—2 heads of cabbage lettuce, 2 hard-boiled eggs, 3 saladspoonfuls of salad-oil, 1 saladspoonful of tarragon vinegar, ½ a teapoonful of chopped-parsley, salt and pepper.

Method.—Trim, wash and dry the lettuce thoroughly, tear it into shreds, and place it in a salad bowl. Put about 2 saltspoonfuls of salt and ½ a saltspoonful of pepper into the salad spoon, fill it with tarragon vinegar, stir until the salt is dissolved, then pour the contents of the spoon over the salad. Add the 3 tablespoonfuls of salad-oil, mix the salad thoroughly, place on the top the eggs cut into quarters, sprinkle over the chopped parsley, and serve.

2398.—MACEDOINE SALAD. (*See* Mixed Vegetable Salad, No. 2400.)

2399.—MILANESE SALAD. (*See* Italian Salad, No. 2394.)

2400.—MIXED VEGETABLE SALAD. (*Fr.*—Salade de Légumes à la Jardinière.)

Ingredients.—1 small cooked cauliflower, 1 small cooked beetroot, 1 small cucumber, 2 or 3 firm cooked potatoes, 2 firm tomatoes, 1 crisp lettuce, ⅓ of a pint of mayonnaise sauce or salad dressing (*see* No. 2449).

Method.—Divide the cauliflower into small sprays, cut the beetroot and potatoes into fine strips, slice the cucumber and tomatoes. Place all these ingredients in layers in a salad bowl, piling somewhat high in the centre, and season each layer with salt and pepper. Pour over the salad dressing, and garnish with a border of lettuce, previously well washed and dried.

2401.—MUSHROOM SALAD. (*Fr.*—Salade aux Champignons.)

Ingredients.—½ a pint of preserved mushrooms (champignons) sliced, 2 tablespoonfuls of shredded celery, 1 tablespoonful of shredded truffle, lettuce, hard-boiled eggs, sliced beetroot, mayonnaise No. 201.

Method.—Mix together the mushrooms, celery and truffles, stir in a little mayonnaise, and pile the mixture on a bed of lettuce. Garnish with sections of egg and slices of beetroot.

TARRAGON (Fr. *estragon*).—The leaves of this plant, known to naturalists as *Artemisia dracunculus*, are much used in France as a flavouring ingredient for salads. From it also is made the vinegar known as tarragon vinegar, which is employed by the French in mixing their mustard. It originally came from Tartary, and does not seed in France.

2402.—OKRA SALAD.

Ingredients.—Okras, endive, shredded lettuce, salad dressing (*see* recipes for same).

Method.—Boil fresh okras until tender, or, when using tinned ones, turn them into a stewpan, add a little water, bring to the boil, then drain and dry. When cold, quarter the okras, arrange them neatly on a bed of mixed endive and lettuce, pour the salad dressing over, and serve.

2403.—ONION SALAD. (*Fr.*—Salade d'Oignons.)

Ingredients.—Large mild onions, finely chopped parsley, pepper and salt, oil, vinegar.

Method.—Peel the onions, cover them with cold water, bring to boiling point, and drain. Let them remain in cold water for 6 or 7 hours, changing the water repeatedly. Slice thinly, season with salt and pepper, moisten slightly with vinegar, and more liberally with oil, sprinkle lightly with parsley, then serve.

2404.—OYSTER AND CELERY SALAD. (Salade de Huîtres.)

Ingredients.—24 oysters, 1 head of celery parboiled and shredded, ½ a small white cabbage parboiled and shredded, mayonnaise sauce No. 201, oil, vinegar.

Method.—Blanch the oysters, and let them remain in the water until they lose their flabbiness. When quite cold, mix the celery and cabbage together, moisten slightly with oil and vinegar, and turn the mixture into a salad-bowl. Place the oysters on the top, coat lightly with mayonnaise, and serve.

2405.—POLISH SALAD. (*Fr.*—Salade à la Polonaise.)

Ingredients.—1 lb. of finely shredded game or poultry, 4 hard-boiled eggs, shredded lettuce, endive, oil, vinegar, salt and pepper.

Method.—Season the game or poultry with salt and pepper, and moisten slightly with oil and vinegar. Let it stand for 2 or 3 hours, then arrange neatly on a bed of lettuce, and garnish with tufts of endive. The yolks of the eggs should be passed through a wire sieve and scattered over the salad, and the whites sliced and used as a garnish.

2406.—POTATO SALAD. (*Fr.*—Salade de Pommes de Terre.)

Ingredients.—1½ lb. of small potatoes, ¼ of a lb. of lean bacon, 1 very small onion finely-chopped, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of Mayonnaise sauce (see Sauces), vinegar, salt and pepper.

Method.—Boil the potatoes in their skins, peel, and slice them whilst hot. Cut the bacon into dice, fry it until nicely browned, then drain well from fat, and put it into a basin with the sliced potato and onion. Season with salt and pepper, stir in the mayonnaise sauce, and about 2 tablespoonfuls of vinegar. Mix carefully so as not to break the potato, and serve in a salad bowl with the surface sprinkled with the parsley.

2407.—RED CABBAGE SALAD. (*Fr.*—Salade au Chou rouge.)

Ingredients.—A small red cabbage finely shredded, 1 pint of malt vinegar, 2 tablespoonfuls of salad-oil, 1 tablespoonful of salt, 1 saltspoonful of cayenne pepper.

Method.—Mix the ingredients well together, let the salad stand for 2 days, then use.

2408.—ROMAN SALAD. (*Fr.*—Salade Romaine.)

Ingredients.—Coss lettuce, finely chopped onion, honey, vinegar.

Method.—Thoroughly wash, trim, and dry the lettuce, separate it into small pieces, season it with vinegar sweetened to taste with very little honey, and sprinkle over with onion.

2409.—RUSSIAN SALAD. (*Fr.*—Salade Russe, au Maigre.)

Ingredients.—1½ pints of mayonnaise sauce, 1 small cauliflower, 1 gill of cooked green peas, 1 gill of mixed vegetables (dice of carrot, turnip, and French beans), 3 new potatoes, 2 tomatoes, 2 gherkins, 1 truffle. For garnishing: shredded smoked salmon, ¼ inch dice of hard-boiled white of egg, shredded beetroot, stoned olives, fillets of anchovy, capers.

Method.—Divide the cauliflower into small sprays, boil them and the peas, carrot, turnip and beans separately, and drain well. Boil the potatoes, and when cold cut them into neat strips; cut the tomatoes into moderately thin slices, shred the gherkins and truffle finely. When all the cooked ingredients are cold and well drained, arrange them with the tomatoes, gherkins, and truffle in distinct layers in a salad bowl. Season each layer with a little salt and pepper, and cover lightly with mayonnaise sauce, pile the salad high in the centre, and cover the surface lightly with mayonnaise. Decorate with small groups of shredded salmon, shredded beetroot, dice of white of egg, olives, capers and fillets of anchovy. Serve the remainder of the mayonnaise sauce separately.

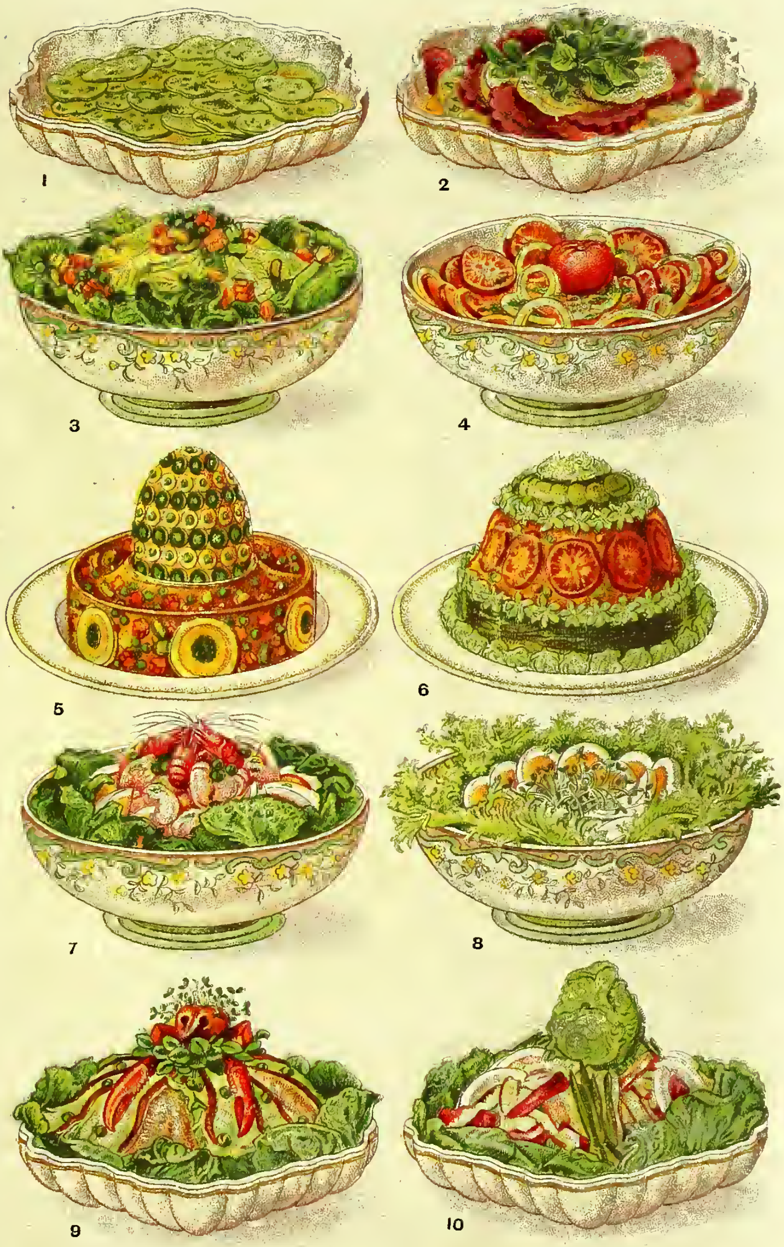
Note.—This Salad is frequently prepared in a cylindrical shaped mould with suitable border. First mask the mould with Aspic, and tastefully decorate with the available vegetables, as shown in the coloured illustration.

2410.—SALAD, BOILED. (*Fr.*—Salade de Légumes Bouillie.)

Ingredients.—French beans cooked and shredded, celery cooked and shredded, endive blanched, lettuce, salad dressin No. 2444, or 2445.

Method.—Mix the beans and celery together, add salad dressing to taste, and garnish with tufts of endive and lettuc

SALADS.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1.—Cucumber. 2.—Beetroot and Potato. 3.—Macédoine. 4.—Tomato. 5.—Russian. 6.—Italian. 7.—Prawn. 8.—Egg. 9.—Lobster. 10.—Salad Dumas.

2411.—SALAD CHIFFONADE. (*Fr.*—Salade à la Chiffonade.)

Ingredients.—Carrot, celery, beetroot, all cooked and cut into julienne strips, cucumber shredded, lettuce stamped into small rounds, salad dressing (*see* recipes for same).

Method.—Toss all lightly in a little salad dressing, and serve.

2412.—SALSIFY SALAD. (*Fr.*—Salade de Salsifis.)

Ingredients.—Cooked salsify, mayonnaise sauce No. 201.

Method.—Cut the salsify into 2-inch lengths, pile them in a salad-bowl or dish, coat lightly with mayonnaise, and serve.

2413.—SARDINE MAYONNAISE. (*Fr.*—Mayonnaise de Sardines.) (*See* Spanish Sardine Salad, No. 2418.)

Substitute mayonnaise sauce for the vinegar.

2414.—SHAD'S ROE SALAD. (*Fr.*—Salade au Frai d'Elose.)

Ingredients.—3 cooked shad's roes, shredded lettuce, endive, beetroot, mayonnaise, oil, vinegar, salt and pepper.

Method.—Slice the roes thinly, season liberally with salt and pepper, sprinkle with vinegar, and moisten well with oil. Let them remain for 2 hours, then place them on a bed of lettuce, coat lightly with mayonnaise, decorate with tufts of endive and sliced beetroot, then serve.

2415.—SHRIMP SALAD. (*Fr.*—Salade d'Ecrevisses.)

Ingredients.—1 pint of picked shrimps, 2 or 3 tablespoonfuls of mayonnaise sauce No. 201, sliced cucumber, shredded lettuce.

Method.—Stir the sauce into the shrimps, pile the mixture in a salad-bowl or dish, garnish with cucumber and lettuce, then serve.

2416.—SORREL SALAD. (*Fr.*—Salade d'Oseille.)

Follow the same directions as given for preparing Spinach Salad, Recipe No. 2419.

2417.—SOUR CREAM DRESSING.

Ingredients.—Sour thick cream, salt.

Method.—Stir the cream until smooth, add salt to taste, and use as required.

2418.—SPANISH SARDINE SALAD. (*Fr.*—Salade de Sardines a l'Espagnole.)

Ingredients.—12 or 14 sardines, 2 tablespoonfuls of capers, 1 crisp lettuce, stoned Spanish olives, anchovy butter No. 2454, vinegar, salt and pepper.

Method.—Remove the skin and bones from the sardines, and divide them into short pieces. Wash and dry the lettuce thoroughly, tear it into fine shreds, put it into a basin with the sardines and capers, season with salt and pepper, add a little vinegar, and mix well together. Arrange the salad in a salad bowl, piling it high in the centre, garnish with the olives filled with anchovy butter, and serve.

2419.—SPINACH AND EGG SALAD. (*Fr.*—Salade d'Epinards aux Oeufs.)

Ingredients.—1 quart of young spinach leaves, 6 spring onions chopped, 3 or 4 hard-boiled eggs, oil, vinegar, salt and pepper.

Method.—Wash the spinach free from grit, dry it thoroughly, and mix with it the onions. Add a few drops of vinegar to 1 tablespoonful of oil, season with salt and pepper, pour it over the spinach, and mix well. Turn into a salad-bowl, garnish with sections of egg, and serve, A salad of cooked spinach may be made by pressing the purée into a mould or moulds, which, when cold, are turned out and garnished with sections of egg.

2420.—STUFFED TOMATO SALAD. (*See* Chapter XXX, Vegetables, Recipe No. 1614.)

2421.—SUMMER SALAD. (*Fr.*—Salade d'Été.)

Ingredients.—2 or 3 lettuces shredded, 2 handfuls of mustard and cress, 12 radishes sliced, ½ a cucumber sliced, salad dressing (*see* recipes for same).

Method.—Place a little salad dressing at the bottom of a salad-bowl, put in the lettuce, etc., and serve when well mixed.

2422.—SWEDISH SALAD. (*Fr.*—Salade à la Suédoise.)

Ingredients.—4 ozs. each of cold roast beef, boiled potatoes, firm apples and pickled herring, all cut into dice, 3 anchovies washed, filletted, and coarsely chopped, 1 tablespoonful each of chopped gherkin, capers, hard-boiled egg, tarragon and chervil, 24 turned olives, 12 oysters, oil and vinegar.

Method.—Mix all but the oysters together, moisten with a little oil and vinegar, and place the oysters on the top.

2423.—SWEETBREAD AND CUCUMBER SALAD. (*Fr.*—Salade de Ris-de-Veau et Concombre)

Ingredients.—A calf's sweetbread, cooked and thinly sliced, ¼ of a cucumber thinly peeled and sliced, lettuce shredded, salad dressing (*see* recipes for same), mayonnaise sauce No. 201.

Method.—Toss the lettuce in a little salad dressing, turn it into a salad-bowl, and arrange the sweetbread on the top, cover lightly with mayonnaise, garnish with cucumber, and serve.

2424.—SWEETBREAD SALAD. (*See* Sweetbread and Cucumber Salad, No. 2423.)

2425.—SWISS SALAD. (*Fr.*—Salade Suisse.)

Ingredients.—3 tablespoonfuls of potato, 2 tablespoonfuls of tongue, 2 tablespoonfuls of beetroot, 2 tablespoonfuls of carrot, 1 tablespoonful of apple, all shredded and all cooked except the apple, 1 cooked fresh herring, finely flaked, salad dressing (*see* Recipe 2445 for same).

Method.—Mix all well together, moisten slightly with salad dressing, and serve piled in a salad-bowl.

2426.—TARTARE SALAD. (*Fr.*—Salade a la Tartare).

Ingredients.—Equal quantities of shredded cold meat, celery and cooked potato, tartare sauce No. 213, salt and pepper.

Method.—Mix the meat, celery and potato together, sprinkle liberally with salt and pepper, and stir in a little tartare sauce. Serve garnished with tufts of endive or sliced beetroot.

2427.—TOMATO SALAD. (*Fr.*—Salade de Tomates.)

Ingredients.—6 firm medium-sized tomatoes, 1 teaspoonful of finely-chopped parsley, 2 teaspoonfuls of salad-oil, 1 tablespoonful of vinegar, 1 teaspoonful of mixed mustard, salt and pepper.

Method.—Scald the tomatoes in boiling water for 1 minute, drain on a cloth, and carefully remove the stems and skin. When cool, cut them into thin slices, and place them in a salad bowl. Put 2 saltspoonfuls of salt, and 1 saltspoonful of pepper into a basin, add the mustard, pour in the vinegar and oil, and mix thoroughly with a wooden spoon. When ready to serve, add the chopped parsley to the dressing, and pour it over the tomatoes.

2428.—TOMATO AND CHIVES SALAD. (*See* Tomato and Onion Salad, No. 2429.)

Substitute 1 dessertspoonful of finely chopped chives or very young spring onions for the cooked onion.

2429.—TOMATO AND ONION SALAD. (*Fr.*—Salade au Tomates.)

Ingredients.—6 tomatoes sliced, 1 large onion, salad dressing (*see* Recipe No. 2445 for same).

Method.—Boil or bake the onion until three-parts cooked. When cold, chop it not too coarsely, sprinkle it over the sliced tomatoes, add a little salad dressing, then serve.

2430.—TOMATO AND ARTICHOKE SALAD. (*Fr.*—Salade d'Artichauts et Tomates.)

Ingredients.—Tomatoes, cooked artichoke bottoms (tinned ones will serve), mayonnaise sauce.

Method.—Split the artichoke bottoms in halves, and slice the tomatoes. Arrange neatly in a salad-bowl or dish, pour over a little sauce and serve.

2431.—TRUFFLE SALAD. (*Fr.*—Salade aux Truffes.)

Ingredients.—Equal parts of finely-shredded truffles and celery, cream mayonnaise No. 2440, hard-boiled eggs.

Method.—Mix the truffles and celery together, stir in the mayonnaise, and pile in a salad-bowl. Garnish with chopped whites and seived yolks of hard-boiled eggs, and serve.

2432.—TURNIP SALAD. (*Fr.*—Salade de Navets.)

Ingredients.—Cold boiled turnips, sliced beetroot, salad dressing (*see* Recipe No. 2445 for same).

Method.—Slice the turnip thickly, cut the slices into strips, and pile them in a salad-bowl. Pour a little salad dressing over them, and garnish with beetroot.

2433.—VEAL SALAD. (*Fr.*—Salade de Veau.)

Ingredients.—$\frac{1}{2}$ a lb. of shredded cold veal, shredded lettuce, endive, 1 tablespoonful of capers or chopped gherkin, lemon-juice, salt and pepper, salad dressing (*see* Recipe No. 2445 for same).

Method.—Season the meat with salt and pepper, sprinkle liberally with lemon-juice, and put it aside for 1 hour. Add the capers and lettuce, moisten with salad dressing, and serve garnished with tufts of endive.

2434.—WALNUT AND CELERY SALAD. (*See* Walnut and Celery Mayonnaise, No. 2435.)

2435.—WALNUT AND CELERY MAYONNAISE. (*Fr.*—Mayonnaise de Céleri et Noix.)

Ingredients.—2 or 3 strips of white celery finely shredded, ½ a pint of peeled walnuts, 2 tablespoonfuls of stiff mayonnaise sauce No. 201, 1 tablespoonful of thick cream, salt and pepper. For garnishing: watercress or small red radishes.

Method.—Cut the walnuts into small pieces, mix them with prepared celery, season with a little salt and pepper, and add gradually the mayonnaise and cream. Dress in a pile on a vegetable dish or a small flat salad bowl, garnish with a few sprigs of watercress or small radishes, and serve with roast poultry or game.

2436.—WHITE BEAN SALAD. (*Fr.*—Salade de Haricots blancs.) (*See* Lentil Salad, No. 2396.)

Substitute white haricot beans for lentils, or use Boston baked beans, usually sold in tins.

2437.—WINTER SALAD. (*Fr.*—Salade d'hiver.)

Ingredients.—1 small head of celery, ½ a cooked beetroot, 3 or 4 cold potatoes, ½ a teaspoonful of finely-chopped parsley, salad dressing No. 2445, salt and pepper.

Method.—Peel and slice the beetroot, slice the potatoes, shred the celery, but not too finely. Arrange the prepared vegetables in separate layers, seasoning each layer with a little salt and pepper. Pour over 4 or 5 tablespoonfuls of salad dressing, sprinkle on the parsley, and serve.

Salad Dressings

2438.—CLARET DRESSING.

Ingredients.—¼ of a pint of claret, 1 teaspoonful of lemon-juice, a clove of garlic, 1 teaspoonful of finely chopped shallots, salt and sugar to taste.

Method.—Mix all the ingredients together, let the preparation stand for 6 hours or longer, then strain, and pour it over a salad previously tossed in a little salad-oil.

4329.—MAYONNAISE SAUCE. (*See* Sauces, No. 201.)

2440.—MAYONNAISE COOKED. (*Fr.*—Mayonnaise cuite.)

Ingredients.—½ a pint of milk or single cream, ¼ of a pint of vinegar, 3 yolks of eggs, 1 tablespoonful of salad-oil, 1 tablespoonful of sugar, 1 tablespoonful of salt, 1 dessertspoonful of mustard.

Method.—Mix the oil, sugar, salt and mustard well together in a basin, add the well-beaten yolks of eggs, next the vinegar, and lastly the cream or milk. Stand the basin in a saucepan containing sufficient boiling water to surround it to half its depth, and stir the mixture over the fire until it acquires the consistency of custard. This dressing, if tightly bottled, will keep for several days.

Average Cost.—6d. when made with milk.

2441.—MAYONNAISE, RED. (*Fr.*—Mayonnaise Rouge.)

Ingredients.—½ a pint of stiff mayonnaise sauce (*see* Sauces), ¼ of a pint of tomato purée, salt and pepper.

Method.—Mix the ingredients smoothly together, and season to taste.

The Olive and Olive-Oil (Fr. *olive*).—This tree assumes a high degree of interest from the historical circumstances with which it is connected. A leaf of it was brought into the ark by the dove when that vessel was still floating on the waters of the great deep, and gave the first token that the deluge was subsiding. Among the Greeks, the prize of the victor in the Olympic games was a wreath of wild olive; and the "Mount of Olives" is rendered familiar to our ears by its being mentioned in the Scriptures as near to Jerusalem. The tree is indigenous in the north of Africa, Syria and Greece, and the Romans introduced it into Italy. In Spain and in the south of France it is now cultivated; and although it grows in England, its fruit does not ripen in the open air. Both in Greece and Portugal the fruit is eaten in its ripe state, but its taste is not agreeable to many palates. To the Indian shepherd, bread and olives, with a little wine, form a nourishing diet; but in England olives are usually only introduced by way of dessert, to destroy the taste of the viands which have been previously eaten, that the flavour of the wine may be the better enjoyed.

There are three kinds of olives imported to London—the French, Spanish and Italian; the first are from Provence, and are generally accounted excellent; the second are larger, but more bitter; and the last are from Lucca, and are esteemed the best. The oil extracted from olives, called olive-oil, or salad-oil, is, with the Continentals, in continual request, many dishes being prepared with it. With us it is principally used in mixing a salad.

2442.—REMOULADE SAUCE.

Ingredients.—½ a pint of salad-oil, 2 tablespoonfuls of tarragon vinegar, 1 teaspoonful of made mustard, 1 raw yolk of egg, a few leaves each of tarragon, burnet, chives, and parsley, 1 saltspoonful of salt, ¼ of a saltspoonful of pepper, ½ a saltspoonful of castor sugar.

Method.—Blanch the herbs for 1 minute in boiling water, then dry them well and chop them finely. Put the yolk of egg into a small basin, add the salt and pepper, stir briskly with a wooden spoon until very thick, then work in the oil, drop by drop at first, and afterwards more quickly. A few drops of vinegar should be added at intervals during the mixing, and when the desired consistency is obtained, the mustard, herbs and sugar may be stirred in and the sauce used.

Average Cost.—1s.

2443.—REMOULADE SAUCE, INDIAN.

Ingredients.—The yolks of 3 hard-boiled eggs, 3 tablespoonfuls of salad-oil, 1 tablespoonful of vinegar, 1 teaspoonful of curry paste, 1 teaspoonful of curry-powder, ½ a teaspoonful of salt.

Method.—Put the yolks of eggs into a basin, rub them with the back of a wooden spoon until smooth, then mix in the salt, curry-powder and paste. Stir the oil in gradually, and as soon as the sauce is perfectly smooth and creamy, add the vinegar, drop by drop ; when thoroughly incorporated, use as required.

Average Cost.—About 9d.

2444.—SALAD DRESSING.

Ingredients.—The yolks of 3 hard-boiled eggs, 4 tablespoonfuls of salad-oil, 2 tablespoonfuls of Worcester sauce or mushroom ketchup, 2 tablespoonfuls of vinegar, 1 teaspoonful of made mustard, 1 teaspoonful of salt, ½ a teaspoonful of pepper.

Method.—Rub the yolks of eggs through a fine sieve, mix with them the salt, pepper and mustard. Stir in the salad-oil, add the Worcester sauce and vinegar gradually, and when thoroughly incorporated the dressing is ready for use. The whites of the eggs should be utilized for garnishing the salad. The above will be found an excellent dressing for cold meat salads to be served with cold meat.

Average Cost.—8d. or 9d.

2445.—SALAD DRESSING. (Another way.)

Ingredients.—The raw yolks of 2 eggs, 2 tablespoonfuls of salad-oil, 2 tablespoonfuls of thick cream, ½ a teaspoonful of vinegar (preferably tarragon), ½ a teaspoonful of mixed finely-chopped onion, chervil, salt and pepper.

Method.—Add the salt and pepper to the raw yolks of eggs, and stir them with a wooden spoon in a small basin until almost as thick as butter; add the oil, drop by drop, stirring briskly meanwhile, put in the cream, tarragon vinegar, chopped chervil, and use.

Average Cost.—About 6d. or 8d.

2446.—SALAD DRESSING. (Another way.)

Ingredients.—2 tablespoonfuls of cream, 1 tablespoonful of vinegar, ½ a teaspoonful of made mustard, 2 hard-boiled eggs, ½ a saltspoonful of salt, ¼ of a saltspoonful of pepper.

Method.—Bruise the yolks of the eggs with a wooden spoon, add to them the mustard, salt and pepper, and the cream gradually. When perfectly smooth add the vinegar, drop by drop, stirring briskly meanwhile. If preferred, oil may be substituted for the cream. The whites of the eggs should be used for garnishing the salad.

Average Cost.—5d. or 6d.

2447.—SALAD DRESSING. (Another way.)

Ingredients.—½ a tablespoonful of boiled potato, 1 tablespoonful of salad oil or thick cream, ½ a tablespoonful of vinegar, 1 saltspoonful of sugar, 1 saltspoonful of salt, ¼ of a saltspoonful of pepper.

Method.—Mix the potato, sugar, salt and pepper smoothly together, add the oil gradually, and when perfectly smooth stir in the vinegar, drop by drop, and use as required.

Average Cost.—2d.

2448.—SALAD DRESSING, CREAM.

Ingredients.—4 tablespoonfuls of cream, 1 tablespoonful of vinegar, ½ a teaspoonful of made mustard, 1 saltspoonful of castor sugar, ½ a saltspoonful of salt.

Method.—Mix the mustard, salt and sugar smoothly together, stir in the cream, add the vinegar, drop by drop, and use as required.

Average Cost.—6d.

2449.—SALAD DRESSING, PARISIAN.

Ingredients.—The yolks of 3 hard-boiled eggs, the yolks of 2 raw eggs, 5 tablespoonfuls of salad-oil, 2 tablespoonfuls of thick cream, 1 dessertspoonful each of finely-chopped onion, chervil, and chives, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper.

Method.—Bruise the hard-boiled yolks of eggs, with a wooden spoon, mix with them the salt and pepper, add the raw yolks of eggs, and stir until thick and perfectly smooth. Stir in, drop by drop, first the salad-oil and then the vinegar, and when ready to use, add the cream, onion, chervil, and chives. The whites of the eggs should be added to the salad; the raw whites might be poached, and used as garnishing.

Average Cost.—About 1s. 6d.

2450.—VINAIGRETTE SAUCE.

Ingredients.—4 tablespoonfuls of salad-oil, 2 tablespoonfuls of tarragon vinegar, 1 teaspoonful of chopped pickled gherkin, ½ a teaspoonful of finely-chopped shallots, ½ a teaspoonful of finely-chopped parsley, 1 saltspoonful of salt, ¼ of a saltspoonful of pepper.

Method.—Mix the above ingredients well together, and use as required.

Average Cost.—8d.

Sandwiches.

2451.—ADELAIDE SANDWICHES.

Ingredients.—Cooked chicken and ham, white bread, curry-butter.

Method.—Cut the chicken and ham into very thin slices, and remove all skin, gristle, and the greater part of the fat. Prepare some thin slices of bread, spread with curry-butter No. 2467, add next a slice of ham, then a layer of chicken, sprinkle lightly with salt, and cover with bread and butter. Press well to make the parts adhere firmly together, trim away the crusts, and cut into 4 triangles. Dish neatly on a folded serviette, and garnish with watercress or parsley.

2452.—ALEXANDRA SANDWICHES.

Ingredients.—½ a lb. of finely-chopped chicken or game, ¼ of a lb. of finely-chopped ham, 1 tablespoonful of mushrooms cut into dice, 1 tablespoonful of truffles cut into dice, ½ an oz. of meat glaze, 1 or 2 sheets of gelatine, brown sauce (*see* Sauces, No. 233), salt and pepper, bread, creamed or watercress butter.

Method.—Put 3 or 4 tablespoonfuls of brown sauce, the glaze and gelatine into a stewpan, and when the whole is reduced to a liquid state add the chicken or game, ham, mushroom, and truffles. Season to taste, stir over the fire until thoroughly hot, then turn into a square mould. When cold cut into thin slices, place them between slices of bread and butter, trim the edges neatly, and cut into 4 triangles or squares.

2453.—ANCHOVY AND EGG SANDWICHES.

Ingredients.—10 anchovies, 3 hard-boiled yolks of eggs, 2 tablespoonfuls of grated Parmesan cheese, butter, cayenne, white or brown bread, curry-butter, No. 2467.

Method.—Wash and bone the anchovies, pound them in a mortar with the yolks of eggs, cheese, as much butter as is needed to moisten the whole, and a little cayenne. Prepare some thin slices of bread and curry-butter, spread half of them with the preparation, cover with the remainder, and press these well together. Next trim the edges neatly, and cut them into triangles or any shape preferred. Dish neatly on a folded serviette or lace paper, and serve garnished with watercress or parsley.

2454.—ANCHOVY BUTTER. (*Fr.*—Beurre d'Anchois.)

Ingredients.—$\frac{1}{4}$ of a lb. of fresh butter, 6 anchovies, Krona pepper.

Method.—Wash and bone the anchovies, pound them in a mortar until smooth, using a little butter to facilitate the pounding, then rub them through a fine sieve. Mix with them the rest of the butter, and add a little Krona pepper to deepen the red hue of the fish. Anchovy essence or paste may be used instead of anchovies, but the flavour of the preparation is not nearly so good, although when thus prepared it answers ordinarily as an adjunct to other substances. Lobster, sardine, prawn, and shrimp butter may be made by pounding the fish until smooth, adding butter gradually until the preparation is sufficiently moist to be easily spread. When pungency is desired, it may be obtained by adding curry-powder and paprika pepper, or cayenne; and when less highly seasoned preparations are preferred, the mild, agreeably-flavoured Krona pepper should be employed.

2455.—ANCHOVY AND HADDOCK SANDWICHES.

Ingredients.—6 ozs. of finely-chopped cooked smoked haddock, 2 ozs. of butter, $1\frac{1}{2}$ ozs. of anchovy paste, cayenne pepper, creamed butter, or mayonnaise sauce, white or brown bread.

Method.—If possible, pound the fish, butter and anchovy paste in a mortar until smooth; if not, work them well together, using a wooden spoon and basin for the purpose. When a smooth soft paste is obtained, season to taste, and spread the mixture on thin slices of bread. Cover an equal number of slices thickly with creamed butter or mayonnaise sauce No. 201, and press the parts firmly together. Trim neatly, cut into circles, squares or triangles, and serve on a folded serviette garnished with watercress or parsley.

2456.—BEEF SANDWICHES.

Ingredients.—Cold roast beef, tomato, cucumber or cress, mustard or curry-butter, white bread, salt.

Method.—Spread thin slices of bread with mustard or curry-butter (*see* No. 2467), cover $\frac{1}{2}$ of them with thinly sliced beef, add slices of tomato, cucumber, or watercress leaves, seasoned with salt, pepper and vinegar. Cover with buttered bread, press well together, trim and cut into squares or triangles. Variety may be obtained by spreading the bread with creamed butter No. 2465, and adding a thin layer of horseradish sauce to the beef instead of tomato or cucumber (*see* Sauces).

2457.—BLOATER SANDWICHES.

Ingredients.—2 or 3 bloaters, butter, pepper and salt, white or brown bread, watercress-butter.

Method.—Grill or fry the bloaters, remove all the skin and bone, and chop them finely. If available, pound them in a mortar until smooth; otherwise beat well, and add butter until a soft smooth paste is formed. Pass through a wire sieve, season to taste, spread on thin slices of bread, and cover with bread coated thickly with watercress-butter No. 2492. Trim away the crusts, and cut into circles, squares or triangles.

2458.—CAVIAR SANDWICHES.

Ingredients.—Astrakhan caviar, creamed butter, lemon-juice, cayenne pepper.

Method.—Prepare some thin slices of bread, spread them lightly with caviar, sprinkle with lemon-juice and a little cayenne. Have ready an equal number of slices of bread and creamed butter No. 2465, cover, press lightly together, trim, and cut into square, triangular, or finger-shaped pieces. These sandwiches may be varied by using lobster, prawn, or shrimp- butter, any of which flavours combine agreeably with that of caviar.

2459.—CELERY SANDWICHES.

Ingredients.—Very finely shredded celery, cream, salt and pepper, thin slices of buttered white bread.

Method.—Moisten the celery slightly with cream, season to taste, place a thin layer between slices of bread and butter, and serve.

2460.—CHEESE SANDWICHES.

Ingredients.—Cheshire or Cheddar cheese, butter, anchovy-essence or paste, white or brown bread, salt and pepper, cayenne.

Method.—Grate the cheese finely, then either pound or work it until smooth with a little seasoning, anchovy-essence or paste, and as much butter as is needed to form the whole into a soft paste. Have ready some thin slices of bread and butter, spread the cheese preparation on ½ of them, cover with the remainder, press well, trim, and cut into the desired shape.

2461.—CHICKEN MAYONNAISE SANDWICHES.

Ingredients.—Cold cooked chicken or ham, mayonnaise sauce (*see* Sauces, No. 201), watercress, or mustard and cress, farthing rolls.

Method.—Wash and dry the cress thoroughly, and remove the stalks. Shred the chicken and ham finely, season with pepper, and moisten with mayonnaise sauce. Scoop the crumb from the rolls, put in a little of the chicken mixture, add a layer of cress, then a little more chicken mixture, and replace the lid. Sandwiches of this description are suitable for picnics or any occasion when there is the possibility of the slices of bread becoming dry. Nearly all the mixtures for spreading on bread may be used as a filling for rolls.

2462.—CHICKEN SANDWICHES.

Ingredients.—Cooked chicken, cooked ham or tongue, creamed or watercress butter, 1 large French roll or white bread.

Method.—Select a roll 1 day old, rasp the crust, but do not remove it, slice thinly, and spread with butter. Shred the chicken and ham or tongue finely, place a layer between 2 slices of bread and butter, and press well together. Arrange overlapping each other in a circle on a folded serviette, and serve garnished with small salad or watercress.

2463.—CLENT SANDWICHES.

Ingredients.—Cooked veal or lean pork, pickled gherkins, white bread, butter, pepper.

Method.—Remove all fat, skin, and gristle from the meat, and cut it into thin slices; also slice the gherkins as thinly as possible. Prepare some thin slices of bread and butter, lay on the meat, season with salt (unless already salted), on the top place slices of gherkin, sprinkle with pepper and cover with more bread and butter. Press well, trim neatly, and cut into squares or triangles.

2464.—COD'S ROE SANDWICHES.

Ingredients.—Cod's roe and liver, brown bread, butter, essence of anchovy, 1 finely-chopped small onion, 1 teaspoonful of finely-chopped parsley, lemon-juice or vinegar, salt and pepper.

Method.—Fry the onion in ½ an oz. of butter until lightly browned, add the roe and liver, cut up small, the parsley and seasoning to taste. Stir over the fire for a few minutes, then pound, sieve, and spread it when cold on brown bread and butter. Press well, trim, and cut into circles, squares or triangles. Dish tastefully, and serve garnished with watercress or parsley.

2465.—CREAMED BUTTER FOR SANDWICHES.

Ingredients.—½ a lb. of fresh butter, 1 gill of cream, mustard, salt and pepper, cayenne.

Method.—Beat the butter to a cream, whip the cream stiffly, then add it lightly to the butter, and season to taste with mustard, salt, pepper or cayenne.

2466.—CUCUMBER SANDWICHES.

Ingredients.—1 large cucumber, creamed butter, white or brown bread, salad-oil, lemon-juice or vinegar, salt and pepper.

Method.—Peel the cucumber, slice it thinly, season liberally with salt, drain on a hair sieve for 1 hour, and dry thoroughly. Now put it into a basin and sprinkle with pepper, salad-oil, lemon-juice, or vinegar, liberally or otherwise according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of cucumber between 2 rounds of bread, and press the parts well together. Dish slightly overlapping each other in a circle on a folded serviette, and serve garnished with parsley.

2467.—CURRY BUTTER.

Ingredients.—4 ozs. of fresh butter, 1 heaped teaspoonful of curry-powder, ½ a teaspoonful of lemon-juice, salt to taste.

Method.—Beat the butter to a cream, then stir in the curry-powder and lemon-juice, and add salt to taste.

2468.—EGG AND CHUTNEY SANDWICHES.

Ingredients.—Hard-boiled eggs, chutney, white or brown bread, butter.

Method.—Boil the eggs as directed in the following recipe, shred the whites of the eggs or chop them coarsely, crush the yolks with a wooden spoon, and add chutney gradually until a moist paste is obtained. Prepare some thin slices of bread and butter, spread ½ of them with the egg mixture, add a thin layer of white of egg, and cover with more bread and butter. Press well, trim, and cut into desired shapes.

2469.—EGG AND GHERKIN SANDWICHES.

Ingredients.—3 hard boiled eggs, 1 or 2 pickled gherkins, butter, white or brown bread, creamed butter, salt and pepper.

Method.—Boil the eggs for 15 minutes, let them remain in water until quite cold, then remove the shells, and chop the whites finely. If available, pound the yolks of the eggs in a mortar with sufficient butter to form a moist paste. Or, work together in a basin until smooth and moist, then season to taste with salt and pepper. Spread some thin slices of bread and butter with the yolk of egg preparation, sprinkle lightly with chopped white of egg, and add a few very thin strips of gherkin. Cover with more bread and butter, press well together, trim off the crusts, and cut into circles, squares, or triangles. Dish neatly on a folded serviette, or lace paper, and serve garnished with parsley.

2470.—EGG SANDWICHES.

Ingredients.—Fresh eggs, watercress, or mustard and cress, white or brown bread, butter, oil, vinegar, salt and pepper.

Method.—Boil the eggs for 15 minutes, then crack the shells, and leave the eggs in water until quite cold. When ready, shell, slice them thinly, season with salt and pepper, and sprinkle lightly with oil and vinegar mixed in equal proportions. Let them remain for 15 minutes, then turn them carefully and season and sprinkle as before. Meanwhile wash and dry the cress thoroughly, and season it with oil, vinegar, salt and pepper. Cut some thin slices of bread and butter, spread $\frac{1}{2}$ of them with the prepared eggs and the rest with cress, press them firmly together, trim away the crust, and cut into shape. Dish them neatly on a folded serviette, garnished with small salad or watercress.

2471.—FOIE GRAS SANDWICHES.

Ingredients.—1 tin or terrine of foie gras, bread, butter.

Method.—Prepare some thin slices of bread and butter, on $\frac{1}{2}$ of them spread slices of foie gras, and cover with the remainder. Press the parts firmly together, trim the edges neatly, and cut them into square, triangular, or finger-shaped pieces. Arrange them neatly on a daintily covered dish, and garnish with watercress or parsley.

2472.—FOIE GRAS SANDWICHES, IMITATION.

Ingredients.—$\frac{1}{2}$ a lb. of calf's liver, $\frac{1}{4}$ of a lb. of bacon, 1 small carrot, 1 small onion, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, nutmeg, bread, butter.

Method.—Cut the bacon and liver into small pieces, and slice the carrot and onion thinly. Fry the bacon for 2 or 3 minutes, then put in the liver, carrot, onion, herbs, and a good pinch of nutmeg. Season to taste with salt and pepper, cook gently for about 10 minutes, then pound in a mortar until smooth, and rub through a wire sieve. Now add the butter or cream gradually until a soft paste is obtained, spread it rather thickly between slices of bread and butter, press well together, trim, and cut into round, triangular, or finger-shaped pieces. Dish neatly on a serviette garnished with small salad, watercress, or parsley.

2473.—GREEN BUTTER.

Ingredients.—4 ozs. of fresh butter, $1\frac{1}{2}$ tablespoonfuls of finely-chopped washed parsley, 1 tablespoonful of lemon-juice, anchovy essence or paste, salt and pepper.

Method.—Beat the butter to a cream, add the parsley, lemon-juice, and anchovy-essence or paste to taste, season with salt and pepper, and when thoroughly mixed, use as required.

2474.—GRUYÈRE CHEESE SANDWICHES.

Ingredients.—Gruyère cheese, white bread, butter, French mustard, Krona pepper, white pepper.

Method.—Cut thin slices of bread and butter, spread them lightly with French mustard, cover with thinly-sliced or grated Gruyère cheese, and season with the 2 kinds of pepper. Cover with more bread and butter, press firmly together, trim off the crusts, and cut into square, triangular, or finger-shaped pieces.

2475.—HAM BUTTER.

Ingredients.—4 ozs. of finely-chopped lean cooked ham, 2 ozs. of butter, 1 tablespoonful of thick cream, pepper, cayenne.

Method.—Pound the ham in a mortar until smooth, adding gradually a little butter. Pass through a fine sieve, work in the cream and the rest of the butter, season to taste, and use as required.

2476.—MUSTARD BUTTER.

Ingredients.—4 ozs. of fresh butter, 1 teaspoonful of made mustard, salt.

Method.—Beat the butter to a cream, then mix in the mustard, and add salt to taste.

2477.—OLIVE SANDWICHES.

Ingredients.—Olives, cream, pepper, thin slices of bread and butter.

Method.—Stone, chop and pound the olives finely, adding a little cream from time to time. Season to taste with pepper, pass through a fine sieve, and spread rather thickly on bread and butter. Cover with slices of bread and butter, press firmly, trim away the crusts, and divide them into triangles or squares. Serve garnished with cress or parsley.

Time.—1 hour. **Average Cost.**—1s. to 1s. 3d. for one small dish. **Seasonable** at any time.

2478.—OYSTER SANDWICHES. (Sandwich de Huîtres.)

Ingredients.—12 oysters finely chopped, ½ an oz. of butter, 1 teaspoonful of very fine breadcrumbs, 2 tablespoonfuls of cream, ½ a well-beaten egg, salt and pepper to taste.

Method.—Stir the ingredients over the fire for a few minutes, then turn the preparation into a small mould, and, when cold, slice thinly, and serve between very thin well-buttered brown bread.

2479.—POMPADOUR SANDWICHES.

Ingredients.—Potted game, chicken, or meat, cream or creamed butter, 1 hard-boiled egg, 1 teaspoonful of finely-chopped parsley, lobster coral or Krona pepper, aspic jelly, or clarified butter, white bread.

Method.—Rub the yolk of the egg through a sieve, and chop the white finely. Reduce the potted meat to a soft paste by means of vigorous beating and the addition of a little cream or creamed butter, and, if necessary, add seasoning, and flavour with a few drops of lemon-juice, anchovy-essence, mushroom ketchup, or other suitable ingredient. Cut thin slices of bread and butter into rounds about 2 inches in diameter, place a layer of the preparation between 2 of them, and press well together. Have ready some cold liquid aspic jelly or clarified butter on the point of setting, brush the sandwiches over lightly, and sprinkle an equal number with parsley, white of egg, yolk of egg, and lobster coral or Krona pepper. Serve tastefully arranged on a folded serviette or dish paper.

2480.—PRINCESS SANDWICHES.

Ingredients.—6 ozs. of cooked chicken, 3 ozs. of cooked ham or tongue, 1 tablespoonful of grated cheese, 2 hard-boiled yolks of eggs, oil, vinegar, mustard, salt and pepper, white bread, butter.

Method.—Chop the chicken and ham finely, pound them in a mortar with the cheese and yolks of eggs, adding vinegar, mustard, salt and pepper to taste, and as much oil as is needed to moisten the whole. Place the preparation between thin slices of bread and butter, press well, trim neatly, and cut into circles, squares, triangles or fingers, as may be preferred.

2481.—ROLLED SANDWICHES. (*Fr.*—Tartines roulées.)

Ingredients.—6 ozs. of finely-chopped cooked chicken, 2 ozs. of finely-chopped ham or tongue, 2 tablespoonfuls of mayonnaise sauce (*see* Sauces, No. 201), brown bread.

Method.—Pound the chicken and ham or tongue in a mortar until smooth, adding a little liquid butter to facilitate the process. Season to taste, and rub through a fine sieve, then stir in the mayonnaise sauce. Cut some thin slices of bread and butter, trim off the crusts, spread them with this preparation, roll up firmly, wrap them lightly in a clean cloth, and let them remain in a cool place for 1 hour. Dish them daintily on a folded serviette or lace paper, and serve garnished with small cress.

2482.—SALAD SANDWICHES.

Ingredients.—Lettuce, watercress, mustard and cress, mayonnaise sauce, No. 201, white or brown bread, butter, salt.

Method.—Wash and dry the lettuce and cress thoroughly, then shred the lettuce finely, remove the stalks from the cress, season with salt, and mix with the mayonnaise sauce. Place a layer of this preparation between thin slices of bread and butter, press them well together, trim away the crusts, and cut into desired shapes.

2483.—SALMON SANDWICHES.

Ingredients.—Cold boiled salmon, prepared cucumber (*see* Cucumber Sandwiches, No. 2466), mayonnaise or tartare sauce, bread, butter.

Method.—Cover thin slices of bread and butter with salmon separated into very small flakes, add a thin layer of mayonnaise or tartare sauce, and on the top place slices of cucumber. Cover with more bread and butter, press well together, trim, and cut into shape. Other kinds of fish may be used in this manner, or they may be pounded and passed through a sieve. Tomato, lettuce, or cress may replace the cucumber, and any suitable thick sauce may be substitued for the mayonnaise.

2484.—SARDINE AND TOMATO SANDWICHES.

Ingredients.—1 tin of sardines, 2 hard-boiled yolks of eggs, 2 or 3 firm tomatoes, lemon-juice or vinegar, salt and pepper, white or brown bread, butter.

Method.—Skin and bone the sardines, and split them in halves. Pass the tomatoes and yolks of eggs through a fine sieve, mix with them a little butter, add the lemon-juice or vinegar, and salt and pepper to taste. Prepare some fingers of bread, spread them with the tomato preparation; on the top place ½ a sardine, and cover with fingers of bread and butter. Press well together, and dish tastefully on a folded serviette garnished with parsley.

2485.—SARDINE BUTTER SANDWICHES.

Ingredients.—1 tin of sardines, 1 or 2 French rolls, butter, lemon-juice, Krona pepper, white pepper.

Method.—Skin and bone the sardines, rub them through a fine sieve, add lemon-juice, Krona pepper, and white pepper to taste, and work them to a soft paste with a little butter. Rasp the rolls well, but do not remove the crusts; cut them into thin slices, spread them with the fish preparation, and roll up lightly. If convenient wrap them compactly in a clean cloth, and let them remain in a cold place for 1 hour before serving.

2486.—SEFTON SANDWICHES.

Ingredients.—1 tin of sardines, Cheshire or Cheddar cheese, lemon-juice or vinegar, pepper and salt, white or brown bread, creamed butter No. 2465.

Method.—Skin and bone the sardines, pound them with an equal amount of cheese in a mortar until smooth, adding seasoning and lemon-juice or vinegar to taste, and as much cream or milk as is needed to moisten the whole, then rub through a fine sieve. Put a layer of this preparation between thin slices of bread and butter, press well, trim, and cut into desired shapes.

2487.—SPANISH SANDWICHES.

Ingredients.—Finely-chopped cooked chicken, anchovies, hard-boiled yolks of eggs, Spanish olives, brown bread, butter.

Method.—Wash and bone the anchovies, and divide them into small fillets; rub the yolks of eggs through a sieve, and chop the olives finely. Cut slices of brown bread and butter into rounds about 2 inches in diameter, on half of them place fillets of anchovy, add a thin layer of chopped chicken, and on the top sprinkle a little prepared yolk of egg and olives. Cover with rounds of bread and butter, press well together, and dish daintily.

2488.—SPORTSMAN'S SANDWICHES.

Ingredients.—Cold game, chicken or meat, white bread, plain or creamed butter, Tartare sauce (*see* Sauces, No. 213), French mustard.

Method.—Toast some ¼-inch slices of bread lightly, split them, and butter the plain sides. On half of them place thin slices of game, chicken, or meat, spread on a little tartare sauce seasoned with French mustard, and cover with more bread and butter. Press well, trim neatly, and cut into squares. If to be packed, wrap them in lettuce leaves, and finally in greaseproof paper.

2489.—ST. JAMES'S SANDWICHES.

Ingredients.—Puff-paste, finely-chopped cooked game or chicken, finely-chopped ham or tongue, cream, butter, lemon-juice, salt and pepper, 1 egg.

Method.—Roll the paste out to about ¾ of an inch in thickness, and cut it into oblong shapes 2½ inches long and 1¼ inches wide. Brush them over with yolk of egg, and bake in a hot oven. While they are cooking moisten the game or chicken, etc., with a little butter and cream, add a few drops of lemon-juice, and season to taste with salt and pepper. When the paste is ready remove the tops with a sharp knife, scoop out the soft inside, and fill with the preparation. Brush the edges over with white of egg, replace the tops, and return to the oven for a few minutes to set the filling and seal the edges. Serve either hot or cold.

2490.—SWEDISH SANDWICHES.

Ingredients.—Cream cheese, ½ a gill of mayonnaise sauce (*see* Sauces, No. 201), 1 gherkin, 6 olives, 1 teaspoonful of capers, bread, butter, Krona pepper .

Method.—Chop the gherkin, olives, and capers finely, and mix with them the mayonnaise sauce. Cut some thin slices of bread and butter, spread half of them with the preparation, and the remainder with cream cheese. Press one of each kind well together, arrange them tastefully on a folded serviette or dish paper, and serve garnished with small salad or watercress.

2491.—TOMATO SANDWICHES.

Ingredients.—Ripe firm tomatoes, creamed butter, white or brown bread, lemon-juice or vinegar, salt and pepper.

Method.—Pour boiling water over the tomatoes, let them remain immersed for 2 minutes, then drain and cover with cold water. Allow them to become quite cold, dry well, remove the skins and slice thinly. Season with salt and pepper, and sprinkle with lemon-juice or vinegar, sparingly or otherwise, according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of tomato between 2 rounds of bread, and press well to make the parts adhere firmly together. Serve on a daintily-covered dish garnished with small salad or watercress.

2492.—WATERCRESS BUTTER.

Ingredients.—4 ozs. of fresh butter, 2 or 3 bunches of watercress, salt and pepper.

Method.—Remove all the stalks, wash, drain, and dry the leaves thoroughly, chop them as finely as possible, then work the butter in gradually, and season to taste. Watercress butter will be found a great improvement to sandwiches made of such simple substances as chicken, eggs, etc., the delicate flavour of which would be overpowered by the addition of more highly seasoned preparations.

PRESERVES, JAMS, PICKLES, AND STORE SAUCES

CHAPTER XXXVI

From the nature of vegetable substances, and chiefly from their not passing so rapidly into a decomposed state as animal substances, the method of preserving them is somewhat different, although the general principles are the same. All the methods of preservation are put in practice occasionally for fruits and the various parts of vegetables, according to the nature of the species, the climate, the uses to which they are applied, etc. Some are dried, as nuts, raisins, sweet herbs, etc.; others are preserved by means of sugar, as, for example, many fruits whose delicate juices would be lost by drying; some are preserved by means of vinegar, and chiefly used as condiments or pickles; a few also by salting, as French beans; while others are preserved in spirits. We have in this place to treat of the best methods of preserving fruits. Fruit is a most important item in the daily dietary; therefore, when we cannot obtain it fresh, we must have it preserved. It has long been a desideratum to preserve fruits by some cheap method to keep them fit for the various culinary purposes, as making tarts and other similar dishes. The expense of preserving them with sugar is a serious objection. By most home methods, unless sugar is used in considerable quantities, the success is very uncertain, and sugar overpowers and destroys the sub-acid taste so desirable in many fruits ; so that the tinned and bottled fresh fruits, now so common, though only introduced of recent years, are a valuable addition to our food. Fruits intended for preservation should be gathered in the morning, in dry weather, with the morning sun upon them if possible ; they then have their fullest flavour, and keep in good condition longer than when gathered at any other time. Until fruit can be used, it should be placed in the dairy, an ice-house or a refrigerator. In an ice-house it will remain fresh and plump for several days. Fruit gathered in wet or foggy weather will soon mildew, and be of no service for preserves unless it is used immediately and very thoroughly boiled, when it may be made into preserve or jam that will keep, though of course of inferior quality. There is no mistake more common than to suppose that any half-ripe or over-ripe fruit is good enough for jam.

Sugar for Preserving.—Of the various kinds of sugar in common use, the white refined lump is generally sold for preserving, and, indeed, is the only kind admissible for the more delicate kinds of preserves. Coarse brown sugar conceals the flavour of any fruit, and the whiter moist sugar has little sweetening power. Crystallized Demerara makes good preserves, is very sweet, seldom adulterated, and is less expensive than lump sugar, so that for common household preserves it is very suitable. A well-known writer says: "Sugar-candy is the purest form of sugar; white loaf sugar comes next; then the pale, dry, large-grained crystallized sugars; while all the moist sugars are of inferior purity, invariably containing not only water and uncrystallizable sugar, but also mineral and organic compounds. They are not infrequently infested by a small insect, the sugar-mite, many thousands of which have been detected in a single pound of brown sugar." Cane-sugar and grape-sugar, otherwise known as sucrose and glucose, are obtained from various sources. Most of the cane-sugar consumed in England is actually produced from the sugar-cane, but of beet-root sugar there is much in the market, and in America sugar is produced from the maple, from maize, and from the "sugar grass." From a chemical point of view they are the same, and from a culinary one nearly so, though the difference in sweetening power and in crystallization undoubtedly affect flavours. Grape-sugar abounds in grapes and in many other fruits, and it may also be manufactured. It does not crystallize as cane-sugar does, and is not nearly so sweet, so that the admixture of grape with cane-sugar is an adulteration greatly to the disadvantage of the purchaser, though in no way unwholesome. Jams made with pure cane-sugar are apt to crystallize, or become granular; to prevent this glucose is added. If only a small proportion is used, it can hardly be considered an adulterant. When a strong solution of sugar is allowed to solidify slowly and undisturbed, it deposits large crystals, such as we see in sugar-candy: if it is agitated the crystals are small, as in loaf sugar. But if the solution is heated up to a certain point it does not crystallize any more, but settles into a solid transparent mass which we know as barley sugar, so called because the old confectioners found that its return to the crystalline condition took place less quickly if it was boiled in barley water instead of water only. Any acid or mucilaginous matter helps forward the production of this particular form of sugar. When sugar is heated to about 400° F. it decomposes, loses its power of crystallizing and fermenting, and acquires a dark-brown colour and a bitter flavour. This form of sugar is known as caramel; when it is heated beyond this stage it becomes burnt and unfit for use.

Syrup for Preserving.—Having secured the most important contributions to the manufacture of preserves, the fruit and the sugar, the next consideration is the preparation of the syrup in which the fruit is to be suspended; and this requires much care. In the confectioner's art there is a great nicety in proportioning the degree of concentration of the syrup very exactly to each particular case; and they know this by signs, and express it in certain technical terms. But to distinguish these properly requires very great attention and considerable experience. The principal thing to be acquainted with is the fact that, in proportion as the syrup is longer boiled, the water contained in it will become evaporated, and its consistency thickened. Great care must be taken in the management of the fire, that the syrup does not boil over, and that the boiling is not carried to such an extent as to burn the sugar. A solution of sugar prepared by dissolving 2 parts of double-refined sugar in 1 of water, and boiling this a little, affords a syrup of the right degree of strength, which neither ferments nor crystallizes. This appears to be the degree called **smooth** or **large thread**, by the confectioners. The syrup employed should sometimes be clarified, which is done in the following manner: dissolve 2 lbs. of loaf sugar in 1 pint of water; add to this solution the white of an egg, and beat it well. Put the preserving-pan upon the fire with the solution, stir it with a wooden spatula, and, when it begins to swell and boil up, throw in some cold water to damp the boiling, for, as it rises suddenly, should it boil over it would take fire, being of a very inflammable nature. Let it boil up again; then take it off, and remove carefully the scum that has risen. Boil the solution again, throw in a little more cold water, remove the scum, and so on for 3 or 4 times successively, then strain it. It is considered to be sufficiently boiled when some taken up in a spoon pours out like oil.

Although sugar passes so easily into the state of fermentation, and is, in fact, the only substance capable of undergoing the vinous stage of that process, yet it will not ferment at all if the quantity be sufficient to constitute a very strong syrup; hence, syrups are used to preserve fruits and other vegetable substances from the changes they would undergo if left to themselves. Before sugar was in use, honey was employed to preserve many vegetable productions, but this substance has now given way to the juice of the sugar-cane.

The fruits that are the most fit for preservation in syrup are apricots, peaches, nectarines, apples, greengages, plums of all kinds, and pears. As an example, take some apricots, not too ripe, make a small slit at the stem end, withdraw the stone, simmer them in water until about half cooked, and afterwards throw them into cold water. When they have cooled, take them out and drain them. Put the apricots into the preserving-pan with sufficient syrup to cover them; boil up 3 or 4 times, and then skim well; remove them from the fire, pour them into an earthen pan, and let them cool till next day. Boil them up 3 days successively, skimming each time, and they will soon be finished and in a state fit to be put into pots for use. After each boiling the consistency of the syrup should be noted; if too thin, it will bear additional boiling; if too thick, it may be lowered with more syrup of the usual standard. The reason why the fruit is emptied out of the preserving-pan into an earthen pan is, that the acid of the fruit acts upon the copper of which the preserving-pans are usually made. From this example the process of preserving fruits by syrup will be easily comprehended. The first object is to soften the fruit by blanching or boiling it in water, in order that the syrup by which it is preserved may penetrate through its substance.

Fruits Preserved in Syrup.—Any of the fruits that have been preserved in syrup may be converted into dry preserves, by first draining them from the syrup and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every 6 or 8 hours, fresh powdered sugar being sifted over them each time they are turned. Currants and cherries may be preserved whole in this manner in bunches. Orange and lemon chips are thus preserved. After being thoroughly dried they should be stored in air-tight tins in a cool dry place.

Marmalades and Jams differ little from each other: they are preserves of half liquid consistency, made by boiling the pulp of fruits, and sometimes part of the rinds, with sugar. The term marmalade is applied to those confitures which are composed of the firmer fruits, as pineapples or the rinds of oranges; whereas jams are made of the more juicy berries, such as strawberries, raspberries, currants, mulberries, etc. Jams require the same care and attention in the boiling as marmalade; the slightest degree of burning communicates a disagreeable empyreumatic taste, and if they are not boiled properly they will not keep. Marmalades and jams are now so cheap that they are within reach of the poorest. They can also be bought so good that there is little inducement to make them at home if the fruit has to be bought or is dear. Nevertheless, it must be confessed that they are seldom both cheap and good, so that housekeepers who desire both quality and economy, and are not over-anxious to spare their own trouble, usually prefer them home-made. To make them successfully a properly constructed preserving pan or maslin-kettle is necessary. Formerly these were composed of solid brass or copper, and formed one of the careful housewife's most cherished possessions. They may now be obtained at a comparatively trifling cost in enamelled iron, but the objection to their use is that the syrup boils over more quickly than in a preserving pan made of copper or brass, and moreover it is more apt to burn and stick to the bottom of the pan. A long wooden spoon or stick is necessary. The end to be attained is to boil the juice of the fruit to such a consistency that it will neither ferment nor mildew. Some persons add a little water, others put only the fruit in with the sugar. From ¾ of a lb.

to 1 lb. of sugar for each lb. of fruit is the usual amount, but ½ a lb. is sometimes enough to preserve the fruit, and if this quantity is sufficient no more should be used, as jam is often unpleasantly sweet with very little flavour of the fruit left. The methods employed vary considerably; sometimes the fruit is boiled a long time and slowly, and the sugar added towards the end of the process; but more frequently the sugar is boiled first with a little water, and the fruit added afterwards and boiled from 20 to 60 minutes.

The latter method is commonly employed in manufactories where time is money, and it certainly preserves the shape, colour, and flavour of the fruit better than the former, which, however, has advantages for some fruits that require long stewing, and for those persons who find it difficult with the means at their disposal to make the jam boil as thoroughly and completely as it readily does in the manufacturer's pans, heated by steam coil or gas to the exact temperature required.

The pots in which the jam is put must be perfectly dry, and the cupboard in which they stand neither so warm that the jam ferments, nor damp so that it becomes mouldy. The housekeeper will do well to remember that mould is a plant sowing itself by multitudes of seeds, so small that they penetrate the tiniest crack. It spreads, therefore, readily from one thing to another, and may sometimes lurk unsuspected on the shelves of a cupboard that is not well cleansed and aired. Formerly jam was allowed to become quite cold before being covered, under the erroneous belief that the steam arising from it would, if confined, produce mould. Now jams, jellies, and marmalades of every description are covered as speedily as possible, before the escaping steam loses its power to exclude the air. If air is allowed to enter it may carry with it bacteria which quickly develop into mould, more particularly so when the preserved substances happen to be stored in a warm damp place favourable to the growth of such organisms.

Fruit jellies are compounds of the juice of fruit and sugar, concentrated by boiling to such a consistency that the liquid upon cooling assumes the form of a jelly. But notwithstanding the resemblance in appearance and in name, this jelly, which is known as pectin, is from a chemical and nutritive standpoint entirely different from gelatine. It is closely allied to gum, and has about the same food value as the sugar with which it is boiled.

Candied or Glace and Crystallized Fruits.—Before fruit can be subjected to the final processes by which it is preserved for use in these two forms, it must first be boiled in syrup. The fruit to be candied or iced is dried before the fire or in a cool oven, the syrup in which it was cooked being meanwhile boiled to the "large blow" degree (see p. 1070). When the syrup has cooled a little, the fruit should be dipped into it until thoroughly coated, and then dried, when they will have a transparent coating. Fruit to be crystallized should, immediately on its removal from the syrup, be rolled in crushed loaf sugar and afterwards dried. Flowers, such as violets, orange and rose petals, and primroses, may be preserved in this way.

Fruit Pastes consist of the pulp of fruits, first evaporated to a proper consistency, and afterwards boiled with sugar. The mixture is then poured into a mould, or spread on sheets of tin, and subsequently dried in the oven or stove until it has acquired the consistency of a paste. From a sheet of this paste, strips may be cut and formed into any shape that may be desired, as knots, rings, etc. They are now somewhat out of date.

Pickles.—Pickles may now be purchased in such variety and so cheaply that very few, save those who grow vegetables they cannot utilize in any other way, think of preparing them at home. Pickles consist of vegetables and fruits steeped in vinegar previously boiled with spices, to which is frequently added salt and sugar, in quantities varied according to individual taste. The chief pickles are cabbage, cauliflower, chillies, gherkins, onions, and walnuts. Any or all of these, except cabbage, may be mixed; one variety of mixed pickles, highly seasoned with mustard, is well known, and often usefully employed as a dressing for devilled bones, re-heating pork, etc. Indian pickles form a class by themselves; they are generally thick and highly spiced, mangoes forming a general base.

Damsons are more frequently preserved by means of vinegar than other kinds of fruit, but the method is equally applicable to any unripe stone-fruit.

To make pickles successfully, the vegetables or fruit must be perfectly dry, fresh, and not over-ripe.

Adulteration in Pickles.—Sulphuric acid is often present in vinegar in larger amount than the law allows, i.e., 1 part in 1,000, and it is very injurious to health even in small amount. Good vinegar and unadulterated pickles have considerable dietetic value, especially in large towns and in those houses where fresh fruit and vegetables are not obtainable all the year round. Pickles sometimes contain copper, added in order to fix the chlorophyll, or green colouring matter, in the vegetables. Most authorities consider it poisonous; its presence may be detected by a coppery tinge imparted to the silver with which it comes in contact. If available, vinegar should be boiled in an enamelled pan, or, failing this, a stewjar placed in a saucepan of boiling water. If a metal pan must of necessity be used, one made of iron produces the least injurious effects. Fatal results have followed the use of copper vessels for pickling purposes.

Vinegar.—The active principle of vinegar is an acid produced by the secondary fermentation of liquids of vegetable origin. Thus we have vinegar from malt liquors, from wine, cider, date juice, etc. Commercially, the three chief vinegars are derived from malt, wine and wood.

Malt vinegar is obtained by brewing weak wort. To 100 gallons of this at 70° F. 4 gallons of yeast are added, and stirred for about 10 minutes. It is then allowed to stand for 2 days, and afterwards put into tubs, covered with canvas and placed in a dark room, which is maintained at a warm even temperature by means of a stove or stoves. The tubs are left thus until the wort is converted into vinegar, the process being usually completed in about 3 weeks, although it can be hastened by adding a small quantity of grape skins or crushed raisins. Vinegar is also produced by inducing long fermentation in poor qualities of wines. Cider can also be converted into vinegar by admitting air into the barrels containing it, and inducing prolonged fermentation. The acid developed during fermentation is known as "acetic," except that derived from the distillation of wood, which is "pyroligenous acid." This latter variety is somewhat deficient in flavour, but it is perfectly wholesome, and being cheap is largely employed by those who make pickles in large quantities.

Store Sauces may be broadly divided into two classes. The first series comprise such well-known liquid sauces as Worcester, ketchup, etc., which have a basis of vinegar and water, while the second class includes tomato, anchovy and other thick sauces.

RECIPES FOR PRESERVES, JAMS, PICKLES, ETC.

CHAPTER XXXVII

Preserves, Jams, Pickles, Store Sauces, etc.

Preserves and Jams.

2493.—APPLE AND BLACKBERRY JAM.

Ingredients.—4 lbs. of apples, 2 lbs. blackberries, 4½ lbs. of preserving sugar.

Method.—Pick the blackberries, put them into a stewjar with 1 lb. of sugar, and let them remain thus for at least 12 hours. When ready, place the jar on the stove or in a cool oven, and stew gently until the juice is extracted. Pare, core and cut the apples into thick slices. Put them into a preserving pan, strain in the juice, add the rest of the sugar, and boil gently from 45 to 50 minutes. Pour into jars, cover closely, and store in a dry, cool place.

Time.—Altogether, about 14 hours. **Average Cost,** 4d. per lb. **Seasonable** in October.

2494.—APPLE GINGER.

Ingredients.—5 lbs. of sour cooking apples, 4 lbs. of loaf sugar, 2 ozs. of whole ginger, ¼ of a teaspoonful of cayenne, 3 lemons, 1 pint of cold water.

Method.—Peel, core, and cut the apples into quarters. Dissolve 2 lbs. of sugar in 1 pint of water, bring slowly to boiling point, skim well, and simmer for 8 or 10 minutes. Pour the syrup over the prepared apples, cover, and let it remain thus for 48 hours. When ready, drain off the syrup into a stewpan, add the remaining 2 lbs. of sugar, the strained juice, and finely-grated rinds of the lemons, the ginger bruised and tied in fine muslin, and the cayenne. When boiling, add the apples, simmer very gently until they are soft, but not broken, then turn into jars. Cover at once with ready-prepared paper, or paper brushed over with white of egg, and fasten securely.

Average Cost, 2s. 6d. **Seasonable** in October.

2495.—APPLE GINGER. (Another Method.)

Ingredients.—2 lbs. of sour cooking apples, 2 lbs. of loaf sugar, ½ an oz. of extract of ginger, 1½ pints of water.

Method.—Make a syrup of the sugar and water, as directed in the preceding recipe. Meanwhile peel, core, and cut each apple into 8 sections, add them with the extract of ginger to the syrup, and simmer gently until soft, but not broken. Turn into jars, cover as directed in the preceding recipe, and store in a cool dry place.

Average Cost, 1s. to 1s. 3d. **Seasonable** in October.

2496.—APPLE JAM.

Ingredients.—To each lb. of fruit, weighed after being pared, cored and sliced, allow ¾ of a lb. of preserving sugar, the finely grated rind of 1 lemon, the juice of ½ a lemon.

Method.—Choose firm, sound apples of the same kind; peel, core, and cut them into thick slices. Barely cover the bottom of a large stewjar with cold water, add a good layer of sliced apples, cover thickly with sugar, and sprinkle with lemon-rind and lemon-juice. Repeat until all the materials are used, cover the jar closely, place it on the stove or in a moderate oven, in a tin half full of boiling water, and stew gently until the apples are tender. If the preparation appears rather dry it may at once be put into the pots; if not, the lid must be removed, the stewjar taken out of the water and placed on the stove, and the contents boiled and stirred until the greater part of the moisture has evaporated.

Time.—From 2½ to 3 hours. **Average Cost,** 4d. per lb. **Seasonable** in October.

2497.—APPLE JAM. (Another Method.)

Ingredients.—4 lbs. of sour cooking apples, 3 lbs. of preserving sugar, the finely-grated rind and juice of 2 lemons, 1 saltspoonful of ground cinnamon, ¼ of a pint of cold water.

Method.—Pare, core and cut the apples into thick slices. Place them in a preserving-pan, add the sugar, lemon-rind and juice, cinnamon and water, and cook gently until reduced to a pulp. During the first part of the process stir occasionally, but towards the end, when the greater part of the moisture has evaporated, stir more frequently to prevent the preparation sticking to the bottom of the pan. Pour into jars, at once cover closely, and store in a cool dry place. This jam will not keep for so long a time as that made according to the preceding recipe.

Time.—From 40 to 50 minutes. **Average Cost,** 1s. 8d.

2498. APPLE JELLY. (*Fr.*—Gelée aux Pommes.)

Ingredients.—10 lbs. of apples, 10 pints of water; to each pint of liquid obtained from these allow 1 lb. of sugar and the juice of 2 lemons.

Method.—Rub the apples well with a dry cloth, but do not pare them. Cut them into quarters, remove the cores, and put them into a preserving pan with the sugar. Simmer until perfectly soft, but not broken, then strain off the liquid without squeezing the pulp. If not clear, pass through a jelly-bag or clean dry cloth, until it becomes so. Add sugar and lemon-juice in the proportion stated above, and simmer gently until a little, poured on a cold plate, almost immediately begins to stiffen. Pour into pots or glasses, cover closely, and store in a cool dry place.

Time.—From 25 to 30 minutes, after straining. **Average Cost,** from 4s. 6d. to 5s.

Note.—The apple pulp should be sweetened, flavoured with ginger or cinnamon, and made into jam.

2499.—APPLE JELLY. (Another way.)

Ingredients.—To 6 lbs. of apples allow 3 pints of water ; to every quart of juice allow 2 lbs. of loaf sugar and the juice of ½ a lemon.

Method.—Pare, core and cut the apples into slices, and put them into a jar, with water in the above proportion. Place them in a cool oven, with the jar well covered, and when the juice is thoroughly drawn and the apples are quite soft, strain them through a jelly-bag. To each quart of juice allow 2 lb. of loaf sugar, which should be crushed to small lumps and put in the preserving-pan with the juice. Boil these together for rather more than ½ an hour, remove the scum as it rises, add the lemon-juice just before it is done, and put the jelly into pots for use.

Time.—To boil after straining, about ½ an hour. **Average Cost,** 2s. 9d.

2500.—APPLE MARMALADE.

Ingredients.—2 lbs. of apples, 4 ozs. of sugar, 1 oz. of butter.

Method.—Peel, core and quarter the apples, place them in a jar with the sugar and butter, and stand the jar in a saucepan containing boiling water, or, when more convenient, in a cool oven. Cook until soft, pass through a fine sieve, and use for filling turnovers, or other kinds of pastry.

Time.—1½ hours. **Average Cost,** 2d. to 3d. per lb. Seasonable at any time.

2501.—APPLES IN QUARTERS, TO PRESERVE.

Ingredients.—8 lbs. of apples, 6 lbs. of sugar, 6 pints of water, the juice of 4 lemons.

Method.—Peel, quarter and core the apples. Place the apple-peeling and cores in the water, add the sugar, simmer gently for 25 minutes, and strain until clear. Replace the syrup in the pan, add the apples and lemon-juice, and simmer gently until the apples are tender, but not broken. Place them in jars or wide-necked bottles, pour the syrup over them, and cover the preparation so as to completely exclude the air. Store in a cool, dry place.

Time.—About 50 minutes. **Average Cost**, 3s. 7d.

2502.—APRICOT JAM OR MARMALADE.

Ingredients.—Equal weight of firm, ripe apricots and fine preserving sugar.

Method.—Skin the apricots carefully, break them in halves and remove the stones. Weigh the fruit, and allow an equal amount of sugar. Pile the apricots on a large dish, sprinkle each layer with sugar, let them stand for 12 hours, and meanwhile remove the kernels from the stones and blanch them. When ready, place the fruit, sugar and kernels in a preserving-pan, simmer very gently, skimming meanwhile, and as the pieces of apricot become clear remove them from the syrup and place them at once in the pots. Pour on the syrup and kernels, cover with pieces of paper dipped in salad-oil, and stretch over the tops of the jars tissue paper, brushed over with white of egg. When dry, the cover will be perfectly hard and air-tight.

Time.—12 hours, sprinkled with sugar. **Average Cost**, 10d. to 1s. per lb.

2503.—APRICOT JELLY. (*Fr.*—Gelée d'Abricot.)

Ingredients.—Ripe apricots. To each lb. of fruit, weighed after the stones and skins are removed, allow 1 lb. of preserving sugar and the juice of 1 lemon.

Method.—Remove the skins, break the apricots in halves, and blanch the kernels. Weigh the fruit, put it into a preserving-pan with an equal amount of sugar, and add the prepared kernels and lemon-juice. Simmer gently, stir frequently until reduced to the consistency of thick marmalade, then pour into small pots. Cover first with paper moistened with salad-oil, and afterwards with tissue paper brushed over with white of egg; store in a dry cool place.

Time.—About 1 hour. **Average Cost**, 10d. to 1s. per lb.

2504.—APRICOTS, TO DRY. (*See* Greengages, To Preserve Dry, No. 2554.)

2505.—BARBERRIES IN BUNCHES.

Ingredients.—1 pint of syrup, barberries.

Method.—Prepare some small pieces of clean white wood, 3 inches long and $\frac{1}{4}$ of an inch wide; tie the fruit to these in nice bunches. Have ready some clear syrup, Recipe No. 2599; put in the barberries, and simmer them in it for $\frac{1}{2}$ an hour on two successive days, and covering them each time with the syrup when cold. When the fruit looks perfectly clear it is sufficiently done, and should be stored away in pots, with the syrup poured over. Or, if preferred, the berries may be candied (*see* Cherries Dried, No. 2517, and Greengages, to Preserve Dry, No. 2554).

Time.—½ an hour to simmer, each day.

2506.—BARBERRY JAM.

Ingredients.—Equal quantities of barberries and preserving sugar.

Method.—Put the sugar and fruit into a preserving-pan and bring slowly to boiling point. Boil gently for about 15 or 20 minutes, skimming well and stirring frequently, pour into small pots, cover closely, and store in a cool, dry place.

Time.—From 15 to 20 minutes, after boiling point is reached. **Average Cost,** 4d. to 5d. per lb.

2507.—BARBERRY JELLY.

Ingredients.—Equal quantities of ripe barberries and loaf sugar.

Method.—Wash the berries in cold water, and put them into a jar with a close-fitting lid, place the jar on the stove or in a moderate oven, in a tin ½ full of boiling water, and simmer gently for about 2 hours. Strain the juice into a preserving-pan, to each pint add 1 lb. of sugar, and bring to boiling point. Boil for about 10 minutes, removing the scum as it rises, then pour into small pots. Cover at once with paper brushed over with white of egg.

Time.—Altogether about 2 hours. **Average Cost,** barberries from 4d. to 5d. per pint.

2508.—BEETROOT PRESERVED.

Ingredients.—To each lb. of beetroot allow ½ a lb. of preserving sugar, the juice of ½ a lemon, and the finely grated rind of ¼ of a lemon. Add vanilla pod and stick cinnamon to taste.

Method.—Peel the beetroots, put them into a preserving-pan with water to barely cover them, and boil them gently for about 20 minutes. Add the sugar and flavouring ingredients, continue the cooking until the beetroots are quite tender, then drain them from the syrup, cut them into convenient lengths, and place them in jars of suitable size. Boil the syrup rapidly until it is quite thick, skimming when necessary meanwhile, and pour it into the jars. Cover closely, so as to completely exclude the air, and keep in a cool, dry place.

Time.—About 2 hours. **Average Cost,** 3d. per lb.

2509.—BLACKBERRY JAM.

Ingredients.—Blackberries, half their weight in sugar.

Method.—Boil the blackberries and sugar together for 40 minutes. Cover closely, and keep in a dry, cool place. The jam will be less insipid if a little lemon-juice is added.

Time.—40 minutes. Average cost, blackberries, 3d. to 5d. per lb.

2510.—BLACK CURRANT JAM.

Ingredients.—To each lb. of fruit allow 1 lb. of loaf sugar, and ¼ of a pint of water.

Method.—Remove the fruit, which should be ripe and perfectly dry, from the stalks, put it into a preserving-pan with the water, bring to boiling point, and simmer gently for 20 minutes. Add the sugar, and boil for about ½ an hour from the time the jam re-boils, or until a little almost immediately sets when tested on a cold plate. Towards the end of the process the jam must be stirred almost continuously, to prevent it boiling over or sticking to the bottom of the pan. Pour into pots, at once cover closely, and store in a cool, dry place.

Time.—From 50 to 60 minutes. **Average Cost,** 4d. or 5d. per lb.

2511.—BLACK CURRANT JAM. (Another Method.)

Ingredients.—To each lb. of fruit allow ¾ of a lb. of sugar.

Method.—Put the fruit and sugar into a preserving-pan, let it stand by the side of the fire until some of the juice is drawn out of the fruit and the sugar is dissolved, then bring to boiling point, stirring occasionally meanwhile. Boil gently for about 40 minutes, test a little on a plate; if it stiffens pour at once into jars, and cover closely. This jam, if made of sound, dry fruit, and stored in a cool, dry place, will keep for a great length of time.

Time.—About 1 hour. **Average Cost,** 4d. to 5d. per lb.

2512.—BLACK CURRANT JAM. (Another Method.)

Ingredients.—8 lbs. of black currants, 4 lbs. of rhubarb, 8 lbs. of preserving sugar.

Method.—Remove the stalks, pick out the best and finest fruit, place about 6 lb. of it on a large dish between layers of sugar, and let it remain for 24 hours. Put the remainder of the currants into a large jar, add the rhubarb, previously peeled and cut into short lengths, and cook in a slow oven or in a saucepan of boiling water until all the juice is extracted. Of this juice, take not less than 1½ pints and not more than 2 pints, put it into a large earthenware pan or bowl, add the fruit and sugar, and let the whole stand for 24 hours longer. At the end of this time strain the juice into a preserving-pan, bring to boiling point, add more sugar if necessary, and boil for about 10 minutes. Now add the fruit, boil gently for 20 minutes, skimming when necessary, then turn the jam into pots, cover closely, and store in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** 8d. per lb.

2513.—BLACK CURRANT JELLY.

Ingredients.—Black currants, preserving sugar.

Method.—Remove the stalks, put the currants into a jar placed in a saucepan of boiling water, and simmer until their juice is extracted. Strain the juice into a preserving-pan, to each pint add ¾ of a lb. of sugar, and boil gently until the jelly stiffens, when a little is tested on a cold plate. Pour into small pots, cover with paper brushed over with white of egg, fasten securely so as to exclude the air, and store in a cool, dry place.

Time.—About 1¼ hours. **Average Cost,** 1s. 3d. per lb.

2514.—CARROT AND BEETROOT JAM.

Ingredients.—Equal weights of carrots and beetroot, sugar, lemons.

Method.—Wash the beetroot, scrape the carrots, and boil them separately until tender. Pass through a coarse sieve, measure the purée, and to each pint allow 12 ozs. of sugar and the juice of 2 lemons. Place the whole in a preserving pan, boil gently for ½ an hour, and turn the preparation into pots. If intended to be kept some time, a glass of brandy should be added to each pint of jam before putting it into the pot. Keep closely covered in a dry, cool place.

Time.—About 1 hour. Average cost, about 5d. per lb.

2515.—CARROT JAM.

Ingredients.—Young carrots. To each lb. of the prepared pulp allow 1 lb. of preserving sugar, the strained juice of 2 lemons, and the finely grated rind of 1 lemon, 6 finely-chopped bitter almonds, 2 tablespoonfuls of brandy.

Method.—Wash and scrape the carrots, cut each one into 3 or 4 pieces, place them in a preserving-pan with barely sufficient water to cover them, and simmer gently till tender. Drain well, pass through a fine sieve, weigh the pulp, and replace it in the preserving-pan with an equal weight of sugar. Bring slowly to boiling point, boil for 5 minutes, stirring and skimming frequently. When cool, add the almonds, brandy, lemon-juice and rind, turn into small pots, cover closely, and store in a cool, dry place. If the brandy be omitted the jam will not keep.

Time.—From 50 to 60 minutes. **Average Cost,** about 5d. per lb.

2516.—CARROT JAM. (Imitation Apricot.)

Ingredients.—Equal weights of carrots and sugar. To each lb. of carrots allow 1½ tablespoonfuls of brandy, the juice of 2 lemons, the thin rind of 1 lemon, 12 sweet almonds blanched and quartered.

Method.—Scrape and slice the carrots, barely cover them with cold water, simmer slowly until tender, then drain well and pass them through a fine sieve. Replace in the pan, add the sugar, almonds and lemon-juice, boil up, simmer gently for 15 minutes, and stir in the brandy. Turn into pots, cover with bladder, and store in a dry, cool place. Unless the brandy is added the jam will not keep.

Time.—From 50 to 60 minutes. Average cost, about 5d. per lb.

2517.—CHERRIES DRIED.

Cherries may be put into a slow oven and thoroughly dried before they begin to change colour. They should then be taken out of the oven, tied in bunches, and stored away in a dry place. In the winter they may be cooked with sugar for dessert, the same as Normandy pippins. Particular care must be taken that the oven be not too hot. Another method of drying cherries is to stone them and put them into a preserving-pan, with plenty of loaf sugar strewed among them. They should be simmered till the fruit shrivels, then they should be strained from the juice. The cherries should then be placed in an oven cool enough to dry without baking them. About 5 ozs. of sugar will be required for 1 lb. of cherries, and the same syrup may be used again to do another quantity of fruit.

2518.—CHERRY JAM.

Ingredients.—Sound, ripe cooking cherries, an equal quantity of preserving sugar; to each lb. of fruit allow ¼ of a pint of red-currant juice or water, or the two mixed in any proportions that may be convenient.

Method.—Remove the stones, keeping the cherries as whole as possible, and preserve the kernels. Put the red currant juice or water into a preserving-pan with the sugar, and boil to a syrup. Add the cherries and kernels, and simmer gently until the cherries are tender, but not broken, and the juice jellies almost immediately when a little is poured on a cold plate. Pour into jars, cover with paper dipped in brandy, and stretch over the top tissue paper brushed over with white of egg. Store in a cool, dry place.

Time.—About 1 hour. **Average Cost,** about 8d. per lb.

2519.—CHERRIES, TO PRESERVE.

Ingredients.—Sound, ripe cooking cherries. To each lb. allow ½ a lb. of preserving sugar and ¼ of a pint of water.

Method.—Remove the stones carefully, keeping the fruit as whole as possible. Boil the sugar and water to a syrup, add the cherries, simmer them gently for 15 minutes, then turn both fruit and syrup into a large basin, and put aside until the following day. Strain the syrup into a preserving-pan; to each pint add from 4 to 6 ozs. of sugar, according to taste, bring to boiling point, skim well, then put in the fruit and simmer gently for about 10 minutes. Pour into jars, cover at once with paper dipped in brandy, stretch tissue paper brushed over with white of egg on the top, and fasten down securely. Store in a cool, dry place.

Time.—Altogether, about 26 hours. **Average Cost,** 8d. or 9d. per lb.

Note.—The flavour may be considerably improved by substituting the juice of either red or white currants for the water.

2520.—CITRON MARMALADE. (*See* Lemon Marmalade, No. 2555.)

2521.—CRABAPPLE JELLY.

Ingredients.—4 lbs. of crabapples (Siberian crabs), 4 pints of water, 6 cloves, 1 inch of ginger, 1 lb. of sugar to each pint of strained liquid.

Method.—Halve the crabapples with a silver knife. Place them in the water, add the cloves and ginger, simmer until tender, then drain well, but do not squeeze the apples. Replace the drained liquid in the pan, add the sugar, boil until the syrup jellies quickly when tested on a cold plate, then pour into small jars or glasses. Cover securely with parchment, and store in a cool, dry place.

2522.—CURRANT AND RASPBERRY JAM. (*See* Raspberry Jam, No. 2588.)

2523.—CURRANTS, BOTTLED. (*See* Damsons, Bottled, No. 2526, and Gooseberries, Bottled, No. 2539.)

2524.—CURRANTS, SPICED. (*See* Plums Spiced, No. 2582.)

2525.—DAMSONS, BAKED, FOR KEEPING.

Ingredients.—To each lb. of fruit allow ½ a lb. of sugar, mutton suet.

Method.—Fruit for preserving in this manner should be perfectly sound, and not over-ripe. Remove the stalks, but not the stones; place the fruit and sugar in a large stewjar in alternate layers, cover closely, and bake in a very cool oven until the plums are tender. Pack the plums closely in large jars, pour the syrup over, and when quite cold cover with white paper cut to the size of the jar. Have ready some mutton suet melted, but on the point of setting, pour it into the jars to the depth of about ½ an inch, stretch pieces of bladder or paper brushed over with white of egg over the jars, and fasten them securely. If stored in a cool, dry place the fruit will keep good for 3 or 4 months.

Time.—From 4 to 5 hours. **Average Cost,** 4d. per lb.

2526.—DAMSONS, BOTTLED.

Ingredients.—Damsons, sugar.

Method.—Remove the stalks but not the stones, place the fruit in wide-necked glass bottles, and tie a piece of bladder securely over the top of each one. Cover the bottom of a large boiling pot with a thin layer of straw, stand the bottles side by side on the top of it, and surround them with cold water. Bring slowly to boiling point, then remove the boiling-pot from the fire, but let the bottles remain in it until the contents are perfectly cold. Before storing them remove the bladder, fill the mouths of the bottles with sugar, and cork with tight-fitting corks. Cover with melted wax, and store in a cool, dry place.

Time.—Altogether, about 12 hours. **Average Cost,** 4d. per lb.

2527.—DAMSON CHEESE.

Ingredients.—Damsons, preserving sugar.

Method.—Remove the stalks and put the fruit into a large jar or stew-pot. Cover closely, cook in a very slow oven until perfectly soft, then rub through a fine sieve. Measure the pulp, and put it into a preserving-pan with the addition of 12 or 16 ozs. of sugar to each pint of pulp, according to individual taste. Boil until the greater part of the syrup has evaporated and the pulp has become rather stiff, stirring frequently at first and almost continuously towards the end of the process. Turn into small jars, cover closely, and store in a cool, dry place. If liked, the stones may be cracked and the kernels added to the purée with the sugar.

Time.—From 6 to 7 hours. **Average Cost,** 8d. per lb.

2528.—DAMSON CHEESE. (Another Method.)

Ingredients.—Damsons, preserving sugar.

Method.—After removing the stalks, put the fruit into a large jar placed in a boiling-pot of cold water, and cook until perfectly soft. Now take away the stones, pour off some of the juice, which should afterwards be converted into damson jelly, and add from 6 to 8 ozs. of sugar to each lb. of fruit. Continue the slow cooking for 2 hours longer, then turn the whole into a preserving-pan, and boil rapidly for about ½ an hour, meanwhile stirring continuously. Turn into small pots, cover closely, and store in a cool, dry place.

Time.—From 6 to 7 hours. **Average Cost,** 7d. to 8d. per lb.

2529.—DAMSON JAM.

Ingredients.—To each lb. of fruit allow from ¾ lb. to 1 lb. of preserving sugar, according to taste.

Method.—Remove the stalks, put the fruit and sugar into a preserving-pan, let it stand by the side of the fire until some of the juice is extracted, then bring slowly to boiling-point, occasionally stirring meanwhile. Boil gently for about 45 minutes, or until the syrup, when tested on a cold plate, stiffens readily. Pour into pots. Cover with paper brushed over with white of egg.

Time.—About 1¼ hours. **Average Cost,** 4d. to 5d. per lb.

2530.—DAMSON JAM. (Another Method.)

Ingredients.—To each lb. of fruit allow 1 lb. of sugar.

Method.—Remove the stalks, put the fruit into a preserving-pan, let it stand by the side of the fire until a little of the juice is extracted, then boil them for ½ an hour. Now add the sugar gradually, and boil for 20 minutes longer, reckoning from the time the jam re-boils. It must be frequently stirred, and, if preferred, some or all the stones may be removed before turning the jam into the pots. Cover closely with paper brushed over with white of egg.

Time.—About 1¼ hours. **Average Cost,** from 4d. to 5d. per lb.

2531.—DAMSON JELLY.

Ingredients.—Damsons, preserving sugar.

Method.—The fruit must be firm, dry and ripe. Remove the stalks, put the fruit into a large jar or stewpot, cover closely, place it in a boiling-pot of cold water, and cook very slowly until the plums are perfectly tender. Strain the juice through a jelly-bag, or fine cloth into a preserving-pan, add from 8 to 10 ozs. of sugar to each pint of juice, and boil until the jelly sets quickly when tested on a cold plate. Pour into pots, cover closely with paper brushed over with white of egg, and fasten securely so as to exclude the air. Store in a cool, dry place.

Time.—Altogether, from 6 to 7 hours. **Average Cost,** 9d. to 10d. per lb.

Note.—The fruit from which the juice has been extracted may be converted into damson cheese (see No. 2527 and following recipes).

2532.—DAMSON PRESERVE. (*See* Damson Jam, No. 2530.)

2533.—DAMSONS (OR ANY PLUMS), TO PRESERVE.

Ingredients.—Damsons, or other plums, suet.

Method.—Let the fruit be dry and sound. Place it in wide-necked jars, cover completely with boiling water, and pour over a good layer of melted mutton suet. Cover with parchment, to completely exclude the air. The fruit will keep a considerable time, and when required for use, the water should be poured off, and the jelly at the bottom of the jar used to improve the flavour of the fruit.

2534.—DAMSONS, PRESERVED.

Ingredients.—To each lb. of fruit allow ½ a lb. of preserving sugar.

Method.—Fruit for preserving in this manner should be dry, perfectly sound and ripe. Remove the stalks, place the fruit and sugar in layers in a large jar, stand the jar in a large boiling-pot of cold water, and simmer until the plums are quite tender but not broken. Cool slightly, then drain the juice into a preserving-pan or large stewpan, and boil rapidly for 20 minutes. Meanwhile place the fruit in pots, and when ready, pour the syrup over them. Cover with paper brushed over with white of egg, fasten down securely so as to completely exclude the air, and store in a cool, dry place.

Time.—From 2½ to 3 hours. **Average Cost,** 4d. or 5d. per lb.

2535.—FIGS, TO PRESERVE.

Ingredients.—Green figs. To each lb. allow 1 lb. of sugar and ½ a pint of water, brine that will float an egg.

Method.—Make a slit across the top of each fig, cover them with brine, and let them remain for 8 days. Drain well, boil gently in a little water until quite tender, then drain again and cover with cold water. Change the water daily for 3 days, and on the third day have ready a syrup made of the sugar and water in the proportions given above. Boil the figs in the syrup for 10 minutes, repeat the process daily for 3 or 4 days, until the figs are tender and green. Place them in jars or bottles, add the syrup, cover closely, and store in a dry, cool place.

2536.—FRESH FRUIT, TO BOTTLE. (*See* Damsons, Bottled, No. 2526, and Gooseberries, Bottled, No. 2539.)

2537.—FRESH FRUIT, TO BOTTLE, WITH SUGAR.

Allow 4 ozs. of preserving sugar to each quart of fruit, and follow the directions given under Damsons, Bottled, No. 2526, and Gooseberries, Bottled, No. 2539.

2538.—GINGER, IMITATION OF.

Ingredients.—24 sticks of well-grown rhubarb or a corresponding quantity of stalks of lettuce going to seed, sugar, ginger.

Method.—Remove the outside stringy part, and cut the stalks into 2-inch lengths. Put them into a preserving-pan with 4 pints of cold water, 1 lb. of preserving sugar, and 1 heaped tablespoonful of ground ginger. Bring slowly to boiling point, simmer for 20 minutes, then turn the whole into an earthenware vessel. On the following day drain the juice into the preserving-pan, when boiling, add the stalks, and simmer gently for ½ an hour. Repeat this process on the two following days, then drain the stalks and weigh them. To each lb. allow 1½ ozs. of ground ginger, 1 lb. of loaf sugar, and 1½ pints of cold water. Boil these together to the "large thread" degree (*see* No. 2266), and pour the syrup over the stalks. When cold, put the preparation into jars, cover closely, and store in a cool, dry place for about 3 weeks, when it will be ready for use.

Time.—Altogether, 3 days. **Average Cost,** 3d. or 4d. per lb.

2539.—GOOSEBERRIES, BOTTLED.

Ingredients.—Firm, sound, unripe green gooseberries.

Method.—Head and tail the gooseberries, put them into wide-necked glass bottles, and wrap a little hay or straw round each bottle. Put a thin layer of the same on the bottom of a large boiling-pot, stand the bottles on the top of it, and surround them to at least ¾ of their depth with cold water. Bring the water slowly to boiling point, then remove the pan from the fire, but allow the bottles to remain in it until the gooseberries begin to rise in them. Now add to each one a little boiling water, cork with new corks, and cover the bottles with bladder. Place them on their sides in a cool, dry place. When using the fruit, sugar or syrup must be added according to taste.

Time.—Altogether, about 1 hour. **Average Cost,** 2d. per pint.

2540.—GOOSEBERRIES, BOTTLED. (Another Method.)

Ingredients.—Firm, sound, green gooseberries. To each lb. allow 1 lb. of loaf or granulated sugar and ½ a pint of water.

Method.—Head and tail the gooseberries, cover them with cold water, simmer slowly until tender, but unbroken, then drain well, and put them into cold water. Dissolve the sugar in the water, boil to a syrup, then let it become quite cold. Drain the gooseberries well, put them into the cold syrup, bring to boiling point, boil gently for 10 minutes, then turn the whole into an earthenware bowl. Next day drain the syrup into a preserving-pan or large stewpan, boil it to the "large thread" degree (*see* No. 2266), then put in the fruit and boil gently for 10 minutes. Turn into hot, dry bottles, cork securely with new corks, and cover the tops of them with bladder. Store in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** 4d. per lb.

2541.—GOOSEBERRY AND CURRANT JAM.

Ingredients.—6 lbs. of red hairy gooseberries, 4 lbs. of preserving sugar, ½ pint of currant juice (*see* Red Currant Jelly, No. 2591).

Method.—Head and tail the gooseberries, put them into a preserving-pan, and allow them to stand by the side of the fire until some of the juice is extracted. Bring to boiling point; when the gooseberries have boiled for 10 minutes add the sugar gradually, put in the red currant juice, and boil until the jam sets when tested on a cold plate. The scum must be removed as it rises, and the jam should be well stirred towards the end of the boiling process. When ready pour into pots, cover closely, and store in a cool, dry place.

Time.—From 1¾ to 2 hours. **Average Cost,** 5d. to 6d. per lb.

2542.—GOOSEBERRY JAM.

Ingredients.—Equal weights of green gooseberries and preserving sugar. To 7 lbs. of fruit allow 1 pint of cold water.

Method.—Head and tail the gooseberries. Put the sugar and water into a preserving-pan, let it stand by the side of the fire until the sugar is dissolved, then add the fruit. Bring slowly to boiling point, stirring occasionally, then boil slowly until the syrup readily stiffens when tested on a cold plate; this will be when the jam has boiled for about 40 minutes. Pour the jam into jars, cover it at once with paper brushed over with white of egg, and keep it in a cool, dry place.

Time.—About 1¾ hours. **Average Cost,** 4d. per lb.

2543.—GOOSEBERRY JAM. (Another Method.)

Ingredients.—To each lb. of fruit allow ¾ of a lb. of preserving sugar.

Method.—Put the sugar into a tin or dish, and let it get quite hot in the oven. Head and tail the gooseberries, put them into a preserving-pan, allow them to stand by the side of the fire until some of the juice is extracted, then bring to boiling point and boil for 15 minutes. Now add the sugar gradually, and boil for 10 minutes longer, from the time it re-boils. Test on a cold plate; if the juice stiffens, pour the jam into pots, cover closely, and store in a cool, dry place.

Time.—About 2 hours. **Average Cost,** 4d. per lb.

2544.—GOOSEBERRY JAM. (Another Method.)

Ingredients.—To each lb. of fruit allow 1 lb. of preserving sugar, and ½ a pint of cold water.

Method.—Top and tail the gooseberries. Dissolve the sugar in the cold water, boil up, simmer for about 15 minutes, and remove the scum as it rises. Now put in the fruit, boil gently from 35 to 40 minutes, or until the jam sets readily when tested on a cold plate. Pour into pots, cover at once with paper brushed over on both sides with white of egg, and store in a cool, dry place.

Time.—About 1½ hours. **Average Cost,** 4d. to 5d. per lb.

2545.—GOOSEBERRY JELLY.

Ingredients.—To each pint of gooseberries allow ½ a pint of water; to each pint of juice obtained from these add 1 lb. of either loaf or preserving sugar.

Method.—Put the fruit and water into a preserving pan, and boil slowly until reduced to a pulp. Strain through a jelly-bag of fine cloth until clear, then put it into the preserving-pan with the sugar, and boil until it will set when a little is poured on a cold plate. Turn into small pots, cover with paper brushed over with white of egg, fasten securely down so as to completely exclude the air, and store the jelly in a cool, dry place.

Time.—About 2 hours. **Average Cost,** 7d. or 8d. per lb.

2546.—GRAPE JAM.

Ingredients.—Firm, sound, unripe grapes. To each lb. allow ½ a lb. of preserving sugar.

Method.—Place the fruit and sugar in layers in a preserving-pan, allow it to stand by the side of the fire until the whole mass is thoroughly hot and some of the juice is extracted, then bring slowly to boiling point. Boil until the juice sets quickly when tested on a cold plate, pour it into small pots, cover closely, and keep the jelly in a cool, dry place.

Time.—About 1 hour. **Average Cost,** 8d. per lb.

Note.—In France, about ¼ of a lb. of apples are added to each lb. of grapes.

2547.—GRATED MARMALADE.

Ingredients.—12 large Seville oranges, 2 lemons, sugar.

Method.—Grate the rinds of 6 oranges, remove all the white pith, and throw it away. Remove and throw away both rind and pith of the remaining 6 oranges. Weigh the oranges, and to each lb. allow 1 lb. of sugar. Divide into sections, scrape out the pulp, and soak the pips and pith in a little cold water. Place the sugar, juice of the 2 lemons, orange rind, pulp and juice in a preserving pan, add the water strained from the pips and pith, and boil gently until the marmalade jellies quickly when tested on a cold plate. Cover the jars closely, and store them in a dry, cool place.

2548.—GREEN GINGER, TO PRESERVE.

Ingredients.—Green ginger, sugar, water.

Method.—Put the ginger regularly every night and morning for a fortnight into fresh boiling water. Remove the outside skin with a sharp knife, boil it in water until it is quite soft, and slice it in thin slices. Make ready a syrup of 1 lb. of loaf sugar to ½ a pint of water, clarify it, and put the ginger into it. Boil until it is clear.

Time.—14 days. **Average Cost,** 1s. per lb.

2549.—GREENGAGE MARMALADE. (*See* Greengage Jam, No. 2552.)

2550.—GRAPE JELLY.

Ingredients.—To each lb. of fruit add a ¼ of a pint of cold water. To each pint of juice obtained from these add 1 lb. of either loaf or preserving sugar.

Method.—Remove the stalks, put the fruit and the water into a preserving-pan, and simmer very gently until the grapes are soft. Strain the juice through a jelly-bag or fine cloth until clear, replace it in the pan, and boil rapidly for ½ an hour. Add the sugar and continue the boiling until the jelly sets quickly when tested on a cold plate. As the scum rises it should be carefully removed. When ready pour the jelly into small pots, cover closely, and store in a cool, dry place.

Time.—About 1¼ hours. **Average Cost,** 1s. to 1s. 6d. per lb.

2551.—GRAPE MARMALADE.

Ingredients.—Grapes, preserving sugar.

Method.—Remove the stalks, put the fruit into a preserving-pan, barely cover with boiling water, and simmer gently until perfectly soft, but the grapes must not be allowed to break. Drain well, pass through a fine sieve, and return the pulp to the pan. To each pint add from 12 to 16 ozs. of sugar, according to degree of sweetness required, and boil from 20 to 25 minutes, reckoning from the time the entire mass reaches boiling point. Turn into jars, cover at once with paper brushed over on both sides with white of egg, and store in a cool, dry place.

Time.—About 1 hour. **Average Cost,** 1s. 2d. to 1s. 3d. per lb.

2552.—GREENGAGE JAM.

Ingredients.—Firm, sound greengages. To each lb. allow ¾ of a lb. of preserving sugar.

Method.—Remove the stalks and stones, crack a few of the latter, and put the kernels aside. Cover the bottom of a preserving-pan to the depth of ½ an inch with cold water, put in the fruit and kernels, bring slowly to boiling point, and boil gently for 15 minutes. Meanwhile, the sugar should have been placed in the oven in a deep tin or dish, and allowed to become thoroughly hot. It may now be added gradually to the fruit, and the boiling must be continued until the jam sets quickly when tested on a cold plate. Pour into pots, cover with paper brushed over with white of egg, and store in a cool, dry place.

Time.—From 1 to 1¼ hours. **Average Cost,** 8d. per lb.

2553.—GREENGAGES PRESERVED IN SYRUP.

Ingredients.—To each lb. of fruit allow 1 lb. of either loaf or preserving sugar, and ¼ of a pint of water.

Method.—Proceed exactly as in the preceding recipe, with the exception of removing the stones before putting the fruit into the syrup.

Boil the fruit for 10 minutes on 3 consecutive days, adding on the last day half the kernels, which should be previously blanched. Throughout the whole process the scum must be carefully removed as it rises, otherwise the syrup will not be clear.

Time.—Altogether, 3 days. **Average Cost,** about 6d. to 8d. per lb.

2554.—GREENGAGES, TO PRESERVE DRY.

Ingredients.—To each lb. of fruit allow 1 lb. of sugar, a ¼ of a pint of water.

Method.—For this purpose the fruit must be used before it is quite ripe, and part of the stalk must be left on. Weigh the fruit, rejecting all that is in the least degree blemished, and put it into a lined saucepan with the sugar and water, which should have been previously boiled together to a syrup. Boil the fruit in this for 10 minutes, remove it from the fire, and drain the greengages. The next day boil up the syrup, put in the fruit again, let it simmer for 3 minutes, then drain the syrup away. Continue this process for 5 or 6 days, and the last time place the greengages, when drained, on a hair sieve, and put them in an oven to dry. Keep them in a box, with paper between each layer, in a place free from damp.

Time.—Altogether 6 days. **Average Cost,** 6d. to 8d. per lb.

2555.—LEMON MARMALADE.

Ingredients.—Lemons, loaf sugar.

Method.—Place the lemons in a preserving-pan, cover them with cold water, and boil them gently for 2 hours, during which time the water must be drained off and replaced by fresh boiling water at least 3 times. Let them cool slightly, slice thinly, remove all the pips, and weigh the fruit. To each lb. allow 2 lb. of sugar and 1 pint of the water the lemons were last boiled in, and boil these together until a thin syrup is obtained. Then add the prepared fruit, and boil until the marmalade jellies when tested on a cold plate. Cover closely with paper brushed over on both sides with white of egg, and store in a cool, dry place.

Time.—From 3 to 3½ hours. **Average Cost,** from 6d. to 9d. per lb.

2556.—LEMON MARMALADE. (Another Method.)

Ingredients.—Lemons, apples, sugar, whole ginger.

Method.—Prepare the lemons as directed in the preceding recipe, then weigh them. Take an equal weight of sour cooking apples, pare, core, slice them, and stew them gently until reduced to a pulp. Add the weight of the apple pulp to that of the sliced lemons; to each lb. allow 2 lb. of preserving sugar, and 1 pint of the water the lemons were last boiled in. Boil the sugar and water to a thin syrup, add the fruit, and boil gently until the marmalade sets quickly when tested on a cold plate. Pour into pots, cover at once with paper brushed over on both sides with white of egg, and store in a cool, dry place.

Time.—About 3 hours. **Average Cost,** from 7d. to 8d. per lb.

2557.—MANGOES, TO PRESERVE.

Ingredients.—Mangoes, syrup (*see* To Clarify Sugar for Syrup, No. 2599), lime water.

Method.—Let the mangoes lie for a few hours in cold water, then peel them thinly and remove the stones. Cover with weak lime water, and at the end of 1 hour drain well and place them in a preserving pan. Barely cover with cold water, boil gently for 10 minutes, and drain well. Replace the mangoes in the pan, cover with syrup, boil gently until the sugar begins to crystallise, and, when cool, transfer carefully into jars or wide-necked bottles. During the first month the syrup must be examined from time to time, and if it appears at all thin it should be reboiled. It may be necessary to repeat this process two or three times before finally corking down.

2558.—MANGOES, TO PRESERVE. (Another Method.)

Ingredients.—Green mangoes, pounded ginger, turmeric, cayenne, salt.

Method.—Peel and quarter the mangoes, and sprinkle them well with salt. Let them dry in the sun until they begin to curl up, then rub them with a mixture of salt, turmeric and cayenne. As soon as the mangoes are completely dried up, place them in bottles, and cork securely.

2559.—MORELLA CHERRIES, TO PRESERVE. (*See* Cherries, To Preserve, No. 2519, and Cherries, Dried, No. 2517.)

2560.—MULBERRIES PRESERVED.

Ingredients.—Ripe mulberries, preserving sugar.

Method.—Put half the fruit into a jar, cover closely, place it on the stove in a large saucepan of cold water, and cook slowly until the juice is extracted. Strain, measure the juice, and put it into a preserving-pan or large stewpan with the addition of 2 lbs. of sugar to each pint of juice. Bring to boiling point, skim well, add the remainder of the fruit, and boil until it is half cooked. Turn the whole into an earthenware vessel, unless the preserving-pan be lined with enamel, in which case they may remain in the pan. On the following day boil until the juice sets quickly when tested on a cold plate. Turn into pots, cover closely, and store in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** uncertain, as this fruit is rarely offered for sale.

Mulberry.—Mulberries are esteemed for their highly aromatic flavour and their sub-acid nature. They are considered as cooling, laxative and generally wholesome. This fruit was very highly appreciated by the Romans, who appear to have preferred it to every other. The mulberry tree is stated to have been introduced into this country in 1548, being first planted at Sion House, where the original trees still thrive. The planting of mulberry trees was much encouraged by King James I, about 1605; and considerable attempts were made at that time to rear silkworms on a large scale, for the purpose of making silk; but these endeavours have always failed, the climate not being sufficiently warm.

2561.—NECTARINES PRESERVED.

Ingredients.—Nectarines, preserving sugar.

Method.—Split the nectarines in halves, remove the stones, crack them and put the kernels aside. Weigh the fruit, put an equal amount of sugar into the preserving-pan, add a ¼ of a pint of water to each lb. of sugar, and boil to a syrup. Now put in the fruit, boil very gently until it is quite tender, but not broken, then lift it out carefully with a spoon and put it into pots. Boil the syrup rapidly until it sets quickly when tested on a cold plate, pour it over the fruit, cover closely, and store in a cool, dry place.

Time.—About 1½ hours. **Average Cost,** 1s. 3d. to 1s. 6d. per lb.

2562.—ORANGE MARMALADE.

Ingredients.—12 Seville oranges, 2 lemons, preserving sugar.

Method.—Slice the fruit thinly, removing inner pith and pips. Weigh it, and to each lb. add 3 pints of cold water. Let the whole remain covered in an earthenware vessel for 3 days, then turn the preparation into a preserving-pan and boil gently until quite tender. Let it cool, weigh again, and to each lb. of fruit add 1 lb. of sugar. Bring to boiling point, skim well, and cook gently until the syrup stiffens quickly when tested on a cold plate. Turn into pots, cover with paper brushed over on both sides with white of egg, and store in a cool, dry place.

Time.—Altogether, 4 days. **Average Cost,** about 2d. per lb.

2563.—ORANGE MARMALADE. (Another Method.)

Ingredients.—12 Seville oranges, 9 sweet oranges, 2 lemons, the weight of the fruit in preserving sugar.

Method.—Divide the rinds of the oranges into quarters, remove them carefully, put them into a preserving-pan with as much cold water as will cover them, and boil gently until quite tender. Meanwhile divide the fruit into sections, scrape out the pulp, put the pips and fibrous skin into a basin, cover with cold water, and let them soak until required. When the rinds are tender drain them well and shred them finely. Strain 2 pints of the liquid in which they were boiled, and add to it the water in which the pips and skins were soaked. Put the sugar and water into a preserving-pan, boil to a syrup, then put in the shredded rinds and pulp, and boil gently until the marmalade jellies when tested on a cold plate. Pour the marmalade into pots, and cover down with paper brushed over with white of egg.

Time.—About 3 hours, exclusive of the time required for shredding the rinds. **Average Cost**, 3d. per lb.

2564.—ORANGE MARMALADE. (Another Method.)

Ingredients.—24 Seville oranges, their weight in preserving sugar, 2 pints of cold water.

Method.—Take off the rinds of the oranges, divide the pulp into small pieces, and remove the pips. Boil the rinds in water for 2 hours, changing it 2 or 3 times to reduce the bitter flavour; when quite tender, drain well, and shred them finely. Boil the sugar and water to a syrup, skimming well meanwhile, then add the pulp and shredded rinds. Boil gently for about ½ an hour, or until the marmalade sets quickly when tested on a cold plate, then pour into pots and cover down with paper brushed over on both sides with white of egg. Keep the marmalade in a cool, dry place.

Time.—5 or 6 hours altogether. **Average Cost**, 3d. per lb.

2565.—ORANGE MARMALADE (TRANSPARENT).

Ingredients.—4 lbs. of Seville oranges, 8 lbs. of preserving sugar, 6 pints of water, 2 or 3 whites of eggs.

Method.—Remove the rinds of the oranges, and scrape away the white pith. Shred the rind finely, cover with water, boil gently until tender, then strain and preserve the liquid. Strip every particle of pith from the oranges, slice them, and remove the pips, and soak these in a little cold water. Simmer the remainder of the water and the sliced oranges for 2 hours, then drain through a fine hair sieve or cloth, but do not squeeze the pulp. Replace the liquid in the pan, add the liquid in which the rind was cooked and the strained water from the pips, bring nearly to boiling point, and clarify with white of eggs (*see* Aspic Jelly, No. 1980). Strain until clear, replace in the pan, add the sugar, boil gently until the syrup jellies when tested on a cold plate, and add the orange rind. Simmer gently for 10 minutes longer, then turn into pots, cover closely, and store in a dry, cool place.

Time.—About 1 day. **Average Cost**, 6d. per lb.

2566.—ORANGE MARMALADE MADE WITH HONEY.

Ingredients.—Oranges, honey.

Method.—Boil the rinds until tender, then shred them finely. Remove the pith and pips, measure the pulp, and to each pint allow 1 lb. of honey and ½ a lb. of the prepared rinds. Simmer gently for about 40 minutes, stirring frequently, then turn the marmalade into jars or glasses, and cover these with parchment. Store in a cool, dry place.

2567.—ORANGES AND LEMONS, TO PRESERVE WHOLE.

Ingredients.—Oranges or lemons. To 1 lb. of oranges allow 2 lbs. of sugar and 1 pint of water; to lemons add 3 lbs. of sugar and 1½ pints of water.

Method.—At one end of each orange make a hole sufficiently large to admit a small spoon, and scoop out the pulp and juice. Cover the rinds with cold water, and let them remain for 3 days, changing the water 2 or 3 times daily. Drain, place them in the preserving pan with sufficient cold water to cover them, simmer gently until tender, and drain well. Boil the sugar and water to a syrup, add the juice and pulp, boil gently for 15 minutes, and pour the whole over the oranges. When quite cold, replace in the pan, simmer very gently for ½ an hour, then turn into an earthenware vessel. On the following day boil up the syrup and pour it over the oranges; this process should be repeated on 2 or 3 consecutive days until the rinds are quite clear. Fill the oranges with syrup, place them in wide-necked jars, pour the remainder of the syrup over them, and cover closely. Store in a cool, dry place.

2568.—ORANGES, TO PRESERVE. (*See* Oranges and Lemons, To Preserve Whole, No. 2567.)

2569.—PEACH MARMALADE. (*See* Apple Marmalade, No. 2500, and Rhubarb Marmalade, No. 2594.)

2570.—PEACHES PRESERVED IN BRANDY.

Ingredients.—6 lbs. of peaches, 3 lbs. of castor or powdered loaf sugar, 3 pints of brandy.

Method.—Peaches intended for preserving should be firm, sound, and not over-ripe. Remove the stones, taking care to keep the fruit as whole as possible, place the fruit in a large jar, and cover each layer thickly with sugar. Add the brandy, cover closely, place the jar in a saucepan of boiling water, and cook gently until the brandy is on the point of boiling. Remove the fruit carefully to hot, dry, small pots, add to each an equal share of the hot brandy, and cover closely with paper brushed over with white of egg. Store in a cool, dry place.

Time.—About 1 hour. **Average Cost,** 2d. each.

Peach and Nectarine.—At Montreuil, a village near Paris, almost the whole population is employed in the cultivation of peaches. This occupation has maintained the inhabitants for ages, and in consequence they raise better peaches than anywhere else in France. In Maryland and Virginia peaches grow nearly wild, in orchards resembling forests; but the fruit is of very little value for the table, being employed only in fattening hogs and for the distillation of peach brandy. In California large groves of peaches and apricots are grown, the finest being exported, packed in baskets half ripe, in the form of "evaporated" or oven-dried peaches, and as canned fruit. On the east side of the Andes, peaches grow wild among the cornfields and in the mountains, and are dried as an article of food. The young leaves of the peach are sometimes used in cookery, for their agreeable flavour; and a liqueur resembling the fine noyeau of Martinique may be made by steeping them in brandy sweetened with sugar and fined with milk; gin may also be flavoured in the same manner. The kernels of the fruit have the same flavour. The nectarine is said to have received its name from Nectar, the wine of the gods. It belongs to the same species as the peach, differing from it in having a smoother rind and pulp. The nectarine is, by some, considered the superior fruit.

2571.—PEARS, PRESERVED.

Ingredients.—Firm, sound, not over-ripe pears, an equal weight of loaf sugar.

Method.—Pare, halve, and core the pears. Put half the sugar into a preserving pan, to each lb. add 2 pints of water, and boil to a thin syrup. Let it cool, put in the prepared fruit, and simmer very gently until half cooked. Turn the whole into an earthenware bowl, cover, and allow them to remain for 2 days. When ready, drain the syrup into a preserving-pan, add the remainder of the sugar and a tablespoonful of lemon-juice to each pint of liquid, and boil gently for 15 minutes, skimming well meanwhile. Now put in the fruit, simmer very gently until quite tender, then transfer them carefully to jars, and pour over the syrup. Cover closely, and store in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** 1d. each.

Pear.—The pear, like the apple, is indigenous in this country, but the wild pear is a very unsatisfactory fruit. The best varieties were brought from the East by the Romans, who cultivated them with care, and probably introduced some of their best sorts into this island, to which others were added by the inhabitants of the monasteries. The Dutch and Flemings, as well as the French, have excelled in the cultivation of the pear, and most of the large varieties introduced are from France and Flanders. The pear is a hardy tree, and lives for a longer period than the apple; it has been known to exist for centuries. There are now about 150 varieties of this fruit. Though perfectly wholesome when ripe, the pear is not so when green, but in this state it is fit for stewing. An agreeable beverage, called perry, is made from pears, and the varieties which are least fit for eating make the best perry.

2572.—PEARS, PRESERVED. (Another Method.)

Ingredients.—8 lbs. of firm, sound pears, 6 lbs. of preserving sugar, the finely-grated rind and juice of 3 lemons, 2 inches of whole ginger.

Method.—Select a stewjar with a close-fitting lid, cover the bottom to the depth of 1 inch with cold water, put in the fruit and sugar in layers, and add the ginger, lemon-rind and lemon-juice. Cover closely, place the jar in a saucepan of boiling water, and cook slowly until the pears are quite tender, but not broken. Put them carefully into jars, strain the syrup over them, and cover with papers brushed over on both sides with white of egg. The pears will keep good for 3 or 4 months if stored in a cool, dry place.

Time.—From 5 to 6 hours. **Average Cost,** 1d. each.

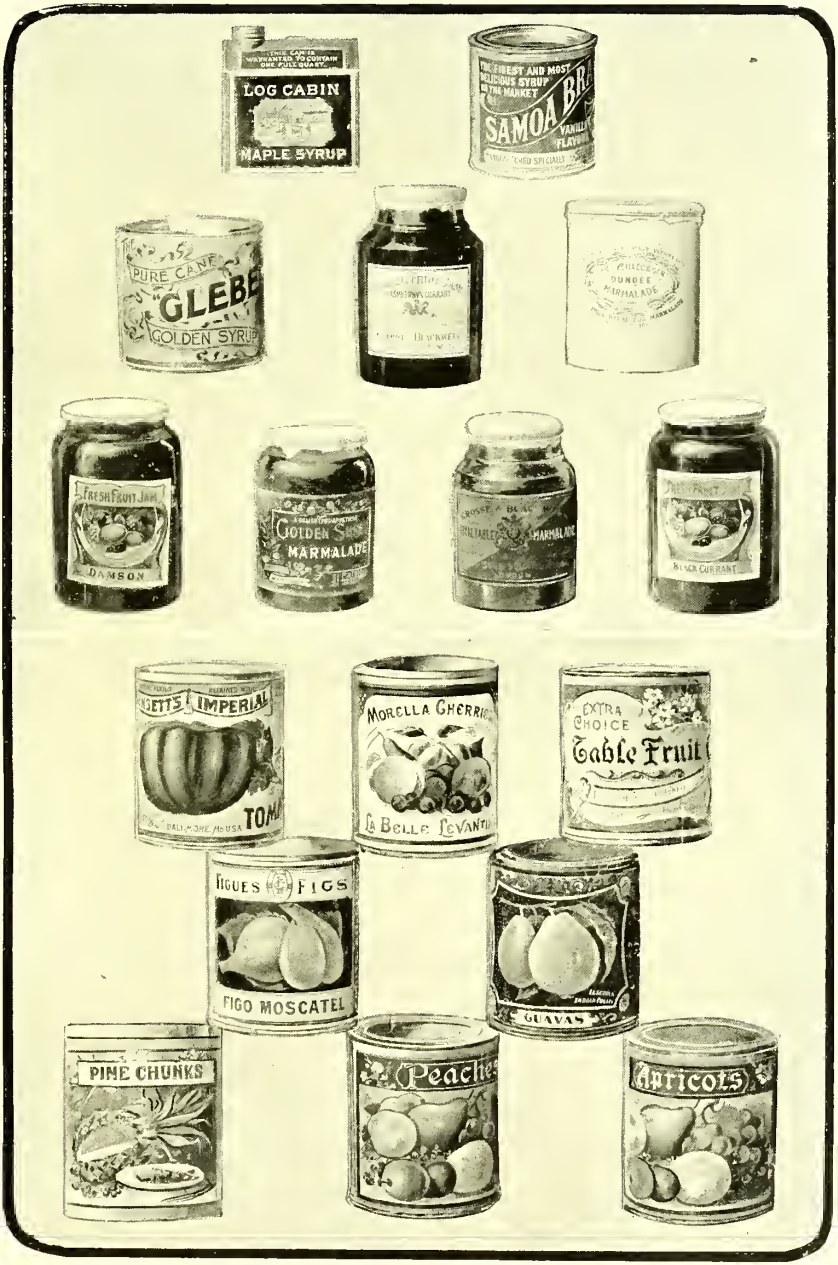
The Bon Chretien Pear.—This valuable variety of pear, which comes to our table in winter, either raw or cooked, received its name through the following incident: Louis XI, King of France, had sent for St. François de Paule from the lower part of Calabria, in the hopes of recovering his health through his intercession. The saint brought with him the seeds of this pear; and as he was called at court *Le Bon Chrétien*, this fruit obtained its name from the introducer of this variety of pear into France.

2573.—PINEAPPLE CHIPS. (*See* Pineapple, Preserved, No. 2576.)

2574.—PICKLED PEARS, SWEET.

Ingredients.—Firm pears. To each lb. allow ½ a lb. of brown sugar, and ¼ of a pint of malt vinegar; cloves, cinnamon, allspice.

PRESERVES AND TINNED FRUIT.


LOG CABIN
MAPLE SYRUP
SAMOA BR
PURE CANE
GLEBE
GOLDEN SYRUP
DUNDEE MARMALADE
FRESH FRUIT JAM
DAMSON
GOLDEN SHRED
MARMALADE
MARMALADE
BLACK CURRANT
IMPERIAL
TOM
MORELLA CHERRIES
LA BELLE LEVANTI
EXTRA CHOICE
Table Fruit
FIGUES FIGS
FIGO MOSCATEL
GUAVAS
PINE CHUNKS
Peache
Apricots

Maple Syrup, Samoa Brand Syrup, Glebe Golden Syrup, Raspberry and Currant Jam, Keiller's Marmalade, Damson Jam, Golden Shred Marmalade, Royal Tablet Marmalade, Black Currant Jam.

Tomatoes, Morella Cherries, Table Fruit, Figs, Guavas, Pine Chunks, Peaches, Apricots.

Method.—Peel the pears and tie the spices in muslin. Place the vinegar, sugar and spices in a preserving pan; when boiling add the pears, and cook them gently until tender. Remove the pears to a bowl or large basin, boil the syrup for 10 minutes longer, then pour it over the fruit. On the following day boil up the syrup, and repeat the process the two following days. On the third day place the pears in jars or wide-necked bottles, and remove the spices before adding the vinegar to the fruit. Store in a dry, cool place.

Time.—3 days. **Average Cost,** 1d. each.

2575.—PINEAPPLE MARMALADE.

Ingredients.—Pineapple pulp. To each lb. add 14 ozs. of loaf sugar.

Method.—Peel, core and slice the pineapples, and either pound or grate them finely, preferably the latter. Boil the pulp and sugar together until thick and clear, then turn into pots, cover first with brandied paper, and afterward with parchment. Store in a cool, dry place.

Time.—2 to 3 hours. **Average Cost,** from 2s. each.

2576.—PINEAPPLE, PRESERVED.

Ingredients.—Pineapples, pounded loaf or castor sugar.

Method.—Pare and slice the fruit thinly, pile it on a large dish, and sprinkle each layer liberally with sugar. Keep it in a hot closet, or put it daily for 7 or 8 days into a cool oven, turning it frequently. When quite dry, bake a few slices at a time, in a moderately hot oven. When quite cold, pack them in air-tight boxes with paper between each layer.

Time.—About 8 days. **Average Cost,** from 2s. each.

2577.—PINEAPPLE, PRESERVED. (Another Method.)

Ingredients.—To each lb. of fruit, weighed after being pared, allow 1 lb. of loaf sugar and ¼ of a pint of water.

Method.—Pare the pines thinly, and cut them into thick slices. Put the water into a preserving-pan, add the sugar gradually, and when quite dissolved boil and skim well. Add the fruit, simmer gently for about ½ an hour, then transfer carefully to a large jar, and pour the syrup over.

Time.—About 1 hour. **Average Cost,** from 2s. each.

2578.—PINEAPPLE, TO PRESERVE. (Another Method.)

Ingredients.—Pineapples, castor or loaf sugar.

Method.—Cut the pines into slices ¼ of an inch in thickness, trim off the edges, and remove the hard centre part. Put these trimmings into a stewpan with sufficient water to cover them, and simmer them gently for ½ an hour. Strain, return to the stewpan, add the sliced pines, sugar to taste, and simmer gently for about ½ an hour, skimming occasionally meanwhile. Pines thus preserved will keep but a very short time.

Time.—About 1¼ hours. **Average Cost,** from 2s. each.

2579.—PLUM JAM.

Ingredients.—Plums, sugar.

Method.—To each lb. of fruit allow from 12 to 16 ozs. of sugar, according to the degree of sweetness required, and the amount of acidity contained in the plums. Divide the plums, take out the stones, or, if preferred, cut them across, and remove the stones as they rise in the pan. Pile the fruit on a large dish with the sugar spread thickly between each layer, allow them to remain thus until the following day, then put the whole into a preserving-pan, and heat slowly by the side of the fire, stirring occasionally meanwhile. Boil gently until the jam sets quickly when tested on a cold plate, then turn it into pots, cover closely, and keep it in a cool, dry place.

Time.—Altogether, 26 hours. **Average Cost,** 3d. to 6d. per lb.

PLUMS.—The Damson, or Damascene, plum takes its name from Damascus, where it grows in great quantities, and from whence it was brought into Italy about 114 B.C. The Orleans plum is from France. The greengage is called after the Gage family, who first brought it into England from the monastery of the Chartreuse, at Paris, where it still bears the name of Reine Claude. The Magnum-bonum is our largest plum, and is greatly esteemed for preserves and culinary purposes. The best sort of plums are agreeable for dessert, and, when perfectly ripe, are wholesome ; but some are too astringent, while others, when thoroughly ripe, are rather laxative. Plums lose much of their bad qualities by cooking, but they should be eaten in moderation by those whose digestive organs are not over-strong.

2580.—PLUMS, TO PRESERVE.

Ingredients.—To each lb. of plums allow 1 lb. of loaf sugar and ½ a pint of water.

Method.—Put the water and sugar into a preserving-pan, and boil to a thin syrup. Remove the stalks from the plums, prick them slightly to prevent them breaking, pour over them the prepared syrup, and allow them to remain thus for 2 days. Turn the whole into a preserving-pan, boil very gently until the plums are tender, then lift them carefully into pots. Boil the syrup to the " large thread " degree, pour it over the plums, cover closely, and store them in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** 3d. to 6d. per lb.

2581.—PLUMS, TO PRESERVE DRY.

Ingredients.—An equal weight of plums and loaf sugar.

Method.—Put half the sugar into a preserving-pan with the addition of ½ a pint of cold water to each lb. of sugar, and boil to a thin syrup. Divide the plums, remove the stones, and put the fruit into the prepared syrup. Simmer gently until half cooked, then turn the whole into an earthenware bowl, cover, and let it remain thus until the following day. Strain the syrup into a preserving-pan, add the rest of the sugar, and boil to the "large pearl" degree (*see* No. 2266). Allow it to cool slightly, put in the plums, simmer very gently until tender, then remove them very carefully to a deep dish and strain the syrup over them. Let the plums remain covered for 48 hours, drain well, spread them on large dishes in single layers, and when quite dry pack them in air-tight tins with wax paper between the layers.

Time.—Altogether, 3 days. **Average Cost,** 4d. to 6d. per lb.

2582.—PLUMS, SPICED.

Ingredients.—Firm plums, sugar, vinegar, cinnamon, cloves, shredded orange-rind.

Method.—Prick the plums well with a fork, place them in a large jar with cinnamon, cloves and orange-rind between each layer. Cover with vinegar, and, on the following day, strain off and boil for 10 minutes. Let it cool, pour it over the fruit, and at the end of 24 hours again strain and measure it. To each pint add 3 ozs. of sugar, boil the two together for 10 minutes, pour it over the plums, and, when cold, cover closely, and store in a dry, cool place.

Time.—3 days. **Average Cost,** 4d. to 6d. per lb.

2583.—PUMPKIN, TO PRESERVE.

Ingredients.—To each lb. of pumpkin allow 1 lb. of preserving sugar, 2 tablespoonfuls of lemon-juice, the finely-grated rind of 1 lemon, and ½ a teaspoonful of ground ginger.

Method.—Pare and halve the pumpkin, remove the seeds, and slice thinly. Lay the slices on a large dish, covering each layer thickly with sugar, add the lemon-juice, and let it remain for 3 days. Turn the whole into a preserving-pan, add the lemon-rind and ginger, and ½ a pint of cold water to 3 lbs. of fruit, bring slowly to boiling point, and continue the cooking until the slices of pumpkin are quite tender, but not broken. Transfer carefully to an earthenware bowl, let it remain covered for 7 days, then lift the slices of pumpkin carefully into jars, and strain the syrup into a preserving-pan. Boil the syrup to the "large pearl" degree (*see* No. 2266), pour it over the pumpkin, cover closely, and, when cold, put the jars into a cool, dry place.

Time.—10 days. **Average Cost,** 4d. to 5d. per lb.

2584.—QUINCE AND APPLE MARMALADE. (*See* Quince Marmalade, No. 2586.)

Use equal parts of quince and apple purée.

2585.—QUINCE JELLY.

Ingredients.—To every pint of juice allow 1 lb. of loaf sugar.

Method.—Pare and slice the quinces, and put them into a preserving-pan with sufficient water to float them. Boil them until the fruit is reduced to a pulp. Strain off the clear juice, and to each pint allow the above proportion of loaf sugar. Boil the juice and sugar together for about ¾ of an hour, remove all the scum as it rises, and when the jelly appears firm upon a little being poured on a plate, pour into small pots. The residue left on the sieve will answer to make a common marmalade for immediate use, by boiling it with ½ a lb. of common sugar to every lb. of pulp.

Time.—4 hours altogether. **Average Cost,** 10d. per lb.

2586.—QUINCE MARMALADE.

Ingredients.—To each lb. of quince pulp allow ¾ of a lb. of loaf or preserving sugar.

Method.—Pare the fruit, put it into a preserving-pan with as much water as will just cover the bottom of the pan, and stew gently until reduced to a pulp. Pass through a hair sieve, weigh the pulp, replace it in the pan, add the sugar, and cook very gently until the marmalade sets quickly when tested on a cold plate. Turn into pots, cover with paper brushed over on both sides with white of egg, and store in a cool, dry place.

Time.—About 4 hours. **Average Cost,** 10d. per lb.

2587.—QUINCES, TO PRESERVE.

Ingredients.—Quinces, loaf sugar.

Method.—Pare, quarter, core the quinces, and preserve the skins and cores. Put the fruit into the preserving-pan with barely enough water to cover them, and simmer until soft, but not broken. Place the quinces singly on large dishes, add the cores and parings to the water in which the quinces were cooked, and simmer gently for 1 hour. Strain through a jelly-bag until quite clear, return it to the pan with the addition of 1 lb. of sugar for each lb. of fruit, bring to boiling point, and skim well. Put in the quinces, boil for 15 minutes, then turn the whole carefully into an earthenware bowl, and let the preparation remain until the following day. Drain the syrup once more into the pan; when boiling add the fruit, cook gently for 15 minutes, then lift the quinces carefully into small jars, which they should ¾ fill. Continue boiling the syrup until it forms a thick jelly when tested on a cold plate, pour it over the fruit, cover the jars closely with paper brushed over on each side with white of egg, and store in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** 10d. per lb.

2588.—RASPBERRY JAM.

Ingredients.—To every lb. of raspberries allow 1 lb. of sugar, ¼ of a pint of red-currant juice.

Method.—Let the fruit for this preserve be gathered in fine weather, and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon, and let them boil for ¼ of an hour, keeping them well stirred. Add the currant-juice and sugar, and boil again for ½ an hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant-juice is a very great improvment to this preserve, as it gives it the piquant taste which the flavour of the raspberries seems to require.

Time.—About 1 hour. **Average Cost,** 7d. to 8d. per lb.

2589.—RASPBERRY JELLY.

Ingredients.—To each pint of juice allow ¾ of a lb. of loaf sugar.

Method.—Let the raspberries be freshly gathered, quite ripe, and picked from the stalks; put them into a large jar, after breaking the fruit a little with a wooden spoon, and place the jar, covered, in a saucepan of boiling water. When the juice is well drawn, which will be from ¾ to 1 hour, strain the fruit through a fine hair sieve or cloth, measure the juice, and to each pint allow the above proportion of loaf sugar. Put the juice and sugar into a preserving-pan, place it over the fire, and boil gently until the jelly thickens upon a little being poured on a cold plate; carefully remove all the scum as it rises, pour the jelly into small pots, cover down, and keep in a dry place. This jelly answers for making raspberry cream, and for flavouring various sweet dishes, when the fresh fruit is not obtainable.

Time.—About 1½ hours. **Average Cost,** 10d. to 1s. per lb.

2590.—RED CURRANT JAM.

Ingredients.—Red currants, preserving sugar.

Method.—Remove the stalks, put the fruit into a preserving-pan, and to each lb. allow ¾ of a lb. of preserving sugar. Stir occasionally until the fruit is nearly boiling, and afterwards almost continuously. Boil gently for about 40 minutes, or until a little will set when poured on to a cold plate. Turn into pots, cover closely, and store in a cool, dry place.

Time.—About 1 hour. **Average Cost,** about 6d. per lb.

2591.—RED CURRANT JELLY.

Ingredients.—Red currants, preserving sugar.

Method.—Strip the currants from the stalks, put them into a jar placed in a saucepan of boiling water, and simmer gently until the juice is extracted, then strain the juice through a jelly-bag or fine cloth into a preserving-pan. To each pint add from ¾ to 1 lb. of sugar, and boil gently until a little of the jelly, when tested on a cold plate, almost immediately sets. Pour into small pots, cover closely, and keep in a cool, dry place.

Time.—About 1¼ hours. **Average Cost,** 1s. to 1s. 3d. per lb.

2592.—RHUBARB JAM.

Ingredients.—To each lb. of rhubarb allow 1 lb. of preserving sugar, ½ a teaspoonful of ground ginger, and the finely-grated rind of ½ a lemon.

Method.—Remove the outer stringy part of the rhubarb, cut it into short lengths, and weigh it. Put it into a preserving-pan with sugar, ginger, and lemon-rind in the above proportions, place the pan by the side of the fire, and let the contents come very slowly to boiling point, stirring occasionally meanwhile. Boil until the jam sets quickly, when tested on a cold plate. Pour it into pots, cover closely, and store in a cool, dry place.

Time.—From 1 to 1½ hours, according to the age of the rhubarb. **Average Cost,** 4d. per lb.

2593.—RHUBARB AND ORANGE JAM.

Ingredients.—1 quart of finely-cut rhubarb, 6 oranges, 1½ lbs. of preserving sugar.

Method.—Cut the rinds of the oranges into sections, remove them and scrape off as much of the white pith as possible. Free the pulp from fibrous skin and pips, put it into a preserving pan, with the sugar, rhubarb and orange-rinds, previously finely-shredded. Bring slowly to boiling point, skim well, and boil until the jam stiffens when tested on a cold plate. Cover closely, and store in a cool, dry place.

Time.—About 1 hour. **Average Cost,** 4d. to 5d. per lb.

2594.—RHUBARB MARMALADE.

Ingredients.—Rhubarb. To each lb. allow 2 tablespoonfuls of sugar and ¼ teaspoonful of ground ginger.

Method.—Wipe, string, and cut the rhubarb into short lengths. Put the rhubarb, sugar and ginger in a jar, place the jar in a rather cool oven, or in a saucepan containing boiling water, and cook until soft. Pass through a fine sieve, and use for filling turnovers and similar kinds of pastry.

Time.—1½ hours. **Average Cost,** 1d. to 2d. per lb. **Seasonable,** January to July.

2595.—STRAWBERRY JAM.

Ingredients.—To each lb. of fruit allow from 12 to 16 ozs. of preserving sugar.

Method.—Remove the stalks from the fruit, put it into a preserving-pan, covering each layer thickly with sugar. Place the pan by the side of the fire, bring the contents slowly to boiling point, and stir occasionally. Skim well, boil gently until the jam sets when tested on a cold plate, taking care in stirring to keep the fruit as whole as possible. Pour into pots, cover with paper brushed over on both sides with white of egg, and keep in a cool, dry place.

Time.—About 1 hour. **Average Cost,** from 6d. to 8d. per lb.

2596.—STRAWBERRIES, TO PRESERVE.

Ingredients.—An equal weight of fruit and loaf sugar.

Method.—Strawberries for preserving must be very dry, otherwise they will not keep; the stalks must be removed, and any unsound fruit rejected. Put the sugar into a preserving-pan; to each lb. add ½ a pint of cold water and a small pinch of cream of tartar, and boil to the "small ball" degree (see No. 2271). Now put in the prepared fruit, cover the pan, allow it to remain on the stove, but as far away from the fire as possible, for about 1 hour, then bring the contents to boiling point and skim well. Boil gently for 5 minutes, then turn into jars, cover closely, and store in a cool, dry place.

Time.—About 1½ hours. **Average Cost,** from 6d. to 8d. per lb.

2597.—STRAWBERRIES, TO PRESERVE. (Another Method.)

Ingredients.—To each lb. of fruit allow 1 lb. of preserving sugar and ¼ of a pint of red-currant juice (*see* Red Currant Jelly, No. 2591).

Method.—Pick the strawberries, pile them on a large dish, sprinkle on them half the sugar, and let them remain thus until the following day. Prepare the red-currant juice as directed, put it into a preserving-pan with the rest of the sugar, and boil to a thin syrup. Turn the fruit and syrup into the juice, and boil gently until the syrup sets quickly when tested on a cold plate. Pour gently into pots, cover with paper coated on both sides with white of egg, and keep until required in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** 6d. to 8d. per lb.

2598.—TANGERINE MARMALADE.

Ingredients.—30 tangerines, double their weight in loaf or preserving sugar, 6 lemons, enough cold water to float the tangerines.

Method.—Wash the tangerines in water and wipe them. Place them in a preserving pan with enough cold water to float them, and let them boil till the rinds are soft. Drain off the water. Cut each tangerine in quarters, remove the pips, place in a basin containing a pint of cold water, and let them soak for twelve hours. Remove all the pulp from the rind, and mash it well, slice the peel as thinly as possible. Put the sugar in a preserving pan with the water from the pips, and the strained juice of the lemons. Reduce this to the consistency of thick syrup, then add the tangerine pulp and rinds, and boil for about half an hour. Fill into dry jars, and when cold cover them with parchment.

Note.—Before removing the marmalade from the fire, pour a little on a plate which should set like jelly when cold, if not, reduce it a little longer.

2599.—TO CLARIFY SUGAR FOR SYRUP.

Ingredients.—To 2 lb. of loaf sugar allow 1 pint of water and the white of 1 egg.

Method.—Put the sugar, white of egg and water into a stewpan; when the sugar is dissolved place the stewpan by the side of the fire, and bring the contents slowly to boiling point. When quite boiling add a teacupful of cold water, and again bring to boiling point. Now draw the pan aside, simmer gently for a few minutes, skimming meanwhile, and when quite clear use as required.

2600.—TOMATO JAM. (*See* Tomato Marmalade, No. 2601, and Tomatoes, Preserve of, No. 2602.)

2601.—TOMATO MARMALADE.

Ingredients.—7 lbs. of ripe tomatoes, 8 lbs. of loaf sugar, 6 lemons, 1 pint of water.

Method.—Blanch and skin the tomatoes and cut them in halves. Remove the rinds and all the white pith of the lemons, and slice the fruit thinly. Boil the sugar and water to a thin syrup, add the prepared tomatoes and lemons, and bring to boiling point. Stir and skim frequently, and continue to boil gently until the marmalade quickly jellies when tested on a cold plate. Pour into pots or glasses, and store in a cool, dry place.

Time.—About 1¼ hours. **Average Cost,** 6d. to 8d. per lb.

2602.—TOMATOES, PRESERVE OF.

Ingredients.—7 lbs. of firm ripe tomatoes, 3½ lbs. of sugar, 1 oz. each of cloves, allspice and cinnamon, 1 pint of vinegar.

Method.—Scald, drain and peel the tomatoes. Tie the spices in muslin, boil them for 5 minutes with the sugar in the vinegar, then add the tomatoes, and simmer very gently for ½ an hour. Keep closely covered in a dry, cool place.

Time.—To cook the tomatoes, ½ an hour. **Average Cost,** 4d. to 6d. per lb. **Seasonable** in August, September and October.

2603.—VEGETABLE MARROW, TO PRESERVE.

Ingredients.—To each lb. of marrow allow 1 lb. of preserving sugar, 2 tablespoonfuls of lemon-juice, the finely-grated rind of 1 lemon, and ½ a teaspoonful of ground ginger.

Method.—Pare and halve the marrow, remove the seeds, and slice thinly. Lay the slices on a large dish, covering each layer thickly with sugar, add the lemon-juice, and let the whole remain thus for 3 days. At the end of the time turn the preparation into a preserving-pan, add the lemon-rind and ginger, and ½ a pint of cold water to 3 lbs. of fruit, bring slowly to boiling point, continue the cooking until the slices of marrow are quite tender but not broken. Transfer carefully to an earthenware bowl, let it remain covered for 3 days, then lift the slices of marrow carefully into jars, and strain the syrup into a preserving-pan. Boil it to the "large pearl" degree (see No. 2268), pour it over the marrow, cover closely, and store in a dry, cool place.

Time.—Altogether, 6 days. **Average Cost,** 5d. per lb.

2604.—VEGETABLE MARROW, TO PRESERVE. (Another Method.)

Ingredients.—An equal weight of marrow and sugar. To each lb. of marrow allow ¼ of an oz. of whole ginger, and the grated rind and juice of ½ a lemon.

Method.—Prepare the marrow as in the preceding recipe, pile the slices on a large dish, with the sugar spread in layers, and allow it to remain thus until the following day. Then turn the whole into a preserving-pan, add the lemon-rind and lemon-juice, the ginger cut into small pieces, and boil very gently until the greater part of the moisture is absorbed. Turn into pots, cover closely, and store in a cool, dry place.

Time.—Altogether, 2 days. **Average Cost,** 4d. to 5d. per lb.

2605.—WHITE CURRANT JELLY.

Ingredients.—White currants. To each pint of juice allow ¾ of a lb. of preserving sugar.

Method.—Pick the currants from the stalk, and put them into a jar. Place the jar in a saucepan of boiling water, simmer gently until the juice is extracted, then strain through a jelly-bag or fine cloth into a preserving-pan. To each pint allow from ¾ to 1 lb. of sugar, according to taste, and boil gently until the jelly quickly sets, when a little is poured on a cold plate. Turn into small pots, cover with tissue paper brushed over with white of egg, fasten securely, and keep the jelly in a cool, dry place.

Time.—About 1¼ hours. **Average Cost,** from 1s. 3d. to 1s. 6d. per lb.

Pickles

2606.—APPLE CHUTNEY.

Ingredients.—2¼ lbs. of thickly sliced apples, 1 lb. of brown sugar, ¾ of a lb. of sultanas, 2 ozs. of salt, ½ an oz. of mustard seeds, ½ an oz.

of ground ginger, ¼ of an oz. of garlic bruised, ⅛ of an oz. of cayenne, 1 pint of good vinegar.

Method.—Simmer the vinegar, sugar and apples gently until reduced to a pulp, stir in the remaining ingredients, and, when well mixed, turn the whole into a basin. Cover, stir 2 or 3 times daily for 1 week, then bottle, cork securely, and store for use.

2607.—ARTICHOKES, PICKLED.

Ingredients.—Globe artichokes, spiced vinegar (*see* recipe for Vinegar, Spiced, No. 2704), salad-oil, salt.

Method.—Make a strong brine; when boiling put in the artichokes, boil gently for 10 or 15 minutes, and drain well. Remove and put aside the chokes, place the artichokes in jars, and cover them with boiling spiced vinegar. When cold, fill the jars with salad-oil, cover closely, and store for use.

2608.—BEETROOT PICKLE.

Ingredients.—6 medium-sized beetroots, 1 quart of malt vinegar, ½ an oz. of whole black pepper, ½ an oz. of allspice, 1 small horseradish grated, salt to taste.

Method.—Wash the beetroots well, taking care not to break the skins, and bake them in a moderate oven for 1½ hours. When cool enough to handle remove the skins, cut the beetroots into ½-inch slices, and place them in jars. Meanwhile boil the vinegar, horseradish, pepper and spice together, let the mixture become quite cold, then pour in over the beetroot. Cover the jars closely with parchment paper coated on both sides with white of egg, and store until required in a cool, dry place.

Time.—From 2 to 3 hours. **Average Cost,** 1s. 4d.

2609.—BEETROOT PICKLE. (Another Method.)

Ingredients.—6 beetroots, 1 quart of vinegar, ½ an oz. of whole pepper, ½ an oz. of allspice.

Method.—Wash the beetroots well, but take care to keep the skins intact, or they will lose some of their colouring matter. Put them into boiling water, cook gently for 1½ hours, until they are three-quarters cooked, then drain them, and let them cool. Boil the spice, pepper and vinegar together, and put these aside until quite cold, meanwhile peel the beetroots, cut them into ½ inch slices, and place them in jars. Pour the cold prepared vinegar over them, cover closely, and store in a cool, dry place. The pickle will be ready for use in 1 week.

Time.—About 2½ hours. **Average Cost,** 1s. 4d.

2610.—BLUEBERRIES, OR BILBERRIES, PICKLED. (*See* Currants, Spiced, No. 2524, and Cherries, Pickled, No. 2618.)

2611.—CABBAGE, PICKLED RED.

Ingredients.—1 good, firm red cabbage, 1 quart of vinegar, ½ an oz. of whole pepper, ½ an oz. of allspice.

Method.—Remove the outer leaves of the cabbage, quarter it, remove the centre stalk, and cut each section across into very fine strips. Pile the shredded cabbage on a large dish, sprinkle it liberally with salt, and let it remain thus until the following day. Meanwhile boil the vinegar, pepper and spice together, the latter being tied together in a piece of muslin, and allow the preparation to become quite cold. Turn the cabbage into an earthenware or enamelled colander, and when well drained put it into a large jar, and pour in the vinegar. It will be fit for use in 3 or 4 days; if kept for any length of time it loses the crispness and colour which are its chief recommendations.

Time.—Altogether, 2 days. **Average Cost,** 9d. to 10d.

Red Cabbage.—This plant, in its growth, is similar in form to that of the white cabbage, but is of a bluish-purple colour, which, however, turns red on the application of acid, as is the case with all vegetable blues. It is principally from the white vegetable that the Germans make their *sauer kraut* —a dish held in such high estimation with the inhabitants of Germany, but which requires, generally speaking with strangers, a long acquaintance in order to become sufficiently impressed with its numerous merits. The large red Dutch is the kind generally recommended for pickling.

2612.—CABBAGE, PICKLED RED. (Another Method.)

Ingredients.—1 good cabbage, 1 quart of malt vinegar, ½ an oz. of black peppercorns, ½ an oz. of allspice.

Method.—Remove the outer leaves of the cabbage, quarter it, cut away the stalk from the centre, and shred the sections across as finely as possible. Put the prepared cabbage into a large jar, sprinkle each layer with salt, and press the whole lightly down. Boil the pepper and spice in the vinegar; when cold, pour it over the jars, and cover them closely. The pickle will be ready for use in 3 or 4 days; it may be kept for a considerable time, but after being pickled for 2 or 3 weeks it loses much of its crispness and colour.

Time.—To prepare, about 2 hours. **Average Cost,** 9d. to 10d.

2613.—CAPSICUM, PICKLED.

Ingredients.—Capsicums, vinegar. To each quart of vinegar allow 1 teaspoonful of salt, and ½ a teaspoonful of mace and nutmeg mixed in equal proportions.

Method.—If the capsicums can be obtained from the garden, they should be gathered when they are just at the point of turning red. Slit them at the side, take out the seeds, put the capsicums into a jar, and sprinkle over them the salt, mace and nutmeg. Boil the vinegar, pour it at once upon the pods, and, when cold, cover closely with parchment paper or bladder. They will be ready for use in 4 or 5 weeks.

Average Cost.—From 4s. 6d. to 5s. 6d. per hundred.

2614.—CAPSICUMS, PICKLED. (Another Method.)

Ingredients.—Young green capsicums, vinegar. To each quart allow 1 teaspoonful of salt and ½ a teaspoonful of ground mace.

Method.—Remove the stalks, scald the capsicums, and let them remain under pressure for 24 hours, to extract some of their bitter water. Pack the capsicums closely in a jar, pour over them boiling vinegar seasoned with salt and mace, and, when quite cold, cover closely. They will be ready for use in 5 or 6 weeks.

2615.—CAULIFLOWERS, PICKLED.

Ingredients.—Firm white cauliflowers, vinegar to cover them; to each quart of which allow 1 teaspoonful of peppercorns, 1 teaspoonful of allspice, 6 cloves.

Method.—Break the cauliflowers into small sprays, place them on a dish, sprinkle them liberally with salt, and let them remain thus for 6 hours. Meanwhile tie the seasoning ingredients in muslin, boil them in the vinegar for ½ an hour, and allow it to become quite cold. Drain the cauliflowers well from the salt, place them in wide-necked bottles or unglazed jars, and pour the prepared vinegar over them. Cover closely, store in a cool, dry place for about 1 month, and they will then be ready for use.

Time.—1 month. **Average Cost,** cauliflowers, 3s. 6d. to 4s. per doz.

2616.—CAULIFLOWER, PICKLED. (Another Method.)

Ingredients.—Firm white cauliflowers, vinegar to cover them. To each quart of vinegar allow 1 teapsoonful of peppercorns, 1 teaspoonful of allspice.

Method.—Tie the peppercorns and allspice in muslin, simmer these very gently in the vinegar for about 20 minutes, and put aside until quite cold. Have ready a saucepan of boiling, highly-salted water, break the cauliflowers into small sprays, throw them into the water, boil for 5 minutes, and drain well. When quite cold put them into wide-necked bottles or unglazed jars, with a few peppercorns and a little allspice, cover with the prepared vinegar, and cover closely. They should be ready for use in 3 or 4 weeks.

Time.—From 3 to 4 weeks. **Average Cost,** Cauliflowers, 3s. 6d. to 4s. per dozen.

2617.—CAULIFLOWERS PICKLED, WITH ONIONS.

Ingredients.—An equal weight of cauliflower sprays and silver-onions, vinegar to cover. To each quart of vinegar allow 1 level teaspoonful of peppercorns, 1 level teaspoonful of allspice, 1 level teaspoonful of black pepper, 1 blade of mace, 1 oz. of turmeric, 1 tablespoonful of curry-powder, 1 tablespoonful of dry mustard, 1 tablespoonful of salt, 1 tablespoonful of lemon-juice, 1 tablespoonful of raw lime-juice.

Method.—Put as much water as will cover the sprays of cauliflower into a large saucepan; to each quart add 4 ozs. of salt, boil for 10 minutes, and allow it to become quite cold. Break the cauliflowers into small sprays, cover them with the cold brine, let them remain immersed for 3 days, then drain well. Peel the onions, place them in jars or wide-necked bottles in layers alternating with sprays of cauliflower; sprinkle each layer with a little allspice, a few peppercorns, and 1 or 2 pieces of mace. Mix the black pepper, turmeric, curry-powder, mustard and salt, lemon-juice and lime-juice, to a smooth paste, add the vinegar gradually, and pour the whole over the cauliflowers and onions. Cover closely, and store in a cool dry place. The pickle will be ready for use in 3 or 4 weeks.

Time.—From 3 to 4 weeks. **Average Cost,** cauliflowers, from 3s. 6d. to 4s. per doz. Silver onions, 2d. to 3d. per lb.

2618.—CHERRIES, PICKLED.

Ingredients.—Sound, not over-ripe Kentish cherries; French vinegar to cover them. To each pint of vinegar allow ½ a lb. of sugar, and to the whole add cayenne to taste. A few drops of cochineal or carmine.

Method.—Pick the cherries carefully, rejecting those which are not quite sound, leave about 1 inch of their stalks, and put the fruit into jars. Boil the vinegar, add to it the sugar and cayenne, skim well, let it boil for a few minutes, then turn it into an earthenware vessel. When cold, add a few drops of carmine or cochineal, pour it over the cherries, cover closely, and store in a cool, dry place.

Time.—From 3 to 4 hours. **Average Cost,** 4d. to 6d. per lb.

2619.—CHERRIES, PICKLED. (Another Method.)

Ingredients.—Sound, not over-ripe Kentish cherries, good vinegar to cover them, to each quart of vinegar allow 1 lb. of sugar.

Method.—Leave 1 inch of the stalks on the cherries, and pack them lightly in jars. Boil the vinegar and sugar together, pour it whilst hot over the fruit, and when cold tie paper over the jars. Let them stand in a cool place for 1 week, then drain off the vinegar, boil and skim well, and again pour while hot over the fruit. When cold cover closely, and keep in a cool, dry place.

Time.—7 days. **Average Cost,** from 4d. to 6d. per lb.

2620.—CHUTNEY, ENGLISH.

Ingredients.—3 dozen sour apples, 3 lbs. of coarse brown sugar, ½ a lb. of salt, 2 lbs of sultana raisins, ½ a lb. of green ginger, 6 ozs. of bird's eye chillies, 2 ozs. of mustard-seed, 5 medium-sized Spanish onions, 6 shallots, 3 quarts of good malt vinegar.

Method. — Dissolve the salt and sugar in the vinegar, strain, and return it to the stewpan. Add the apples, onions and ginger, all thinly sliced, the sultanas cleaned and picked, also the rest of the ingredients, and cook very gently until the apples and onions are quite tender. Pour into small jars or wide-necked bottles ; when cold, cover closely, and store in a cool, dry place.

2621.—CHUTNEY, INDIAN.

Ingredients.—1 quart of malt vinegar, 1 lb. of sour apples, peeled, cored and sliced, ½ a lb. of onions, peeled and coarsely chopped, 1 lb. of moist sugar, ½ a lb. of raisins stoned and quartered, 4 ozs. of salt, 4 ozs. of ground ginger, 2 ozs. of dry mustard, ¼ of an oz. of cayenne, 4 cloves of garlic finely-chopped.

Method.—Cook the apples, onions and garlic with the salt, sugar and vinegar, until quite soft, and pass them through a fine hair sieve. Add the raisins, ginger, cayenne and mustard, mix well together, turn into a jar, and stand it in a warm, but not hot, place until the following day. Have ready some perfectly dry, wide-necked small bottles or jars, fill them with chutney, and cover closely so as to exclude the air. This chutney may be kept for a year or two.

2622.—CHUTNEY MANGO.

Ingredients.—50 green mangoes, 6 pints of vinegar, 3 lbs. of sugar, 2 lbs. of tamarinds stoned, 1 lb. of raisins stoned, 1 lb. of green ginger sliced, 1 good teaspoonful of powdered cinnamon, 1 level teaspoonful of nutmeg, 1 lb. of salt.

Method.—Peel and slice the mangoes thinly, sprinkle over them the salt, let them remain for 36 hours, then drain well. Make a syrup by boiling together 3 pints of vinegar and the sugar. Put the remainder of the vinegar into a preserving pan, add the mangoes, boil up, simmer gently for 10 minutes, then add the tamarinds, raisins, ginger, cinnamon and nutmeg. Cook very slowly for ½ an hour, adding the syrup gradually during the last 10 minutes. Stir and boil the mixture until the greater part of the syrup is absorbed, then turn into bottles, cork securely, and store in a dry place.

Time.—About 1½ hours to cook. **Average Cost,** 5s., exclusive of the mangoes.

2623.—CHUTNEY SAUCE, INDIAN.

Ingredients.—4 ozs. of sour apples, pared, cored and sliced, 4 ozs. of tomatoes sliced, 4 ozs. of salt, 4 ozs. of brown sugar, 4 ozs. of raisins stoned, 2 ozs. of cayenne, 2 ozs. of ground ginger, 1 oz. of shallots, ¼ of an oz. of garlic, 3 pints of malt vinegar, 1 pint of lemon-juice.

Method.—Mix all the ingredients together in a jar. Cover, keep in a moderately warm place for 1 month, and stir 2 or 3 times daily. At the end of the time strain off the liquor, let the residue drain well, but do not squeeze it. Pour into small bottles, and cork tightly.

2624.—CHUTNEY, TOMATO.

Ingredients.—6 lbs. of ripe tomatoes, 3 lbs. of sour cooking apples, 4 ozs. of salt, 8 ozs. of brown sugar, 3 pints of vinegar, 6 cloves of garlic, 6 ozs. of ground ginger, 1 oz. of mustard-seed.

Method.—Scald the tomatoes, remove the skin, cut them into slices, and put them into an earthenware cooking-pot with the vinegar, salt and apples, previously peeled, cored and chopped finely. When the fruit is soft, rub the whole through a sieve, add the sugar, ginger and mustard-seed, also the garlic (chopped finely), and boil the whole gently from ½ to ¾ of an hour. Pour the contents of the cooking-pot into a jar, cover it, and let it stand in a warm place for about 3 days. Bottle the chutney for use, cork up tightly, and exclude the air. Sultanas or preserved ginger are sometimes added to the above.

2625.—COCKLES, PICKLED.

Ingredients.—Large cockles, vinegar to cover them, peppercorns, allspice, salt.

Method.—The large cockles found on the north-east coast are the best for this purpose. Wash them in several waters to remove the grit; when quite free from it cover the cockles with cold water, add a good handful each of salt and oatmeal, and let them remain until the following day. To each quart of cockles allow a small ½ teaspoonful of allspice, and the same quantity of peppercorns. Tie these spices in muslin and boil them in the vinegar for 20 minutes. Put the cockles into a steamer, or, failing this, a large iron saucepan with 2 or 3 tablespoonfuls of water to protect the bottom of the pan, cover them first with a wet kitchen-cloth, then the lid, and cook the cockles slowly until their shells may be easily opened with the point of a knife. Put the cockles into the prepared cold vinegar, and the liquor contained in the shells into a basin, and as soon as it is quite cold strain it into the vinegar. Cockles or oysters pickled in this way may be kept some days.

Time.—To steam the cockles, about 15 minutes. **Average Cost,** cockles, 6d. per quart.

2626.—CUCUMBERS, PICKLED.

Ingredients.—Cucumbers, good vinegar to cover them. To each pint of vinegar allow ½ an oz. of peppercorns, ½ an oz. of allspice, ½ a teaspoonful of salt.

Method.—Peel the cucumbers, cut them into $\frac{1}{2}$-inch slices, sprinkle them liberally with salt, and let them remain until the following day. Let the cucumber drain for at least 2 hours on a hair sieve, then place in wide-necked glass bottles. Boil the vinegar, salt, peppercorns and spice together, pour it while hot over the cucumber, and cover closely. If stored in a cool, dry place this pickle will keep good for some time, but as it is liable to become mouldy the bottles should be frequently examined. When the first speck of mould appears re-boil the vinegar, immerse the slices of cucumber in it for 1 minute, then put them into a clean dry bottle, and pour the boiling vinegar over them.

Time.—2 days. **Average Cost,** 6d. each.

2627.—CUCUMBERS, PRESERVED.

Ingredients.—Cucumbers, salt.

Method.—Pare and slice the cucumbers thinly, sprinkle liberally with salt, and let them remain until the following day. Drain off the liquor, pack the slices closely in jars, sprinkling each layer thickly with salt, and cover with parchment paper, or paper coated on both sides with white of egg. When wanted for use, wash well in cold water, drain well, and dress with pepper, vinegar and oil.

Time.—24 hours. **Average Cost,** 6d.

2628.—DAMSONS, PICKLED.

Ingredients.—7 lbs. of sound, dry damson plums, 4 lbs. of good preserving sugar, $\frac{3}{4}$ of an oz. of stick cinnamon, $\frac{3}{4}$ of an oz. of cloves, vinegar to cover.

Method.—Remove the stalks but not the stems of the fruit, place them in layers in a large jar, sprinkle each layer with sugar, cinnamon and cloves. Cover the whole with vinegar, place the jar in a saucepan of boiling water, cook gently until the juice flows freely, then put the jar aside until the contents are quite cold. Then drain the syrup into a stewpan, bring to boiling point, and pour it over the fruit. Repeat this process for 7 or 8 days, when the skins should be hard and the plums have a clear appearance. After the last boiling let the plums remain in the large jar for 7 days, then transfer them to smaller jars. Boil the syrup, pour it over the plums, and when cold cover with a bladder or paper brushed over on both sides with white of egg. Cherries may be pickled in this way. If stored in a dry, moderately cool place, they may be kept for years.

Time.—From 14 to 15 days. **Average Cost,** damsons from 2d. to 6d. per lb.

2629.—EGGS, PICKLED.

Ingredients.—16 hard-boiled eggs, 1 quart of good vinegar, $\frac{1}{2}$ an oz. of black peppercorns, $\frac{1}{2}$ an oz. of allspice, $\frac{1}{2}$ an oz. of ginger.

Method.—Remove the shells, and arrange the eggs compactly in wide-necked jars. Boil the peppercorns, spice, and ginger in the vinegar until some of their flavour is extracted, and pour it whilst boiling hot over the eggs. When cold, cover closely, and store in a cool, dry place.

Time.—About 1 hour. **Average Cost,** 2s.

GINGER (Fr. *gingembre*).—The ginger-plant, known to naturalists as *zingiber officinale*, is a native of the East and West Indies. It grows somewhat like the lily of the valley, but its height is about 3 feet. In Jamaica it flowers about August or September, fading about the end of the year. The fleshy creeping roots, which form the ginger of commerce, are in a proper state to be dug when the stalks are entirely withered. This operation is usually performed in January and February. When the roots are taken out of the earth, each one is picked, scraped, separately washed, and afterwards very carefully dried. Ginger is generally considered as less pungent and heating to the system than might be expected from its effects on the organs of taste, and it is frequently used, with considerable effect, as an anti-spasmodic and carminative.

2630.—EXCELLENT PICKLE (For Immediate Use).

Ingredients.—Equal quantities of sliced onion, cucumber and sour apple, salt and cayenne to taste. To $\frac{1}{2}$ a pint of vinegar add 1 wineglassful each of sherry and soy.

Method.—Place the onion, cucumber and apple in a dish in alternate layers, add salt and cayenne to taste, and pour over the vinegar, etc. Let the pickle stand for a few hours before serving.

2631.—FRENCH BEANS, PICKLED.

Ingredients.—Young French beans, spiced vinegar (*see* Vinegar, Spiced, No. 2704), some vine leaves, and salt.

Method. Cover the beans with strong salt and water, let them remain for three days, then drain. Place them in a saucepan with vine leaves under and over, cover with boiling salted water, cook gently for a few minutes, then drain and pack loosely in jars. Cover with boiling spiced vinegar, drain it off, and reboil on two following days. The pickled beans should be kept closely covered in a cool, dry place.

2632.—GHERKINS, PICKLED.

Ingredients.—Gherkins, vinegar to cover. To each quart of vinegar allow $\frac{1}{4}$ of an oz. of allspice, $\frac{1}{4}$ of an oz. of black peppercorns, 4 cloves, 2 blades of mace.

Method.—Cover the gherkins with salt and water, and let them remain in the brine for 3 days. At the end of the time drain them well, dry them with a cloth, and pack them compactly in a jar of suitable size. Boil sufficient vinegar to cover them, with peppercorns and spices in the above proportions, for 10 minutes, and pour the liquid over the gherkins. Cover closely, let the jar stand in a warm place until the following day, then drain off the vinegar into a saucepan. Boil up, pour the vinegar at once over the gherkins, and let them remain covered until the following day. This process must be repeated daily until the gherkins are sufficiently green; they should then be put into wide-necked glass bottles, covered completely with vinegar, for which purpose it may be necessary to supplement that already used. They should be tightly corked before being stored away.

Time.—5 or 6 days. **Average Cost,** uncertain, as they are rarely sold.

2633.—HORSERADISH, PICKLED.

Ingredients.—Horseradish, vinegar.

Method.—Scrape the outer skin off the horseradish, cut it into ½-inch lengths, and place them in wide-necked bottles or small unglazed jars. Cover with good malt vinegar, cork the bottles tightly or fasten parchment paper securely over the tops of the jars. Keep the pickle in a cool, dry place.

Average Cost.—Horseradish, 2d. to 3d. per stick.

2634.—INDIAN MAIZE, PICKLED.

Ingredients.—Green corn, spiced vinegar (*see* recipe for Vinegar, Spiced, No. 2704), salt.

Method.—Boil the corn in salt and water, drain well, and cover with spiced vinegar. When cold, fasten down securely, and store in a dry, cool place.

2635.—INDIAN PICKLE.

Ingredients.—To each gallon of vinegar allow 6 cloves of garlic, 12 shallots, 2 sticks of sliced horseradish, ¼ of a lb. of bruised ginger, 2 ozs. of whole black pepper, 1 oz. of long pepper, 1 oz. of allspice, 12 cloves, ¼ of an oz. of cayenne, 2 ozs. of mustard seed, ¼ of a lb. of mustard, 1 oz. of turmeric, a white cabbage, cauliflowers, radish pods, French beans, gherkins, small round pickling onions, nasturtiums, capsicums, chillies, etc.

Method.—Cut the cabbage, which must be hard and white, into slices, and the cauliflowers into small branches; sprinkle salt over them in a large dish, and let them remain for 2 days. Then dry the vegetables, and put them into a very large jar, with garlic, shallots, horseradish, ginger, pepper, allspice, and cloves in the above proportions. Boil sufficient vinegar to cover the ingredients, and pour it over them, and, when cold, cover closely. As the other materials for the pickle ripen at different times, they may be added as they are ready; these will be radish pods, French beans, gherkins, small onions, nasturtiums, capsicums, chillies, etc., etc. As these are procured they must, first of all, be washed in a little cold vinegar, wiped, and then simply added to the other ingredients in the large jar, only taking care that they are covered by the vinegar. If it should be necessary to add more vinegar to the pickle, do not omit to boil it before adding it to the rest. When all the things required are collected, turn all out into a large pan, thoroughly mix them, put the mixed vegetables into smaller jars, without any of the vinegar, then boil the vinegar again, adding as much more as will be required to fill the different jars, also cayenne, mustard-seed, turmeric, and mustard, which must be well mixed with a little cold vinegar, allowing the quantities named above to each gallon of vinegar. Pour the vinegar, boiling hot, over the pickle, and, when cold, tie down with a bladder. If the pickle is wanted for immediate use, the vinegar should be boiled twice more, but the better plan is to make it during one season for use during the next. This pickle will keep for years, if care is taken that the vegetables are quite covered by the vinegar.

2636.—LEMON PICKLE.

Ingredients.—12 lemons, 1 lb. of baysalt, 4 ozs. of mustard-seed (tied in muslin), 2 ozs. of garlic peeled, ½ an oz. of grated nutmeg, ½ an oz. of ground mace, ¼ of an oz. of ground cloves, 1 quart of white-wine vinegar.

Method.—Remove the rinds of the lemons in thin slices, and put them aside to be afterwards dried and used for flavouring purposes. Leave all the pith on the lemons, cut them lengthwise and across, thus forming 4 quarters, sprinkle over them the salt, and place them singly on a large dish. Let the dish remain near the fire until all the juice of the lemons has dried into the pith, then put them into a large jar. Add the rest of the ingredients, cover closely, and let it stand near the fire, but not on the stove, for 5 days. At the end of the time, cover the lid with parchment paper or bladder, and put the jar in a cool, dry place. At the end of 3 months strain off the vinegar through a hair sieve, and press the fruit well to extract as much moisture as possible. Strain 2 or 3 times, and, when quite clear, bottle for use.

Average Cost.—2s. 4d.

2637.—LEMONS, PICKLED.

Ingredients.—12 lemons, vinegar to cover them. To each quart of vinegar allow 1 oz. of mustard-seed, 1 oz. of whole ginger, ½ an oz. of peppercorns, ½ an oz. of cloves, ¼ of an oz. of mace, ¼ of an oz. of chillies.

Method.—Make a brine strong enough to float an egg, put in the lemons, allow them to remain immersed for 6 days, stirring them 2 or 3 times daily. At the end of this time, put the lemons into a saucepan of boiling water, boil steadily for 15 minutes, then drain well, allow them to become quite cold, and put them into jars. Boil the vinegar, spices, etc., together until sufficiently seasoned and flavoured, then pour the mixture, boiling hot, over the lemons, and cover closely. They will be ready for use in 6 months, and should in the meantime be kept in a cool, dry place. **Average Cost.**—Lemons, from 1s. to 1s. 6d.

2638.—LEMONS, PICKLED. (Another Method.)

Ingredients.—12 lemons, salt, vinegar to cover. To each quart of vinegar allow 1 oz. of mustard-seed, 1 oz. of whole ginger, ½ an oz. of peppercorns, ½ an oz. of cloves, ¼ of an oz. of mace, ¼ of an oz. of chillies.

Method.—Peel the lemons, slit each one lengthwise in 3 or 4 places, and sprinkle the cut surfaces thickly with salt. Place them in an earthenware pan, sprinkle them liberally with salt, and turn them daily for a week. At the end of this time, place the lemons singly on a large dish, let them remain near the fire until quite dry, and put them into jars. Boil the vinegar, peppercorns, etc., together as in the preceding recipe, pour while boiling over the lemons, and cover closely. Store in a cool, dry place for about 6 months, when they should be ready for use.

2639.—LIMES, PICKLED. (*See* Lemons, Pickled, No. 2636.)

2640.—MANGOES, PICKLED.

Ingredients.—Mangoes, green ginger sliced, mustard seed, garlic bruised, spiced vinegar (*see* recipe for Vinegar, Spiced, No. 2704).

Method.—Halve and stone the mangoes, stuff them with a mixture of ginger, mustard seed and garlic, replace the halves, and fasten them securely with strong cotton. Cover the mangoes with boiling spiced vinegar. On the following day strain off the vinegar, reboil, and repeat the process on the two following days, four times in all. When cold, turn the preparation into jars, cover closely, and store in a dry, cool place.

2641.—MELONS, PICKLED.

Ingredients.—Small melons, small French beans, grated horseradish, cloves, ground nutmeg, cinnamon, pepper, vinegar, and to each quart add 1 teaspoonful each of cloves, allspice and black peppercorns.

Method.—Cut off one end, scoop out the inside of each melon, then replace and secure the end. Cover the melons with strong brine, let them remain undisturbed for 4 days, then drain and dry well. Sprinkle the inside of each melon liberally with cloves, cinnamon, nutmeg and pepper, and stuff them with well-seasoned French beans and horseradish. Replace, and tie on the ends, and pack the melons in a large jar, keeping the cut ends uppermost. Boil the vinegar and spices together for 10 minutes, and, when cold, pour the liquid over the melons. On three consecutive days reboil the vinegar, and pour it boiling over the melons. When cold, cover closely, and store in a cool, dry place.

2642.—MIXED PICKLES.

Ingredients.—To each gallon of vinegar allow ¼ of a lb. of bruised ginger, ¼ of a lb. of mustard, ¼ of a lb. of salt, 2 ozs. of mustard-seed, 1½ ozs. of turmeric, 1 oz. of ground black pepper, ¼ of an oz. of cayenne, cauliflowers, onions, celery, gherkins, French beans, nasturtiums, capsicums.

Method.—Have a large jar, with a tight-fitting lid, in which put as much vinegar as required, reserving a little to mix the various powders to a smooth paste. Put into a basin the mustard, turmeric, pepper and cayenne; mix them with vinegar, and stir well until no lumps remain; add all the ingredients to the vinegar, and mix well. Keep this liquor in a warm place, and thoroughly stir it every morning for 1 month with a wooden spoon, when it will be ready for the different vegetables to be added to it. As these come in season, have them gathered on a dry day, and after merely wiping them with a cloth, to free them from moisture, put them into the pickle. The cauliflowers must be divided into small bunches. Put all these into the pickle raw, and at the end of the season, when as many of the vegetables as could be procured have been added, store the pickle away in jars, and tie over with bladder. This old-fashioned method of preserving vegetables is largely employed by those who live in the country. The pickle should be kept for at least 3 months in a cool, dry place before being used.

2643.—MIXED PICKLES.

Ingredients.—An equal weight of small mild onions, sour apples and cucumbers, vinegar to cover. To each pint of vinegar add 2 tablespoonfuls of sherry, 1 teaspoonful of salt, ½ a teaspoonful of pepper, a good pinch of cayenne.

Method.—Peel and slice the onions, apples and cucumbers thinly, put them into wide-necked bottles, add the seasoning and sherry, cover with vinegar, and cork closely. This pickle may be used the following day, and should not be kept for any length of time.

2644.—MIXED PICKLES. (Another Method.)

Ingredients.—1 lb. of onions, 1 lb. of apples, ¼ of a lb. of chillies, 1½ pints of white-wine vinegar, 1 good tablespoonful of salt.

Method.—Chop the onions and apples coarsely, and the chillies finely. Boil the vinegar, add the salt, and when dissolved pour over the prepared ingredients. Turn into small jars, and, when cold, cover closely.

Average Cost.—1s. 10d.

2645.—MUSHROOMS, PICKLED.

Ingredients.—1 quart of button mushrooms, 1 quart of vinegar, 1 oz. of bruised whole ginger, ½ an oz. of white peppercorns, 3 blades of mace, salt to taste.

Method.—Wash, dry, and peel the mushrooms, and cut off the tops of the stalks. Place them in a stewpan, sprinkle salt over them, shake them over the fire until the liquor flows, and keep them on the stove uncovered until the greater part of the moisture has evaporated. Then add the vinegar, peppercorns, etc., bring to the boil, and simmer gently for 10 minutes. Turn into jars, cover closely, and store in a cool, dry place.

Average Cost.—1s. 10d. to 2s. 6d.

2646.—MUSHROOMS, PICKLED. (Another Method.)

Ingredients.—1 quart of button mushrooms, 1 quart of vinegar, 1 oz. of whole ginger, ½ an oz. of white peppercorns, a good pinch of cayenne.

Method.—Cut off the tips of the stalks, rub off the outer skin with a piece of new flannel occasionally dipped in salt, rinse the mushrooms in salt and water, and dry them well. Boil the vinegar, pepper and spices together until pleasantly seasoned and flavoured, then put in the mushrooms and simmer them gently for 10 minutes. Put into jars; when cold cover closely, and store in a cool, dry place.

Average Cost.—1s. 10d. to 2s. 6d.

2647.—NASTURTIUM SEEDS, PICKLED.

Ingredients.—Nasturtium seeds, vinegar to cover them. To each pint of vinegar add ½ an oz. of salt, 6 peppercorns.

Method.— Boil the vinegar, salt and peppercorns together, and, when cold, strain it into a wide-necked bottle. Gather the seeds on a dry day, put them into the vinegar, and cork closely. These pickled seeds form an excellent substitute for capers. They are ready for use in about 3 months, but may be kept for a much longer time.

NASTURTIUMS.—The elegant nasturtium-plant, called by botanists *Tropaeolum*, and which sometimes goes by the name of Indian cress—an American climbing annual with bright orange-coloured flowers—came originally from Peru, but was easily acclimatized in these islands. Its young leaves and flowers are of a slightly hot nature, and many consider them a good adjunct to salads, to which they certainly add a pretty appearance. When the beautiful blossoms, which may be employed with great effect in garnishing dishes, are off, then the fruit is used as described in the above recipe.

2648.—ONIONS, PICKLED.

Ingredients.—1 gallon of pickling onions, salt and water, milk. To each ½ gallon of vinegar add 1 oz. of bruised ginger, ¼ of a teaspoonful of cayenne, 1 oz. of allspice, 1 oz. of whole black pepper, ¼ of an oz. of whole nutmeg bruised, and cloves, ¼ of an oz. of mace.

Method.—Gather the onions, which should not be too small, when they are quite dry and ripe; wipe off the dirt, but do not pare them. Make a strong solution of salt and water, into which put the onions, change the brine morning and night, for 3 days, and save the last brine the onions are put in. Then take off the outside skin, and put them into a tin saucepan capable of holding them all, as they are always better if pickled together. Now take equal quantities of milk and the last salt and water the onions were in, and pour this on to them. To this liquid add 2 large spoonfuls of salt, put the onions over the fire and watch them very attentively. Keep constantly turning the onions about with a wooden skimmer, those at the bottom to the top, and vice versa, and let the milk and water run through the holes of the skimmer. Remember the onions must never BOIL, otherwise they will be useless; and they should be quite transparent. Keep the onions stirred for a few minutes, and, in stirring, be particular not to break them. Then have ready a pan with a colander, into which turn the onions to drain, covering with a cloth to keep in the steam. Place on a table an old cloth folded 2 or 3 times ; put the onions on it when quite hot, and cover them closely over with an old piece of blanket to keep in the steam. Let the onions remain until the next day, when they will be quite cold, and look yellow and shrivelled; take off the shrivelled skins, when they should be as white as snow. Put them in a pan, make a pickle of vinegar and the remaining ingredients, boil all up together, and pour the hot mixture over the onions in the pan. Cover very closely to keep in all the steam, and let them stand until the following day, when they will be quite cold. Put them into jars or bottles, with a tablespoonful of the best olive-oil on the top of each bottle or jar. Tie the onions down with bladder, and let them stand in a cool place for a month or 6 weeks, when they will be fit for use. They should be beautifully white and eat crisp, without the least softness, and will keep good many months.

Average Cost.—2s. 6d. to 3s.

2649.—ONIONS, PICKLED. (Another Method.)

Ingredients.—Pickling onions; to each quart of vinegar add 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.

Method.—Have the onions gathered when quite dry and ripe, and, with the fingers, take off the thin outside skin; then with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onions will look quite clear. Have ready some very dry bottles or jars, and as fast as the onions are peeled put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with the bladder, and put them in a dry place, and in a fortnight they will be ready for use.

2650.—ONIONS, PICKLED. (Another Method.)

Ingredients.—Silver onions, white wine vinegar to cover.

Method.—Remove the skins, throw the onions a few at a time into a saucepan of boiling water, taking care to have no more than will form a single layer floating on the surface of the water. As soon as the onions look clear on the outside take them up as quickly as possible with a slice, fold them in a clean dry cloth, so as to keep in the steam, and allow them to remain closely covered until the whole have been scalded. Let the onions be until quite cold, then put them into bottles or jars, and pour over them the vinegar, which should previously have been boiled and allowed to cool slightly. When cold, cover closely, and store in a cool, dry place.

2651.—OYSTERS, PICKLED.

Blanch the oysters in their own liquor, but in other details follow directions for Cockles, Pickled, No. 2625.

2652.—PICCALILLI.

Ingredients.—Cauliflowers, onions, gherkins, French beans, capsicums, spiced vinegar (*see* recipe for Vinegar, Spiced, No. 2704), mustard, turmeric, curry powder.

Method.—Divide the vegetables into convenient pieces, throw them into boiling brine sufficiently strong to float an egg, and cook for 3 minutes. Drain well, spread them on large dishes, and let them remain in the sun until perfectly dry. Prepare the vinegar as directed and add ½ an oz. each of turmeric and curry powder to each quart of vinegar. Also allow to each quart of vinegar 1 oz. of mustard, which must be mixed smoothly with a little cold vinegar, and afterwards stirred into the boiling vinegar, but not allowed to boil. Place the prepared vegetables in jars, cover them completely with vinegar, and, when quite cold, cover closely.

2653.—RADISH-PODS, PICKLED.

Ingredients.—Young radish pods, spiced vinegar (*see* recipe for Vinegar, Spiced, No. 2704), grated horseradish.

Method.—Cover the pods with strong brine, let them remain for 12 hours, then drain the brine into a saucepan, and boil up. Pour the boiling brine over the pods, cover closely with a close-fitting lid or plate, let them remain undisturbed for 48 hours, then repeat the boiling process. Repeat again and again until the pods are perfectly green, then drain until they are quite dry, and pack them loosely in jars. Add 2 or 3 tablespoonfuls of grated horseradish to the prepared vinegar, pour it boiling over the pods, and cover closely. On the following day strain, boil and replace the vinegar, and, when quite cold, tie down securely and store in a dry, cool place.

2654.—SPANISH ONIONS, PICKLED.

Ingredients.—Medium sized onions, vinegar, salt, cayenne.

Method.—Peel the onions, slice them thinly, place them in a large jar, and sprinkle each layer liberally with salt, and lightly with cayenne pepper. Cover the whole with vinegar, exclude the air by means of a bladder, or paper brushed over on both sides with white of egg, and store in a cool, dry place. The pickle will be ready for use in 10 or 14 days.

2655.—TOMATOES, PICKLED.

Ingredients.—Small firm tomatoes, spiced vinegar (*see* recipe for Vinegar, Spiced, No. 2704), moist sugar.

Method.—Prepare the vinegar as directed, and to each quart add 1 dessertspoonful of sugar. Pack the tomatoes loosely in a large jar, cover them with boiling vinegar, and put on a close-fitting lid or plate to keep in the steam. Tie down to completely exclude the air. This pickle will only keep for a short time.

2656.—TOMATOES AND ONIONS, PICKLED.

Ingredients.—An equal weight of firm tomatoes and medium-sized Spanish onions, vinegar to cover. To each pint of vinegar allow 1 teaspoonful of peppercorns, ½ a teaspoonful of allspice, ½ a teaspoonful of salt.

Method.—Peel the onions, place them, with the tomatoes, compactly in a stewpan, add the salt, allspice and peppercorns, tied together in muslin, cover with vinegar, and simmer very gently for 5 or 6 hours. Turn into wide-necked bottles or jars, when cold cover closely, and store in a cool, dry place.

2657.—VEGETABLE MARROWS, PICKLED.

Ingredients.—Vegetable marrows, vinegar to cover. To each quart of vinegar add 4 ozs. of sugar, 1½ ozs. of ginger broken into small pieces, 1¼ ozs. of dry mustard, ½ an oz. of turmeric, 6 chillies, 1 clove of garlic finely chopped.

Method.—Boil the vinegar with the seasoning and flavouring ingredients until some of their strength and flavour is extracted. Meanwhile pare the marrows, cut them into 2-inch pieces, and remove the seeds. Add them to the boiling vinegar, cook gently for about 10 minutes, and turn into a large basin or earthenware pan. When quite cold lift the pieces of marrow carefully into wide-necked bottles or unglazed jars, pour in the vinegar, and cover closely. The pickle will be ready in 2 or 3 weeks, and should be kept in a cool, dry atmosphere.

2658.—WALNUTS, PICKLED.

Ingredients.—Green walnuts, vinegar to cover them. To each quart of vinegar allow 1 oz. of peppercorns, 1 oz. of allspice, 1 teaspoonful of salt.

Method.—Prick the walnuts well with a steel fork or large darning needle, put them into an earthenware bowl or pan, and cover them with strong cold brine, previously made by boiling the necessary quantity of water with the addition of 4 ozs. of salt to each quart of water. Stir the walnuts 2 or 3 times daily for 6 days, then drain them and cover with fresh brine. Let them remain 3 days, then again drain them, spread them on large dishes, and place them in the sun until quite black. Have ready some wide-necked bottles or unglazed jars, and three-quarters fill these with walnuts. Boil sufficient vinegar to cover them, with peppercorns, allspice and salt as stated above, for 15 minutes, and when quite cold pour the mixture over the walnuts. If closely covered, and stored in a dry, cool place, they may be kept for months.

2659.—WALNUTS, PICKLED. (Another Method.)

Ingredients.—Green walnuts, vinegar. To 3 pints of vinegar allow 1 oz. of salt and ½ an oz. each of allspice, peppercorns, cloves and whole ginger.

Method.—Wipe the walnuts with a dry cloth, put them into wide-necked bottles, or unglazed jars, and cover them with cold vinegar. Cover closely, let them stand in a cool, dry place for 4 months, then drain off the vinegar. Boil as much fresh vinegar as will cover them, with the seasonings as stated above, and pour it, while boiling hot, over the walnuts. Cover closely, and store for 3 weeks in a cool, dry place, the walnuts will then be ready for use.

Store Sauces, etc.

2660.—ANCHOVIES, ESSENCE OF.

Ingredients.—1 lb. of anchovies, 1 pint of cold water, ¼ of a pint of good vinegar, 1 saltspoonful of ground mace, 1 saltspoonful of cayenne.

Method.—Pound the anchovies in a mortar until smooth, and pass them through a fine sieve. Put the parts that will not pass through the sieve into a stewpan, add any liquor there may be in the bottles from which the anchovies were taken, the mace, cayenne, and water, simmer gently for ½ an hour, then strain, and mix it with the anchovy purée. Return the mixture to the stewpan, bring to boiling point, add the vinegar, simmer very gently for 10 minutes longer, and when quite cold pour into small bottles. Cork securely, cover the corks with melted wax, and store for use in a cool, dry place.

2661.—ANCHOVY KETCHUP.

Ingredients.—1 quart of good ale, ¼ of a lb. of anchovies, 3 finely-chopped shallots, 1 tablespoonful of mushroom ketchup, ½ a teaspoonful of castor sugar, ½ a teaspoonful of ground ginger, ¼ of a teaspoonful of ground mace, 2 cloves.

Method.—Put all these ingredients into a stewpan, simmer very gently for about 1 hour, and strain. When quite cold, pour the ketchup into small bottles, cork them tightly, and store in a cool, dry place.

2662.—CARRACK SAUCE. (For Cold Meat.)

Ingredients.—1 quart of vinegar, 5 dessertspoonfuls of mushroom ketchup, 5 dessertspoonfuls of soy, 8 dessertspoonfuls of coarsely chopped pickled walnuts, 3 dessertspoonfuls of coarsely chopped mango pickle, ½ an oz. of garlic bruised, 15 anchovies finely chopped.

Method.—Mix all the ingredients together in a bottle, let it remain in a warm place, and shake it daily for a month, when it will be ready for use.

2663.—CAMP VINEGAR.

Ingredients.—1 head of garlic, ½ an oz. of cayenne, 2 teaspoonfuls of soy, 2 teaspoonfuls of walnut ketchup, 1 pint of vinegar, cochineal to colour.

Method.—Slice the garlic, and put it, with all the above ingredients, into a clean bottle. Let it stand to infuse for 1 month, then strain it off quite clear, and it will be fit for use. Keep it in small bottles, well sealed to exclude the air.

2664.—CELERY VINEGAR.

Ingredients.—½ a lb. of finely shredded celery, or ½ an oz. of celery seed, 1 pint of good pickling vinegar, 1 level teaspoonful of salt.

Method.—Boil the vinegar, dissolve the salt in it, and pour the mixture over the celery or celery seed. When cold, cover and let it remain undisturbed for 3 weeks, then strain into small bottles, cork securely, and store for use. **Average Cost,** 7d.

2665.—CRESS VINEGAR.

Ingredients.—½ an oz. of cress seed, 1 quart of vinegar.

Method.—Bruise the seed in a mortar, and put it into the vinegar, previously boiled and allowed to grow cold. Let it infuse for a fortnight, then strain and bottle for use.

2666.—CHEROKEE.

Ingredients.—1 quart of best malt vinegar, 8 tablespoonfuls of walnut ketchup, 4 tablespoonfuls of soy, 1 oz. of cayenne, 3 cloves of garlic finely-minced.

Method.—Put these ingredients into a large bottle, cork tightly, and let them remain undisturbed for 1 month. At the end of this time, strain the liquid into small bottles, keep them well corked, and store in a dry, cool place.

2667.—CHILLI VINEGAR.

Ingredients.—50 fresh chillies, 1 pint of good pickling vinegar.

Method.—Cut the chillies in halves. Boil the vinegar, let it become quite cold, then pour it over the chilies. Cork closely, and store for use. **Average Cost,** 1s. 4d. per quart.

2668.—CUCUMBER KETCHUP.

Ingredients.—Cucumbers, salt, peppercorns.

Method.—Pare the cucumbers, slice them as thinly as possible into a basin, and sprinkle them liberally with salt. Let them remain closely covered until the following day, then strain the liquor from the cucumbers into a stewpan, add 1 teaspoonful of peppercorns to each pint, and simmer gently for about ½ an hour. When cold, strain into bottles, cork tightly, and store in a cool, dry place. This ketchup imparts an agreeable flavour to sweetbreads, calf's brains, chicken mixtures, and other delicate preparations.

2669.—CUCUMBER VINEGAR.

Ingredients.—Cucumbers, vinegar to cover them. To each pint of vinegar allow 2 shallots, 1 clove of garlic, 1 teaspoonful of white peppercorns, 1 teaspoonful of salt.

Method.—Boil the vinegar, salt and peppercorns together, for 20 minutes, and allow the mixture to become quite cold. Slice the cucumbers without paring them, into a wide-necked bottle or jar, add the shallots and garlic, and the vinegar when cold. Let the preparation remain closely covered for 14 days, then strain off into smaller bottles, cork tightly, and store in a cool, dry place.

2670.—ESCAVEEKE SAUCE.

Ingredients.—1 quart of French white-wine vinegar, the finely-grated rinds of 2 lemons, 12 shallots, 4 cloves of garlic, 2 tablespoonfuls of coriander seed, 1 teaspoonful of ground ginger, 1 teaspoonful of salt, 1 level teaspoonful of cayenne.

Method.—Pound all the dry ingredients well together, and put them into an earthenware vessel. Boil the vinegar, and add it, boiling hot, to the pounded preparation. When quite cold, pour into small bottles, cork tightly, and store for use.

2671.—GARLIC VINEGAR. (*See* Shallot Vinegar, No. 2691.)

2672.—HARVEY SAUCE.

Ingredients.—1 quart of good vinegar, 3 anchovies, 1 tablespoonful of soy, 1 tablespoonful of walnut ketchup, 1 finely-chopped shallot, 1 finely-chopped clove of garlic, ¼ of an oz. of cayenne, a few drops of cochineal.

Method.—Cut each anchovy into 3 or 4 pieces, place them in a wide-necked bottle or unglazed jar, add the shallots, garlic, and the rest of the ingredients, and cover closely. Let the jar stand for 14 days, during which time the contents must be either shaken or stirred at least once a day. At the end of this time strain into small bottles, cork them securely, and store the sauce in a cool, dry place.

2673.—HERB POWDER. (*See* To Dry Herbs for Winter Use, No. 2695.)

2674.—HERB SAUCE.

Ingredients.—1 stick of horseradish, 2 finely-chopped shallots, a few sprigs each of winter savory, basil, marjoram, thyme, tarragon, 6 cloves, the finely-pared rind and juice of 1 lemon, 2 tablespoonfuls of good vinegar, 1 pint of water.

Method.—Wash and scrape the horseradish, and remove the stalks of the herbs. Put all the ingredients together in a stewpan, simmer gently for 20 minutes, then strain, and, when quite cold, pour into small bottles. Cork securely and store for use.

2675.—HORSERADISH VINEGAR.

Ingredients.—8 ozs. of grated horseradish, 1 tablespoonful of finely-chopped shallots, 1 heaped teaspoonful of salt, ½ a teaspoonful of cayenne, 4 pints of good malt vinegar.

Method.—Mix the horseradish, shallots, salt and cayenne together, boil the vinegar and pour it over them, cover closely, and allow the vessel to stand in a warm, but not hot, place for 10 days. Strain the vinegar into a stewpan, bring to boiling point, let it cool, then pour into small bottles, cork closely, and store in a cool, dry place.

2676.—INDIAN CURRY POWDER.

Ingredients.—¼ of a lb. of coriander seed, ¼ of a lb. of turmeric, 2 ozs. of cinnamon seed, ½ an oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, ½ an oz. of allspice, 2 ozs. of fenugreek-seed.

Method.—Put all the ingredients in a cool oven, where they should remain for 1 night. Then pound them in a mortar, rub them through a sieve, and mix thoroughly together. Keep the powder in a bottle, from which the air should be completely excluded.

2677.—INDIAN MUSTARD.

Ingredients.—¼ of a lb. of mustard, ¼ of a lb. of flour, ½ an oz. of salt, 4 shallots chopped, 4 tablespoonfuls of vinegar, 4 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of anchovy sauce.

Method.—Put the mustard, flour and salt into a basin, and mix them into a smooth paste with hot water. Boil the shallots with the vinegar, ketchup and anchovy sauce for 10 minutes, then add the blended flour, etc., and stir and simmer gently for 2 or 3 minutes. When quite cold pour the preparation into small bottles, cork them tightly, and store in a cool, dry place.

2678.—KETCHUP. (*See* Mushroom Ketchup, No. 2682, and Walnut Ketchup, No. 2705.)

2679.—KETCHUP, PONTAC.

Ingredients.—Ripe elderberries, anchovies, shallots, vinegar, cloves, mace, peppercorns.

Method.—Remove the stalks, place the berries in a jar, cover them with vinegar, cook in a moderately hot oven for 3 hours, then strain and measure the vinegar. To each quart add ½ a lb. of coarsely chopped anchovies, 1 oz. of chopped shallots, 6 cloves, 1 blade of mace, and 24 peppercorns. Simmer gently for 1 hour, then strain and bottle for use.

Time.—About 4 hours. **Average Cost,** 2s. per quart, exclusive of the elderberries.

2680.—LEAMINGTON SAUCE.

Ingredients.—1 pint of walnut juice (*see* No. 2705), 3 pints of good vinegar, ½ a pint of soy, 1 oz. of finely-chopped shallots, ½ an oz. of cayenne, ½ an oz. of garlic, ¼ of a pint of port.

Method.—Extract the juice from the walnuts as described in Recipe No. 2705. Pound the shallots, garlic and cayenne well together, add them to the walnut-juice with the rest of the ingredients, and mix all well together. Pour into small bottles, cork tightly, and store for use.

2681.—MINT VINEGAR.

Ingredients.—Vinegar, mint.

Method.—The mint for this purpose must be young and fresh. Pick the leaves from the stalks, and fill a bottle or jar with them. Cover with cold vinegar, cover closely, and let the mint infuse for 14 days. Then strain the liquor into small bottles, cork securely, and store for use.

2682.—MUSHROOM KETCHUP.

Ingredients.—7 lbs. of flap mushrooms, $\frac{1}{2}$ a lb. of salt. To 1 quart of mushroom liquor add $\frac{1}{2}$ an oz. of allspice, $\frac{1}{2}$ an oz. of ground ginger, $\frac{1}{4}$ of a teaspoonful of pounded mace, $\frac{1}{4}$ of a teaspoonful of cayenne.

Method.—Mushrooms intended for this purpose should be gathered on a dry day, otherwise the ketchup will not keep. Trim the tips of the stalks, but do not wash nor peel the mushrooms; simply rub any part not quite clean with a little salt. Place them in a large jar, sprinkling each layer liberally with salt. Let them remain for 3 days, stirring them at least 3 times daily. At the end of that time, cook them very gently either on the stove or in a cool oven, until the juice flows freely, then strain the mushrooms through a clean cloth, and drain well, but do not squeeze them.

Replace the liquor in the jar, add allspice, ginger, cayenne and mace as stated above, place the jar in a saucepan of boiling water, and cook very gently for 3 hours. Strain 2 or 3 times through fine muslin when quite cold, pour into small bottles, cork securely, and store for use.

How to Distinguish Mushrooms from Toadstools.—The cultivated mushroom, known as *Agaricus campestris*, may be distinguished from the poisonous kinds of fungi by its having pink or flesh-coloured gills, or under side, and by its having invariably an agreeable smell, which the toadstool has not. When young, mushrooms are like a small round button, both the stalk and head being white. As they grow larger they expand their heads by degrees into a flat form, the gills underneath being first of a pale flesh colour, but becoming, as they stand longer, dark-brown or blackish. Nearly all the poisonous kinds are brown, and have in general a rank and putrid smell. Edible mushrooms are found in closely fed pastures, but seldom grow in woods, where most of the poisonous sorts flourish.

2683.—MUSHROOM POWDER.

Ingredients.—$\frac{1}{2}$ a peck of large mushrooms, 2 onions, 12 cloves, $\frac{1}{4}$ of an oz. of pounded mace, 2 teaspoonfuls of white pepper.

Method.—Peel the mushrooms, wipe them perfectly free from grit, remove the black fur, and reject all those that are at all worm-eaten. Put them into a stewpan with the above ingredients, but without water; shake them over a clear fire until all the liquor is dried up, but be careful not to let them burn. Arrange them on tins, dry them in a slow oven, pound them to a fine powder, which put into small, dry bottles, and cork well. Seal the corks, and keep it in a dry place. In using this powder, add it to the gravy just before serving, when it will merely require to be boiled up.

2684.—MUSTAPHA, OR LIVER KETCHUP.

Ingredients.—1 beef liver, 1 gallon of water, 1 oz. of ginger, 1 oz. of allspice, 2 oz. of whole black pepper, 2 lbs. of salt.

Method.—Roll the salt, rub it well into a very fresh beef liver, and place it in a vessel without crushing. Turn and rub it thoroughly daily for 10 days. Mince it into small dice, and boil in a gallon of water, closely covered until reduced to three quarts. Strain through a sieve, put it aside until the following day, then add the pepper, allspice, and ginger, and boil slowly until reduced to three pints. When cold, bottle, and keep well corked.

2685.—PIQUANT SAUCE.

Ingredients.—100 green walnuts, 5 or 6 lbs. of flap mushrooms, vinegar. To each pint of vinegar allow ½ a glass of port, 1 glass of claret, 1 teaspoonful of soy, 6 shallots, 1 clove of garlic, ½ a teaspoonful of ground ginger, ½ a teaspoonful of mustard-seed, ¼ of a teaspoonful of allspice, 2 cloves, 1 blade of mace, ¼ of a saltspoonful of cayenne.

Method.—Place the mushrooms and walnuts in separate earthenware bowls or pans, bruise them well with a pestle or wooden potato-masher, or, failing these, a heavy wooden spoon, and sprinkle them lightly with salt. Let them lie for a week. Turn and bruise them daily, then drain off the liquor, and squeeze the pulp as dry as possible. As a rule the quantity of juice thus obtained from the walnuts and mushrooms is nearly equal. Mix the two together, and boil gently until the scum, which must be carefully removed, ceases to rise. Measure the liquid, return it to the pan with an equal quantity of vinegar, and shallots, garlic, ginger, mustard-seed, allspice, cloves, mace, and cayenne in the above-stated proportions. Simmer gently for about ½ an hour, skimming well meanwhile, then turn the liquid into an earthenware vessel, and add the port, claret and soy. When quite cold, pour the sauce into small bottles, cork closely, and store in a dry, cool place.

2686.—RASPBERRY VINEGAR.

Ingredients.—Raspberries, white wine, vinegar, sugar.

Method.—Cover the raspberries with vinegar, let them remain undisturbed for 4 days, then strain through a fine hair sieve, but do not press the fruit. Pour the vinegar over a fresh lot of raspberries and proceed as before. Repeat this process two or three times, taking care to drain each lot thoroughly. Measure the vinegar, to each pint add from 12 to 16 ozs. of sugar, simmer gently for 10 minutes, skimming well meanwhile. When quite cold, bottle for use. Or, put equal measures of raspberries and vinegar into a large jar, stir the mixture 2 or 3 times daily for 10 days, then strain off the vinegar. Measure it, adding 12 ozs. of sugar to each pint, boil up, skim well, and, when cold, bottle for use. **Average Cost**, 2s. 6d. per quart.

2687.—READING SAUCE.

Ingredients.—1 quart of walnut pickle, 1 quart of cold water, ½ a pint of soy, 1½ ozs. of shallots, ½ an oz. of whole ginger bruised, ½ an oz. of capsicums, 1 oz. of mustard seed, ½ an oz. of cayenne, ¼ of an oz. of bay-leaves, 1 tablespoonful essence of anchovy.

Method.—Peel the shallots, chop them finely, place them in a fireproof jar with the liquor strained from the walnuts, and simmer gently until considerably reduced. In another fireproof jar put the water, soy, ginger, capsicums, mustard-seed, cayenne, and essence of anchovy, bring to the boil, and simmer gently for 1 hour. Now mix the contents of the two jars together, and continue the slow cooking for ½ an hour longer. Let the jar remain closely covered in a cool place until the following day, then add the bay-leaves, replace the cover, and allow the jar to remain undisturbed for 7 days. At the end of this time, strain off the liquor into small bottles, and store for use.

2688.—SHALLOT OR GARLIC PICKLE.

Ingredients.—2 quarts of the best white wine vinegar, ½ a lb. of shallots or garlic, 2 ozs. of whole ginger, 2 ozs. of chillies, 4 ozs. of mustard seed, 2 ozs. of turmeric.

Method.—Cover the ginger with strong brine made by boiling together 1 pint of water and 6 ozs. of salt, let it remain for 5 days, then slice it thinly, and dry it in the sun. Peel the shallots or garlic, sprinkle liberally with salt, and let them remain thus for 3 days. Place the ginger, shallots, chillies, mustard seed and turmeric in a wide-necked bottle, pour in the vinegar, cover closely, and store in a dry, cool place.

2689.—SHALLOT SAUCE.

Ingredients.—1 pint of sherry, 4 ozs. of shallots.

Method.—Skin the shallots, chop them finely, and put them into a wide-necked bottle. Pour over them the sherry, let them remain closely corked for 14 days, then strain off the liquor into small bottles. Cork lightly, and store for use.

2690.—SHALLOT SAUCE. (Another Method.)

Ingredients.—1 pint of sherry, 6 ozs. of shallots, ¼ of a teaspoonful of cayenne.

Method.—Skin 4 ozs. of shallots, chop them finely, put them into a bottle, and add the wine. Keep the bottle well corked for 10 days, then strain the liquid, replace it in the bottle, add the remaining 2 ozs. of shallots, peeled, but whole, and the cayenne. Cork securely, store in a cool, dry place for 6 weeks, then strain the liquid into small bottles, and store for future use.

2691.—SHALLOT VINEGAR.

Ingredients.—1 quart of good vinegar, 4 ozs. of shallots.

Method.—Remove the skins, chop the shallots finely, and put them into a wide-necked bottle. Pour in the vinegar, cork securely, and put the bottle aside for 10 days, during which time it must be shaken at least once a day. At the end of this time strain the vinegar through fine muslin, put it into small bottles, cork closely, and store for use.

2692.—SOY, INDIAN.

This sauce is usually bought ready prepared. It is imported from China and Japan, where it is made from a small bean, the produce of Dolichos Soja. Japanese soy is usually preferred to that of China, because it is free from the sweet treacly flavour which distinguishes the latter. When well made it has a good brown colour, thick consistence, and is clear.

2693.—SOY, JAPANESE.

Ingredients.—An equal weight of beans, coarse barley meal, and salt.

Method.—Wash the beans well, boil them in water until tender, and pound them in a mortar, adding the barley meal gradually. Put the mass into an earthenware bowl, cover with a cloth, and let it stand in a warm place for several days, until it is sufficiently fermented, but not mouldy. To each lb. of salt add 4 pints of water, stir until the salt is dissolved, then stir it into the fermented mass. Keep the bowl or pan closely covered for 3 months, during which time it must be daily stirred for at least 1 hour. At the end of this time strain through fine cloths, pressing the insoluble portion well, in order to extract as much of the moisture as possible. Let it stand again until quite clear, then drain off, and bottle for use.

In making Chinese soy, the liquid extracted is boiled and re-boiled with a varying amount of sugar, mace, ginger and pepper, until it acquires the desired consistency.

2694.—TARRAGON VINEGAR.

Ingredients.—Tarragon, vinegar.

Method.—Tarragon leaves intended for this purpose should be gathered on a dry day about the end of July, just before the plant begins to bloom. Remove the stalks, bruise the leaves slightly, put them into a wide-necked bottle, and cover them with vinegar. Cover closely so as to completely exclude the air, and let the bottle stand in a cool, dry place for 7 or 8 weeks. Now strain the liquid through fine muslin until it is quite clear, put it into small bottles, cork tightly, and store them in a cool, dry place.

2695.—TO DRY HERBS FOR WINTER USE.

Gather the herbs on a dry day, just before they begin to flower. Dry them quickly before or near the fire, then strip the leaves from the stalks, put them in a moderately-hot oven on baking-tins until crisp, then rub them between the palms of the hands until reduced to a powder. Pass through a fine sieve to remove the small stalks, put into hot, perfectly dry bottles, cork tightly, and store for use. Herbs are sometimes dried and put into paper bags, but this method is not to be recommended, for they not only lose much of their flavour, but they are less easily powdered than when freshly dried.

2696.—TO DRY MUSHROOMS.

Method.—Wipe them with a dry cloth, take away the brown part, and peel off the skin. Lay them in a cool oven on sheets of paper to dry, when they will shrivel considerably. Keep them in paper bags which hang in a dry place. When wanted for use, put them into cold gravy, bring them gradually to simmer, and it will be found that they will regain nearly their natural size.

The Mushroom.—The cultivated or garden mushroom is a species of fungus which, in England, is considered the best, and is there usually eaten. The tribe, however, is numerous, and a large proportion are poisonous; hence it is always dangerous to make use of mushrooms gathered in their natural state. In some parts of Europe, as in Germany, Russia and Poland, many species grow wild, and are used as food; but in Britain, two species only are generally eaten. These are mostly employed for the flavouring of dishes, and are also dried and pickled. Catsup, or ketchup, is made from mushrooms by mixing spices and salt with their juice. The young, called buttons, are the best for pickling when in the globular form.

2697.—TO PRESERVE PARSLEY.

Method.—Use freshly-gathered parsley for keeping, wash it perfectly free from grit and dirt, put it into boiling water which has been slightly salted and well skimmed, and then let it boil for 2 or 3 minutes. Take it out, let it drain, and lay it on a sieve in front of the fire, when it should be dried as expeditiously as possible. Store it away in a very dry place in bottles, and when wanted for use, pour over it a little warm water, and let it stand for about 5 minutes.

2698.—TO PRESERVE WALNUTS.

Ingredients.—To every pint of water allow 1 teaspoonful of salt. Walnuts.

Method.—Place the walnuts in the salt and water for at least 24 hours; then take them out and rub them dry. Old nuts may be freshened in this manner; or walnuts, when first picked, may be put into an earthen pan with salt sprinkled amongst them, and with damped hay placed on the top and then covered down with a lid. The walnuts must be well wiped before they are put on the table.

2699.—TOMATO CHOW CHOW.

Ingredients.—6 large tomatoes, 1 Spanish onion, 1 green capsicum, 2 tablespoonfuls of brown sugar, 1 tablespoonful of salt, ½ a pint of vinegar.

Method.—Peel and chop the onion coarsely. Blanch the tomatoes, remove the skins, and slice them finely. Place the onion and tomatoes in a stewjar, add the capsicum finely-chopped, the sugar, salt and vinegar, and cook in a slow oven until the onion is quite tender. When cold turn into small jars or wide-necked bottles, cover closely, and store in a cool, dry place.

2700.—TOMATO SAUCE.

Ingredients.—To each quart of tomato pulp allow 1 pint of chilli vinegar, ¼ of a pint of soy, 1 tablespoonful of anchovy essence, 2 finely-chopped shallots, 1 finely-chopped clove of garlic, salt to taste.

Method.—Bake the tomatoes in a slow oven until tender, rub them through a fine sieve, and measure the pulp. Put it into a stewpan, add the rest of the ingredients, simmer until the shallots and garlic are quite tender, and pass the whole through a tammy or fine hair sieve. Store in air-tight bottles.

2701.—TOMATO SAUCE. (Another Method.)

Ingredients.—12 large tomatoes, 2 Spanish onions, 1 oz. of salt, ½ a teaspoonful of cayenne, 1 pint of vinegar.

Method.—Peel the onions, slice them thinly, place them in a stewjar with the tomatoes, and cook in a slow oven until tender. Pass the pulp through a fine hair sieve, put it into a stewpan with the vinegar, salt and cayenne, and simmer gently for 10 minutes. Store for use in small air-tight bottles.

2702.—TOMATO SAUCE. (Another Method.)

Ingredients.—12 large tomatoes, 2 tablespoonfuls of malt vinegar, 1 dessertspoonful of salt, 1 dessertspoonful of ground ginger, 1 saltspoonful of cayenne, 1 finely-chopped clove of garlic.

Method.—Put the tomatoes into a stewjar, add the salt and garlic, cook until tender, and rub through a fine hair sieve. Add the rest of the ingredients; when well mixed, turn into small bottles, cork tightly, and store them in a cool, dry place.

2703.—TOMATO VINEGAR.

Ingredients.—18 sound tomatoes, 3 or 4 ozs. of salt, 1 quart of good vinegar, ¼ of a pint of mustard seed, mace, cloves, nutmeg.

Method.—Cut each tomato across into quarters, but without separating them at the bottom. Place them in a large jar, sprinkling each layer with salt, and cook them in a *very slow* oven for 12 hours. Add the mustard seed and spices to taste, boil and add the vinegar, and cover closely. Let the jar stand by the side of the fire for 5 or 6 days, and either stir or shake it several times daily. When ready strain into small bottles, cork them securely, and store for use. **Average Cost,** 1s. 8d. per quart.

2704.—VINEGAR, SPICED.

Ingredients.—1 pint of good vinegar, 1 oz. of black peppercorns, ½ an oz. of whole ginger, ½ an oz. of salt, ¼ of an oz. of allspice, ½ an oz. of finely chopped shallots, 2 cloves of garlic bruised, 2 bay-leaves.

Method.—Pound or crush the peppercorns, ginger and allspice, put all into a jar, add the rest of the ingredients, and cover closely. Let the jar remain in a warm place for 1 week, then place it in a saucepan containing boiling water, and cook gently for 1 hour. When cold, cover closely, and store for use.

Time.—To cook, 1 hour. **Average Cost,** 10d.

2705.—WALNUT KETCHUP.

Ingredients.—100 green walnuts, 1 quart of good vinegar, 3 ozs. of salt, 4 ozs. of anchovies, 12 finely-chopped shallots, ½ a stick of finely-grated horseradish, ½ a teaspoonful each of mace, nutmeg, ground ginger, ground cloves and pepper, 1 pint of port.

Method.—The walnuts must be very young and tender. Bruise them slightly, put them into a jar with the salt and vinegar, and let them remain for 8 days, stirring them daily. Drain the liquor from them into a stewpan, add to it the rest of the ingredients, simmer very gently for 40 minutes, and when quite cold, strain the preparation into small bottles. Cork them closely, cover with melted wax, and store in a cool, dry place.

2706.—WORCESTER SAUCE.

Ingredients.—1 quart of best brown vinegar, 6 tablespoonfuls of walnut ketchup, 5 tablespoonfuls of essence of anchovy, 4 tablespoonfuls of soy, ½ a teaspoonful of cayenne, 4 very finely-chopped shallots, salt to taste.

Method.—Put all these ingredients into a large bottle, and cork it closely. Shake it well 3 or 4 times daily for about 14 days, then strain the sauce into small bottles, cork them tightly, and store in a cool, dry place.

SAVOURIES, HORS D'OEUVRES, AND BREAKFAST DISHES

CHAPTER XXXVIII

All such familiar standard dishes as fish, kidneys, cutlets, bacon, rissoles, etc., have been fully dealt with under their respective headings of Fish, Veal, Beef, Lamb, Mutton and Pork.

The following recipes are simply a compilation of useful preparations specially adapted for the requirements of the morning meal, luncheon, etc., grouped together irrespective of their composition, to suit the convenience of the reader. Economical recipes for utilising cooked meat also appear in Chapter XXVIII; for, although chiefly intended to show how tinned meats may be advantageously used, they are equally applicable to cooked meat of any description; and it is hardly necessary to add, that the preparations would gain considerably in nutritive value if made of fresh meat. Those who prefer farinaceous dishes to more solid food should refer to Chapter No. XL.

Savouries and Hors d'Oeuvres

2707.—ANCHOVY AIGRETTES. (*Fr.*—Aigrettes d'Anchois.)

Ingredients.—6 anchovies, 2 tablespoonfuls of thick white sauce (*see* Sauces), 1 teaspoonful of grated Parmesan cheese, essence of anchovy, cayenne, frying-batter (*see* p. 882), frying-fat.

Method.—Wash and dry the anchovies, remove the bones, and divide them into small fillets. Mix with them the white sauce and cheese, and add anchovy sauce and cayenne to taste. Drop small teaspoonfuls of the mixture into the batter, taking care to coat them completely, then fry them in hot fat until crisp and lightly browned, and drain well. Dish in a pyramidal form, sprinkle with Parmesan cheese and Krona pepper, and serve as quickly as possible.

Time.—Half an hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2708.—ANCHOVY BISCUITS, ROYAL. (*Fr.*—Biscuits d'Anchois à la Royale.)

Ingredients.—For the paste: 3 ozs. of flour, 1½ ozs. of butter, ½ an egg, ½ a teaspoonful of essence of anchovy, a few grains of cayenne, a few drops of carmine or cochineal. For the anchovy cream: 4 anchovies, 1 hard-boiled yolk of egg, 1 dessertspoonful of clarified butter, 3 tablespoonfuls of cream, cayenne, watercress.

Method.—Rub the butter into the flour, add the egg, anchovy essence, and water to mix to a stiff paste. Roll out thinly, stamp into rounds 1¾ inches in diameter, bake in a moderate oven until crisp, and use when cool. Wash, bone and dry the anchovies, pound them with the yolk of egg and butter until smooth, season with a little cayenne, and rub through a fine sieve. Whip the cream stiffly, stir the fish preparation in lightly, and by means of a forcing bag fill the centre of each biscuit in the form of a cone. Decorate tastefully with leaves or watercress, and serve.

Time.—1 hour. **Average Cost,** about 1s. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2709.—ANCHOVY D'ARTOIS. (*Fr.*—D'Artois aux Anchois.)

Ingredients.—1 tablespoonful of anchovy paste, 1½ tablespoonfuls of grated Parmesan cheese, 1 tablespoonful of cream or white sauce, cayenne, 1 egg, 5 or 6 ozs. of puff paste.

Method.—Moisten the anchovy paste with sufficient cream or white sauce to enable it to be easily spread. Roll the paste out 3 times, sprinkling it each time with cheese and a very little cayenne pepper. Finally roll it into a strip 6 inches wide and about ¼ of an inch in thickness, and cut it in half lengthwise. Spread the anchovy preparation on one half, and cover this with the other, then cut it into strips 1 inch wide, and trim them to a uniform size. Place them on a wetted baking-tin, bake in a quick oven until the paste has risen and set, then brush over with egg, sprinkle with cheese, and replace in the oven until crisp and nicely browned. Serve hot.

Time.—To bake, 10 minutes. **Average Cost,** about 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2710.—ANCHOVY AND EGG FINGERS. (*Fr.*—Canapés d'Anchois aux Œufs.)

Ingredients.—8 or 10 anchovies, 2 hard-boiled eggs, 1 tablespoonful of finely-chopped pickled gherkin, fried croûtons, butter, anchovy-essence, cayenne.

Method.—Wash, bone and dry the anchovies; rub the yolks of the eggs through a fine sieve, and chop the whites finely. Cut thin slices of stale bread into fingers, fry them in clarified butter or fat, and drain well. Add a pinch of cayenne and a few drops of anchovy-essence to a little butter, mix well, spread it on the fingers, and lay on each an anchovy. Decorate in 3 divisions, covering the centre lightly with gherkin, with the white and yolk of egg on opposite sides. Make thoroughly hot before serving.

Time.—1 hour. **Average Cost,** from 1s. to 1s. 3d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2711.—ANCHOVY CROÛTES, INDIAN STYLE. (*Fr.*—Croûtes d'Anchois à l'Indienne.)

Ingredients.—8 or 10 anchovies, ½ a teaspoonful of curry-paste, 1 hard-boiled egg, toast, butter, lemon-juice, Krona pepper, chopped parsley.

Method.—Bone, wash and dry the anchovies, and divide them into fillets. Chop the white of the egg finely, rub the yolk through a fine sieve, and incorporate with it the curry-paste, and as much liquid butter as necessary to mix the whole to a moist paste. Let the toast be thin and crisp, cut it into rounds or triangles, butter well, spread on the mixture, lay on each a filleted anchovy, and season with Krona pepper. Add 2 or 3 drops of lemon-juice, decorate with white of egg, sprinkle half the croûtes with Krona pepper, and the remainder with parsley. Place them in a hot oven for 3 or 4 minutes, then serve.

Time.—1 hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2712.—ANCHOVY ECLAIRS. (*Fr.*—Eclairs d'Anchois.)

Ingredients.—8 to 10 anchovies, puff paste trimmings, grated Parmesan cheese, 1 egg.

Method.—The eclairs should have the appearance of miniature sausage rolls. Wash, bone and dry the anchovies. Roll the paste out thin, cut it into oblong pieces, slightly longer than the anchovies. Enclose an anchovy in each piece, seal the edge folded over with a little egg, sprinkle with cheese, and bake in a brisk oven until nicely browned and crisp. Serve hot.

Time.—Half an hour. **Average Cost,** 10d., exclusive of the paste. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2713.—ANCHOVY EGGS. (*Fr.*—Anchois aux Œufs.)

Ingredients.—4 anchovies, 4 hard-boiled eggs, 2 tablespoonfuls of white sauce, 1 teaspoonful of essence of anchovy, watercress, cayenne.

Method.—Cut the eggs across in halves, remove the yolks carefully, and cut off the extreme end of each half to enable them to stand firmly. Wash, bone and dry the anchovies, chop them coarsely, and pound them with the yolks of eggs till smooth. Add the anchovy essence, and the white sauce gradually until a moist paste is formed; then season to taste, and rub through a hair sieve. Fill the white of egg cases with the preparation, garnish with watercress seasoned with oil and vinegar, and serve.

Time.—Half an hour. **Average Cost,** 1s. 3d. **Sufficient** for 8 persons. **Seasonable** at any time.

2714.—ANCHOVY FINGERS. (*Fr.*—Canapés d'Anchois.)

Ingredients.—8 or 10 anchovies, ½ a teaspoonful of finely-chopped parsley, 1 finely-chopped shallot, ½ an oz. of butter, buttered toast, Krona pepper, white pepper.

Method.—Bone the anchovies and wash them in warm water. Cut the toast into fingers, sprinkle them with shallot and parsley, and lay on each an anchovy. Add a few drops of lemon-juice and a seasoning of pepper, sprinkle on a little Krona pepper, place a morsel of butter on each, make hot in the oven, and serve.

Time.—Half an hour. **Average Cost,** 1s. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2715.—ANCHOVIES, FRIED. (*Fr.*—Anchois en Fritot.)

Ingredients.—8 to 10 anchovies preserved in oil, ½ a teaspoonful of finely-chopped parsley, 1 finely-chopped shallot, 1 teaspoonful of lemon-juice, cayenne, Krona pepper, frying-fat, frying-batter (*see* p. 882).

Method.—Wash, bone and dry the anchovies, sprinkle over them the lemon-juice, parsley and shallot, cover with a plate, and let them remain in the marinade for about 1 hour. Make the batter as directed, dip in the anchovies, fry them in hot fat until nicely browned, then drain well. Pile on a hot dish, sprinkle with Krona pepper, garnish with crisply-fried parsley, and serve.

Time.—2 hours. **Average Cost,** 1s. 3d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2716.—ANCHOVY RISSOLETTES. (*Fr.*—Rissolettes d'Anchois.)

Ingredients.—4 anchovies, 3 raw yolks of eggs, 1 whole raw egg, 1 oz. of butter, 1 teaspoonful of grated Parmesan cheese, bread-crumbs, cayenne, frying-fat.

Method.—Wash, skin, bone and dry the anchovies, then chop them and rub them through a fine sieve. Steam or bake the yolks of eggs in a buttered cup or small mould, and pass them through a sieve. Melt the butter, mix with it the anchovies, yolk of eggs and cheese, adding cayenne to taste. Roll out the paste as thin as a wafer, cut it into ¾-inch diameter rounds, place on each half 1 teaspoonful of the preparation, wet the edges, and fold over into a crescent shape. Brush over with egg, coat with breadcrumbs, fry in hot fat until crisp and nicely browned, then drain well. Dish in a pyramidal form, sprinkle with Parmesan cheese and Krona pepper, and serve as hot as possible.

Time.—1 hour. **Average Cost,** 1s. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2717.—ANCHOVIES, RUTLAND STYLE. (*Fr.*—Anchois à la Rutland.)

Ingredients.—For the cheese paste: 3 ozs. of flour, 1½ ozs. of butter, 1 dessertspoonful of grated Parmesan cheese, the yolk of 1 egg, salt, cayenne. For the preparation: 4 anchovies, 1 hard-boiled egg, 1 tablespoonful of thick white sauce, anchovy-essence, carmine or cochineal, watercress.

Method.—Rub the butter into the flour, add the cheese, yolk of egg, a little salt and cayenne, and water to mix to a stiff paste. Roll out thinly, cut into 1¾ inch squares, bake them in a moderate oven until crisp, and use when cool. Wash, bone and dry the anchovies, and divide them into fine ½ inch strips. Mix with them the white sauce and the finely-sieved yolk of egg, season with cayenne, add a few drops of anchovy essence and carmine, drop by drop, until a pale pink colour is obtained. Pile the preparation on the biscuits, garnish with fine strips of white of egg, and leaves of watercress or chervil.

Time.—1½ hours. **Average Cost,** 1s. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2718.—ANCHOVY TARTLETS. (*Fr.*—Tartlettes d'Anchois.)

Ingredients.—Anchovy paste, anchovy cream (*see* Anchovy Biscuits, No. 2708), capers, lobster coral or Krona pepper.

Method.—Line very small patty-pans with the paste, prick it all over, cover the paste with buttered paper, and fill with rice. Bake in a moderately hot oven until crisp, remove the paper and rice, and when cold fill with the anchovy cream. The mixture should be piled high in the centre, and sprinkled with lobster coral or Krona pepper, the base of each being garnished with capers.

Time.—1½ hours. **Average Cost,** about 1s. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2719.—ANCHOVY TOAST. (*Fr.*—Croûtes d'Anchois.)

Ingredients.—6 anchovies, ½ an oz. of butter, 1 yolk of egg, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, toast, butter, cayenne pepper.

Method.—Wash and bone the anchovies, and chop them coarsely. Heat the butter in a small stewpan, fry the shallot until lightly browned, then add the anchovies, parsley and yolk of egg, and season with cayenne. Stir by the side of the fire until the mixture thickens, then pour it on the toast, previously well-buttered, and serve as hot as possible.

Time.—Half an hour. **Average Cost,** 10d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2720.—"ANGELS ON HORSEBACK." (*Fr.*—Les Anges à Cheval.)

Ingredients.—12 oysters, 12 small thin slices of bacon, 12 small round croûtes of fried bread, ½ a teaspoonful of finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lemon-juice, Krona pepper.

Method.—Beard the oysters, trim the bacon, cutting each piece just large enough to roll round an oyster, season with Krona pepper, sprinkle on a little shallot and parsley. Lay an oyster on each, add a few drops of lemon-juice, roll up tightly, and secure the bacon in position with a large pin. Fry in a frying-pan or bake in a hot oven just long enough to crisp the bacon (further cooking would harden the oysters), remove the pin and serve on the croûtes.

Time.—20 minutes. **Average Cost,** 1s. 9d. to 2s. 9d. **Sufficient** for 8 or 9 persons. **Seasonable** from September to March.

2721.—BLOATER TOAST. (*Fr.*—Croûtes à la Yarmouth.)

Ingredients.—2 bloaters with soft roes, 1½ ozs. of butter, 1 egg, salt, cayenne, 8 squares of buttered toast.

Method.—Remove the roes, grill the herrings, free them from skin and bone, then chop them, and rub them through a fine sieve. Heat the butter in a small stewpan, add the fish, and when hot put in the egg, season to taste, and stir by the side of the fire until the mixture thickens. Meanwhile divide the roes into 8 pieces, and fry them in the remainder of the butter. Spread the fish preparation on the croûtes, lay the roe on the top, and serve as hot as possible.

Time.—1 hour. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2722.—CAVIARE AND PRAWNS. (*Fr.*—Caviar aux Ecrevisses.)

Ingredients.—1½ ozs. of caviare, 32 small prawns, capers, 1 lemon, ½ a shallot very finely-chopped, brown bread, butter, cayenne.

Method.—Prepare thin slices of brown bread and butter, cut from them 8 or 9 rounds about 1½ inches in diameter, and cover them with thin slices of lemon trimmed to the size of the croûte. Add the shallot and a few drops of lemon-juice to the caviare, season with cayenne, and stir with a wooden spoon or skewer. Pile the preparation on the croûtes; with the point of a wooden skewer hollow the centre down to the lemon, and fill the cavity with capers. Arrange 4 pickled prawns in a nearly upright equi-distant position, then serve.

Time.—1 hour. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2723.—CAVIARE BOUCHÉES. (*See* Caviare Patties, No. 2726.)

2724.—CAVIARE CROÛSTADES. (*Fr.*—Croûstades au Caviar.)

Ingredients.—1 small pot of caviare, 1 dessertspoonful of lemon-juice, 1 finely-chopped shallot, stale bread, clarified butter, anchovy butter (*see* p. 1114).

Method.—From slices of stale bread about ½ to ¾ of an inch in thickness, cut or stamp out 9 or more rounds, ovals, or squares, 2 inches in diameter, and with a smaller cutter, or a knife, make an inner circle, oval, or square, ⅓ of an inch from the outer edge of the croûstade. Fry them carefully in clarified butter until lightly browned, then with the point of a small sharp knife lift out the inner ring, remove all moist crumbs, place them in a moderate oven to become crisp and dry, and cool before using. Add the shallot and lemon-juice to as much caviare as will be required to fill the cases, stir well with a wooden skewer, and put the preparation into the cases. Make the anchovy butter as directed, put it into a forcing-bag or paper cornet, and decorate the border of each croûstade. Serve cold.

Time.—1 hour. **Average Cost,** from 3s. to 3s. 6d. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

2725.—CAVIARE PANCAKES. (*Fr.*—Caviar de Russe aux blenis.)

Ingredients.—Pancake batter (*see* No. 1930), Russian caviare.

Method.—Make the pancakes as small and as thin as possible. Spread them with caviare, roll them tightly, and cut off the ends in a sharply-slanting direction. Serve as quickly as possible.

Time.—To fry each pancake, from 2 to 3 minutes. **Average Cost,** uncertain. **Sufficient,** allow 1 to each person. **Seasonable** at any time.

2726.—CAVIARE PATTIES. (*Fr.*—Bouchées au Caviar.)

Ingredients.—1 small pot of caviare, 2 tablespoonfuls of tomato sauce, ½ an oz. of butter, 1 finely-chopped shallot, a few drops of lemon-juice, fried parsley, puff paste No. 1665.

Method.—Prepare 6 or 8 1½-inch diameter patty cases (*see* No. 795); when baked, remove and preserve the lids, scoop out the soft inside, and keep the cases hot until required. Cook the shallot slightly in the butter, then add the caviare, tomato sauce and a few drops of lemon-juice. Fill the cases with the preparation, put on the lids, garnish with crisply-fried parsley, and serve.

Time.—1 hour. **Average Cost,** 3s. 3d., exclusive of the paste. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2727.—CHEESE AIGRETTES. (*Fr.*—Aigrettes au Parmesan.)

Ingredients.—3 ozs. of grated Parmesan cheese, 4 ozs. of flour, 2 ozs. of butter, 3 yolks of eggs, ½ a pint of water, cayenne, salt.

Method.—Put the butter and water into a small stewpan; when boiling add the previously dried and sieved flour, and stir vigorously over the fire until the panada leaves the sides of the pan quite clean. Now mix in, off the fire, the cheese, the yolks of eggs, beating each one in separately, add seasoning to taste, and lastly stir in the stiffly-whipped whites of eggs. Turn on to a plate, and when cold drop small rough pieces of it into hot fat, but they must not fry too quickly or the surface will become too brown before the interior is sufficiently cooked. On the other hand, if the fat is too cold it soaks into the paste, and the aigrettes are greasy. As the success of this dish depends chiefly on the frying, the greatest possible care should be bestowed upon it. After being well drained the aigrettes are usually arranged in a pyramidal form on a folded napkin or dish-paper, and sprinkled with Parmesan cheese or Krona pepper.

Time.—1 hour. **Average Cost,** 1s. 2d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2728.—CHEESE BALLS. (*Fr.*—Ballons au Fromage.)

Ingredients.—2 ozs. of grated Cheshire or Cheddar cheese, 1 oz. of flour, 1 egg, salt, pepper, cayenne, frying-fat.

Method.—Mix the cheese, flour, and yolk of egg together, add salt, pepper, and cayenne to taste, then whip the white of the egg to a stiff froth and stir it lightly into the rest of the ingredients. Have ready a deep pan of hot fat, drop in the mixture in teaspoonfuls and fry until nicely browned. Drain well, and dish in a pyramidal form on a folded serviette or dish paper.

Probable Cost.—3d. or 4d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2729.—CHEESE BISCUITS. (*Fr.*—Biscuits au Fromage.)

Ingredients.—12 water biscuits, 2 tablespoonfuls of grated Cheshire or Cheddar cheese, butter, white pepper, Krona pepper.

Method.—Spread the biscuits with butter, sprinkle them liberally with cheese, season well with white pepper, and, if convenient, add also a little Krona pepper. Place the biscuits in a moderate oven until the cheese melts, then serve them as quickly as possible.

Time.—10 minutes. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2730.—CHEESE BISCUITS WITH CREAM. (*Fr.*—Biscuits de Fromage à la Crème.)

Ingredients.—3 ozs. of Vienna flour, 1 oz. of ordinary flour, 4 ozs. of grated Parmesan cheese, 3 ozs. of butter, 2 yolks of eggs, ½ a gill of cream, ½ a lemon, salt, cayenne, Krona pepper.

Method.—Rub the butter into the flour, add 3 ozs. of cheese, a saltspoonful of salt and a good pinch of cayenne, and mix into a VERY stiff paste with the yolk of eggs and lemon-juice, adding a few drops of milk if necessary. Roll out to about ⅛ of an inch in thickness, stamp out some rounds 1¾ inches in diameter, prick them with a fork, and bake them in a moderately cool oven until crisp, then let them get cool. Whip the cream stiffly, stir in the remainder of the cheese, add a pinch of cayenne; force out, by means of a forcing-bag or paper cornet, a little pyramid in the centre of each biscuit. Sprinkle with Krona pepper, and serve cold on a folded napkin or dish paper.

Time.—1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

2731.—CHEESE CREAM, COLD. (*Fr.*—Crème au Fromage Froid.)

Ingredients.—¾ of an oz. of grated Parmesan cheese, ¾ of an oz. of grated Gruyère or Cheddar cheese, 1 gill of cream, ½ a gill of aspic jelly, made mustard, cayenne, Krona pepper, watercress.

Method.—Season the cheese with a mustardspoonful of mustard, a saltspoonful of salt, and a good pinch of cayenne, then add to these ingredients the aspic jelly, previously stiffly-whipped. Whip the cream until stiff, stir it in lightly, turn the preparation into paper soufflé cases, put them aside in a cool place for 1 hour, then sprinkle with Krona pepper, garnish with watercress, and serve. Or, the mixture may be put into small dariol moulds, previously coated with aspic jelly, and decorated with chilli, etc.

Time.—2 hours. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2732.—CHEESE CREAM CROÛTES. (*Fr.*—Croûtes de Fromage.)

Ingredients.—Ingredients for cheese mixture as in the preceding recipe, croûtes of fried bread $1\frac{3}{4}$ inches in diameter, chopped aspic jelly, watercress, Krona pepper.

Method.—Spread the cheese cream mixture on the bottom of a sauté-pan or shallow baking-tin, and when set cut it into rounds the same size as the croûtes. Sprinkle each round with a little Krona pepper, and serve garnished with chopped aspic jelly and watercress seasoned with salad-oil and vinegar.

Time.—2 hours. **Average Cost,** 1s. 2d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2733.—CHEESE CROÛSTADES. (*Fr.*—Croûstades au Fromage.)

Ingredients.—2 ozs. of grated Cheshire or Cheddar cheese, 1 oz. of breadcrumbs, 1 tablespoonful of liquid butter, 1 tablespoonful of milk, 1 yolk of egg, salt, cayenne, Krona pepper, croûtes of bread.

Method.—From slices of stale bread $\frac{1}{2}$ an inch in thickness stamp out 8 or 9 croûtes, $1\frac{3}{4}$ inches in diameter. Then with a smaller cutter make an inner circle, hollow the centre of each croûte to half its depth, and fry the croûtes in hot fat. Mix together in a basin the cheese, breadcrumbs, butter and yolk of egg, season well with salt and pepper, pile the preparation on the croûtes, smoothing it into a pyramidal form with a knife, brown in a quick oven, and serve as hot as possible.

Time.—1 hour. **Average Cost,** 8d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2734.—CHEESE D'ARTOIS. (*Fr.*—D'Artois au Parmesan.)

Ingredients.—3 ozs. of grated cheese, 1 oz. of butter, 2 yolks of eggs, 1 white of egg, salt and pepper, 3 or 4 ozs. of puff paste.

Method.—Beat the yolk and white of 1 egg slightly, add the cheese, butter (melted), and season rather highly with salt and pepper. Roll the paste out thinly, cut it in half, spread the preparation over one half, and cover with the other. Place it carefully on a buttered baking-tin, score it in inch-deep strips, brush over with egg, sprinkle with grated cheese, and bake for about 10 minutes in a quick oven. When ready cut through the scores, pile on a hot dish, and serve.

Time.—1 hour. **Average Cost,** 9d. to 1s. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

2735.—CHEESE FRITTERS. (*Fr.*—Beignets de Fromage.)

Ingredients.—For the mixture: 2 tablespoonfuls of cooked macaroni, 1 tablespoonful of grated Parmesan cheese, 1 tablespoonful of thick cream or white sauce, salt, cayenne pepper; puff paste trimmings, cheese, Krona pepper, 1 egg, breadcrumbs or vermicelli, frying-fat.

Method.—The macaroni, after being cooked until perfectly tender, should be cut across into tiny rings, and in this condition measure 2 tablespoonfuls. Mix with it the cheese, cream or sauce, and season rather highly with salt, cayenne and pepper. Roll out the paste, sprinkle it with Parmesan cheese, add a little Krona pepper, fold it over, and roll it out again as thin as possible. Now stamp it out into rounds 1¾ inches in diameter, on half of them place a little of the mixture, and cover with the other rounds, pressing the previously wetted edges well together. Dip in egg and then in breadcrumbs or broken up vermicelli, and fry in hot fat until nicely browned. Dish in a pyramidal form, sprinkle with cheese and Krona pepper, and serve hot.

Time.—1½ hours. **Average Cost,** from 9d. to 1s., exclusive of the paste. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2736.—CHEESE FRITTERS. (Another Method.) (*Fr.*—Fritot de Fromage.)

Ingredients.—Cheshire or Cheddar cheese, clarified butter, Krona pepper, cayenne pepper, frying-batter (*see* p. 882), frying-fat.

Method.—Trim 8 or 9 ½-inch slices of cheese into pieces 2 inches long and 1 inch wide, pour over them a little clarified butter, sprinkle well with Krona pepper, and let them remain ½ an hour, during which time they must be turned once and seasoned as before. Prepare the batter as directed, season with cayenne pepper, dip in the pieces of cheese, and fry them in deep fat, but not too quickly, as the cheese should be well cooked. Serve quickly.

Time.—1 hour. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2737.—CHEESE MÉRINGUES. (*Fr.*—Méringues au Parmesan.)

Ingredients.—2 whites of eggs, 2 ozs. of grated Parmesan cheese, Krona pepper, cayenne, salt, frying-fat.

Method.—Whisk the whites to a very stiff froth, add a good seasoning of cayenne and a little salt to the cheese, then stir it lightly into the whisked whites. Have ready a deep pan of hot fat, drop in the preparation in small teaspoonfuls, and fry until nicely browned. Drain well, and serve sprinkled with Parmesan cheese and Krona pepper.

Time.—Half an hour. **Average Cost,** 8d. or 9d., exclusive of the fat. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2738.—CHEESE OMELET. (*Fr.*—Omelette Gratinée au Parmesan.)

Ingredients.—3 eggs, 1 tablespoonful of grated Parmesan cheese, 1 tablespoonful of cream or milk, 1 oz. of clarified butter, pepper and salt.

Method.—Whisk the eggs well, then add the cheese, cream, and a little salt and pepper. Have the butter ready, heated and well skimmed, in an omelette pan, pour in the egg-mixture, and stir over the fire until the eggs begin to set. Now fold one half over the other, making it crescent-shaped, or fold the sides towards the middle in the form of a cushion. Allow the omelet to brown slightly, then turn it on to a hot dish, and serve immediately.

Time.—10 minutes. **Average Cost,** 8d. **Sufficient** for 2 persons. **Seasonable** at any time.

2739.—CHEESE PATTIES. (*Fr.*—Bouchées de Fromage.)

Ingredients.—1 tablespoonful of grated Parmesan cheese, 1½ tablespoonfuls of grated Cheshire or Cheddar cheese, 1 tablespoonful of cream, 2 tablespoonfuls of thick white sauce, 1 white of egg, puff paste No. 1665, Krona pepper, cayenne, salt.

Method.—Prepare 8 patty-cases, 1½ inches in diameter (*see* p. 795); when baked, remove and preserve the lids, scoop out the soft inside, and keep the cases hot. Stir the cream, sauce and cheese over the fire until the latter melts, then add cayenne and salt to taste, and fill the cases with the preparation. Add a little grated cheese to the stiffly-whisked white of egg, arrange it roughly in the centre of each patty, sprinkle on a little Krona pepper, and place in a moderate oven until the méringue becomes crisp and lightly browned.

Time.—1 hour. **Average Cost,** 7d., exclusive of the paste. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2740.—CHEESE PATTIES. (*Fr.*—Pâtés au Fromage.)

Ingredients.—1 oz. of grated Parmesan cheese, 1 tablespoonful of thick cream or white sauce, 1 egg, Krona pepper, cayenne, puff paste trimmings.

Method.—Line 7 or 8 small patty-pans with paste, cover with pieces of buttered paper, fill with rice, and bake for 10 minutes in a brisk oven. Mix the sauce, yolk of the egg and cheese together, season highly with Krona pepper, cayenne and salt, and add the white of egg, previously whisked to a stiff froth. Remove the rice and paper from the patty-cases, fill them with the preparation, replace in the oven, and bake for about 15 minutes. Serve either hot or cold.

Time.—1¼ hours. **Average Cost,** 5d., exclusive of the paste. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2741.—CHEESE PUDDING. (*Fr.*—Pouding au Fromage.)

Ingredients.—4 ozs. of grated cheese, 1 oz. of breadcrumbs, ½ a pint of milk, 2 eggs, made mustard, salt, cayenne.

Method.—Beat the eggs slightly, and add to them the cheese, mustard, salt and pepper to taste. Boil the milk, add it to the rest of the ingredients, pour into a buttered baking-dish in which it may be served, and bake for about 20 minutes in a brisk oven. If preferred, the mixture may be baked in small china or paper soufflé cases, in which case only half the time should be allowed.

Time.—About ½ an hour. **Average Cost,** 7d. or 8d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2742.—CHEESE RINGS.

Ingredients.—Cheese paste (*see* the 2 recipes for Cheese Straws, Nos. 2745 and 2746).

Method.—Make the paste as directed, stamp it into rounds about 2 inches in diameter, and with a much smaller cutter remove the centre of each round. Bake them in a moderate oven, and serve hot.

Time.—20 minutes. **Average Cost,** from 7d. to 9d. **Sufficient** for 6 or 7 persons **Seasonable** at any time.

2743.—CHEESE RAMAKINS. (*See* Cheese Soufflé, No. 2744, and Cheese Cream, Cold, No. 2731.)

2744.—CHEESE SOUFFLÉ. (*Fr.*—Soufflé au Parmesan.)

Ingredients.—3 ozs. of grated Parmesan cheese, 1 oz. of butter, 1 oz. of flour, 3 whites of eggs, 2 yolks of eggs, ¼ of a pint of milk, cayenne, salt, clarified butter.

Method.—Coat a soufflé-mould well with clarified butter, and tie round it a well-buttered, thickly-folded piece of paper to support the soufflé when it rises above the level of the tin. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well. Now mix in, off the fire, the 2 yolks of eggs, beat well, then stir in the cheese and add seasoning to taste. Whisk the whites to a stiff froth, add them lightly to the rest of the ingredients, pour the preparation into the soufflé-tin, and bake in a hot oven from 25 to 30 minutes. Serve in the tin in which it is baked, and if not provided with an outer case, pin round it a napkin (previously warmed), and send to table quickly.

Time.—From 40 to 50 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2745.—CHEESE STRAWS. (*Fr.*—Pailles au Parmesan.)

Ingredients.—2 ozs. of butter, 2½ ozs. of flour, 2 ozs. of Parmesan cheese, 1 oz. of Cheshire or Cheddar cheese, the yolk of 1 egg, salt, cayenne pepper.

Method.—Grate the cheese, mix it with the flour, rub in the butter, and season with salt and cayenne pepper. Now form into a stiff paste with the yolk of egg and cold water, adding the latter gradually until the desired consistency is obtained. Roll out thinly, cut into strips about 4 inches long and about ⅛ of an inch wide, and from the trimmings stamp out some rings about 1¼ inches in diameter. Bake in a moderate oven until crisp, fill each ring with straws, and arrange them neatly on a dish, covered with a napkin or dish-paper.

Time.—Half an hour. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2746.—CHEESE STRAWS. (Another Method.) (*Fr.*—Pailles au Parmesan.)

Ingredients.—2 ozs. of grated Parmesan cheese, 4 or 5 ozs. of puff paste, cayenne.

Method.—Roll out the paste, using some of the cheese instead of flour for sprinkling the board, scatter cheese over the surface, fold in 3, and give it one turn. Repeat until the cheese is used; when rolling out for the last time sprinkle with a little cayenne pepper, and, if needed, let the paste stand for some time in a cold place after each turn. After rolling it out thinly, cut it into strips about 4 inches long and a ¼ of an inch wide, twisting each strip before placing it on a wetted baking-tin. Re-roll the trimmings, stamp out some rings 1¼ inches in diameter, and bake them with the straws until crisp and lightly browned. Arrange in bundles by means of the rings, and serve hot.

Time.—Three-quarters of an hour. **Average Cost,** 7d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2747.—CROÛTES OF COD'S ROE. (*Fr.*—Croûtes de Laitance de Cabillaud.)

Ingredients.—½ a lb. of smoked cod's roe, 8 oval-shaped croûtes of fried bread, 1 oz. of butter, ½ a teaspoonful of finely-chopped chives or shallot, ½ a teaspoonful of finely-chopped parsley, pepper, cayenne.

Method.—Soak the roe in water for 1 hour to soften it, then drain and dry it thoroughly. Heat the butter in a sauté- or frying-pan, cut the roe into 8 slices, and fry them lightly on both sides. Sprinkle the croûtes with shallot, parsley, and pepper, lay a slice of roe on each, add a few grains of cayenne, and serve as hot as possible. A more elaborate appearance may be given to the dish by decorating the roes with strips of gherkin and hard-boiled white of egg, or anchovy butter.

Time.—1¼ hours. **Average Cost,** 1s. to 1s. 4d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

Note.—Fresh roe also may be dressed in this manner. It should first be well washed, then covered with boiling water, seasoned with a dessertspoonful of vinegar, and ½ a teaspoonful of salt, boiled gently for 10 minutes, and when cold cut into slices, and cooked as directed above.

2748.—CROÛTES OF DEVILLED LOBSTER. (*Fr.*—Croûtes d'Homard à la Diable.)

Ingredients.—1 small lobster, 1 tablespoonful of breadcrumbs, 1 oz. of butter, 1 teaspoonful of white wine vinegar, a few drops of tarragon vinegar, 1 mustardspoonful of made mustard, cayenne, nutmeg, Krona pepper, 2 or 3 tablespoonfuls of thick cream or Béchamel sauce, 8 croûtes of fried bread.

Method.—Pound the flesh of the lobster with the breadcrumbs, butter and vinegar in a mortar until smooth, then rub through a sieve. Season highly with pepper and cayenne, add the mustard and a pinch of nutmeg, and, if needed, moisten with more vinegar. Pile the preparation on the croûtes, cover with whipped cream or Béchamel sauce seasoned with cayenne and lemon-juice, sprinkle lightly with Krona pepper, and serve.

Time.—Half an hour. **Average Cost,** 1s. 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2749.—CROÛTES, RUSSIAN. (*Fr.*—Croûtes à la Russe.)

Ingredients.—2 tablespoonfuls of finely-shredded cold smoked or spiced beef, 2 hard-boiled eggs, 1 small horseradish, 1 gill of cream (sour if possible), salad-oil, vinegar, lemon-juice, cayenne pepper, salt.

Method.—The strips of beef should be about 1 inch long and a ¼ of an inch wide; when cut, sprinkle over them 1 teaspoonful of salad-oil, vinegar and a little pepper, and let them remain for ½ an hour. Meanwhile cover each croûte with a slice of hard-boiled egg seasoned with salt and pepper; scrape the horseradish finely and stir it into the cream, which must be previously whipped and seasoned with a little cayenne and a few drops of lemon-juice. Place the strips of beef on the croûtes, piling them high in the centre, cover with the horseradish sauce, and serve.

Time.—Half an hour. **Average Cost,** 9d. to 1s., exclusive of the beef. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2750.—CURRIED SHRIMPS. (*Fr.*—Crevettes au Kari.)

Ingredients.—¼ of a pint of shelled shrimps, 1 oz. of butter, 1 finely-chopped shallot, ½ a gill of cream, ½ a gill of stock, 1 teaspoonful of curry-powder, ½ a teaspoonful of lemon-juice.

Method.—Cut the shrimps across in halves. Fry the shallot slightly in butter, add the curry-powder, and cook it for 3 minutes, then pour in the stock and stir until it boils. Let it simmer very gently for 15 minutes, put in the shrimps, cream, lemon-juice, and add the necessary seasoning. Make thoroughly hot, and serve in china ramakin cases.

Time.—Half an hour. **Average Cost,** 9d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2751.—CURRIED PRAWNS. (*Fr.*—Écrevisses à l'Orientale.)

Ingredients.—3 dozen shelled prawns, 3 ozs. of butter, 1 finely-chopped small onion, 1 dessertspoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of lemon-juice, ½ a pint of milk, salt, 4 ozs. of plainly cooked rice (i.e. boiled in salted water and dried).

Method.—Brown the onion lightly in the hot butter, stir in the curry-powder and flour, and cook slowly for 5 minutes. Add the milk and stir until it boils, then cover and let the sauce simmer gently for ½ an hour. Now put in the prawns and lemon-juice, season to taste, cook gently for 10 minutes, and serve with boiled rice.

Time.—1 hour. **Average Cost,** from 1s. 6d. to 2s. **Sufficient** for from 4 to 8 persons, according to size. **Seasonable** at any time.

2752.—DEVILLED CHICKENS' LIVERS. (*Fr.*—Foie de Volaille à la Diable.)

Ingredients.—4 chickens' livers, 3 croûtes of fried bread, bacon, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, cayenne, pepper and salt.

Method.—Wash and dry the livers, cut them in halves, and sprinkle them well with shallot, parsley, cayenne and pepper ; these ingredients should be previously mixed together. Cut some very thin slices of bacon, just large enough to roll round the liver, wrap them round tightly, and fasten them in position by means of large pins. Bake in a moderate oven for 7 or 8 minutes, then remove the pins, dish on the toast, and serve as hot as possible.

Time.—Half an hour. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2753.—DEVILLED CRAB. (*Fr.*—Crabe à la Diable.)

Ingredients.—A medium-sized boiled crab, breadcrumbs, 1 teaspoonful of mixed mustard, 1 teaspoonful of Worcester sauce, 1 tablespoonful of oiled butter, cayenne and salt to taste, cream or milk.

Method.—Remove the meat from the shell and claws, clean the shell, and put it aside. Chop the meat of the crab, add to it an equal quantity of breadcrumbs, the mustard, sauce, butter, and a very liberal seasoning of cayenne and salt. Mix well, if necessary moisten with a little milk or cream, then turn the whole into the prepared shell. Cover lightly with breadcrumbs, add a few small pieces of butter, and brown in a moderately hot oven.

Time.—About 30 minutes. **Average Cost,** 1s. 3d. to 1s. 4d. **Sufficient** for 2 persons. **Seasonable,** all the year.

2754.—DEVILLED SHRIMPS. (*Fr.*—Crevettes à la Diable.)

Ingredients.—Picked shrimps, flour, cayenne, finely-chopped parsley, frying-fat.

Method.—Shake the shrimps in a little flour, fry them in a frying-basket in hot fat until crisp and nicely browned, and drain well. Sprinkle lightly with cayenne and parsley, and serve hot.

Time.—To fry the shrimps, from 3 to 4 minutes. **Average Cost,** 3s. per pint. Allow ½ a pint for 6 or 7 persons. **Seasonable** at any time.

2755.—DRESSED BEETROOT. (*Fr.*—Betterave à l'Orientale.)

Ingredients.—1 small beetroot, 2 anchovies, 2 hard-boiled eggs, 1 tablespoonful of finely-chopped capers, 1 very finely-chopped shallot, anchovy essence, lemon-juice, brown bread, butter, pepper, cayenne, salt.

Method.—Prepare thin slices of bread and butter, cut from them 8 or 9 rounds about 1¾ inches in diameter, and cover them with slices of beetroot of corresponding size and thickness. Cut the eggs across into thin slices, select 8 or 9 of suitable size, remove the yolk, and place the rings of white of egg on the croûtes, leaving visible a narrow margin of beetroot. Pass the remainder of the eggs through a sieve, mix with them the capers and shallot, add a few drops of lemon-juice and sufficient anchovy essence to form a moist paste. Season to taste, pile the preparation in the centre of the croûtes, garnish with fine strips of anchovies, and serve.

Time.—1 hour. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons. **Seasonable,** all the year.

2756.—EGGS STUFFED WITH PRAWNS. (*Fr.*—Œufs Farcis aux Crevettes.)

Ingredients.—4 hard-boiled eggs, 12 large or 18 small prawns, 3 Gorgona anchovies, 1½ ozs. of butter, ¼ of a pint of tomato sauce No. 177, 1 tablespoonful of Béchamel sauce (*see* Sauces), cayenne, salt and pepper.

Method.—Cut the eggs across in halves, cut off their extreme ends so that they may stand firmly, and remove the yolks. Put the boned anchovies and the picked prawns into a mortar, add the yolks of the eggs, pound these ingredients until smooth, then rub through a fine wire sieve. Replace in the mortar, incorporate the butter and Béchamel sauce, season to taste, then fill the cases. Sprinkle the surface with grated Parmesan cheese, place a prawn head in the centre of each, and bake in a hot oven for about 10 minutes. Serve the tomato sauce poured round the base of the dish.

Time.—1 hour. **Average Cost,** 2s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2757.—FOIE GRAS CROÛTES. (*Fr.*—Croûtes de Foie Gras.)

Ingredients.—Foie gras, salt and pepper, croûtes of fried or toasted bread, cream, or brown sauce.

Method.—Pound the foie gras, adding a little cream or sauce until the right consistency is obtained. Pass through a fine sieve, season to taste, and arrange lightly on the croûtes, using a bag and forcer if available. Garnish tastefully with cream previously whipped and highly-seasoned, or fancifully-cut truffle, hard-boiled white of egg, or any other suitable decoration preferred.

Time.—1 hour. **Average Cost,** about 3d. each. Allow 1 to each person. **Seasonable** at any time.

2758.—FOIE GRAS TOAST. (*Fr.*—Croûtes de Foie Gras.)

Ingredients.—Foie gras, salt and pepper, croûtes of toasted bread.

Method.—Slice the foie gras, and stamp it into rounds, the same size as the croûtes. Warm them between two plates over a saucepan of boiling water, place them on the hot croûtes, season with salt and pepper, then serve.

Time.—20 minutes. **Average Cost,** 3d. each. Allow 1 to each person. **Seasonable** at any time.

2759.—GOLDEN BUCK.

Ingredients.—¼ of a lb. of Cheshire or Cheddar cheese (preferably the former), 2 or 3 tablespoonfuls of ale, ½ a teaspoonful of Worcester or other cruet sauce, ½ a teaspoonful of lemon-juice, 2 eggs, celery-salt, Krona pepper, toast, butter.

Method.—Chop the cheese finely, put it into a stewpan, with ½ an oz. of butter and the ale, and stir vigorously until creamy, then add the Worcester sauce, lemon-juice, and the eggs previously beaten. Season to taste with celery-salt and Krona pepper, and continue stirring briskly until the mixture thickens. Trim the toast, butter well, cut each slice into 4 squares, arrange them compactly on a hot dish, and pour the preparation on to them. Serve as hot as possible.

Time.—10 minutes. **Average Cost,** 7d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2760.—HAM CROÛTES. (*Fr.*—Croûtes au Jambon.)

Ingredients.—6 ozs. of finely-chopped cooked ham, ½ an oz. of butter, 1 tablespoonful of cream, 2 yolks of eggs, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, pepper, 8 round croûtes of fried bread.

Method.—Fry the shallot in the butter until slightly browned, then add the ham and stir over the fire until hot. Now put in the yolks of eggs and cream, season with pepper, stir until the mixture thickens, then dish on the croûtes, and serve sprinkled with parsley.

Time.—15 minutes. **Average Cost,** 8d., exclusive of the ham. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2761.—HERRING ROES, CROÛTES OF. (*Fr.*—Croûtes de Laitance de Harengs.)

Ingredients.—8 fresh soft roes, anchovy paste, toast, butter, 2 lemons, fried parsley, cayenne.

Method.—Cut the toast into round or oval-shaped pieces, butter them liberally, and spread them lightly with anchovy paste. Melt about 1 oz. of butter in a sauté- or frying-pan, and shake or gently toss the roes in it over the fire until lightly browned. Dish on the prepared toast, sprinkle with lemon-juice and cayenne, garnish with slices of lemon and crisply-fried parsley, and serve as hot as possible.

Time.—15 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

Note.—Tinned roes are less expensive, and although their flavour is inferior to that of fresh roes, they answer very well for ordinary purposes. As they are already cooked, they simply require re-heating.

2762.—HERRING ROES, BAKED. (*Fr.*—Laitance de Harengs au Gratin.)

Ingredients.—8 fresh soft roes, 3 tablespoonfuls of thick brown sauce (*see* Sauces, No. 233), 1 tablespoonful of lemon-juice, a few drops of anchovy essence, 1½ ozs. of butter, 4 coarsely-chopped button mushrooms, 1 very finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lightly-browned breadcrumbs, 8 round or oval china or paper soufflé cases.

Method.—Brush the inside of the cases with clarified butter. Heat 1 oz. of butter in a small stewpan, put in the mushrooms, shallot and parsley, fry lightly, then drain off the butter into a sauté-pan. Add the brown sauce, lemon-juice and anchovy essence to the mushrooms, etc., season to taste, and when hot pour a small teaspoonful into each paper case. Re-heat the butter in the sauté-pan, toss the roes gently over the fire until lightly browned, then place one in each case, and cover them with the remainder of the sauce. Add a thin layer of breadcrumbs, on the top place 2 or 3 morsels of butter, and bake in a quick oven for 6 or 7 minutes. Serve as hot as possible.

Time.—20 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2763.—HERRING ROE TIT-BITS. (*Fr.*—Bonnes Bouches de Laitance de Harengs.)

Ingredients.—4 fresh soft roes, bacon, 8 round croûtes of fried bread or buttered toast, anchovy paste, fine strips of pickled gherkin, Krona pepper, lemon-juice, salt.

Method.—Divide the roes in half, fold each half in two, and cut some very thin slices of bacon just large enough to roll round the roe. Sprinkle the inside of each piece of bacon with lemon-juice, Krona pepper and salt, then fold them lightly round the roe and secure the bacon in position with a large pin. Fry in a sauté-pan or bake in a quick oven until nicely browned and crisp. Meanwhile spread the croûtes thinly with anchovy paste, add a few strips of gherkin, cover with a buttered paper, and heat in the oven. When ready to serve, remove the pins, sprinkle with Krona pepper, dish on the croûtes, and send them to table as hot as possible.

Time.—15 minutes. **Average Cost,** about 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2764.—IRISH RABBIT OR RAREBIT.

Ingredients.—4 ozs. of Cheshire or Cheddar cheese, ½ an oz. of butter, 2 or 3 tablespoonfuls of milk, 1 dessertspoonful of coarsely-chopped pickled gherkin, vinegar, mustard, pepper, buttered toast.

Method.—Put the butter, milk and cheese, cut into small pieces, into a saucepan, stir by the side of the fire until the ingredients become creamy, then add vinegar, made mustard and pepper to taste, and lastly the gherkin. Have ready some squares of hot well-buttered toast, pour on the preparation, and serve quickly.

Time.—10 minutes. **Average Cost,** about 6d. **Sufficient** for 2 persons, or 6 or 7 small savouries. **Seasonable** at any time.

2765.—LITTLE MOULDS OF SHRIMPS.
(*Fr.*—Petits Pains de Crevettes.)

Ingredients.—½ a pint of picked shrimps, 1 gill of cream, 1 gill of stock, 2 eggs, 3 Spanish olives, 2 finely-chopped gherkins, 1 tablespoonful of chutney, cayenne, salt.

Method.—Stone the olives, pound them well with the shrimps, gherkins, and chutney in a mortar until smooth, adding the eggs separately and the stock gradually, then pass through a fine sieve. Season with cayenne and salt, then add the cream, previously stiffly whipped. Have ready 8 well-buttered timbale or dariol moulds, sprinkle them with red panurette breadcrumbs (this useful preparation is sold in packets), and turn the mixture into them. Place the moulds in a sauté-pan, surround them with boiling water, and steam gently for about 20 minutes. Serve with watercress sauce.

Time.—45 minutes. **Average Cost,** 2s. 4d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2766.—LOBSTER, CREAMED. (*Fr.*—Homard à la Newbury.)

Ingredients.—1 small lobster, 1 oz. of butter, 2 yolks of eggs, ½ a gill of thick cream, a few drops of lemon-juice, ½ a teaspoonful of salt, 1 saltspoonful of Krona pepper, a pinch of nutmeg, 7 or 8 small croûtes of fried or toasted bread, parsley.

Method.—Chop the flesh of the lobster finely, cook it in the butter for 6 or 7 minutes, stirring meanwhile, then add the yolks of eggs and cream, previously mixed together, and the seasoning. Stir by the side of the fire until the mixture thickens, then dish it on the croûtes, garnish with parsley, and serve hot.

Time.—Half an hour. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons. **Seasonable,** all the year.

2767.—MACARONI CHEESE. (*Fr.*—Macaroni aû Fromage.)

Ingredients.—4 ozs. of macaroni, 2 ozs. of cheese, 1 oz. of butter, ½ oz. of flour, ½ pint of milk, made mustard, salt and pepper, browned breadcrumbs.

Method.—Place a saucepan holding about 2 quarts of water on the fire; when boiling add a dessertspoonful of salt and the macaroni broken in small pieces, and cook until tender, but not too soft. Make a sauce by blending the butter and flour together over the fire, add the milk, stir until boiling, put in the cheese, macaroni, mustard, salt and pepper to taste. Turn the mixture into a buttered pie-dish, sprinkle the surface with brown breadcrumbs and grated cheese, and bake in a brisk oven for about 10 minutes.

Time.—40 minutes. **Average Cost,** 6d. **Sufficient** for 4 persons. **Seasonable** at any time.

2768.—MARROW TOAST. (*Fr.*—Croûtes à la Moëlle.)

Ingredients.—Marrow from 2 beef bones, buttered toast, salt and pepper.

Method.—Soak the marrow in tepid water for about 2 hours. About 15 minutes before the dish is wanted, cut the marrow into inch lengths, place them in cold water, bring rapidly to boiling-point, and drain well. Have some squares of very hot, well-buttered toast, put the marrow on them, breaking it up and spreading it with a fork, and season with salt and pepper. Place the toast before the fire or in a hot oven until the marrow is thoroughly melted, then serve as hot as possible. When savoury marrow is preferred, sprinkle the above with chopped parsley, chives, and lemon-juice, just before serving.

Time.—2½ hours. **Average Cost,** 9d. to 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2769.—MARROW WITH MAÎTRE D'HÔTEL SAUCE. (*Fr.*—Moëlle à la Maître d'Hôtel.)

Ingredients.—Marrow from 2 bones, buttered toast. For the sauce: 2 tablespoonfuls of good white sauce (*see* Sauces), 1 tablespoonful of cream, 1 teaspoonful of finely chopped parsley, a few drops of lemon-juice, Krona pepper.

Method.—Put the sauce and cream into a small stewpan, and when hot add lemon-juice and seasoning to taste. Prepare the marrow toast as in the preceding recipe, pour the sauce over, and serve.

Time.—2½ hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2770.—MEDALLIONS OF FOIE GRAS. (*Fr.*—Médaillons de Foie Gras.)

Ingredients.—1 terrine of foie gras, panada, 1 white of egg, cream, salt and pepper, brown sauce, croûtes. For garnish: asparagus points cooked, strips of truffle, and hard-boiled white of egg.

Method.—Slice the foie gras and cut it into rounds of equal size. Chop the trimmings finely, add to them an equal quantity of panada, and pound well, adding the white of egg, a good seasoning of salt and pepper, and a little cream. Pass through a fine sieve, spread smoothly on one side of the medallions, and steam or poach them gently for 20 minutes. Place them on the croûtes, garnish tastefully with strips of truffle and egg interlaced, and serve with the sauce poured round.

Time.—To cook the medallions, about 20 minutes. **Average Cost,** 4s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2771.—MUSHROOM AND TOMATO TOAST.

Ingredients.—¼ of a lb. of fresh mushrooms, 2 or 3 tomatoes, ½ an oz. of butter, salt and pepper, 2 rounds of toast, chopped parsley.

Method.—Wash, peel and cut the mushrooms into dice. Heat the butter in a stewpan, add the mushrooms, cook gently for 20 minutes, and season to taste. Meanwhile squeeze the greater part of the juice from the tomatoes, pass the pulp through a fine sieve, heat it in a stewpan, and season to taste, Place the prepared mushrooms on the toast, spread the tomato purée lightly over the surface, sprinkle with parsley, then serve.

Time.—About 1 hour. **Average Cost,** 6d. to 7d. **Sufficient** for 2 persons. **Seasonable** at any time.

2772.—MUSHROOMS AU GRATIN. (Another Method.)

Ingredients.—Fresh mushrooms, grated Parmesan cheese, breadcrumbs, finely-chopped parsley, finely-chopped shallot, butter, salt and pepper.

Method.—Wash and peel the mushrooms, place them in a fireproof baking-dish, sprinkle them lightly with salt, pepper, shallot, parsley and cheese, and thickly with breadcrumbs, add a few small pieces of butter, bake in a moderately hot oven for about 15 minutes, then serve in the dish.

Time.—About 25 minutes. **Average Cost,** from 6d. to 1s. 6d. per lb. Allow ½ lb. for 2 or 3 persons. **Seasonable,** all the year.

2773.—MUSHROOMS, GRILLED. (*See* Mushrooms, Broiled, No. 1530.)

2774.—MUSHROOM SOUFFLÉ.

Ingredients.—6 large mushrooms peeled and finely chopped, 1 oz. of butter, 1 oz. of flour, 4 yolks of eggs, 5 whites of eggs, ¼ of a pint of milk, salt and pepper.

Method.—Melt the butter, stir in the flour, add the milk, and boil gently for a few minutes, stirring briskly meanwhile. Beat each yolk of egg in separately, stir in the minced mushrooms, and season to taste. Whisk the whites of eggs stiffly, stir them lightly into the mixture, and turn the whole into a well-buttered soufflé tin or case. Bake in a fairly hot oven for about ½ an hour, and serve at once.

Time.—About ¾ of an hour. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2775.—MUSHROOMS, STUFFED. (*See* Chapter on Vegetables.)

2776.—OLIVES IN JELLY. (*Fr.*—Olives à l'Aspic.)

Ingredients.—Turned olives, anchovy butter No. 2454, watercress butter, croûtes of fried bread, aspic jelly, chervil.

Method.—Fill each olive with anchovy butter, and place them in small moulds previously lined with aspic jelly, and decorated with chervil. Fill the moulds with cold liquid aspic jelly, and keep on ice until firm. Meanwhile spread each croûte rather thickly with watercress butter, and, when ready, place the moulds upon them, then serve.

Time.—Altogether, about 1½ hours. **Average Cost,** 1½d. to 2d. each. Allow 1 to each person. **Seasonable** at any time.

2777.—OLIVES ON CROÛTES. (*Fr.*—Canapés aux Olives.)

Ingredients.—8 or 9 olives, 8 or 9 round croûtes of fried bread, foie-gras or liver farce No. 398, chervil.

Method.—Remove the stones from the olives and fill the cavities with foie-gras, also spread the croûtes with the same. Decorate the top of each olive with a sprig of chervil, place them on the croûtes, and serve.

Time.—Half an hour. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2778.—OYSTERS, FRIED. (*Fr.*—Fritot d'Huîtres.)

Ingredients.—8 or 10 oysters, fat bacon, 8 or 10 round croûtes of fried bread, ½ a teaspoonful of very finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lemon-juice, Krona pepper, frying-fat, frying-batter (*see* p. 882).

Method.—Beard the oysters, slice the bacon very thinly, and with a sharp cutter stamp out small rounds from 1½ to 1¾ inches in diameter. Season the oysters with lemon-juice and Krona pepper, place each one between 2 rounds of bacon, pressing the edges firmly together. Make the batter as directed, season it well with Krona pepper, add the shallot and parsley, then dip in the rounds and fry them in hot fat until nicely browned and crisp. Drain well, and serve on the prepared croûtes, sprinkled with chopped parsley or Krona pepper.

Time.—Half an hour. **Average Cost,** 2s. to 3s. **Sufficient** for 6 or 7 persons. **Seasonable** from September to April.

2779.—OYSTERS IN CASES. (*Fr.*—Huîtres en Caisses à la Diable.)

Ingredients.—12 large oysters, 2 or 3 tablespoonfuls of white sauce (*see* Sauces, No. 178), 1 tablespoonful of grated Parmesan cheese, butter, breadcrumbs, cayenne, 8 or 9 china or paper soufflé cases.

Method.—Beard the oysters, cut each one into 4 pieces, strain the liquor into the white sauce, and boil until slightly reduced. Let the sauce cool, then add it to the oysters, half the cheese, and cayenne to taste. Brush the soufflé cases over with oiled butter, and fill them with the preparation. Mix the remainder of the cheese with an equal quantity of breadcrumbs, cover the surface of the ragoût lightly with this mixture, add a few drops of oiled butter, and bake for 5 or 6 minutes in a hot oven.

Time.—Half an hour. **Average Cost,** 2s., exclusive of the cases. **Sufficient** for 8 or 9 persons. **Seasonable** from September to April.

2780.—OYSTERS IN SHELLS. (*Fr.*—Huîtres Gratinées en Coquilles.)

Ingredients.—18 oysters, 3 tablespoonfuls of Béchamel sauce No. 178, 1 oz. of butter, ½ a lemon, cayenne, white breadcrumbs, parsley.

Method.—Open the oysters, remove the beards, strain and preserve the liquor. Wash 9 deep shells, dry them, and coat the insides with butter. Put a teaspoonful of Béchamel sauce in each shell, also a few drops of liquor and lemon-juice, lay the oysters on the top, season with a little cayenne, and cover with sauce. Sprinkle the entire surface with breadcrumbs, lay a small piece of butter on the top of each, and brown them slightly in a hot oven.

Time.—15 minutes. **Average Cost,** from 2s. 6d. to 3s. **Sufficient** for 9 coquilles. **Seasonable** from September to April.

2781.—OYSTERS ON TOAST. (*Fr.*—Huîtres sur Canapés.)

Ingredients.—12 oysters, cooked ham, white or brown bread, butter, salt, cayenne, fried parsley.

Method.—Toast some thin slices of either white or brown bread, and from them cut 12 rounds from 1½ to 2 inches in diameter. Cover each one with a round of ham of corresponding size, and place on it an oyster, previously bearded. Season with a little salt and a tiny pinch of cayenne, add a small piece of butter, then bake in a hot oven for about 3 minutes. Dish on a folded serviette or dish paper, garnish with fried parsley, and serve.

Time.—15 minutes. **Average Cost,** 2s. 3d. to 2s. 9d. **Sufficient** for 12 canapés. **Seasonable** from September to April.

2782.—OLIVE SANDWICHES. (See Sandwiches.)

2783.—OYSTERS, SCALLOPED. (*Fr.* — Escallopes aux Huîtres.)

Ingredients.—12 large or 18 small oysters, 2 or 3 tablespoonfuls of thick white sauce, lemon-juice, white breacrumbs, butter, pepper and salt.

Method.—Blanch the oysters in their own liquor, remove the beards, and cut them in halves. Strain the liquor into the white sauce, boil until sufficiently reduced, then add lemon-juice, salt and pepper to taste. Brush 8 or 9 small scallop shells over with nearly cold clarified butter, and coat them with the breadcrumbs. Distribute the oysters equally, add the prepared sauce, cover lightly with breadcrumbs, put 2 or 3 morsels of butter on the top of each, bake in a quick oven until nicely browned, and serve hot.

Time.—20 minutes. **Average Cost,** 1s. 9d. to 2s. 9d. **Sufficient** for 7 or 8 persons. **Seasonable** from September to April.

2784.—OYSTER TIT-BITS. (*Fr.*—Bonnes Bouches aux Huîtres.)

Ingredients. — 8 or 9 oysters, 8 or 9 round croûtes of 2-inches in diameter, fried bread, bacon, anchovy paste, lemon-juice, butter, Krona pepper.

Method.—Beard the oysters, place them between 2 plates with their own liquor and a small piece of butter, and warm in the oven or over a saucepan of boiling water. Spread each croûte with anchovy paste, cover with a stamped-out round of very thin fried bacon, and place an oyster on the top of each. Sprinkle with lemon-juice and Krona pepper, and serve as hot as possible.

Time.—Half an hour. **Average Cost,** 1s. 9d. to 2s. 9d. **Sufficient** for 6 or 7 persons. **Seasonable** from September to April.

2785.—ROES ON TOAST. (*See* Croûtes of Cod's Roe, No. 2747; Herring Roes, Croûtes of, No. 2761; and Herring Roe, Tit-Bits, No. 2763.)

2786.—SALTED ALMONDS. (*Fr.*—Amandes Salées.)

Ingredients.—½ a lb. of blanched whole almonds, ¼ of a pint of salad-oil, 1 tablespoonful of celery-salt, 1 small saltspoonful of cayenne pepper.

Method.—Fry the almonds in the oil until nicely browned, then drain well, and toss them in the seasoning, which should be held in a sheet of strong paper. Serve in small fancy paper cases.

Time.—15 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2787.—SARDINE CANAPÉES. (*See* Sardine Croûstades, No. 2788; Sardines with Tomatoes, No. 2796; Sardines with Capers, No. 2797.)

2788.—SARDINE CROÛSTADES. (*Fr.*—Croûstades de Sardines.)

Ingredients.—2 large or 3 small sardines, 1 tablespoonful of white or tomato sauce (*see* Sauces), 1 teaspoonful of grated Parmesan cheese, a few drops of lemon-juice, cayenne pepper, stale bread, clarified butter or fat, watercress.

Method.—Cut slices of stale bread from ½ to ¾ of an inch in thickness, stamp out 8 or 9 rounds or oval shapes about 2 inches in diameter, and with a smaller cutter make an inner circle or oval ⅓ of an inch from the outer edge of the croûstade. Fry them in hot clarified butter or fat until lightly browned, then with the point of a small sharp knife lift out the inner ring, remove all moist crumb, place them in a moderate oven to become crisp and dry, and cool before using. Meanwhile skin and bone the sardines, divide them into fine ½-inch strips, put them with the sauce into a small stewpan, and, when using white sauce, add also a few drops of anchovy essence. Season to taste with salt and cayenne, add a few drops of lemon-juice, and when thoroughly hot stir in the cheese. Fill the croûstades with the preparation, garnish with watercress seasoned with oil and vinegar, and serve.

Time.—1 hour. **Average Cost,** 8d. or 9d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

2789.—SARDINES, DEVILLED. (*Fr.*—Sardines à la Diable.)

Ingredients.—8 or 10 sardines, 8 or 10 fried finger-shaped croûtes, 1 oz. of butter, 1 finely-chopped shallot, lemon-juice, cayenne, Krona pepper, salt.

Method.—Skin the sardines, split them down the back, remove the bone, and replace the two halves. Sprinkle them with lemon-juice, shallot, cayenne, and salt, cover and let them remain for ½ an hour, during which time they must be turned once, and again sprinkled with lemon-juice, etc. Heat the butter in a sauté-pan, drain and dry the sardines, rub them over lightly with flour, and fry them until nicely browned. Meanwhile fry the croûtes in clarified butter or fat, lay on each a sardine, sprinkle with lemon-juice and Krona pepper, and serve as hot as possible.

Time.—1 hour. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2790.—SARDINE ECLAIRS. (*Fr.*—Eclairs de Sardines.) (*See* Anchovy Eclairs, No. 2712.)

2791.—SARDINE EGGS. (*Fr.*—Sardines aux Œufs.)

Ingredients.—4 sardines, 4 hard-boiled eggs, 2 tablespoonfuls of white sauce, 1 teaspoonful of essence of anchovy, watercress, cayenne, 1 dessertspoonful of coarsely-chopped pickled gherkin.

Method.—Cut the eggs across in halves, trim off the extreme end of each to enable them to stand firmly, and carefully remove the yolks. Skin and bone the sardines, chop them coarsely, and pound them together with the yolks of eggs still smooth. Add the anchovy essence and the white sauce gradually until a moist paste is obtained, then season to taste, and rub through a hair sieve. Add the gherkin to the preparation, put it into the white of egg cases, garnish with watercress seasoned with oil and vinegar, and serve.

Time.—1 hour. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 8 persons. **Seasonable** at any time.

2792.—SARDINES, FRIED. (*Fr.*— Beignets de Sardines.)

Ingredients.—4 or 5 sardines, ½ a teaspoonful of finely-chopped parsley, 1 finely-chopped shallot, 1 teaspoonful of lemon-juice, cayenne, Krona pepper, frying-fat, frying-batter (*see* p. 882).

Method.—Skin, bone and divide the sardines in halves, sprinkle over them the lemon-juice, parsley and shallot, cover with a plate, and let them remain for 1 hour. Make the batter as directed, dip in the sardines, fry them in hot fat until nicely browned, then drain well. Arrange in a pyramidal form on a hot dish, sprinkle with Krona pepper, and serve.

Time.—1½ hours. **Average Cost,** 9d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

Note.—For another method of frying, *see* Anchovy Aigrettes. Four sardines may be substituted for the anchovies, the other ingredients remaining the same.

2793.—SARDINES, GRILLED. (*See* Sardines Devilled, No. 2789.)

Prepare the sardines as directed, but instead of frying them, grill them over, or in front of, a clear fire.

2794.—SARDINE PATTIES. (*Fr.*—Bouchées de Sardines.)

Ingredients.—2 large or 3 small sardines, 1 tablespoonful of white sauce (*see* Sauces), 1 teaspoonful of grated Parmesan cheese, a few drops of lemon-juice, a few drops of anchovy essence, cayenne, puff paste No. 1665, fried parsley.

Method.—Prepare 8 patty cases 1½ inches in diameter (*see* No. 795), when baked, remove and put aside the lids, scoop out the soft inside, and keep the cases hot until required. Skin and bone the sardines, and divide them into fine ½-inch strips. Put the sauce and sardines into a small stewpan; when hot, add the anchovy essence, lemon-juice and cayenne to taste, and stir in the cheese. Fill the cases with the preparation, put on the lids, garnish with crisply-fried parsley, and serve.

Time.—1 hour. **Average Cost,** 5d., exclusive of the puff paste. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2795.—SARDINE TOAST. (*Fr.*—Croûtes de Sardines.)

Ingredients—4 sardines, ½ an oz. of butter, the yolks of 2 eggs, 2 tablespoonfuls of milk, 1 teaspoonful of essence of anchovy, toast, butter, cayenne.

Method.—Skin and bone the sardines and chop them coarsely. Put the milk and butter into a stewpan; when hot, add the prepared sardines, anchovy essence and a little cayenne, and last of all the yolks of eggs. Stir by the side of the fire until the eggs thicken, but do not let them boil, or they may curdle. Have ready well-buttered squares of toast, pour on the preparation, and serve as quickly as possible.

Time.—20 minutes. **Average Cost,** 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2796.—SARDINES WITH TOMATOES. (*Fr.*—Sardines à la Napolitaine.)

Ingredients.—8 small or 4 large sardines, 8 finger-shaped croûtes of fried bread or buttered toast, 2 tomatoes, 1 teaspoonful of cornflour, 1 teaspoonful of grated Parmesan cheese, pepper and salt.

Method.—Skin the sardines, remove the bones, and divide them in halves if large. Squeeze as much juice as possible from the tomatoes, and rub the pulp through a fine sieve. Put it into a small stewpan; when hot add the cornflour, previously blended with a little tomato-juice, and stir until it thickens. Season with salt and pepper, stir in the cheese, and spread each croûte lightly with the preparation. Lay the sardines on the top, cover with a thin layer of the tomato mixture, place in the oven until thoroughly hot, then serve.

Time.—Half an hour. **Average Cost,** 10d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2797.—SARDINES WITH CAPERS. (*Fr.*—Sardines aux Câpres.)

Ingredients.—4 or 5 sardines, 1 level dessertspoonful of finely-chopped capers, 2 tablespoonfuls of liquid meat glaze, grated Parmesan cheese, buttered toast or fried finger-shaped croûtons, cayenne.

Method.—Skin and bone the sardines, and divide them in halves. Prepare the croûtes or cut the toast into fingers, place ½ a sardine on each, add a few grains of cayenne, sprinkle liberally with cheese, cover with a buttered paper, and make thoroughly hot in the oven. Heat the glaze, add to it the capers, pour it over the sardines, and serve as hot as possible.

Time.—Half an hour. **Average Cost,** 1s. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2798.—SARDINES WITH MAÎTRE D'HÔTEL SAUCE. (*Fr.*—Sardines à la Maître d'Hôtel.)

Ingredients.—4 or 5 sardines, 2 tablespoonfuls of thick white sauce (*see* Sauces), 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, toast, butter, Krona pepper.

Method.—Skin and bone the sardines, and divide them in halves. Cut the toast into fingers, butter them well, place ½ a sardine on each, season with Krona pepper, cover with a buttered paper, and make thoroughly hot in the oven. Meanwhile, add the parsley and lemon-juice to the hot white sauce, season to taste, and when ready to serve pour it over the sardines and toast.

Time.—Half an hour. **Average Cost,** 6d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2799.—SAVOURY TOMATOES. (*See* Tomatoes, Baked, No. 1611; Tomatoes, Stuffed, No. 1617 Tomatoes Stuffed with Mushrooms, No. 1618, and other Recipes given in Chapter XXX.

2800.—SCALLOPS. (*See* Recipes No. 615-621.)

2801.—SCALLOPED LOBSTER.

Ingredients.—1 hen lobster, ¼ of a pint of white sauce, 2 yolks of eggs, anchovy essence, butter, breadcrumbs, cayenne, salt and pepper.

Method.—Remove the spawn, pound it with 1 oz. of butter, and pass it through a fine sieve. Cut the flesh of the lobster into small dice. Heat the sauce, add the pounded spawn, ½ a teaspoonful of anchovy essence, cayenne and seasoning to taste. Stir over the fire for a few minutes, add the lobster and yolks of eggs, and continue to stir and cook slowly for 2 or 3 minutes longer. Turn into well-buttered scallop shells, or the lobster shell if preferred, and add a thin layer of breadcrumbs. Sprinkle lightly with salt and pepper, add a few small pieces of butter, and bake in a moderate oven for about ½ an hour.

Time.—To bake the scallops, about ½ an hour. **Average Cost,** from 2s. to 2s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** from July to September.

2802.—SCALLOPED LOBSTER (TINNED.)

Ingredients.—1 tin of lobster (a good brand), ⅓ of a pint of white sauce, ½ a teaspoonful of anchovy essence, butter, breadcrumbs, salt, cayenne.

Method.—Take the lobster out of the tin, and cut the flesh into small dice. Make the white sauce as directed (*see* Sauces, No. 222), add about ½ a teaspoonful of anchovy essence, salt to taste, and a liberal seasoning of cayenne. Place the prepared lobster in well-buttered scallop shells, cover lightly with sauce, and add a thin layer of breadcrumbs. Sprinkle with oiled butter, bake until lightly browned, then serve.

Time.—To bake the scallops, about 20 minutes. **Average Cost,** 1s. **Sufficient** for 6 persons. **Seasonable** at any time.

2803.—SCOTCH WOODCOCK. (*Fr.*—Anchois à l'Ecossaise.)

Ingredients.—The yolks of 2 eggs, 1 gill of cream (or cream and milk in equal parts), anchovy paste, toast, butter, cayenne, salt.

Method.—Cut the toast into 2-inch squares, butter well, and spread them with anchovy paste. Season the yolks with a little cayenne and salt; when slightly beaten add them to the hot cream, stir over the fire until they thicken sufficiently, then pour the preparation over the toast, and serve as hot as possible.

Time.—10 minutes. **Average Cost,** 10d., when cream is used. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2804.—SCRAMBLED EGGS WITH ANCHOVIES. (*Fr.*—Œufs Brouillés aux Anchois.)

Ingredients—3 eggs, 3 anchovies, ¾ of an oz. of butter, 1 tablespoonful of cream or milk, ½ a teaspoonful of essence of anchovy, toast, butter, capers, parsley, pepper and salt.

Method.—Skin and bone the anchovies, and cut them into fine strips. Cut the toast into pieces 3 inches long and 2 inches wide, and spread them thickly with butter. Beat the eggs slightly, then put them with the butter, cream, and anchovy essence into the stewpan, and season to taste. Stir by the side of the fire until the mixture thickens, put it on the toast, lay the strips of anchovy across, forming a lattice, and place a caper in each division. Re-heat in the oven, then serve garnished with parsley.

Time.—40 minutes. **Average Cost,** about 10d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2805.—SHRIMP TOAST. (*Fr.*—Crevettes sur Croûtes.)

Ingredients.—¼ of a pint of picked shrimps, anchovy paste, ½ an oz. of butter, 1 egg, 1 tablespoonful of milk, salt, cayenne, 8 croûtes of buttered toast.

Method.—Melt the butter in a stewpan, put in the shrimps, and when hot add the eggs and milk, previously beaten together, salt and cayenne to taste, and stir by the side of the fire until the mixture thickens. Meanwhile spread the toast lightly with anchovy paste, and now add the shrimp preparation, and serve as hot as possible.

Time.—20 minutes. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2806.—SMOKED HADDOCK CROÛSTADES. (*Fr.*—Croûstades à la St. George.)

Ingredients.—½ a small dried haddock, 1 oz. of butter, ½ a pint of milk, 2 eggs, 1 finely-chopped shallot, 1 teaspoonful of finely-chopped parsley, brown bread, nutmeg, pepper, Krona pepper.

Method.—Pour boiling water over the fish, and let it remain covered for 10 minutes, then remove the skin and bones, and divide the haddock into large flakes. Place these in a stewpan with the hot milk, simmer gently for 10 minutes, then strain, put the milk aside, and chop the fish finely. Heat the butter in a stewpan, fry the shallot without browning, then put in the fish and parsley, and when hot add the eggs, previously beaten with 2 tablespoonfuls of the milk in which the haddock was cooked. Season to taste with pepper and nutmeg, and stir by the side of the fire until the mixture thickens. Meanwhile prepare 8 croûstades of brown bread (*see* Caviare Croûstades, No. 2724), fill them with the fish preparation, garnish with parsley and Krona pepper, and serve as hot as possible.

Time.—40 minutes. **Average Cost,** 8d. or 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2807.—SMOKED HADDOCK CROÛTES. (*Fr.*—Croûtes de Merluche fumée.)

Ingredients.—2 tablespoonfuls of finely-chopped cooked haddock, ½ an oz. of butter, ½ an oz. of flour, ¼ of a pint of milk, anchovy essence, ½ a teaspoonful of finely-chopped parsley, Krona pepper, cayenne, 8 round croûtes (2 inches in diameter) of fried bread.

Method.—Heat the butter in a small stewpan, stir in the flour, pour in the milk, and boil well. Add the fish, anchovy essence, Krona pepper, and cayenne to taste, and stir until thoroughly hot. Pile lightly on the croûtes, garnish with parsley and Krona pepper, and serve as hot as possible.

Time.—15 minutes. **Average Cost,** 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2808.—SMOKED HADDOCK SOUFFLÉ. (*Fr.*—Soufflé de Merluche fumée.)

Ingredients.—1 small cooked smoked haddock, 1 oz. of butter, 2 eggs, anchovy essence, cayenne, Krona pepper, 8 or 9 china or paper soufflé cases, clarified butter.

Method.—Coat the soufflé cases thickly with butter. Pound the fish whilst warm, adding the yolks of the eggs one at a time and the butter gradually, season highly with cayenne and Krona pepper, and when perfectly smooth pass through a fine sieve. Whisk the whites of egg to a stiff froth, stir them lightly into the mixture, fill the cases ¾ full, and bake in a quick oven for about 10 minutes. Sprinkle with Krona pepper, and serve quickly.

Time.—Half an hour. **Average Cost,** 8d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2809.—SWISS EGGS. (*Fr.*—Œufs à la Suisse.)

Ingredients.—8 eggs, 3 tablespoonfuls of grated cheese, 1½ ozs. of butter, salt and pepper, cayenne.

Method.—Butter 8 china ramakin cases, put a small teaspoonful of cheese at the bottom of each one, and add a little seasoning. Break the eggs carefully, keeping the yolks whole, lay one in each case, cover with a small teaspoonful of cheese, add a little seasoning, place, a small piece of butter on the top, and bake until set. Serve hot.

Time.—10 minutes. **Average Cost,** 1s. 3d. to 1s. 9d. **Sufficient** for 6 or 7 persons **Seasonable** at any time

2810.—TOASTED CHEESE. (*Fr.*—Croûtes au Fromage.)

Ingredients.—6 ozs. of Cheshire or Cheddar cheese, 1 oz. of butter, 1 mustardspoonful of dry mustard, cayenne, buttered toast.

Method.—Knead the butter, mustard, and a good pinch of cayenne well together on a plate. Prepare 1 slice of buttered toast, trim the edges, cover with half the cheese sliced very thinly, and spread on half the butter. Now add the remainder of the slices of cheese, cover with butter as above, and cook in a Dutch oven before the fire until the cheese is melted. Serve as hot as possible.

Time.—20 minutes. **Average Cost,** 7d. or 8d. **Sufficient** for 2 persons. **Seasonable** at any time.

2811.—WELSH RABBIT OR RAREBIT.

Ingredients.—4 ozs. of Cheshire or Cheddar cheese, ½ an oz. of butter, 2 or 3 tablespoonfuls of milk or ale, mustard, pepper, buttered toast.

Method.—Cut the cheese into small pieces, place these in a saucepan with the butter, milk, or ale, ½ a mustardspoonful of mustard and pepper to taste, and stir the mixture by the side of the fire until it resembles thick cream. Have ready some squares of hot well-buttered toast, pour on the cheese preparation, and serve at once.

Time.—10 minutes. **Average Cost,** 5d. or 6d. **Sufficient** for 6 or 7 persons, if served as a savoury. **Seasonable** at any time.

2812.—WOODCOCK TOAST.

Ingredients.—½ a lb. of chicken or duck livers, 2 anchovies, 1 oz. of butter, 2 tablespoonfuls of cream, 3 yolks of eggs, ¼ of a teaspoonful of castor sugar, ¼ of a teaspoonful of paprika or Krona pepper, salt, buttered toast.

Method.—Bone and skin the anchovies and pound them to a paste. Wash, drain, and dry the livers, and pound them also; pass both livers and anchovies through a fine sieve. Add to them the butter, cream, yolks of eggs, castor sugar, paprika or Krona pepper, salt to taste, and stir in a stewpan by the side of the fire until the mixture thickens. Have ready some buttered toast, pour on the preparation, and serve at once.

Time.—Quarter of an hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2813.—YORKSHIRE RABBIT OR RAREBIT.

Ingredients.—4 ozs. of Cheshire or Cheddar cheese, ½ an oz. of butter, 3 tablespoonfuls of milk or ale, Worcester sauce or vinegar, mustard, pepper, buttered toast, 2 poached eggs.

Method.—Cut the cheese into small pieces, place them in a saucepan with the butter, milk or ale, add a little made mustard, a few drops of Worcester sauce or vinegar, pepper to taste, stir and cook gently until the mixture resembles thick cream. Meanwhile, prepare 1 slice of buttered toast, trim the edges and cut it in two, and poach the eggs in as plump a form as possible. Pour the cheese preparation over the toast, lay the eggs on the top, and serve quickly.

Time.—Quarter of an hour. **Average Cost,** about 8d. **Sufficient** for 2 persons. **Seasonable** at any time.

2814.—ZÉPHIRES OF CHEESE. (*Fr.*—Zéphires au Parmesan.)

Ingredients.—3 heaped tablespoonfuls of Parmesan cheese, 1 oz. of gelatine, ½ a pint of cream, ½ a pint of milk, cayenne, salt.

Method.—Soak the gelatine in the milk for ½ an hour, then stir it over the fire until it is dissolved. Let it cool, add the cheese, the cream previously stiffly-whipped, and seasoning to taste. Turn into oval fluted zéphire moulds, set on ice until firm, then unmould and serve garnished with chopped aspic jelly and shredded truffle and pimiento.

Time.—About 4 hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

Note.—By changing the shape of the mould, the term Zéphire may be applied to many of the preparations described as Dariols, Timbales and Soufflés.

Breakfast Dishes

2815.—AMERICAN FISH PIE.

Ingredients.—½ a lb. of cooked turbot, cod or other white fish, ¾ of a lb. of mashed potato, 1½ ozs. of butter, 1 oz. of grated Parmesan cheese, ½ a pint of white sauce (*see* Sauces), 2 yolks of eggs, 1 whole egg, nutmeg, salt and pepper, cayenne.

Method.—Free the fish from skin and bones, divide it into large flakes, and put them into a stewpan with ½ an oz. of butter, the sauce and cheese, season with salt, pepper, and a few grains of cayenne, and heat gradually by the side of the fire. Melt the remaining ounce of butter in another stewpan, add the potato, 2 yolks of eggs, season well with salt and pepper, and stir the ingredients vigorously over the fire until thoroughly hot. Have ready a well buttered pie-dish, line the bottom and sides thinly with potato purée, using about half of it, put in the prepared fish, and cover with the remainder of the potato. Smooth the surface and notch the edges with a knife, giving it the appearance of a paste crust, brush it over with egg, sprinkle liberally with grated cheese, and bake in a moderately-hot oven until well browned. Serve hot.

Average Cost, 10d., exclusixe of the fish. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2816.—BACON AND MACARONI.

Ingredients.—4 ozs. of macaroni, 4 ozs. of streaky bacon, ½ a pint of stock, 1 oz. of butter, nutmeg, salt and pepper.

Method.—Break the macaroni into small pieces, put them into slightly salted boiling water, boil rapidly for 5 minutes, then drain well. Have the stock boiling in a stewpan, put in the macaroni and stew until tender, but not too soft. Cut the bacon into small dice, fry slightly in a sauté-pan, then add the well-drained macaroni, butter, a good pinch of nutmeg, and salt and pepper to taste. Stir gently over the fire until the macaroni acquires a nice brown colour, then turn on to a hot dish, and serve.

Time.—About 40 minutes. **Average Cost,** 6d. **Sufficient** for 2 or 3 persons.

2817.—BACON OLIVES.

Ingredients.—8 small thin slices of bacon, 3 ozs. of finely-chopped cooked meat, 1 oz. of finely-chopped cooked ham or tongue, 1½ tablespoonfuls of breadcrumbs, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped onion, ¼ of a teaspoonful of powdered mixed herbs, 1 egg, salt and pepper, nutmeg, croûtes of toasted bread, ¼ of a pint of tomato or piquante sauce (*see* Sauces, Nos. 282 and 265).

Method.—Mix the meat, ham, breadcrumbs, onion, parsley, and herbs together, add a pinch of nutmeg, season to taste with salt and pepper, and stir in gradually as much of the egg as is necessary to bind the whole together. Put aside for about ½ an hour, then divide it into 8 portions; shape them in the form of a cork, roll them in a piece of bacon, and secure with twine or large pins. Bake in a moderately hot oven for about ½ an hour, then dish on the croûtes, garnish with fried parsley, and serve the sauce separately.

Time.—About ¾ of an hour. **Average Cost,** 10d. **Sufficient** for 4 persons. **Seasonable** at any time.

2818.—BACON, TOAST AND EGGS.

Ingredients.—3 or 4 rashers of fried bacon, 1 round of toast, 2 eggs scrambled (*see* Scrambled Egg, No. 2009).

Method.—Make the toast and fry the bacon crisply. Scramble the eggs as directed, pile the preparation on the toast, arrange the bacon round the base, and serve on a hot dish.

Time.—15 minutes. **Average Cost,** 6d. to 7d. **Sufficient** for 1 or 2 persons. **Seasonable** at any time.

2819.—BAKED LOBSTER. (*Fr.*—Homard au Gratin.)

Ingredients.—1 tin of lobster, ½ a pint of milk, 1 tablespoonful of cream, 1 oz. of butter, 1 oz. of flour, 1 finely-chopped small shallot or onion, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, essence of anchovy, brown breadcrumbs, salt and pepper.

Method.—Melt the butter in a stewpan, fry the shallot without browning, add the milk and stir until it boils. Now put in the bouquet-garni, mace, salt and pepper to taste, simmer gently for 10 minutes, then add the cream and a few drops of anchovy essence. Meanwhile divide the lobster into pieces convenient for serving, place them in a gratin dish or a china baking dish that may be sent to table, pour over the prepared sauce, sprinkle lightly with brown breadcrumbs, add a few morsels of butter, and bake in a moderate oven for about 10 minutes. Serve hot in the dish in which it is baked.

Time.—About half an hour. **Average Cost,** about 1s. 2d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2820.—BEEF POLANTINE.

Ingredients.—8 ozs. of cold roast beef, 1 gill of brown sauce (*see* Sauces, No. 233), 1 oz. of butter, 2 ripe firm tomatoes, 2 medium-sized onions, frying-fat, milk, flour, salt and pepper, ¼ of a pint of gravy.

Method.—Cut the meat into short fine shreds, put them into a stewpan with the sauce, a good seasoning of salt and pepper, nutmeg to taste, and warm gradually. Peel the onions, cut them across in slices, divide the slices into rings, dip these in milk and then in flour, fry in hot fat and keep them warm. Slice the tomatoes and fry them in hot butter, season them with salt and pepper, and arrange them on a hot dish. Place the meat on the top of the tomatoes, and garnish with the rings of fried onion. Pour the gravy round, and serve.

Time.—About half an hour. **Average Cost,** 1s., exclusive of the meat. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

2821.—BLOATERS. (*See* Recipe No. 418.)

2822.—BLOATER FRITTERS. (*Fr.*—Beignets de Hareng fumé.)

Ingredients.—2 bloaters, 1 oz. of grated cheese, frying batter (*see* p. 882), frying-fat, Krona pepper.

Method.—Split the bloaters, remove the heads, skin, bones, and divide each half into 3 or 4 pieces, according to size. Make the batter as directed, stir in the cheese, dip in the pieces of fish, coating them carefully, and fry in hot fat until nicely browned. Drain well, sprinkle with Krona pepper, and serve as hot as possible.

Time.—Half an hour. **Average Cost,** 7d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2823.—BRAIN FRITTERS. (*Fr.*—Beignets de Cervelles.)

Ingredients.—Calf's or pig's brains, 1 tablespoonful of salad-oil or liquid butter, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, vinegar, frying-fat, frying batter (*see* p. 882), fried parsley.

Method.—Wash the brains in salt and water, then put them into a saucepan, with cold water to cover, a dessertspoonful of vinegar, a little salt, and boil for 5 minutes. Let them remain in cold water until cold, then drain well, cut into neat pieces, and sprinkle over them the oil, parsley, shallot, a teaspoonful of vinegar, and a little salt and pepper. Keep them in this marinade for ½ an hour, turning them 2 or 3 times. Have the batter ready, coat each piece carefully, and fry in hot fat until nicely browned. Drain well, and serve in a folded serviette, garnished with fried parsley. If preferred, tomato or piquante sauce may accompany this dish.

Time.—To fry the fritters, from 7 to 10 minutes. **Average Cost,** 9d., **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

Note.—See Chapter XV., pages 438 and 439, for other methods of cooking brains.

2824.—CHICKEN LEGS, STUFFED. (*Fr.*—Cuisses de Poulet farcis.)

Ingredients.—2 legs of a chicken, 1 tablespoonful of finely-chopped cooked ham or tongue, 2 tablespoonfuls of breadcrumbs, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, the yolk of 1 egg, 2 tablespoonfuls of oiled butter, buttered toast, pig's caul (or 4 rashers of bacon), salt and pepper, breadcrumbs.

Method.—Divide each leg in half, remove all skin and the drumsticks, score the flesh deeply, season with salt and pepper, and baste well with the oiled butter. Mix the ham, breadcrumbs, parsley and herbs together, add the butter used for basting the legs, a liberal seasoning of salt and pepper, and bind with the yolk of the egg. Spread the farce evenly over the pieces of chicken, enclose them in well washed and dried caul, or, failing this, use rashers of bacon, and secure them with string. Brush them over with white of egg, sprinkle lightly with brown breadcrumbs, and bake them in a moderate oven from 25 to 35 minutes, basting occasionally with hot butter or fat. Serve on round or oval shaped croûtons of hot, well-buttered toast.

Time.—To bake the legs, from 25 to 35 minutes. **Average Cost,** 10d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2825.—CLAM CHOWDER. (An American Dish.)

Ingredients.—50 clams, ½ a lb. of ham or bacon, 8 water-biscuits, 2 medium sized onions coarsely-chopped, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, salt and pepper.

Method.—Clams are a bivalvular shell-fish, extensively used in American cookery, and to some extent on the Cornish and Devonshire coasts, where they are found. Soyer declared that their flavour was superior to that of the oyster. Wash the clams in several waters, put them into a saucepan with a little water to protect the bottom of the pan, and as soon as the shells begin to open, take out the clams and strain, and preserve the liquor which runs from the shells. Pound or crush the biscuits to a fine powder, fry the bacon or ham, and cut it into dice ; mix together the herbs, parsley, a small teaspoonful of salt and ¼ of a teaspoonful of pepper. Cover the bottom of a stewpan with bacon, add a thin layer of onion, sprinkle with powdered biscuit and seasoning, and on the top place about a quarter of the clams. Repeat until the materials are used, then pour in the liquor from the clam shells, and as much boiling water as will barely cover the whole. Cover closely, and cook gently for about 1¼ hours. Serve in a deep dish, and, if liked, flavour the gravy with a little mushroom ketchup, or some cruet sauce. There are numerous variations of this dish; salt pork frequently replaces the ham; veal may be used in addition to ham or pork, and a tin of tomatoes is by many considered a great improvement.

Time.—About 2 hours. **Average Cost,** 1s. 9d. **Sufficient** for 5 or 6 persons. **Seasonable** from August to March.

2826.—CODFISH PIE. (*Fr.*—Pâté de Cabillaud.)

Ingredients.—2 lbs. of cod, 2 tablespoonfuls of finely-shredded raw or cooked ham or bacon, 1 teaspoonful of finely-chopped parsley, 1 oz. of butter, 1 oz. of flour, salt and pepper, paste No. 1666, or mashed potato.

Method.—Boil the cod in a small quantity of water, which afterwards strain, and reduce by rapid boiling to ¾ of a pint. Remove the skin and bones, and divide the fish into large flakes, mix lightly into it the ham and parsley, and season with salt and pepper. Melt the butter in a stewpan, stir in the flour, add the liquor in which the fish was cooked, boil for 5 minutes, and season to taste. Place the fish mixture in a well-greased pie-dish in layers, and moisten each layer with the prepared sauce. Cover with a thin crust of paste (*see* Veal Pie, No. 789), or mashed potato like Shepherd's Pie, No. 1069. Bake in a moderately hot oven for about ½ an hour, or until the paste is sufficiently cooked and nicely browned, and serve hot, or re-heat at the time of serving.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 1s. 10d. **Sufficient** for 5 or 6 persons. **Seasonable** from September to April.

2827.—COD'S ROE, CROQUETTES OF. (*Fr.*—Croquettes de Laitance de Cabillaud.)

Ingredients.—1 lb. of cod's roe, ¼ of a pint of milk, 1 oz. of butter, 1 dessertpoonful of flour, 2 tablespoonfuls of mashed potato, 1 tablespoonful of breadcrumbs, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, 2 eggs, breadcrumbs, frying-fat, fried parsley.

Method.—Boil the roe as in the following recipe, and when cold chop it coarsely. Melt the butter in a stewpan, fry the shallot slightly, stir in the flour, add the milk, boil for a few minutes, then put in the potato, 1 tablespoonful of breadcrumbs, the roe, parsley, herbs, and 1 egg. Season well with salt and pepper, stir over the fire until the mixture becomes thoroughly hot and the egg sufficiently cooked, then spread on a plate to cool. When ready to use, shape the croquettes in the form of corks or balls, brush them over with beaten egg, cover with breadcrumbs, and fry in hot fat until nicely browned. Drain and serve garnished with fried parsley.

Time.—About ½ an hour from cooked roe. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons. **Seasonable** in winter.

2828.—COD'S ROE, FRIED. (*Fr.*—Fritôt de Laitance de Cabillaud.)

Ingredients.—1½ lbs. of cod's roe, 1 dessertspoonful of vinegar, 1 small onion, 6 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), 1 egg, breadcrumbs, frying-fat, fried parsley.

Method.—Well wash the roe in salt and water, then put it into a stewpan with the onion sliced, vinegar, ½ a teaspoonful of salt, boiling water to cover, and simmer gently for about 1½ hours. When cold, cut into thick slices, coat with egg and breadcrumbs, and fry in hot fat in a frying-pan, or in a deep pan of hot fat, until nicely browned. Drain well, garnish with fried parsley, and serve.

Time.—About 3 hours. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons. **Seasonable** in winter.

2829.—COD'S ROE, NORFOLK STYLE. (*Fr.*—Laitance de Cabillaud à la Norfolk.)

Ingredients.—1½ lbs. of cod's roe, 1¼ pints of milk, 1½ ozs. of butter, 1½ ozs. of flour, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of lemon-juice, a few drops of essence of anchovy, 1 small onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, vinegar, salt and pepper.

Method.—Wash the roe well in salt and water, then put it into a stewpan with 1 dessertspoonful of vinegar, ½ a teaspoonful of salt, boiling water to barely cover, and simmer gently for ¾ of an hour. Have ready the milk boiling in a stewpan, add the onion, bouquet-garni, peppercorns, and the roe, previously well drained. Simmer gently for 1 hour, then turn into a basin and put aside until cold. When ready to use, cut the roe into thick slices; melt the butter in a stewpan, add the flour, cook for 2 or 3 minutes, then strain and pour in the milk, and stir until it boils. Now add the lemon-juice, parsley, anchovy essence, salt and pepper to taste, put in the slices of roe, baste them well with the sauce, and as soon as they are thoroughly hot, then serve.

Time.—From 2 to 2½ hours. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 4 or 5 persons. **Seasonable** in winter.

2830.—COD STEAKS. (*Fr.*—Tranches de Cabillaud.)

Ingredients.—2 slices of cod 1 to 1¼ inches thick, 1 tablespoonful of flour, ½ a teaspoonful of salt, ⅛ of a teaspoonful of pepper, 2 tablespoonfuls of oiled butter, 1 teaspoonful of lemon-juice, frying-fat.

Method.—Wash and thoroughly dry the fish. Mix together the flour, salt and pepper, and coat the fish completely with the mixture. Have ready in a frying-pan a good layer of hot fat, put in the fish and fry until crisp and well browned on both sides. Meanwhile melt the butter, add to it the lemon-juice, and, if liked, a little finely-chopped parsley, or omit both lemon-juice and parsley, and serve simply with oiled butter. When more convenient the fish may be baked in the oven, but it lacks the crispness obtained by frying.

Time.—Half an hour. **Average Cost,** about 10d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to April.

2831.—COD STEAKS, CARDINAL STYLE. (*Fr.*—Tranches de Cabillaud à la Cardinal.)

Ingredients.—2 slices of cod 1¼ to 1½ inches thick, 2 tomatoes, 1½ ozs. of butter, 1 oz. of flour, ¼ of a pint of milk, a little finely-chopped parsley, a few drops of carmine or cochineal, salt and pepper.

Method.—Wash and wipe the slices of fish place them in a baking-dish, and sprinkle with salt and pepper. On the top of the fish place ½ an oz. of butter in small pieces, cover with a greased paper, and bake from 20 to 25 minutes. While they are cooking, melt the remaining oz. of butter in a stewpan, stir in the flour, add the milk, and boil well. Pass the tomatoes through a hair sieve, and add the purée to the contents of the stewpan. When the fish is done, remove it to a hot dish, strain the liquor from it, and add it to the sauce. Season to taste, add carmine or cochineal until a bright-red colour is obtained, and pour it over the fish. Sprinkle on a little parsley and serve.

Time.—Half an hour. **Average Cost,** 10d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to April.

2832.—COLD MEAT KEDGEREE.

Ingredients.—6 ozs. of coarsely-chopped cooked meat, 4 ozs. of cooked rice, 2 hard-boiled eggs, 1 oz. of butter, 1 finely-chopped shallot or small onion, ½ a teaspoonful of finely-chopped parsley, nutmeg, salt and pepper.

Method.—Prepare the rice as for curry (see No. 2973), chop the whites of the eggs coarsely, rub the yolks through a wire sieve and keep them warm. Melt the butter in a stewpan, slightly fry the shallot or onions, add the meat and cook for 2 or 3 minutes, then put in the rice, the whites of eggs, a good pinch of nutmeg, and season well with salt and pepper. Stir over the fire until thoroughly hot, then arrange in a pyramidal form on a hot dish, garnish with the yolks of eggs and parsley, and serve.

Time.—Half an hour. **Average Cost,** 1s. 2d. **Sufficient** for 4 or 5 people. **Sufficient** or a dish. **Seasonable** at any time.

2833.—CORN MEAL RELISH.

Ingredients.—1 can of Indian corn, 2 eggs, flour, anchovy essence, cayenne or paprika, frying-fat or oil.

Method.—Drain the corn well, and pound it finely, moistening it gradually with 2 eggs. Season rather highly with cayenne or paprika, and add anchovy-essence to taste. Form the preparation into quenelles with two eggspoons, roll them lightly in seasoned flour, and fry in hot fat or oil until nicely browned. Drain well, and serve at once.

Time.—Half an hour. **Average Cost,** 1s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2834.—CROQUETTES OF CHICKEN, TURKEY, OR VEAL. (*Fr.*—Croquettes de Volaille, Dinde, ou Veau.)

Ingredients.—½ a lb. of finely-chopped chicken, turkey or veal, 2 ozs. of finely-chopped cooked ham or bacon, ½ pint of stock, 4 ozs. of coarse grained Florador, 1 oz. of butter, 1 finely-chopped shallot or very small onion, salt and pepper, 2 eggs, breadcrumbs, frying-fat, fried parsley.

Method.—Bring the stock to boiling point, sprinkle in the Florador, stir and cook until boiling, then simmer for 10 minutes, stirring occasionally. Melt the butter in a stewpan, fry the shallot until lightly browned, add the chicken and ham, stir and cook for a few minutes. Now put in the Florador and stock, add 1 egg, season to taste, stir over the fire for about 5 minutes to allow the eggs to thicken, then spread on a plate to cool. When ready to use, shape the mixture in the form of corks or balls, coat them with egg and breadcrumbs, and fry in hot fat until golden-brown. Drain well, and serve hot garnished with fried parsley.

Time.—3 hours. **Average Cost,** 6d., exclusive of the meat. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2835.—CROQUETTES OF HAM AND RICE. (*Fr.*—Croquettes de Jambon au Riz.)

Ingredients.—½ a lb. of finely-chopped cooked ham, ¼ of a lb. of cooked rice, 1 oz. of butter, 3 tablespoonfuls of white sauce (*see* Sauces), 1 finely-chopped shallot, powdered sage, fried parsley, salt and pepper, 1 yolk of egg, 1 whole egg, breadcrumbs, frying-fat.

Method.—Dry the rice well after cooking it, and chop it finely. Fry the shallot in the butter until lightly browned, then add the ham, rice, and a good pinch of sage, season with salt and pepper, and stir over the fire until hot. Now put in the white sauce and the yolk of egg mixed together, stir until the preparation thickens, then spread it on a plate. When cool shape into balls or corks, coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, and serve garnished with fried parsley.

Time.—From 2 to 3 hours. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2836.—CURRIED EGGS. (*Fr.*—Œufs au Kari.)

Ingredients.—4 hard-boiled eggs, ⅓ of a pint of stock or milk, 1 oz. of butter, 1 teaspoonful of curry-powder, 1 teaspoonful of flour, 1 finely-chopped small onion, lemon-juice, salt, 4 ozs. of cooked rice.

Method.—Prepare the rice (see No. 2973), shell the eggs and cut them in quarters. Fry the onion slightly in the hot butter, sprinkle in the flour and curry-powder, and cook slowly for 5 or 6 minutes. Add the stock or milk, season with salt and lemon-juice, and simmer gently for ½ an hour. Then put in the eggs, and let them remain until thoroughly heated, and serve. The rice may be arranged as a border, or served separately.

Time.—1 hour. **Average Cost,** 9d. to 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2837.—CURRIED EGGS. (Another Method.)

Ingredients.—4 eggs, ¼ of a pint of milk, 1 teaspoonful of curry-powder, ½ an oz. of butter, 1 finely-chopped small onion, buttered toast, lemon-juice, salt.

Method.—Melt the butter in a stewpan, fry the onion for 2 or 3 minutes, sprinkle in the curry-powder and let it cook for a few minutes in the butter, stirring meanwhile. Beat the eggs slightly, season them with salt, add the milk, pour the mixture into the stewpan, and stir until the eggs begin to set. Have ready some squares of well-buttered toast, pile the egg preparation lightly on them, sprinkle with lemon-juice, and serve at once.

Time.—15 minutes. **Average Cost,** 9d. to 1s. **Sufficient** for 4 persons. **Seasonable** at any time.

2838.—CURRIED FISH. (*Fr.*—Poisson au Kari.)

Ingredients.—1 lb. of cooked fish, ½ a pint of milk, 1 oz. of butter, 1 level dessertspoonful of curry-powder, 1 level teaspoonful of flour, 1 finely-chopped small onion, lemon-juice, salt.

Method.—Divide the fish into rather large flakes. Heat the butter in a stewpan, fry the onion till lightly browned, sprinkle in the curry-powder and flour, and when smoothly mixed, add the milk and boil for 5 or 6 minutes. Season to taste, add a few drops of lemon-juice, and serve plainly or accompanied by boiled rice, as preferred.

Time.—15 to 20 minutes. **Average Cost,** 9d. to 1s. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

2839.—CURRIED LOBSTER. (*Fr.*—Homard au Kari.)

Ingredients.—1 tin of lobster, 2 ozs. of Patna rice, ½ a pint of milk, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, 1 small onion, lemon-juice, salt.

Method.—Prepare, boil and dry the rice carefully. Melt the butter in a stewpan, fry the onion until lightly browned, add the flour and curry-powder, cook for 2 or 3 minutes, then pour in the milk and boil for a few minutes, stirring meanwhile. Divide the lobster into about 8 pieces, put them with the rice into the curry-sauce, add lemon-juice and salt to taste, let the stewpan stand by the side of the fire until the contents are thoroughly hot, then serve.

Time.—45 minutes. **Average Cost,** about 1s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2840.—DARIOLS OF COLD MEAT.

Ingredients.—6 ozs. of cooked meat, 1 tablespoonful of mashed potato, 1 tablespoonful of white breadcrumbs, ¼ of a pint of stock or milk,

½ an oz. of butter, 1 egg, 1 finely-chopped shallot or small onion, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, red panurette or browned breadcrumbs, salt and pepper, nutmeg, ⅓ of a pint of good gravy or brown sauce (*see* Gravies and Sauces).

Method.—Butter 6 dariol moulds, and coat them thickly with red panurette or browned breadcrumbs, chop the meat finely. Melt the butter in a stewpan, fry the shallot or onion until well browned, add the stock and let it boil, then put in the meat, potato, white breadcrumbs, parsley, herbs, egg, a good pinch of nutmeg, and a liberal seasoning of salt and pepper. Stir the ingredients over the fire until thoroughly hot, then put the preparation into the moulds and bake from 15 to 20 minutes in a moderate oven, or, if more convenient, they may be steamed. Serve hot, with the gravy poured round or sent to table in a separate vessel.

Time.—From 35 to 40 minutes. **Average Cost,** 8d. to 10d. **Sufficient** for 6 persons. **Seasonable** at any time.

2841.—DEVILLED GAME. (*Fr.*—Gibier à la Diable.)

Ingredients.—Cooked game of any kind, oiled butter, brown breadcrumbs, watercress, lemon-juice, cayenne, salt, paprika pepper.

Method.—Remove all the skin and bone, cut the flesh into neat slices, and season rather highly with lemon-juice, cayenne, salt, and paprika pepper. Now coat them well with oiled butter, cover lightly with browned breadcrumbs, and place them in a quick oven until they become thoroughly hot. Arrange them in a circle on a lace-edged dish-paper, fill the centre with watercress seasoned with salt and lemon-juice, and serve as hot as possible.

Time.—20 minutes. **Average Cost,** 9d. to 1s. **Seasonable** from September to February.

2842.—DEVILLED CHICKEN. (*Fr.*—Poulet à la Diable.)

Ingredients.—For the devilled butter: 1½ ozs. of butter, 1 teaspoonful of chutney, ½ a teaspoonful of anchovy essence or paste, ½ a teaspoonful of lemon-juice, a good pinch of cayenne. The remains of a cold roast or boiled chicken, butter or frying-fat, fried parsley.

Method.—Knead the ingredients for devilled butter together on a plate, and rub them through a fine sieve. Cut the chicken into neat joints, remove all skin, and as much bone as possible, fry them in hot butter or fat until well browned, then sprinkle with salt. Spread each piece thickly with the prepared butter, garnish with crisply fried parsley, and serve.

Time.—15 to 20 minutes. **Average Cost,** 4d., exclusive of the chicken. **Seasonable** at any time.

2843.—DRIED HADDOCK AND TOMATOES. (*Fr.*—Merluche fumé à la Tomate.)

Ingredients.—1 small dried haddock, 2 tomatoes sliced, 1 finely-chopped small onion, ½ a teaspoonful of finely-chopped parsley, 1 oz. of butter, salt and pepper, 4 ozs. of cooked rice.

Method.—Prepare the rice as for curry (see No. 2973). Cook the haddock for 10 minutes in the oven in a tin containing a little boiling water, the steam of which keeps the surface of the fish moist, then separate it into large flakes. Melt the butter in a stewpan, fry the onion without browning, put in the fish, sliced tomatoes and parsley, season to taste, and stir gently over the fire until thoroughly heated. Serve in a border of rice, or, if preferred, substitute a border of mashed potato.

Time.—20 minutes. **Average Cost,** 7d. or 8d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

2844.—EGG CROQUETTES. (*Fr.*—Croquettes aux Œufs.)

Ingredients.—4 hard-boiled eggs, 6 coarsely-chopped preserved mushrooms, 1 oz. of butter, ½ an oz. of flour, ½ a gill of milk, 1 raw egg, coarse grained Florador or breadcrumbs, nutmeg, salt and pepper, frying-fat, fried parsley.

Method.—Chop the eggs finely or rub them through a wire sieve. Fry the mushrooms lightly in the hot butter, stir in the flour, add the milk, and boil well. Now put in the eggs, season to taste, add a pinch of nutmeg, mix well over the fire, then spread on a plate to cool. When ready to use shape into balls or corks, coat carefully with egg, cover with Florador or breadcrumbs, and fry in hot fat until golden-brown. Drain well, and serve garnished with fried parsley.

Time.—From 2 to 3 hours. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2845.—EGGS, BOILED. (*See* Boiled Eggs, No. 3035, and Coddled Eggs, No. 3206.)

2846.—EGGS BUTTERED, INDIAN STYLE. (*Fr.*—Œufs brouillés à l'Indienne.)

Ingredients.—3 hard-boiled eggs, 2 raw eggs, ½ an oz. of butter, curry-powder, salt and pepper, browned breadcrumbs.

Method.—Cut the hard-boiled eggs across into rather thick slices, place them in a well-buttered gratin dish, or china baking-dish, in which they may be served, and sprinkle over them about ½ a teaspoonful of curry-powder and a few grains of cayenne. Beat the raw eggs slightly, season with salt and pepper, and pour them into the dish. Cover the surface lightly with browned breadcrumbs, put bits of butter here and there, and bake in a moderate oven for about 10 minutes. Serve as hot as possible.

Time.—10 minutes. **Average Cost,** 9d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2847.—EGGS, FRICASSÉE OF. (*Fr.*—Fricassée d'Œufs.)

Ingredients.—4 eggs, 1 oz. of butter, 2 tablespoonfuls of white sauce (*see* Sauces), 1 tablespoonful of cream, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, small triangular croûtons of fried or toasted bread, nutmeg, salt and pepper.

Method.—Boil the eggs for 15 minutes, let them remain in cold water until perfectly cold, then cut them across and lengthwise, thus dividing each egg into 4 pieces. Remove the yolks, rub them through a wire sieve, and keep hot between 2 plates. Fry the shallot lightly in hot butter, add the sauce, cream, a pinch of nutmeg, season to taste, and when hot put in the whites of the eggs. Shake gently over the fire for a few minutes, then arrange the fricassée on a hot dish, sprinkle with a little parsley, place the yolk of egg tastefully round the base, and surround the dish with the fried croûtons.

Time.—35 to 40 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 persons. **Seasonable** at any time.

2848.—EGGS IN GRAVY. (*Fr.*—Œufs au Jus.)

Ingredients.—4 eggs, 2 tablespoonfuls of good gravy, walnut ketchup or some cruet sauce, browned breadcrumbs, salt and pepper.

Method.—Boil the gravy, season it with salt and pepper, add a few drops of ketchup, Worcester, or whatever may be liked, and put it into 4 china soufflé cases. Stand these in a deep baking tin containing boiling water to half their depth, and let them remain on the stove or in the oven for 2 or 3 minutes. Now carefully break an egg into each case, season with salt and pepper, sprinkle lightly with browned breadcrumbs, and cook until the eggs are set. Serve them in the cases.

Time.—10 to 15 minutes. **Average Cost,** 7d. to 9d. **Sufficient** for 4 persons. **Seasonable** at any time.

2849.—EGGS POACHED WITH HAM. (*Fr.*—Œufs à la Dreux.)

Ingredients.—4 eggs, 3 ozs. of finely-chopped cooked ham, 4 rounds of buttered toast, the size of the eggs when cooked, 4 small teaspoonfuls of cream or milk, butter, 1 teaspoonful of finely-chopped parsley, cayenne, salt and pepper.

Method.—Add the parsley and a little pepper to the ham. Coat 4 small deep patty pans thickly with butter, over which sprinkle the ham preparation, then add an egg, breaking them carefully so as to keep the yolks whole. Season with salt, pepper and cayenne, add a teaspoonful of cream, and place on the top a morsel of butter. Put the tins in the oven, in a sauté-pan, surround them to half their depth with boiling water, and poach until the white is firm. When ready, turn the eggs carefully out of the tins on to the toast, and serve.

Time.—15 minutes. **Average Cost,** 1s. 2d. to 1s. 4d. **Sufficient** for 4 persons. **Seasonable** at any time.

2850.—EGGS POACHED IN TOMATO SAUCE. (*Fr.*—Œufs pochés à la Tomate.)

Ingredients.—4 eggs, 4 rounds of buttered toast, the size of the eggs when poached, ½ a pint of tomato sauce No. 281, salt and pepper.

Method.—When the tomato sauce is quite boiling, break the eggs carefully into it and poach until the white is set, basting them well with the sauce during the process. When done, remove the eggs carefully with a slice, trim to a good shape, and place them on the toast. Arrange on a hot dish, season the sauce to taste, pour it over the eggs, and serve.

Time.—10 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 persons. **Seasonable** at any time.

2851.—EGGS WITH BLACK BUTTER. (*Fr.*—Œufs frits au Beurre Noir.)

Ingredients.—4 eggs, 4 rounds of buttered toast, about 3 inches in diameter, 1 oz. of butter, anchovy paste, 1 dessertspoonful of tarragon vinegar, a little chopped parsley.

Method.—Heat the butter in a casserole (a fireproof earthenware vessel), break the eggs gently into it, and fry until set. Have ready the rounds of toast, spread them with anchovy paste, dish them and keep them hot. Trim the eggs to a round shape, and place them on the toast. Replace the casserole on the stove, and cook the butter until it becomes nut-brown, then add the vinegar, and a good pinch of parsley, boil rapidly for 2 or 3 minutes, pour over the eggs, and serve.

Time.—From 10 to 15 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 persons. **Seasonable** at any time.

2852.—EGGS WITH HAM. (*Fr.*—Œufs au Jambon.)

Ingredients.—6 eggs, 2 tablespoonfuls of finely-chopped cooked ham, 1 tablespoonful of browned breadcrumbs, 2 tablespoonfuls of white or brown sauce or gravy, ½ an oz. of butter, salt, pepper.

Method.—Butter 6 china soufflé cases. Season the ham with pepper, moisten with the sauce or gravy, add a few drops of mushroom ketchup or any cruet sauce, and put the preparation into the cases. Now add the eggs, taking care to keep the yolks whole, and sprinkle on a little salt and pepper. Cover with a thin layer of breadcrumbs, place small pieces of butter on the top, bake in a moderate oven until the eggs are set, and serve them in the cases.

Time.—From 15 to 20 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 6 persons. **Seasonable** at any time.

2853.—EGGS WITH HERBS. (*See* Savoury Eggs, No. 2902, and Omelette with Herbs, No. 2822.)

2854.—EGGS WITH PARMESAN. (*Fr.*—Œufs au Parmesan.) (*See* Swiss Eggs.)

2855.—EGGS WITH TONGUE. (*Fr.*—Langue de Bœuf aux Œufs.)

Ingredients.—4 eggs, 4 slices of cooked tongue, 2 or 3 tablespoonfuls of good gravy, a piece of meat glaze the size of a small walnut, lemon-juice, salt and pepper.

Method.—Put the slices of tongue into a sauté-pan or stewpan, with the gravy and glaze, make thoroughly hot, and season to taste. Poach the eggs in boiling water, slightly salted and flavoured with lemon-juice, and trim them to a round shape. Place the eggs on the slices of tongue, and trim the edges if necessary, arrange on a hot dish, strain the gravy over, and serve.

Time.—15 minutes. **Average Cost,** 9d. to 1s., exclusive of the tongue. **Sufficient** for 4 persons. **Seasonable** at any time.

2856.—FILLETS OF BLOATERS. (*See* Bloater Fritters, No. 2822.)

2857.—FILLETS OF SALMON FRIED IN BATTER. (A Jewish Recipe.)

Ingredients.—1½ lb. of salmon, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, flour, frying-batter (*see* p. 882), frying-oil, salt and pepper.

Method.—Divide the salmon into pieces about 2 inches square, and rather more than ½ an inch in thickness, and roll them in flour seasoned with a little salt and pepper. Make the batter, add to it the onion, parsley, herbs, and a good seasoning of pepper, dip in the pieces of fish, and, if available, fry them in a deep pan of hot oil; if not, heat a good layer of oil in a sauté-pan or frying-pan, and cook the fish until nicely browned on both sides. Serve cold.

Time.—40 minutes. **Average Cost,** 2s. to 3s. **Sufficient** for 4 or 5 persons. **Seasonable** from February to August.

2858.—FILLETED SMOKED HADDOCK. (*Fr.*—Filets de Merluche fumée.)

Ingredients.—1 medium-sized smoked haddock or ½ a large one (preferably the latter), 2 ozs. of butter, 1 teaspoonful of finely-chopped parsley, pepper, lemon-juice.

Method.—Cook the haddock for 10 minutes in the oven in a tin containing a little water, remove the skin and bones, and divide the fish into fillets of a convenient size for serving. Have the butter ready melted in a baking-dish, put in the fish and the parsley, season with pepper, baste well with butter, and cook for 10 minutes in the oven, repeating the basting at short intervals. Place the fish carefully on a hot dish, add a little lemon-juice to the sauce, pour it over the fish, and serve.

Time.—Half an hour. **Average Cost,** 10d. to 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2859.—FISH FRITTERS. (*See* Bloater Fritters, No. 2822, also No. 2866.)

2860.—FISH KEDGEREE. (*See* Kedgeree, No. 2873.)

2861.—FISH PIE. (*Fr.*—Pâté de Poisson.)

Ingredients.—1 lb. of cooked cod or other white fish, 4 ozs. of finely-chopped suet, 2 tablespoonfuls of mashed potato, 2 tablespoonfuls of white bread crumbs, 2 eggs, ⅓ of a pint of milk (about), browned breadcrumbs, butter, salt and pepper.

Method.—Free the fish from skin and bone and chop it coarsely, add the suet, potato, white breadcrumbs and a good seasoning of salt and pepper. Now stir in the eggs with as much milk as will form the whole into a stiff batter, and turn the mixture into a well-buttered baking-dish suitable for sending to table. Cover the surface lightly with brown breadcrumbs, and put small bits of butter here and there, and bake in a moderate oven for about 1 hour, or until the mixture is set. Serve hot in the dish in which it is cooked, or if prepared overnight re-heat at the time of serving.

Time.—To bake, about one hour. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2862.—FRICASSÉE OF FOWL. (*See* Chicken Fricasséed, No. 1164.)

2863.—GÂTEAU OF COLD MEAT.

Ingredients.—¾ of a lb. of cooked meat, ½ a lb. of mashed potato, 2 tablespoonfuls of white breadcrumbs, ⅓ of a pint of stock or milk, ½ an oz. of butter, 1 egg, 1 finely-chopped shallot or small onion, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, red panurette or browned breadcrumbs, salt and pepper, ½ a pint of good gravy or brown sauce (*see* Sauces and Gravies).

Method.—Chop the meat finely, butter a plain mould or basin, and coat it thickly with panurette (grated rusks) or browned breadcrumbs. Melt the butter in a stewpan, fry the shallot or onion until well-browned, add the stock, and when boiled put in the potato, meat, white breadcrumbs, parsley, herbs, eggs, and a good seasoning of salt and pepper. Stir over the fire until thoroughly hot, then turn into the prepared mould, and bake in a moderate oven from 30 to 40 minutes, or until the mixture is firm enough to be turned out of the mould. Serve hot, with the gravy poured round the dish or handed separately.

Time.—About 1 hour. **Average Cost,** 6d., exclusive of the meat and sauce. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2864.—GRILLED KIDNEY. (*See* Recipes Nos. 1012 and 1013.)

2865.—GRILLED MACKEREL. (*Fr.*— Maquereau Grillé.)

Ingredients.—1 mackerel. For the marinade (or pickle): 1½ tablespoonfuls of salad-oil or oiled butter, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, salt and pepper.

Method.—Wipe or wash, clean and dry the fish thoroughly. Score the back with a sharp knife, pour the marinade over, and let it remain for 1 hour, turning it 2 or 3 times. Drain well, and grill over a clear fire from 12 to 15 minutes, according to size. Or, if more convenient, cover it lightly with brown breadcrumbs, add a few small bits of butter, and bake in a moderate oven for about 20 minutes. Serve with parsley, Hollandaise or other suitable sauce.

Time.—From 12 to 20 minutes. **Average Cost,** 6d. to 1s., according to size. **Sufficient,** 1 small mackerel for 2 persons. **Seasonable** from February to October.

2866.—HADDOCK AND OYSTER FRITTERS. (*Fr.*—Beignets de Merluche fumée.)

Ingredients.—6 ozs. of finely-chopped smoked haddock, 6 oysters, 1 oz. of butter, 1 oz. of flour, ¼ of a pint of milk, essence of anchovy, salt and pepper, cayenne, frying-batter (*see* p. 882), frying-fat, fried parsley.

Method.—Pour boiling water over the fish, let it remain for 2 or 3 minutes, then dry well, remove all skin and bone, and chop it finely. Melt the butter in a stewpan, stir in the flour, add the milk and boil for 3 or 4 minutes, stirring meanwhile. Season to taste, add a few drops of anchovy essence, put in the fish, stir over the fire until well mixed, then spread on a plate to cool. Beard the oysters and preserve the liquor. When cold, divide the mixture into 6 portions, form into balls enclosing an oyster in each, dip them in the prepared batter, and fry them in hot fat until nicely browned. Drain well, garnish with fried parsley, and serve with a suitable sauce, made from fish stock obtained from simmering the trimmings of the haddock, to which should be added the oyster liquor.

Time.—1½ hours. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 6 fritters. **Seasonable** from September to April.

2867.—HAM AND EGG TARTLETS.

Ingredients.—6 eggs, 6 ozs. of finely-chopped cooked ham, 2 ozs. of white breadcrumbs, ½ an oz. of butter, ½ a gill of milk, red panurette or browned breadcrumbs, nutmeg, salt and pepper.

Method.—Mix the ham and breadcrumbs together, add a good pinch of nutmeg, season well with salt and pepper, and moisten gradually with milk until a smooth stiff paste is obtained. Butter 6 patty pans, coat them thickly with panurette or browned breadcrumbs, and line them with the meat preparation. Break an egg carefully into each one, sprinkle lightly with panurette or breadcrumbs, and add 2 or 3 very small bits of butter. Bake in a moderate oven until the eggs are set, remove carefully from the tins, and serve hot.

Time.—From 10 to 15 minutes. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 6 persons. **Seasonable** at any time.

2868.—HAM RAMAKINS.

Ingredients.—5 ozs. of finely-chopped lean cooked am, 4 eggs, 1 tablespoonful of cream or milk, ½ a teaspoonful of powdered mixed herbs, made mustard, Krona pepper, salt and pepper.

Method.—Beat 2 whole eggs and 2 yolks of eggs slightly, add the ham, cream, herbs, a small ½ mustardspoonful of mustard, salt and pepper to taste, and mix well together. Have ready 8 well-buttered china ramakin cases, fill them, rather more than three-quarters full, with the mixture, and bake until set. Meanwhile beat the remaining 2 whites of egg to a stiff froth, season with a little salt, and pile roughly above the level of the cases. Sprinkle with Krona pepper, replace in the oven, and bake until the white of egg is crisp and lightly browned. Serve hot.

Time.—Half an hour. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2869.—HERRINGS BROILED WITH MUSTARD SAUCE. (*Fr.*—Harengs au naturel, sauce Moutarde.)

Ingredients.—4 fresh herrings, 1 oz. of butter, ½ an oz. of flour, 1 teaspoonful of mustard, ¼ of a pint of water, ⅛ of a pint of vinegar, 1 finely-chopped onion.

Method.—Fry the onion in the butter until lightly browned, put in the flour and mustard, add the vinegar and water, stir until boiling, and simmer gently for 15 minutes. Wipe and dry the herrings, remove the heads, and score them across the back and sides, but avoid cutting the roe. Sprinkle them with salt and pepper, and grill over or in front of a clear fire from 10 to 15 minutes. Place on a hot dish, strain the sauce round, and serve.

Time.—Half an hour. **Average Cost,** 5d. or 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from July to February.

2870.—HERRINGS STUFFED WITH SHRIMPS. (*Fr.*—Harengs farcis aux Crevettes.)

Ingredients.—4 fresh herrings, 2 tablespoonfuls of picked shrimps, 1 tablespoonful of white breadcrumbs, essence of anchovy, salt and pepper, cayenne, 1 egg, brown breadcrumbs, butter, milk.

Method.—Wash and dry the herrings, remove the heads, split them open, take away the backbone and wipe the insides with soft paper. Soak the breadcrumbs in a little milk, chop the shrimps finely, mix these two together, season with salt and pepper, and add a few drops of anchovy essence. Spread the preparation on the inside of the herrings, roll them up tightly beginning at the head, and fasten them with skewers. Brush them over with egg, cover lightly with brown breadcrumbs, add a few small pieces of butter, and bake gently from 30 to 35 minutes. Serve hot garnished with the roes (if any) grilled.

Time.—From 40 to 50 minutes. **Average Cost,** 7d. or 8d. **Sufficient** for 4 persons. **Seasonable** from July to February.

2871.—HUNTING BREAKFAST (FRENCH GAME PIE FOR). (*See* No. 1283.)

2872.—JOMBALAYAH. (An American Breakfast Dish.)

Ingredients.—4 ozs. of finely-chopped cooked ham, 4 ozs. of Patna rice, 1 lettuce, cayenne, salt.

Method.—Wash, blanch, boil, and dry the rice as for curry (*see* No. 2973), let it become perfectly cold, then stir it into the ham, and season with cayenne pepper. Wash and dry the lettuce, place a layer of leaves on a cold dish, pile the rice and ham lightly upon them, garnish with the heart of the lettuce, and serve.

Time.—2 hours. **Average Cost,** 8d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2873.—KEDGEREE, PAPRIKA. (*Fr.*—Kedgeree au Paprika.)

Ingredients.—24 picked small prawns or shrimps, 1½ ozs. of butter, ½ an oz. of grated cheese, 4 ozs. of rice, 1 hard boiled egg, 1 pint of stock (about), salt, paprika pepper, nutmeg, watercress.

Method.—Pick, wash, blanch, and drain the rice well, cook it in the hot butter for a few minutes, then cover with stock, and simmer until tender, adding more stock when necessary. When nearly done, cook uncovered to allow some of the moisture to evaporate, and stir frequently to prevent the rice sticking to the bottom of the pan. Meanwhile put aside ⅓ of the prawns for garnish, and chop the remainder coarsely; pass the yolk of the egg through a wire sieve, and chop the white finely. To the rice now add sufficient paprika pepper to give a pale pink tint, a good pinch of nutmeg, and salt to taste, and as soon as the rice is perfectly tender put in the chopped prawns, white of egg, and cheese. When thoroughly hot arrange on the dish in a pyramidal form, garnish with the yolk of egg, prawns and watercress, and serve hot.

Time.—2 hours. **Average Cost,** 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2874.—KIDNEYS AND OYSTERS.

Ingredients.—Grilled kidneys (see recipes for cooking Sheep's Kidneys, No. 1012), oysters, salt and pepper, croûtes.

Method.—Blanch the oysters in their own liquor, taking care that they are not overcooked. Place 2 or 3 on the top of each half of grilled kidney, season lightly with salt and pepper, and serve on the croûtes.

Time.—To blanch the oysters, 1 minute. **Average Cost,** kidneys, 3d. to 4d. each ; oysters, 1s. 6d. to 2s. 6d. per dozen. Allow 1 kidney and 4 or 6 oysters to each person. **Seasonable** from September to April.

2875.—KIDNEY TOAST, MADRAS STYLE. (*Fr.*—Croûtes de Rognons à la Madras.)

Ingredients.—2 sheep's kidneys, 4 small rounds of buttered toast, curry-paste, ¼ of a teaspoonful of grated lemon rind, 1 egg, breadcrumbs, butter, salt and pepper.

Method.—Skin the kidneys, cut them in halves lengthwise, run small skewers through them to keep them flat, and season them with salt, pepper, and a few grains of cayenne. Mix the lemon rind and a little salt and pepper with the egg, dip in the kidneys, and roll them in breadcrumbs. Have ready a little hot butter in a frying-pan, and fry them lightly and quickly, cooking the cut side first. Trim the toast to a size slightly larger than half a kidney, spread with a thin layer of curry-paste, dish the croûtes upon them, and serve as hot as possible.

Time.—20 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 2 persons. **Seasonable** at any time.

Note.—For other recipes for cooking kidneys, *see* Chapter XIX, page 589.

2876.—KIPPERED HERRINGS.

Ingredients.—Kippered herrings, butter.

Method.—If the herrings are fresh and moist, simply immerse them for 1 minute in hot water, but if at all dry or over-smoked, soak them for about 1 hour, being careful in either case afterwards to wipe them dry. Rub the inner side with butter, grill quickly over or in front of a clear fire, spread on a little cold butter, then serve.

Time.—To broil the herrings, from 3 to 4 minutes. **Average Cost,** from 3d. to 4d. per pair. Allow 1 to each person. **Seasonable,** all the year.

2877.—LOBSTER CROQUETTES. (*Fr.*—Croquettes de Homard.)

Ingredients.—1 medium-sized lobster (or a good brand of tinned lobster), 1 oz. of butter, 1 tablespoonful of flour, 1 tablespoonful of cream, 1 whole egg, 1 yolk of egg, salt and pepper, cayenne, panurette (grated rusks) or breadcrumbs, frying-fat, fried parsley.

Method.—Chop the flesh of the lobster finely. Melt the butter in a stewpan, stir in the flour, add rather less than a gill of cold water, and boil well. Now put in the lobster, cream, a pinch of cayenne, salt and pepper to taste, stir over the fire until thoroughly hot, then add the yolk of 1 egg. When the mixture begins to thicken spread it on a plate to cool, and when ready to use shape it in the form of cutlets or corks. Brush these over well with egg, coat with panurette (this preparation, which resembles exceedingly fine red breadcrumbs, is sold in packets), and fry a golden brown in hot fat. Drain well, arrange neatly on a folded serviette or dish paper, garnish with fried parsley, and serve.

Time.—2 hours. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2878.—MADRAS FRITTERS. (*Fr.*—Beignets à la Madras.)

Ingredients.—20 rounds of brown bread, 1½ inches in diameter, 10 rounds of cooked ham, 1½ inches in diameter, chutney, butter, frying-batter (see p. 882), frying-fat, fried parsley.

Method.—Spread butter on all the rounds of brown bread, and add to them a layer of chutney. On the top of this place first the rounds of ham, and then the remainder of the bread and butter, pressing the whole lightly together. Now dip them into the prepared batter, and fry them in hot fat until golden-brown. Drain well, and serve garnished with fried parsley.

Time.—10 minutes. **Average Cost,** 9d. to 10d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2879.—MINCED BEEF AND POACHED EGGS. (*Fr.*—Émincé de Boeuf aux Œufs pochés.)

Ingredients.—½ a lb. of underdone roast beef, 2 eggs, ¼ of a pint of gravy, ½ an oz. of butter, ½ an oz. of flour, 1 finely-chopped small onion, ½ a teaspoonful of mushroom ketchup, Worcester sauce, or vinegar, toasted bread, salt and pepper.

Method.—Cut the meat into small dice, melt the butter in a stewpan, fry the onion until lightly browned, sprinkle in the flour and brown slightly, then add the stock and boil for 2 or 3 minutes. Now put in the meat, ketchup, sauce or vinegar, season with salt and pepper, and let the pan stand where the contents will be kept hot without boiling for 10 or 15 minutes. Meanwhile poach the eggs and trim them to a round form; cut the toast into small triangular shapes. When ready to serve, turn the mince on to a hot dish, place the eggs on the top, and surround the base with the pieces of toast. Serve hot.

Time.—20 minutes. **Average Cost,** 8d. **Sufficient** for 2 persons. **Seasonable** at any time.

2880.—MUTTON AND TOMATOES. (*Fr.*—Mouton aux Tomates.)

Ingredients.—½ a lb. of mutton, 3 tomatoes, 2 or 3 tablespoonfuls of brown breadcrumbs, ¼ of a pint of gravy, butter, salt and pepper.

Method.—Cut the meat into thin slices; also slice the tomatoes.

Butter a baking-dish, put a layer of tomatoes at the bottom, cover lightly with breadcrumbs, sprinkle with salt and pepper, and place slices of meat on the top. Repeat until all is used, so contriving that the tomato forms the last layer, and pour in the gravy. Sprinkle the surface thickly with brown breadcrumbs, place a few bits of butter on the top, bake in a moderate oven for about ½ an hour, and serve.

Time.—About half an hour. **Average Cost**, 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2881.—OMELET PLAIN. (*Fr.*—Omelette Naturel.)

Ingredients.—4 eggs, 2 tablespoonfuls of cream or milk, 1½ ozs. of butter, salt and pepper.

Method.—Beat the eggs just long enough to mix the yolks and whites well together, and add the cream and seasoning. Melt the butter in an omelet pan, and remove the scum as it rises. Pour in the mixture, stir with a fork until the eggs begin to set, then fold the sides towards the middle in an oblong form; or draw the mixture towards the handle of the pan, thus forming a half-moon shape. Turn over on to a hot dish, and serve quickly.

Time.—5 minutes. **Average Cost,** from 8d. to 10d. **Sufficient** for 2 persons. **Seasonable** at any time.

Note.—Minced cooked ham, tongue, chicken, meat or fish may be mixed with the eggs, or if raw, fried in the butter before putting in the eggs. Such additions as sliced tomatoes, kidneys, etc., are folded inside the omelet when it is partially or completely cooked.

2882.—OMELET WITH HERBS. (*Fr.* — Omelette aux Fines Herbes.)

Ingredients.—4 eggs, 3 tablespoonfuls of cream or milk, ½ a teaspoonful of finely-chopped parsley, ⅛ of a teaspoonful of finely-chopped shallot or onion, a pinch of mixed herbs, salt and pepper, 1½ ozs. of butter.

Method.—Beat the eggs until light, add the cream or milk, parsley, shallot and herbs, and season with salt and pepper. Melt the butter in an omelet pan, pour in the mixture, stir with a fork until the eggs are on the point of setting, then, with a spoon, draw it quickly towards the handle of the pan in the shape of a crescent. Turn over on to a hot dish, and serve as quickly as possible.

Time.—5 minutes. **Average Cost,** 8d. to 10d. **Sufficient** for 2 persons. **Seasonable** at any time.

2883.—PAPRIKA KEDGEREE. (*See* Kedgeree, Paprika, No. 2873.)

2884.—POLENTA. (*See* Italian Cookery.)

2885.—POTATO CHIPS. (*Fr.*—Pommes Chippes.)

Ingredients.—Potatoes, salt, frying-fat.

Method.—Peel the potatoes, slice them thinly, wash them well in cold water, then drain and dry thoroughly. Fry them in a wire basket in very hot fat until sufficiently cooked, then remove them and re-heat the fat. Wait until the blue vapour arises from the fat, then replace the basket, and fry until the potatoes become crisp and lightly browned. Drain well, sprinkle with salt, and serve.

Time.—15 minutes.

2886.—POTATOES SAUTÉD. (*Fr.*—Pommes Sautées.)

Ingredients.—5 or 6 cold boiled potatoes, 1 oz. of butter, ½ a teaspoonful of finely-chopped parsley, salt and pepper.

Method.—Cut the potatoes into ¼ inch slices, and season them with salt and pepper. Heat the butter in a frying-pan, put in the potatoes, and fry them until lightly browned on both sides. Then turn on to a hot dish, sprinkle with parsley, and serve.

Time.—Ten minutes. **Average Cost,** 2½d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

2887.—POTATO STRAWS. (*Fr.*—Pommes Pailles.)

Ingredients.—Potatoes, salt, frying-fat.

Method.—Peel the potatoes, slice them thinly, and cut the slices into fine strips. Wash them well in cold water, drain in a sieve, and dry thoroughly in a cloth. Fry them in a wire basket in smoking hot fat until crisp and golden-brown, then drain well, sprinkle lightly with salt, and serve.

2888.—RAMAKINS OF COLD CURRY. (*Fr.*—Ramaquins de Kari Froid.)

Ingredients.—4 ozs. of cooked chicken, veal or rabbit, 1 tomato, 1 finely-chopped medium-sized mild onion, ¼ of a pint of white stock, ¼ of a pint of milk, ¼ of a pint of cream, 1 oz. of butter, 1 level tablespoonful of curry-powder, 1 teaspoonful of flour, lemon-juice, salt, Krona pepper.

Method.—Shred the meat finely, and pass the tomato through a hair sieve. Melt the butter in a stewpan, fry the onion without browning, then sprinkle in the curry-powder and flour, and cook slowly for about 5 minutes. Now add the stock and milk, season to taste, simmer gently until reduced to half the original quantity, then put in the tomato purée, lemon-juice and meat. Let the stewpan stand for 20 minutes where the contents will be kept just below simmering point, then turn into a basin, add more lemon-juice and seasoning if necessary, and put the preparation aside until cold. When ready for use, whip the cream stiffly, stir it lightly into the curry, and put the mixture into china or paper ramakin cases. Sprinkle with Krona pepper, and serve cold.

Time.—Two hours. **Average Cost,** 11d. to 1s. 1d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

2889.—RAMAKINS OF DRIED HADDOCK. (*Fr.*—Ramaquins de Merluche fumée.)

Ingredients.—4 ozs. of smoked haddock, 1 oz. of butter, ½ an oz. of flour, ¼ of a pint of milk, 2 eggs, panurette or browned breadcrumbs, salt and pepper, parsley.

Method.—Pour boiling water over the fish, let it remain for 2 or 3 minutes, then free it from skin and bone, and chop it finely. Melt the butter in a stewpan, add first the flour and next the milk, and boil the mixture for 2 or 3 minutes, stirring meanwhile. Now put in the fish and the yolks of eggs, and season to taste. Whisk the whites to a stiff froth, stir them lightly in, put the mixture into well-buttered china or paper ramakin cases, sprinkle the surface with red panurette or browned breadcrumbs, and add 2 or 3 very small bits of butter. Bake in a moderately hot oven from 15 to 20 minutes, garnish with parsley, and serve hot.

Time.—From 35 to 45 minutes. **Average Cost,** 9d. **Sufficient** for 6 ramakins. **Seasonable** at any time.

2890.—RICE CROQUETTES. (*See* Recipe No. 3110.)

2891.—RISOLETTI. (*See* Italian Risoletti, No. 2976.)

2892.—ROES ON TOAST. (*See* Croûtes of Cod's Roe, No. 2747, Herring Roes, Croûtes of, No. 2761, and Herring Roe Tit-Bits, No. 2763.)

2893.—SALMON AU GRATIN.

Ingredients.—Cooked salmon, fish sauce or white sauce, brown breadcrumbs, salt and pepper.

Method.—Separate the fish into large flakes, place them in a fireproof baking-tin, sprinkle them with salt and pepper, and barely cover with sauce. Add a thin layer of lightly-browned breadcrumbs, place a few small pieces of butter on the top, and bake in a moderately hot oven for a few minutes. Serve in the dish.

Time.—From 8 to 10 minutes. **Average Cost,** salmon, 1s. 3d. to 2s. 6d. per lb. Allow 1 lb. to 3 or 4 persons. **Seasonable** from February to October.

2894.—SALMON, FRIED. (A Jewish Recipe.) (*Fr.*—Tranches des Saumon Frits.)

Ingredients.—2 slices of salmon about $1\frac{1}{4}$ inches thick, 1 egg, flour, salt and pepper, salad-oil.

Method.—Wash the fish in cold water, dry it well, sprinkle both sides of each slice with salt, let them remain for $\frac{1}{2}$ an hour, then fold them in a clean dry cloth, and press gently to remove all moisture. Season a good tablespoonful of flour with salt and pepper, coat the fish completely, and dip it into beaten egg. While this is being done, heat some salad-oil in a sauté-pan or frying-pan, now put in the fish, and fry until well browned on both sides. Drain thoroughly and serve cold.

Time.—One hour. **Average Cost,** 2s. to 3s. **Sufficient** for 4 persons. **Seasonable** from February to August.

2895.—SALMON FRITTERS. (*See* Fillets of Salmon Fried in Batter, No. 2857.)

2896.—SALMON PIE. (*Fr.*—Pâté de Saumon.)

Ingredients.—1 lb. of cold salmon, 2 tablespoonfuls of mashed potatoes, 2 tablespoonfuls of white breadcrumbs, 2 tablespoonfuls of oiled butter, 2 eggs, $\frac{1}{4}$ of a pint of milk (about), panurette or browned breadcrumbs, butter, salt and pepper.

Method.—Free the fish from skin and bone, and chop it coarsely. Put it into a basin with the potato, white breadcrumbs, and oiled butter, season rather highly with salt and pepper, and stir in the eggs and as much milk as is needed to form the whole into a stiff batter. Have ready a well greased white china baking dish or a piedish, turn in the fish preparation, sprinkle the surface with red panurette or brown breadcrumbs, and add a few very small bits of butter. Bake in a moderate oven for about 1 hour, or until the mixture is set. Serve hot, or reheat at the time of serving.

Time.—$1\frac{1}{2}$ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 5 or 6 persons. **Seasonable** from February to September.

2897.—SALMON TIMBALES. (*Fr.*—Timbales de Saumon.)

Ingredients.—6 ozs. of cold salmon, 2 ozs. of breadcrumbs, $\frac{1}{2}$ an oz. of butter (oiled), 1 large egg or 2 small ones, 1 tablespoonful of cream or milk, ½ a teaspoonful of lemon-juice, mace, cayenne, parsley, ⅓ of a pint of Hollandaise sauce (*see* Sauces, No. 304).

Method.—Divide the fish into small flakes, add the butter, cream and yolk of egg gradually, working the fish meanwhile with a fork. Season to taste with salt and cayenne, add the lemon-juice and a pinch of mace, and lastly the stiff-whisked white of egg. Have ready 6 well-buttered timbale or dariol moulds, fill them with the preparation, place them in a sauté-pan, surround to half their depth with boiling water, and cook on the stove or in the oven for about 30 minutes, or until the mixture is set. Then unmould, coat with the Hollandaise sauce, garnish with parsley, and serve.

Time.—One hour. **Average Cost,** 9d. to 11d. **Sufficient** for 5 or 6 persons. **Seasonable,** fresh salmon from February to September. From tinned salmon at any time.

2898.—SARDINES WITH PARMESAN. (*Fr.*—Sardines au Parmesan.)

Ingredients.—Sardines, 2 ozs. of grated Parmesan cheese, 4 ozs. of flour, 1 oz. of oiled butter, 1 egg, salt and pepper, cayenne, frying-fat, Krona pepper.

Method.—Mix the flour, a dessertspoonful of cheese, a saltspoonful of salt, and a good pinch of cayenne together, add the yolk of the egg and as much cold water as is needed to form a stiff paste. Knead well for at least 10 minutes, then put the paste aside in a cool place for at least 1 hour. Meanwhile remove the skin and tails from the sardines, take out the backbone and replace the two halves, then dip each sardine in oiled butter and coat lightly with cheese. Roll the paste out as thinly as possible, and cut it into oblong strips just large enough to enclose a sardine. Moisten the edges of the paste with white of egg, place the sardines on one half, fold the other over, and pinch the edges together. Drop them into hot fat, fry until golden-brown, then drain well, sprinkle with grated cheese and Krona pepper, and serve.

Time.—Two hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2899.—SAUSAGES. (*See* Nos. 1049 and 1142.)

2900.—SAUSAGE CROQUETTES. (Croquettes de Saucisse.)

Ingredients.—1 lb. of pork sausages, ½ a lb. of mashed potatoes, ½ an oz. of butter, 1 whole egg, 1 yolk of egg, 1 dessertspoonful of cream or milk, breadcrumbs, frying-fat, salt, cayenne, nutmeg, fried parsley.

Method.—Prick the sausages, put them into boiling water, cook them for 10 minutes, and when cold remove the skins and cut them across in halves. Melt the butter in a stewpan, put in the mashed potato and cream, season well with salt and pepper, stir until hot, then add the yolk of egg and continue the cooking and stirring for about 5 minutes longer. Let the potato cool, then spread a thin layer over each piece of sausage; coat these with egg and breadcrumbs, fry in hot fat until golden-brown, and serve garnished with fried parsley.

Time.—1½ hours. **Average Cost,** 1s. 2d. **Sufficient** for 4 persons. **Seasonable** from September to April.

2901.—SAUTÉD KIDNEYS. (*Fr.*—Rognôns Sautés.)

Ingredients.—2 sheep's or 1 pork kidney, 1 oz. of butter, 1 finely-chopped shallot or fine onion, ½ a teaspoonful of finely-chopped parsley, 3 or 4 tablespoonfuls of good brown sauce, salt and pepper.

Method.—Skin the kidneys, cut them across into very thin slices, and remove the core. Heat the butter in a sauté-pan, fry the shallot until golden-brown, then put in the sliced kidneys and parsley, season with salt and pepper, and toss them over the fire for 5 or 6 minutes. Add the brown sauce, mix it well with the kidneys, and when thoroughly heated, serve.

Time.—10 minutes. **Average Cost,** 8d. **Sufficient** for 2 persons. **Seasonable** at any time.

Note.—For other recipes for cooking kidneys, *see* Chapters XVI. and XXI.

2902.—SAVOURY EGGS.

Ingredients.—4 eggs, 4 rounds of buttered toast, 2 ozs. of finely-chopped cooked ham, 1 teaspoonful of finely-chopped parsley, salt and pepper.

Method.—Butter 4 small china ramakin cases or dariol moulds, and coat them thickly with ham and parsley, previously mixed together. Break an egg carefully into each case, and sprinkle them with salt and pepper. Bake or steam until firm, then turn them on to the prepared toast, and serve.

Time.—10 to 15 minutes. **Average Cost,** 10d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2903.—SAVOURY FRITTERS.

Ingredients.—Cold meat of any description, mashed potato, salt and pepper, frying batter (*see* p. 882), frying-fat.

Method.—This dish admits of many variations: thin slices of veal and ham put together, underdone beef seasoned with ketchup or Worcester sauce, or mutton with slices of tomato, are generally liked.

Whatever meat is used, it must be cut into rounds from 1½ to 1¾ inches in diameter. Season the potato liberally with salt and pepper, and stir it over the fire, adding a little milk gradually until it becomes sufficiently moist to be easily spread. Cover both sides of the prepared rounds with potato, smoothing it with a hot wet knife. Dip the rounds in batter (or coat them with egg and breadcrumbs if preferred), and fry them in hot fat. If available, use a deep pan of fat for the purpose; if not, by having a fairly deep layer of fat, and exercising a little care, the fritters may be nicely cooked in a frying-pan.

Time.—Half an hour. **Average Cost,** 6d. to 8d. Allow 2 or 3 for each person. **Seasonable** at any time.

2904.—SAVOURY FRITTERS. (Another Method.)

Ingredients.—4 ozs. of flour, 3 ozs. of butter, 2 whole eggs, 1 yolk of egg, 1½ gills of water, 2 tablespoonfuls of tongue, ham or chicken cut into small dice, 4 button mushrooms cut into dice, nutmeg, salt and pepper, parsley, frying-fat.

Method.—Put the water and butter into a small stewpan; when boiling, stir in the flour and work vigorously over the fire until the paste leaves the sides of the stewpan. Let it cool slightly, then beat in the eggs, adding each one separately. Season well with salt, pepper and nutmeg, stir in the dice or meat and mushrooms, and spread the preparation on a slab or large dish forming a square about ½ an inch in thickness. When cold, cut into small squares about 1½ inches in diameter, fry the squares in hot fat until crisp and brown, drain well, and serve garnished with crisply-fried parsley. If liked, tomato, piquante or other suitable sauce may accompany this dish.

Time.—Two hours. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2905.—SAVOURY MACARONI.

Ingredients.—4 ozs. of macaroni, 1 tablespoonful of grated cheese, 1 teaspoonful of anchovy essence, ¼ of a pint of white sauce (*see* Sauces, No. 222), 2 or 3 tablespoonfuls of cream, cayenne, salt and pepper.

Method.—Break the macaroni into short pieces, throw them into rapidly-boiling salted water, boil for 20 minutes, or until tender, and drain well. Have the sauce ready, add the macaroni, cheese, cream, anchovy essence, cayenne, salt and pepper to taste. Mix well, then turn into china coquilles or ramakin cases, bake in a moderately hot oven until the surface is well browned, and serve hot.

Time.—30 to 40 minutes. **Average Cost,** 6d. to 7d. **Sufficient** for 4 coquilles or 8 ramakins **Seasonable** at any time.

2906.—SAVOURY MEAT TOAST.

Ingredients.—2 tablespoonfuls of finely-chopped cold meat, of any description, 2 tablespoonfuls of gravy or milk, 1 egg, 2 rounds of buttered toast, ½ an oz. of butter, salt and pepper.

Method.—Warm the butter and meat in a stewpan, beat the egg slightly, add the gravy or milk, season to taste, pour the mixture into the stewpan, and stir until the egg begins to set. Have the toast ready, trim the edges, spread on the preparation, and serve. The above may be varied by the addition of parsley, onion, herbs or ketchup, Worcester sauce, etc.

Time.—15 minutes. **Average Cost**, 6d. to 8d. **Sufficient** for 1 or 2 persons. **Seasonable** at any time.

2907.—SAVOURY MINCE CROÛSTADES.

Ingredients.—3 pork sausages, 2 slices of streaky bacon, 6 coarsely-chopped button mushrooms, 3 tablespoonfuls of brown or tomato sauce (*see* Sauces), ½ a teaspoonful of finely-chopped parsley, milk, 1 egg, breadcrumbs, frying-fat, salt and pepper, fried parsley.

Method.—Place the bacon in a hot frying-pan, and fry until rather crisp; prick the sausages, and fry them in the bacon fat. When cool, cut both into small dice, first removing the skins of the sausages, put them with the sauce, mushrooms, and parsley into a stewpan, season to taste, and re-heat. To make the croûstades, cut 1 inch slices from a stale loaf, stamp out 6 round or oval shapes, and scoop out the inside, forming a hollow to hold the mince. Now dip them in milk, let them become moistened without being sodden, then coat them with egg and breadcrumbs, and fry in hot fat until nicely browned. Have the mince ready, fill the cases, garnish with fried parsley, and serve.

Time.—1 hour. **Average Cost,** 1s. **Sufficient** for 6 persons. **Seasonable** from September to April.

2908.—SCOTCH EGGS. (*Fr.*—Œufs à l'Ecossaise.)

Ingredients.—3 hard-boiled eggs, ½ a lb. of sausages, 1 raw egg, breadcrumbs, frying-fat, fried parsley, 6 croûtes of fried bread.

Method.—Skin the sausages, mix them together, and divide into 3 equal parts. Shell the eggs, enclose them in the sausage meat, coat with egg and breadcrumbs, and fry in hot fat, which should be sufficiently deep to cover them. Drain well, cut them in halves, dish them on the croûtes, and serve garnished with parsley. Tomato sauce frequently accompanies this dish.

Time.—Half an hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2909.—SCRAMBLED EGGS. (*Fr.*—Œufs Brouillés.)

Ingredients.—4 eggs, 2 slices of buttered toast, 1 oz. of butter, 2 tablespoonfuls of cream or milk, salt and pepper, chopped parsley.

Method.—If liked, round, oval, or triangular croûtes of toasted bread may be used, but for ordinary purposes each slice of toast may be trimmed and cut into quarters. Beat the eggs slightly, season them with salt and pepper, add the cream or milk, and pour the mixture into a stewpan, in which the butter should have been previously melted. Stir over the fire until the eggs begin to set, then pile on the toast, sprinkle with parsley, and serve.

Time.—10 minutes. **Average Cost,** 10d. to 1s. 1d. **Sufficient** for 4 persons. **Seasonable** at any time.

2910.—SCRAMBLED EGGS WITH MUSHROOMS. (*Fr.*—Œufs Brouillés aux Champignons.)

Ingredients.—4 eggs, 6 button mushrooms (preferably fresh ones), 1 oz. of butter, 2 tablespoonfuls of cream or milk, 2 slices of buttered toast, salt and pepper.

Method.—Prepare the mushrooms, cut them into small dice, and fry lightly in the butter. Meanwhile trim the toast and divide each slice into 4 squares. Beat the eggs slightly, season them with salt and pepper, add the cream, and pour the mixture into the stewpan. Stir over the fire until the eggs begin to set, then pile the preparation on the toast, and serve as hot as possible.

Time.—10 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 persons. **Seasonable** at any time.

2911.—SCRAMBLED EGGS AND HAM. (*Fr.*—Œufs Brouillés au Jambon.)

Ingredients.—2 tablespoonfuls of finely-chopped ham, 2 eggs, 1 oz. of butter, 1 tablespoonful of milk, salt and pepper, 2 rounds of buttered toast.

Method.—Melt the butter in a stewpan, put in the ham and let it heat gradually in the butter. Beat the eggs, add the milk, season to taste, pour it into the stewpan, and stir until the eggs begin to set. Have the hot toast ready, pile the preparation lightly upon it, and serve at once. Tongue or other kinds of meat may be substituted for the ham.

Time.—15 minutes. **Average Cost,** 8d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

2912.—SPICED SALMON. (*Fr.*—Saumon Épicé.)

Ingredients.—To 2 or 3 lbs. of cooked salmon, allow 1 pint of the liquor in which it was boiled, ¾ of a pint of good malt vinegar, 1 oz. of butter, 2 bay-leaves, 12 white peppercorns, 12 allspice, 4 cloves, a blade of mace, ½ a teaspoonful of salt.

Method.—The cold remains of boiled salmon may be utilised for this dish. As soon as it leaves the table, remove as many bones as possible, and trim and press it into a compact shape. Meanwhile the marinade should have been prepared by simmering together for 1 hour the above-named quantities of liquor, vinegar and spice. When cold, strain it over the fish, which, if not completely immersed, should be turned once during the 12 hours that must elapse before the salmon is ready for use. Mayonnaise sauce or a good salad dressing should accompany this dish when served.

Time.—14 hours. **Average Cost,** salmon from 1s. 3d. to 3s. 6d. per lb. Allow 1 lb. for 4 persons. **Seasonable** from February to August.

2913.—SPRATS FRIED IN BATTER. (*Fr.*—Melettes frites.)

Ingredients.—1 lb. of sprats, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, ¼ of a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of grated lemon rind, frying-batter (*see* p. 882), salad-oil or clarified fat, parsley, salt and pepper.

Method.—Wipe or wash the fish, and if liked, cut off the heads and tails, but do not open them. Make the batter as directed, add to it the parsley, shallot, herbs, lemon-rind, and a good seasoning of pepper, dip in the sprats, taking care to coat them completely, and fry them in hot oil or fat in a frying-pan until nicely browned. Drain well, and serve garnished with fried parsley.

Time.— Half an hour. **Average Cost,** 7d. or 8d. **Sufficient** for 3 or 4 persons. **Seasonable** from November to April.

2914.— STUFFED HERRINGS WITH MUSTARD BUTTER.

Ingredients.—4 fresh herrings, 1½ tablespoonfuls of white breadcrumbs, 1 tablespoonful of oiled butter, 1 teaspoonful of anchovy essence or paste, ½ a saltspoonful of finely-chopped shallot or onion, salt and pepper. For the mustard butter: 1 oz. of butter, ½ a teaspoonful of dry mustard, 1 teaspoonful of lemon-juice.

Method.—Mix the butter, mustard and lemon-juice on a plate, form the mixture into a pat, and put it aside in a cool place until firm. Wash and dry the herrings, remove the heads, split them open and take away the backbone. Put the roes into boiling water, cook gently for 10 or 15 minutes, then chop them coarsely. Mix with them the breadcrumbs, butter, anchovy essence, and shallot, season rather highly with salt and pepper, and stuff the herrings with the preparation. Close them in their natural form, brush them over with warm butter, and bake them for about 20 minutes in a moderate oven. Place a pat of mustard butter on the top of each herring, and serve.

Time.—40 minutes. **Average Cost,** 6d. or 7d. **Sufficient** for 3 or 4 persons. **Seasonable** from July to February.

2915.—TINNED MEAT. (*See* Chapter XXVIII.)

2916.—TOMATO SAUSAGES.

Ingredients.—½ a pint of tomato purée, ½ a pint of well-cooked rice, ½ a pint of breadcrumbs, 1 tablespoonful of finely-chopped onion, 1 teaspoonful of powdered mixed herbs, salt and pepper, sausage skins.

Method.—When using fresh tomatoes, squeeze out the greater part of the juice, add it to the water in which the rice is cooked, and pass the tomato pulp through a fine sieve. Mix the rice, breadcrumbs, tomato purée, onion, herbs, and a good seasoning of salt and pepper, well together, press the mixture lightly into the skins, and fry in hot fat or butter until well-browned.

Time.—40 minutes. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 1½ lbs. **Seasonable** at any time.

2917.—TRUFFLES, ITALIAN STYLE. (*Fr.*—Truffes à l'Italienne.)

Ingredients.—Fresh truffles, salad oil, lemon juice, finely-chopped parsley, finely-chopped shallot, pepper and salt.

Method.—Scrub, wash, peel and slice the truffles, and place them in a well-buttered gratin dish. Sprinkle them lightly with parsley, shallot, salt and pepper, moisten them with salad oil, and cover closely. Bake gently from 25 to 30 minutes, then sprinkle lightly with lemon juice, and serve in the dish.

Time.—About 1 hour. **Average Cost,** uncertain, usually from 10s. to 12s. per lb. Allow ½ a lb. for 5 or 6 persons. **Seasonable** all the year.

2918.—WAFFLES. (*Fr.*—Gauffres.)

Ingredients.—½ a lb. of flour, 1½ ozs. of butter melted, 1½ ozs. of castor sugar, 2 yolks of eggs, 1 white of egg, ½ a pint of cream, ¼ of a pint of milk.

Method.—Mix the flour, sugar, butter and eggs together until smooth, add the cream and milk, and beat well. Heat the waffle-irons, grease carefully with oiled butter, using a feather for the purpose, and pour about 2 tablespoonfuls of the preparation into each division. Bake each side from 2 to 3 minutes, or until lightly browned, and serve sprinkled with sugar.

Time.—About 20 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2919.—WAFFLES, AMERICAN.

Ingredients.—1 breakfastcupful of well-boiled rice, 2 eggs, 2 tablespoonfuls of milk, 2 tablespoonfuls of flour, butter.

Method.—The rice must be very dry and soft. Add to it the flour, eggs, and milk, and beat well. When nearly cold, bake as directed in the preceding recipe, spread liberally with butter, and serve hot.

Time.—About 20 minutes. **Average Cost,** 6d. to 7d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2920.—WAFFLES, FRENCH.

Ingredients.—4½ ozs. of fine flour, 2 tablespoonfuls of castor sugar, 1 tablespoonful of noyeau, a few drops of vanilla essence, ½ a pint of cream, 4 eggs.

Method.—Mix the flour, sugar, yolks of eggs, noyeau, and vanilla essence well together, add the cream, and lastly the stiffly-whisked whites of eggs. Cook as directed (*see* Waffles), and serve at once.

Time.—About 20 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

THE ART OF CARVING AT TABLE.

CHAPTER XXXIX

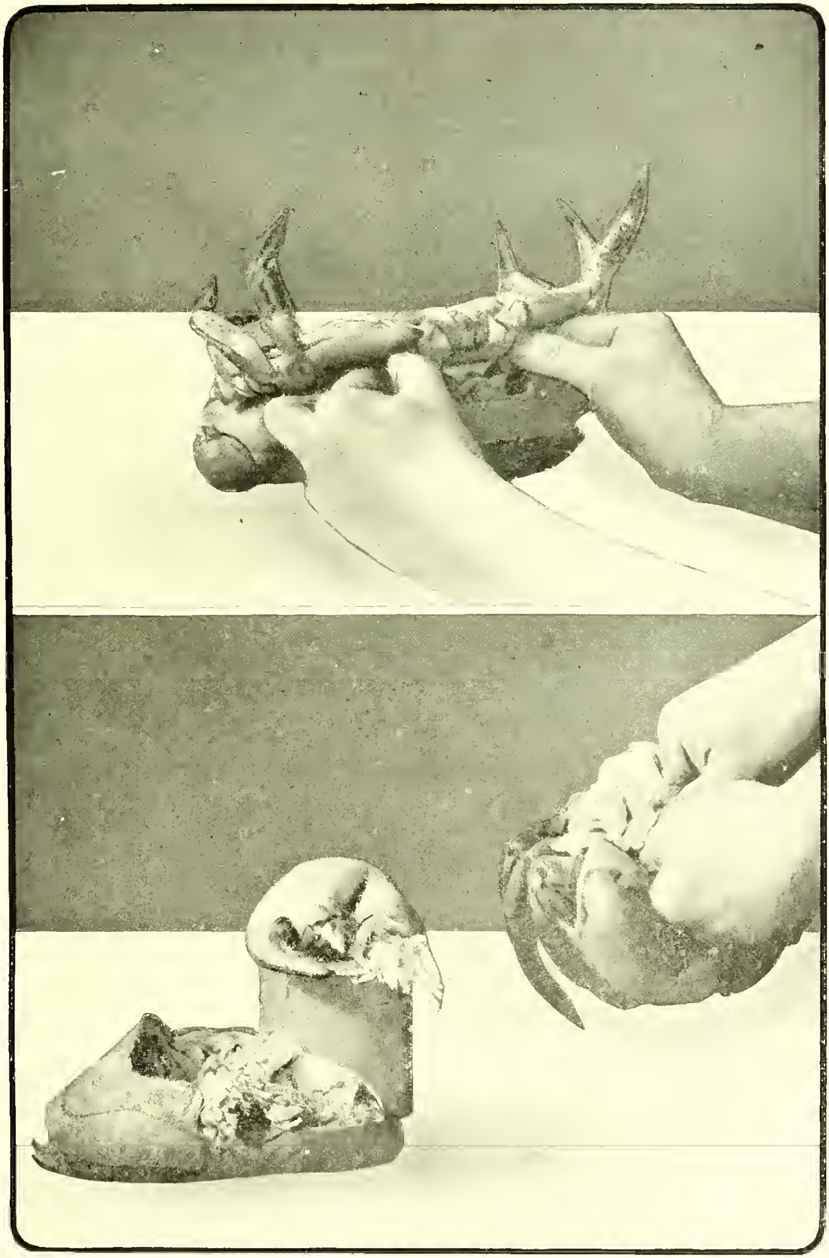
Instructions for Carving Fish, Meat, Poultry and Game.

It is to be feared that carving is an art to a great extent neglected in this country. This is a curious fact when considered in connexion with the great growth in the cult of the cuisine in England of late years, yet the conscientious historian of the habits of our times is compelled willy nilly to make the admission. It must be admitted that the modern fashion of serving *à la Russe* has to a large extent relieved the host and hostess from carving at dinner, but the art is still required at breakfasts, luncheons, and quiet family repasts. The real trouble is that the Englishman does not take the matter sufficiently seriously—passes it over as a mere mechanical and considerably boring accompaniment to a meal. This constitutes a grave error. To carve well is a graceful combination of science with art, and your true carver would carve symmetrically as well as economically even were he put in the position of dividing a sucking-pig between two. Considering how important and useful an accomplishment it is, one is astounded that more people do not make an effort to carve at least passably. The explanation, perhaps, lies in the fact that carving holds a place among those arts which every man is convinced he can practise better and more scientifically than any one else in the world!

How often, too, does one come across the man who grumbles at the cook when the real fault lies with him who cut the food! The greater number of those who dine in a first-rate restaurant and are pleased to pose as gourmets never in this respect appear willing to learn by experience or example, but quietly turn to their neighbour, and discuss the latest news, the weather, and their personal affairs, while the *maitre d'hôtel* is giving an example of an art the acquisition of which has cost him the study of a lifetime and contains perhaps the secret of a great gastronomic success.

Without doubt the first carver of recent times was the late M. Joseph—proprietor of the Restaurant Marivaux, in Paris, and sometime director of the Savoy Restaurant, London.

CARVING No. 1.



1. Lay the crab on its back, insert fingers between the shell and fish, and using the thumbs as levers, push body away from shell. 2. Break off the claws, remove poisonous "fingers," cut away sides of the "back" shell, and dress the crab in this part, without disturbing the contents. The "fingers' usually adhere to belly of the crab. When cutting away the sides of the shell, run the point of the knife along the joint line. The lower part of the picture shows one side cut away.

In his own restaurant every aid was given to obtain effect; the orchestra stopped dead, and taking his stand at the head of the room, the master sliced off joints, one after the other, with vigorous single cuts, holding the bird on a fork in his left hand. Lieut.-Col. Newnham Davis, in his *Dinners and Diners* gives an admirable idea of the effect produced by Joseph's carving when he says: "In an irreverent moment I was reminded of the Chinese torture of the Ling Chi, in which the executioner slashes at his victim without hitting a vital part in the first fifty cuts, as I watched Joseph calmly, solemnly, with absolute exactitude, cutting a duck to pieces with a long, thin knife."

It need hardly be here remarked that the ordinary amateur cannot be expected to attain the pre-eminence of a Joseph or a Ritz, but all will be well advised to learn at least how to carve some of the simpler dishes of everyday appearance in the average British household.

Truly the case of the man who is entirely ignorant of carving is parlous. We have all seen him, offering in an emergency to assist his hostess, and trying by mere physical force to overcome his lack of skill; with red face and perspiring forehead he hacks and tugs at the dish in front of him, and at every attempt the veins stand out more prominently in his head, while the face of his hostess grows graver each moment as she begins to realize the appalling fact that the dish will not go round. Hopelessly at sea, he shamefully mangles and hacks the joint or bird before him, serving slices ragged and torn, and accomplishing even this result so slowly that the dish is cold long before he has finished. And all this time his agony—especially if he be of a nervous temperament—is terrible to contemplate, and the inconvenience to those who witness it distressing in the extreme.

Besides this disadvantage of the more material kind, a bad carver is handicapped in the conversation of the table, in which he plays, or should play, an important part, for the post of carver has come to involve considerable social obligations, and implies that its holder should to some extent preside over the feast. Charles Lamb, in "Captain Jackson," has given us an example of the carver who, even though he had nothing or next to nothing to carve, yet contrived to make a meal—however slender—pleasant. "'Let us live while we can,' methinks I hear the open-hearted creature exclaim; 'While we have, let us not want'; 'Here is plenty left'; 'Want for nothing'—with many more such hospitable sayings, the spurs of appetite, and old concomitants of smoking boards and feast-oppressed chargers. Then sliding a slender ratio of Single Gloucester upon his wife's plate, or the daughter's, he would convey the remnant rind to his own, with a merry quirk of 'The nearer the bone,' etc., and declaring that he universally preferred the outside. . . . None but his guest or guests dreamed of tasting flesh luxuries at night—the fragments were *vere hospitibus sacra*. But of one thing or another there was always enough, and leavings, only he would sometimes finish the remainder crust, to show that he wished no savings." And who will say that he was not a good carver in the truest, fullest sense of the word ? Would that more would imitate him !

The advantages of good carving are many, the chiefest being the ability to derive the best possible flavour from a dish, and at the same time to dispose of it in an economical manner. Your true artist cuts in such a way that every piece which he serves is sightly and palatable and does not contain a disproportionately large amount of fat. He has, too, a knowledge of the natural construction of various joints—a knowledge indispensable to all who wish to attain any proficiency in the art—and ensures that only the choicest cuts will be served.

The gourmet of to-day is too complex in his tastes, mixing many flavours and so losing the true significance of each, and it is therefore of the highest importance to avoid giving any one person two differently flavoured slices of the same joint.

Many people find it very difficult to learn to carve, but as a rule it is because they do not begin at the beginning. They try to cut up a bird without any idea of its anatomy, and to cut slices of meat without knowing how the grain goes or where to find the joints, if any, and they therefore cannot succeed. In the succeeding pages will be found full directions for carving fish, meat, poultry and game and accompanying illustrations to help out the instructions. A careful study of the same will prevent any one from making any grave error ; but at the same time, as practice alone makes perfect, they should take all the opportunities of carving that come in their way, and when they see a good carver should watch his or her operations and take a lesson therefrom.

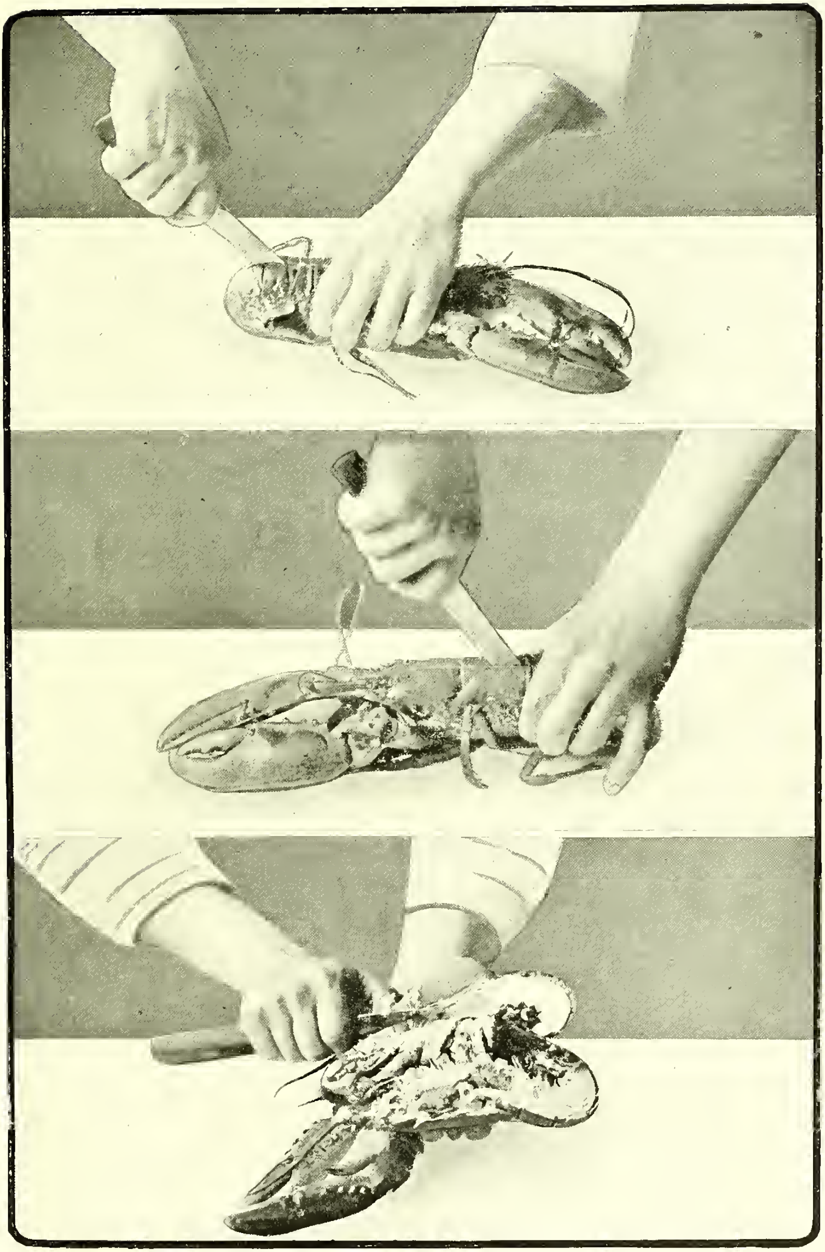
The sharpness of the knife is, of course, an important consideration, and it is well to have some idea of how to use a steel, though the operation is one rather for the workshop than the dinner-table, and should be performed before the meal by a servant ; still, even servants are not perfect, so the would-be carver must be prepared for emergencies.

When carving a slice of meat, after the first incision has been made, the angle at which the knife is held must never be altered, or a jagged slice will be obtained. When the way to control the knife has been mastered, the keystone to successful carving has been acquired.

The cut should be direct, sharp, and incisive. A saw-like action should never enter into the operation.

Generally speaking, the knife should be held firmly, but it cuts best when applied lightly, and less gravy is squeezed from the meat when the pressure is slight. By using the point of the knife lightly as a wedge, and the fork as a lever, even a big turkey or goose may be easily jointed, provided the carver is aware exactly how the joint is situated and held together. Every assistance should be given the carver by providing him with a thin sharp-bladed knife of suitable size, and by

CARVING No. 2.



How to split and dress a lobster for table.

serving whatever is to be carved on a dish large enough to allow the joint or bird to be turned to the most convenient position for the purpose. The dish should also afford space for carved portions, for an expert carver will, with a few strokes of the knife disjoint a bird, and usually prefers to do so before beginning to serve any part of it. Carving is always more easily and pleasantly performed when the dish contains neither gravy nor garnish.

A steel knife and fork should never be used for fish, because contact with this metal is apt to spoil its flavour, particularly with certain choice varieties which owe their excellence almost entirely to a delicate characteristic flavour that may be easily destroyed or overpowered. A silver or plated slice and fork should be provided for carving and serving it. When serving fish be careful not to break the flakes, which ought to be served as entire as possible, though short grained fish, such as salmon, should be cut lengthwise.

The carving of loins and necks of either veal, mutton, or lamb must in some measure be determined by the size of the joints, but if the butcher has separated the chine bone into narrow divisions, the carver should have no difficulty in cutting suitable portions. He can then cut between the bones, and each bone with meat attached should be of a convenient size for serving.

Some joints, such as the undercut of a sirloin of beef, or the knuckle end of a leg of mutton are best when eaten hot ; others are equally good either hot or cold, but sometimes by using only one particular part the joint may present a better appearance when served cold. Thus, if the under side of either a shoulder or leg of mutton is cut without encroaching on the upper surface, when the joint is turned over it will have almost the appearance of an uncut one. Moreover, multiplied cut surfaces provide means of escape for the juices of the meat, and as a natural consequence leave a dry and flavourless cold joint. Meat should always be cut across the grain, the one exception to the rule being the saddle of mutton, which is nearly always carved at right angles to the rib bones, in slices running parallel with the fibres of grain of the meat. When the joint or bird is stuffed a little of the forcemeat should be served with each portion, and the same rule applies to the watercress used to garnish birds and the toast upon which many small birds are dished. The gravy may be poured over brown meats, but it should always be put at the side of chicken, veal and white meats.

Ham and beef should be carved into very thin slices, and mutton and pork into fairly thick ones. Joints that have to be carved should be served on dishes without any gravy or dressing.

2921.—TO SHARPEN THE CARVING KNIFE.

Hold the steel in the left hand, which should be on a level with the elbow, pointing the steel towards the right shoulder, and hold the knife, almost perpendicularly, in the right hand. Place the hilt of the knife's edge at the top of the steel, and draw the blade downwards the whole length of both steel and knife, first on one side and then on the other—i.e., so that the point of the knife finishes at the hilt of the steel. The blade should be almost flat on the steel, with the back slightly raised but with only the edge touching it.

Fish.

2922.—COD. (Carving Illustration No. 3, Fig. 2.)

Cut in fairly thick slices through to the centre bone and detach just above it.

Note.—Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed by connoisseurs. The sound, which lines the fish beneath the backbone, is considered a delicacy, as are also the gelatinous parts about the head and neck.

2923.—CRAB, TO DRESS. (Carving Illustration No 1.)

Lay the crab upon its back, and insert the fingers between the shell and the fish. Using the thumbs as levers, push the body away from the shell (Fig. 1). Break off the claws, remove the poisonous "fingers," from the body of the fish, cut away the sides of the "back" shell, and dress the crab in this part, without disturbing the contents. The "fingers" usually adhere to the belly of the crab. When cutting away the sides of the shell, run the knife along the joint line, which is easily discernible. To demonstrate this, the picture only shows one side cut away (Fig. 2).

2924.—EEL AND ALL FLAT FISH.

The thick part of the eel is reckoned the best ; and this holds good of all flat fish.

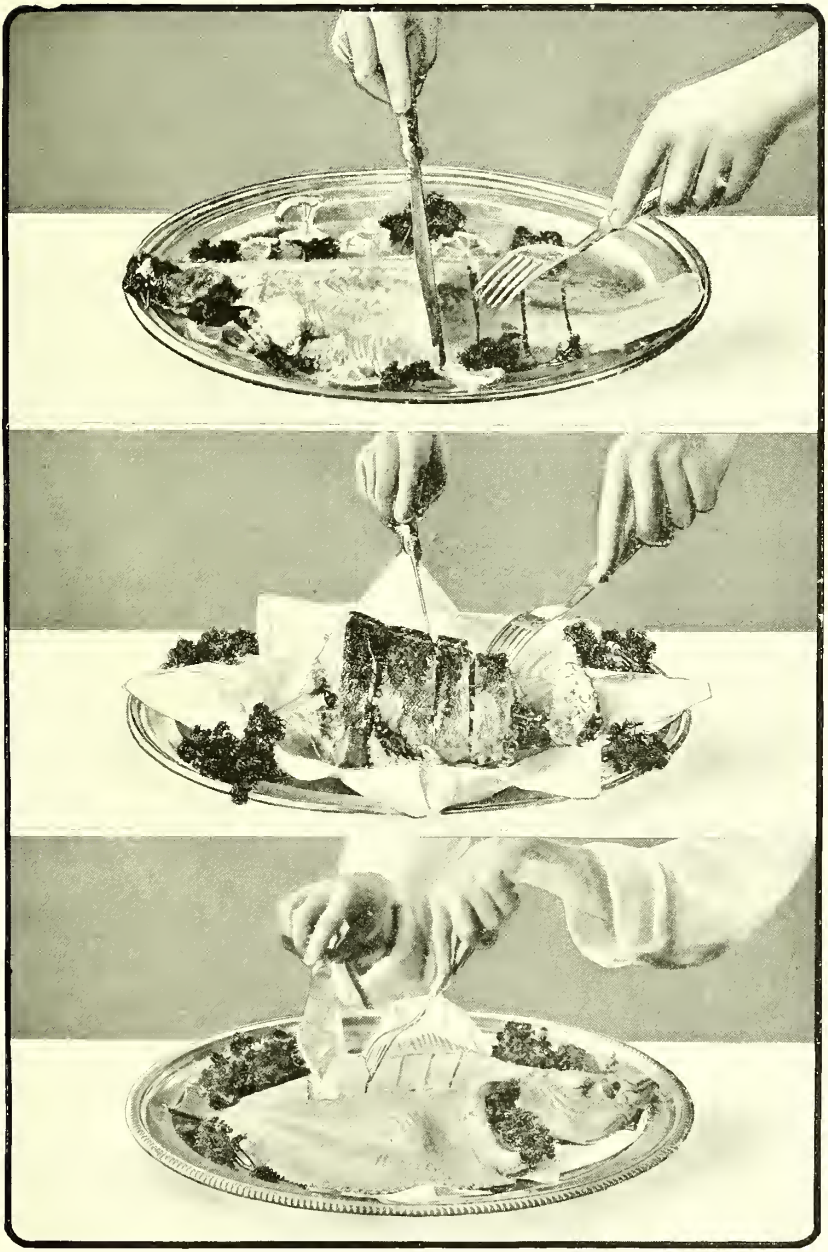
2925.—LOBSTER, TO DRESS. (Carving Illustration No. 2.)

Insert the knife at the centre of the back, and cut through towards the tail (Fig. 1). Then turn the lobster round and cut through towards the nose (Fig. 2.) If this end is cut first the shell invariably breaks. Now remove the "brains" (Fig. 3). These are usually of a greenish colour and are found on either side of the lobster. Crack the claws with a hammer and arrange the fish on a dish, garnishing with fresh parsley. The tail of the lobster is the prime part and next to that the claws.

2926.—MACKEREL. (Carving Illustration No. 4, Fig. 2.)

First cut along the backbone of the fish. Then insert the fish-knife at this part and cut through, separating the upper half of the fish which

CARVING No. 3.



1. Sole. 2. Cod. 3. Plaice.

may be divided ; when the fish is of moderate size serve for two helpings only. Next remove the backbone, tail and head, and divide the lower half in the same way.

2927.—SALMON. (Carving Illustration No. 4, Fig. 3.)

First run the knife down the centre of the back and along the whole length of the fish. Then cut downwards from the backbone to the middle of the fish, cut through the centre and remove the piece from the back. Next cut the lower part of the fish in the same manner.

A slice of the thick part should always be accompanied by a smaller piece of the thin from the belly, where lies the fat of the fish.

Note.—Many persons, in carving salmon, make the mistake of slicing the thick part of this fish in the direction opposite to that we have shown, and thus, by the breaking of the flakes, the beauty of its appearance is destroyed.

2928.—SOLE, BOILED OR FRIED. (Carving Illustration No. 3, Fig. 1.)

The usual way of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. The guests should be asked which part they prefer. The middle part is generally thought better than either head or tail. The head should be cut off, not laid on a guest's plate.

In helping filleted soles, one fillet is given to each person.

2929.—PLAICE. (Carving Illustration No. 3, Fig. 3.)

First run the knife down the centre of the fish. Then cut downwards (only through to the bone) and remove portions in the manner shown in the illustration. Next take away the backbone and head of the fish, and treat the lower half in the same way.

2930.—TURBOT. (Carving Illustration No. 4, Fig. 1.)

First run the fish-slice down the thickest part of the fish, quite through to the bone, and then cut slices towards the sides of the fish and upwards as shown in the engraving. When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, and the under side helped as the upper.

Note.—The thick parts of the middle of the back are the best slices in a turbot ; and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and small portions should be placed on each plate.

2931.—BRILL AND JOHN DORY.

These are carved in the same manner as a turbot. Of the latter the head is the best part.

2932.—WHITING, HADDOCK, ETC.

Whiting, pike, haddock and similar fish, when of sufficiently large size, may be carved in slices from each side of the backbone in the same manner as salmon ; each fish serving for four or more slices. When small, they may be cut through, bone and all, and helped in nice pieces. A small whiting is served whole ; a middle-sized fish in two pieces.

Beef.

2933.—AITCHBONE OF BEEF. (Carving Illustration No. 6, Fig. 2.)

A boiled aitchbone of beef is a very simple joint to carve, as will be seen on reference to the illustration which clearly shows how this should be treated. Cut nice thin slices.

2934.—BRISKET OF BEEF.

But little description is necessary to show how a boiled brisket of beef is carved. The point to be observed is that the joint should be cut evenly and firmly quite across the bones, in slices the whole width of the joint, so that on its re-appearance at table it should not have a jagged and untidy look.

2935.—BEEF TONGUE.

Cut nearly through across the tongue at the thick part and then serve a fairly thick slice. The carving may be continued in this way towards the point until the best portions of the upper side are served. The fat which lies about the root of the tongue can be served by turning it over.

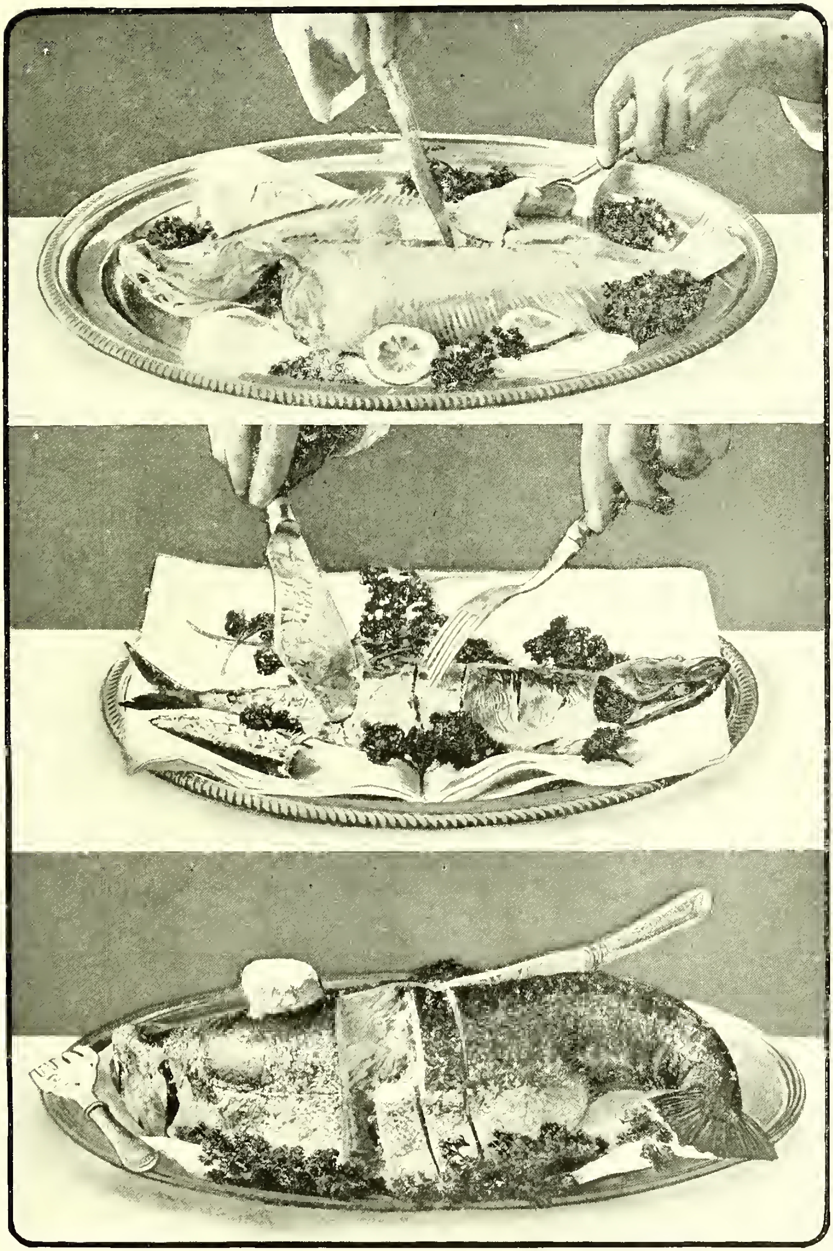
2936.—RIBS OF BEEF. (Carving Illustration No. 5, Fig. 1.)

This dish resembles the sirloin, except that it has no fillet or undercut. The mode of carving is similar to that of the upper cut of the sirloin, viz., cut in slices off the sides, starting at the thick end and through to the other, as shown in Carving Illustration No. 5, Fig. 1. This joint will be the more easily cut if before commencing to carve it into slices the knife is inserted immediately between the bone and the meat.

2937.—SIRLOIN OF BEEF. (Carving Illustration No. 5, Figs. 1 and 2.)

This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost (*see* Fig. 2). The reverse way, as shown in the first illustra-

CARVING No. 4.



1. Turbot. 2. Mackerel. 3. Salmon.

2942.—LOIN OF VEAL.

As is the case with a loin of mutton, the careful jointing of a loin of veal is more than half the battle in carving it. The butcher should be warned to carefully attend to this, for there is nothing more annoying or irritating to an inexperienced carver than to be obliged to turn his knife in all directions to find the exact place where it should be inserted in order to divide the bones. When jointing is properly performed, there is little difficulty in carrying the knife across and separating each chop. To each guest should be given a piece of the kidney and kidney-fat, which lie underneath, and are considered great delicacies.

2943.—CALF'S HEAD. (Carving Illustration No. 6, Fig. 1.)

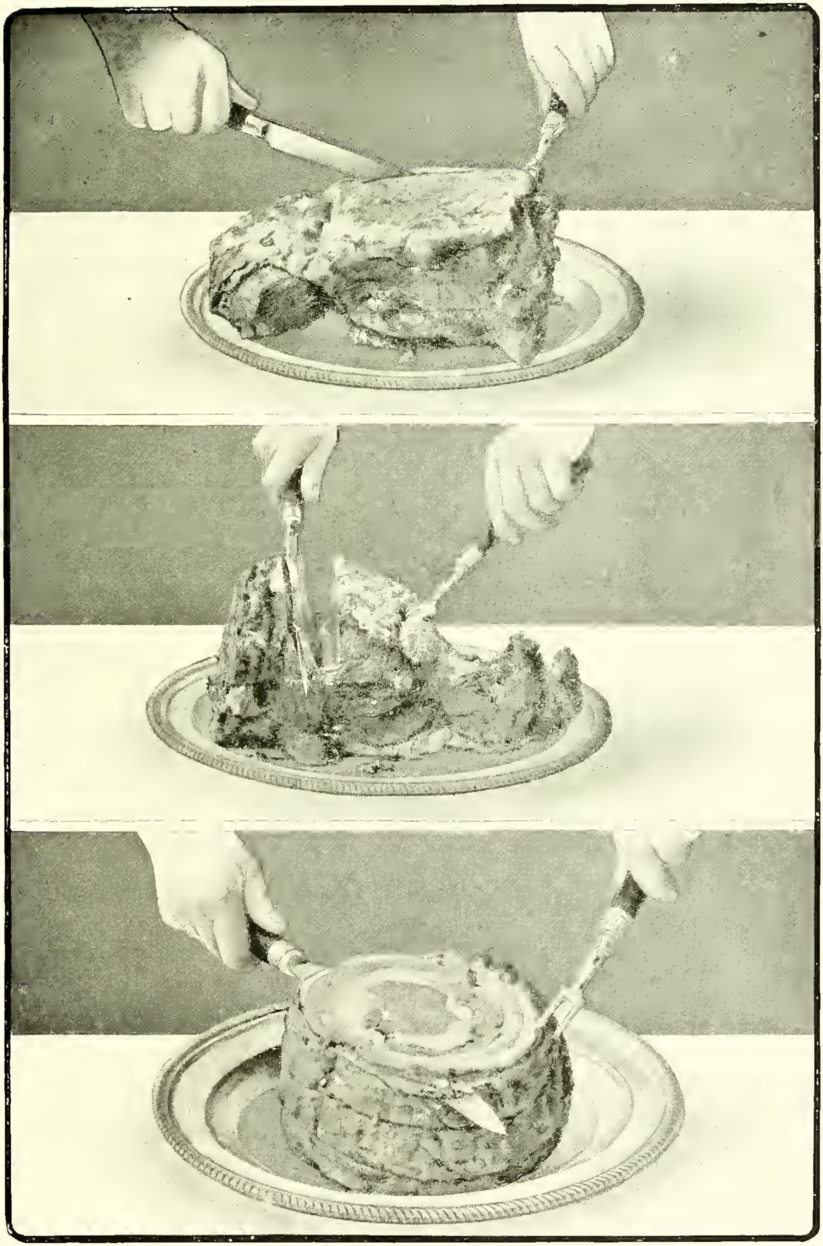
A calf's head is nearly always boned before serving, and is then cut into slices like any other boned and rolled joint, but the illustration shows the method of carving when the bones have not been removed. Cut strips from the ear to the nose ; with each of these should be helped a piece of what is called the throat sweetbread, cut in semi-circular form from the throat part. The eye, and the flesh round, are favourite morsels with many, and should be given to those at the table who are known to be the greatest connoisseurs. The jawbone being removed, there will then be found some nice lean ; and the palate, which is reckoned by some a tit-bit, lies under the head. On a separate dish there is always served the tongue and brains, and each guest should be asked to take some of these.

Mutton and Lamb.

2944.—FORE-QUARTER OF LAMB. (Carving Illustration No. 8, Figs. 2 and 3.)

In carving a fore-quarter of lamb, the separation of the shoulder from the breast is the first point to be attended to ; this is done in the manner shown in Fig. 2, and then, by raising with a little force the shoulder, into which the fork should be firmly fixed, it will come away with just a little more exercise of the knife. In dividing the shoulder and breast the carver should take care not to cut away too much of the meat from the latter, as that would rather spoil its appearance when the shoulder is removed. Unless the whole of the quarter is to be cut up, the shoulder should be transferred to another dish and put aside to be served cold. The joint is then ready to be served to the guests ; cutlets are carved from the ribs in the manner shown in Fig. 3, and the shoulder is carved in the usual manner. (*See* illustration No. 7, Figs. 2 and 3). When the shoulder is being used, the carver may ask those at the table which parts they prefer, ribs, brisket, or a piece of shoulder, or he may serve a piece of shoulder and a cutlet in each portion.

CARVING No. 5.



1. Sirloin of Beef (Uppercut). 2. Sirloin of Beef (Fillet). 3. Round of Beef.

2945.—LEG OF MUTTON. (Carving Illustration No. 7, Fig. 1.)

This joint is almost invariably carved in the manner shown in the engraving. The carving of it is not very difficult; the knife should be carried sharply down, and slices taken from either side, as the guests may desire, some liking the knuckle-end as well done, and others preferring the more underdone part. The fat should be sought near the bottom corner of the thick end.

2946.—LOIN OF MUTTON.

There is one point in connection with carving a loin of mutton which is necessary with all other similar joints; that is, that it should be thoroughly well jointed by the butcher. This task is frequently imperfectly performed; therefore it is advisable to examine the loin before cooking it, and carefully joint any part that has been neglected. The knife should be inserted in the thick side of the joint, and after feeling a way between the bones, it should be carried sharply through, separating each chop in the same manner. As there are some people who prefer the outside cut, while others do not like it, they should be questioned as to their choice.

2947.—SADDLE OF MUTTON. (Carving Illustration No. 8, Fig. 1.)

In order of excellence the saddle of mutton may be said to rank first. It consists of two loins connected by the spinal bone. The method adopted in carving this joint is, contrary to the general rule of cutting meat, across the grain; in this case, the meat is carved across the ribs, in slices running parallel with the backbone and the fibres or grain of the meat. The illustration clearly shows what is meant. Each long slice should be cut across into two or three pieces, according to its length; and with each portion is usually served a small piece of fat cut from the bottom of the ribs where the joint rests on the dish, and some good gravy. Red currant jelly is served separately.

2948.—SHOULDER OF MUTTON. (Carving Illustration No. 7, Figs. 2 and 3.)

The joint should be raised from the dish and as many slices cut away as can be taken in the manner shown in Fig. 2; afterwards the meat lying on either side of the bladebone should be served, by carving from the knuckle end. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer the underside of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side, and this is served in the manner shown in Fig. 3.

Pork.

2949.—SUCKING-PIG.

A sucking-pig seems, at first sight, an elaborate dish, or rather animal, to carve; but, by carefully mastering the details of the business, every difficulty will vanish; and if a partial failure be at first made, yet all embarrassment will quickly disappear on a second trial. A sucking-pig is usually sent to table split in half and the head separated from the body. The first point to be attended to is to separate the shoulder from the carcase, which is done in the same way that the shoulder of a forequarter of lamb is separated. The next step is to take off the leg; and this is done in the same way. The ribs then stand fairly open to the knife, and two or three helpings will dispose of these. The other half of the pig is served, of course, in the same manner. Different parts of the pig are variously esteemed; some preferring the flesh of the neck; others the ribs, and others, again, the shoulders. The truth is, the whole of a sucking-pig is delicious, delicate eating; but, in carving it, the host should consult the various tastes and fancies of his guests, keeping the larger joints generally for the gentlemen of the party.

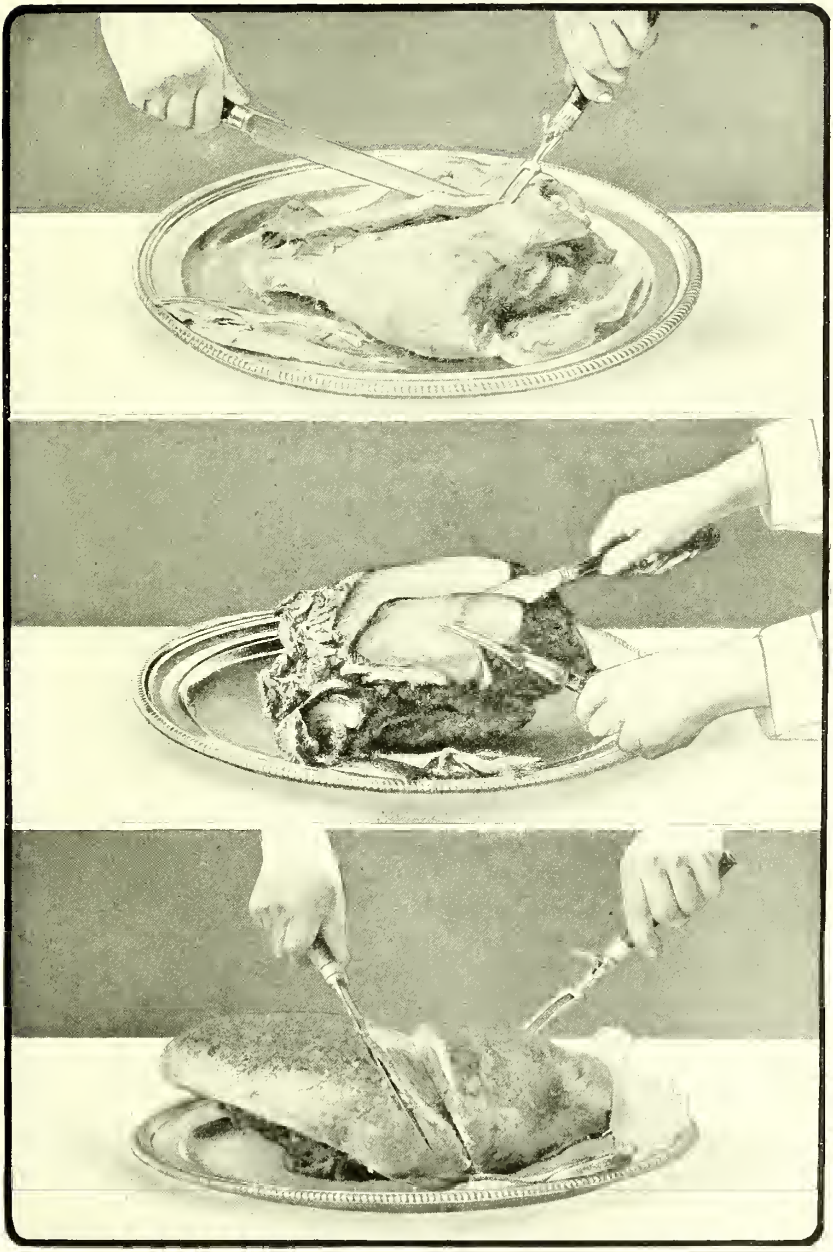
2950.—HAM. (Carving Illustration No. 6, Fig. 3.)

In cutting a ham, the carver must be guided according as he desires to practise economy, or have, at once, fine slices out of the prime part. Under the first supposition, he will commence at the knuckle end, and cut off thin slices towards the thick part of the ham, slanting the knife from the thick part to the knuckle. To reach the choicer portion, the knife, which must be very sharp and thin, should be carried quite down to the bone, at the centre of the ham, which is then carved in the manner shown in the illustration. A ham, either hot or cold, is sent to table with a paper ruffle round the knuckle.

2951.—LEG OF PORK.

This joint, which is such a favourite one with many people, is easy to carve. The knife should be carried sharply down to the bone, clean through the crackling, in exactly the same manner as that described for leg of mutton. Sage and onion and apple sauce are usually sent to table with this dish—sometimes the leg of pork is stuffed—and the guests should be asked if they will have either or both. A frequent plan, and we think a good one, is now pursued of sending sage and onion to table separately from the joint, as it is not everybody to whom the flavour of this stuffing is agreeable.

CARVING No. 6.



1. Calf's Head. 2. Aitchbone of Beef. 3. Ham.

2952.—LOIN OF PORK.

As with a loin of mutton, it is essential a loin of pork should be properly jointed before cooking, and the crackling must be scored. These points being attended to, there is no difficulty in carving the joint, which is divided into neat and even chops.

Note.—The other dishes of pork do not call for any special remarks as to their carving or helping.

Poultry.

2953.—ROAST DUCK. (Carving Illustration No. 9, Fig. 3.)

No dishes require so much knowledge and skill in carving as game and poultry, for it is necessary to be well acquainted with the anatomy of the bird and animal in order to place the knife at exactly the proper point. A young duck or duckling is carved in the same manner as a chicken. First remove the wings, then the breast should be cut off the bone in one slice or several slices if very plump. The legs are next removed and divided at the joints ; and unless a contrary request has been made by the person for whom the portion is intended, the foot and the bone to which it is attached, should be cut off before serving. When stuffing has been introduced, the skin should be cut across and the farce scooped out with a spoon. As to the prime parts of a duck, " the wings of a flyer and the legs of a swimmer " are generally considered the best portions.

2954.—BOILED FOWL. (Carving Illustration No. 10, Figs. 2 and 3.)

Though the legs of a boiled fowl are hidden beneath the skin, the method of carving is not affected, and the following directions may be applied to birds either roasted or boiled. The fork should be inserted firmly in the breast of the bird, and with a sharp knife a downward cut made between the thigh and the body, after which an outward turn of the blade of the knife usually detaches the leg sufficiently to allow the joint connecting it to the body to be easily severed. With the fork still inserted in the breast, the next step should be to remove the wings. In doing this a good carver will contrive by cutting widely, but not deeply, over the adjacent part of the breast, to give to the wing the desired shape without depriving the breast of much of its flesh. When carving a large fowl the breast may be sliced, otherwise it should be separated from the back by cutting through the rib-bones, the only difficulty in carving this part being the small hinge-bones near the neck. The breast should be cut across in half, thus providing two portions, to which may be added, when a larger helping is desired, a slice off the thigh. Cut lengthwise into rather thin slices, the legs may be satisfactorily disposed of even when those to be served consist of persons to whom a whole leg could not be offered. To conclude the carving, the back should be turned over with the-cut side to the dish, and if the knife be pressed firmly across the centre of it, and the neck raised at the same time with the fork, the back is easily dislocated about the middle. To remove the sockets of the thigh-joints (the side-bones to which is attached choice morsels of dark-coloured flesh) the tail part of the back must be stood on end, and held firmly by means of the fork, while the bones are cut off on either side. The more highly esteemed parts of a fowl are the breast, wings and merrythought ; the thigh may be served to a gentleman, but the drum sticks should be put aside, and used afterwards in some way that necessitates the flesh being minced.

A fowl when boned and stuffed, is usually cut across in slices.

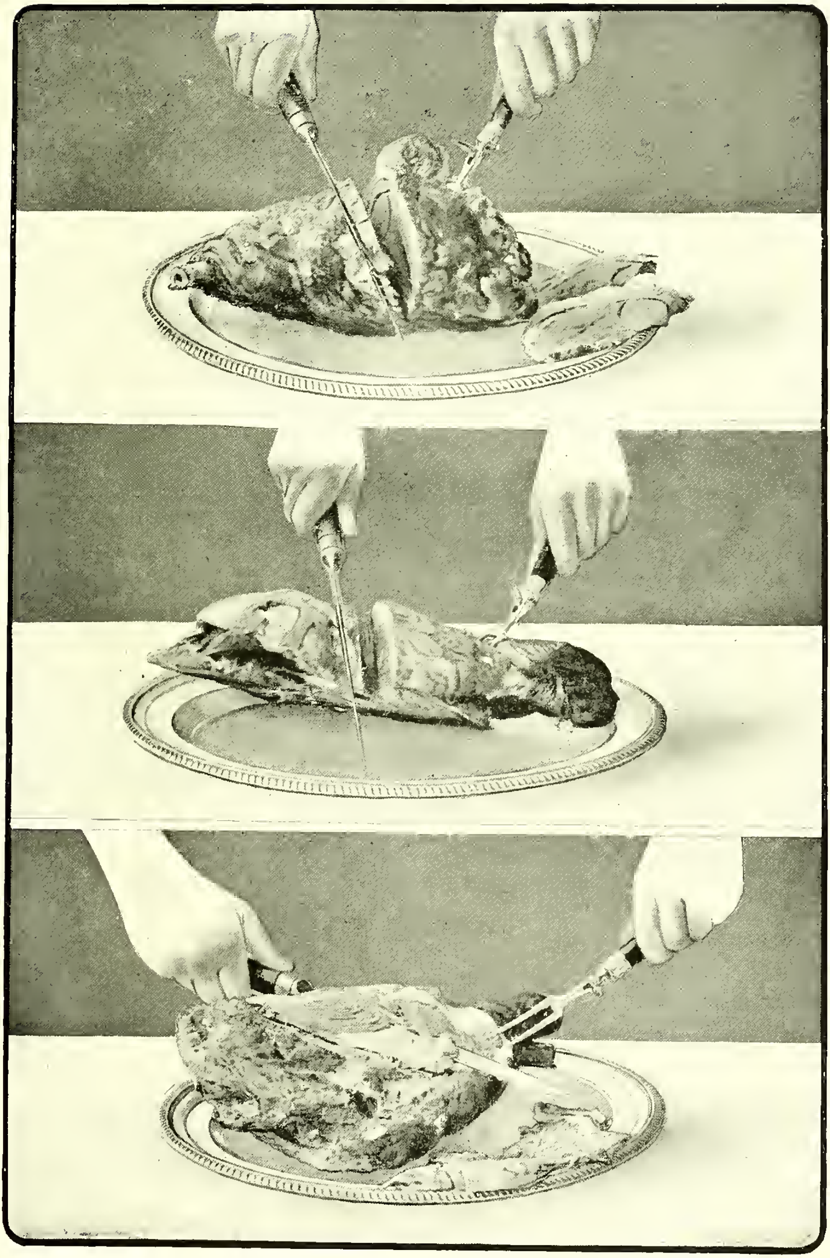
2955.—ROAST FOWL. (Carving Illustration No. 10, Fig. 1.)

Fowls, when roasted, are carved in exactly the same manner as when boiled, therefore the foregoing directions and illustrations render it unnecessary to describe the operation again. When the liver and gizzard have been trussed and cooked with the fowl, the wing to which the liver is attached may be regarded as the choice portion of the bird, and should be offered to the person entitled to the most consideration in this respect. When the fowl is stuffed, a little forcemeat should be served with each portion, but when convenient, it is better to hand the gravy and bread sauce separately.

2956.—ROAST GOOSE.

The breast of a goose is the part most esteemed, therefore when the bird is larger than is necessary to meet the requirements of one meal, it frequently happens that the carving is confined solely to the breast. The carver should, however, consult the tastes of those he is serving with reference to choice of parts, for the leg is sometimes preferred. A large number of slices may be cut off the breast, and as the wing is the part least esteemed, the flesh of the upper part of it may with advantage be included in the slices cut from the breast. When onion farce has been employed it is advisable to ascertain if it be agreeable to the taste of the person for whom the portion of goose is intended, for so many dislike the farce itself, although they may like the flavour imparted to the bird by its use. The directions given for carving a boiled fowl may be applied here, although greater force will most probably be required in detaching the various parts. When the goose is stuffed with onion farce it is nearly always accompanied by apple sauce and gravy, both of which should, when convenient, be handed separately.

CARVING No. 7.



1. Leg of Mutton. 2. Shoulder of Mutton. 3. Shoulder of Mutton.

2957.—ROAST TURKEY. (Carving Illustration No. 9, Figs. 1 and 2.)

A small turkey may be carved in the same manner as a large fowl, (*see* directions for carving the same); and no bird is more easily carved than a large turkey, for the breast alone may, when properly carved, be made to serve a large number of persons. If more meat is required than the breast provides, the upper part of the wing should be served. When it is necessary for the legs to be carved, they should be severed from the body and then cut into slices. The forcemeat in the crop of the bird should be carved across in thin slices; and when the body is stuffed, the apron should be cut across.

A boiled turkey is carved in the same manner as when roasted.

2958.—PIGEON.

A very straightforward plan is adopted in carving a pigeon; the knife is carried entirely through the centre of the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests; and, by this means, there will be sufficient meat left on the breast to send to the third guest.

2959.—RABBITS.

In carving a boiled rabbit, the knife should be drawn on each side of the backbone, the whole length of the rabbit, thus separating the rabbit into three parts. Now divide the back into two equal parts, then let the leg be taken off, and next the shoulder. This, in our opinion, is an easy way to carve a rabbit, although there are other modes equally practical.

A roast rabbit is rather differently trussed from one that is meant to be boiled; but the carving is nearly similar. The back should be divided into as many pieces as it will give, and the legs and shoulders can then be disengaged in the same manner as those of the boiled animal.

Game.

2960.—BLACKCOCK.

The brains of this bird are highly esteemed by many, and for this reason the head is frequently trussed on one side of the bird, but this is entirely a matter of choice. The method of carving blackcock is identical with that for Boiled Fowl. The breast and the thigh are the only parts esteemed; the latter may be cut lengthwise into thin slices, or served whole.

2961.—WILD DUCK.

As game is almost universally served as a dainty, and not as a dish to stand the assault of an altogether fresh appetite, these dishes are not usually cut up entirely, but only those parts are served of each which are considered the best flavoured and the primest. Of wild fowl, the breast alone is considered by epicures worth eating, and slices are cut; if necessary, the leg and wing can be taken off by generally following the directions described for carving boiled fowl.

2962.—ROAST HARE. (Carving Illustration No. 11, Figs. 1, 2 and 3.)

Place the hare on the dish with the head at the left hand. Make an incision, and cut along the spinal bone from about the centre of the back to the end. Then cut through the side and middle, and remove the portion shown in Fig 1. The part it is removed from is more clearly seen in Fig 2. Then cut off the hind leg in the manner shown in Fig 2, and afterwards the foreleg or wing, as Fig 3. It is the usual plan not to serve any bone in helping hare; and thus the flesh should be sliced from the legs and placed alone on the plate. In large establishments, and where men cooks are kept, it is often the case that the backbone of the hare, especially in old animals, is taken out, and then the process of carving is, of course, considerably facilitated. A great point to be remembered in connection with carving hare is, that plenty of gravy should accompany each helping; otherwise this dish, which is naturally dry, will lose half its flavour, and so become a failure. Stuffing is also served with it; and the ears, which should be nicely crisp, and the brains of the hare, are esteemed as delicacies by many.

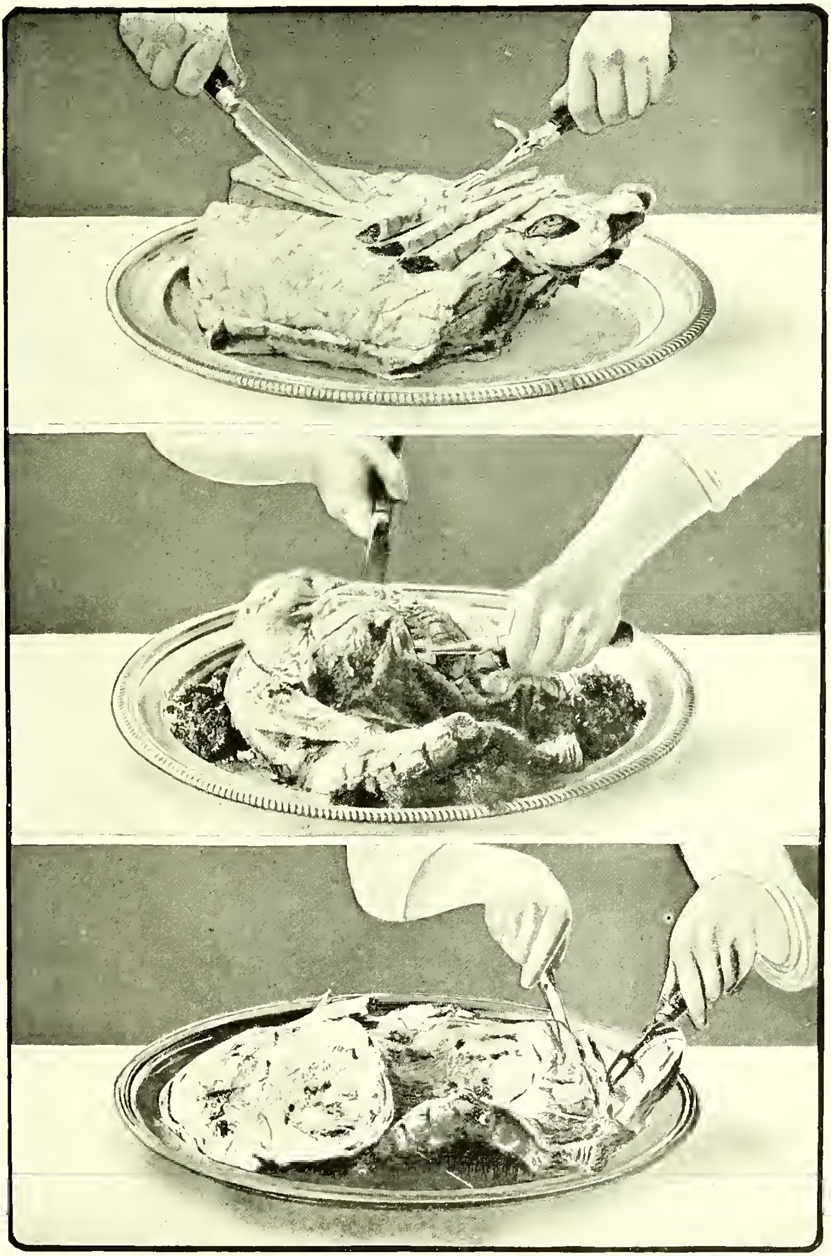
2963.—GROUSE.

Grouse may be carved in the way first described in carving partridge. The backbone of the grouse is highly esteemed by many, and this part of many game birds is considered to possess the finest flavour.

2964.—PARTRIDGES.

There are several ways of carving this bird. The usual method is to carry the knife sharply along the top of the breastbone and cut it quite through, thus dividing the bird into two equal parts. When smaller portions are desired the bird is sometimes divided into three parts. The legs and wings may be easily severed from the body in the manner described for boiled fowl, while the breast, of removed intact, will provide a third helping. Another easy and expeditious way of carving birds of this description is to cut them through the bones lengthwise and across, thus forming four portions. A piece of toast should accompany each portion of bird; sometimes the fried breadcrumbs, bread sauce and gravy are added by the carver, but it is much better to hand them separately.

CARVING No. 8.



1. Saddle of Mutton. 2. Forequarter of Lamb. 3. Forequarter of Lamb.

2965.—PHEASANT.

The choice parts of a pheasant are the breast and wings. The various members of the bird are severed from the body in exactly the same manner as those of a roast or boiled fowl, and to avoid repetition the reader is referred to those directions on pp. 1269–1270.

2966.—SNIPE.

One of these small but delicious birds may be given whole to a gentleman ; but in helping a lady, it will be better to cut them quite through the centre, completely dividing them into equal and like portions, and put only one half on the plate.

2967.—HAUNCH OF VENISON.

A carver of average ability will have little or no difficulty in cutting up this joint. An incision being made completely down to the bone, the gravy will then be able easily to flow ; when slices, not too thick, should be cut along the haunch, the thick end of the joint having been turned towards the carver, so that he may have a more complete command over the joint. Although some epicures are of opinion that some parts of the haunch are better than others, yet we doubt if there is any difference between the slices cut above and below the incision that the carver makes. Each guest should be served with a portion of fat ; and the most expeditious carver is the best carver, as, like mutton, venison soon begins to chill, when it loses much of its excellence.

2968.—WOODCOCK.

This bird, like a partridge, may be carved by cutting it exactly into two like portions, or made into three helpings, as described in carving partridge. The backbone is considered the tit-bit of a woodcock, and by many the thigh is also thought a great delicacy. This bird is served in the manner advised by Brillat Savarin in connection with the pheasant—viz., on toast which has received its dripping whilst toasting ; and a piece of this toast should invariably accompany each plate.

2969.—LANDRAIL.

Landrail, being trussed like Snipe, with the exception of its being drawn, may be carved in the same manner.

Ortolans are usually helped whole, but may be divided for ladies. (*See* Snipe.)

2970.—PTARMIGAN.

Ptarmigan may be carved in the same way as Grouse and Partridge.

2971.—QUAILS.

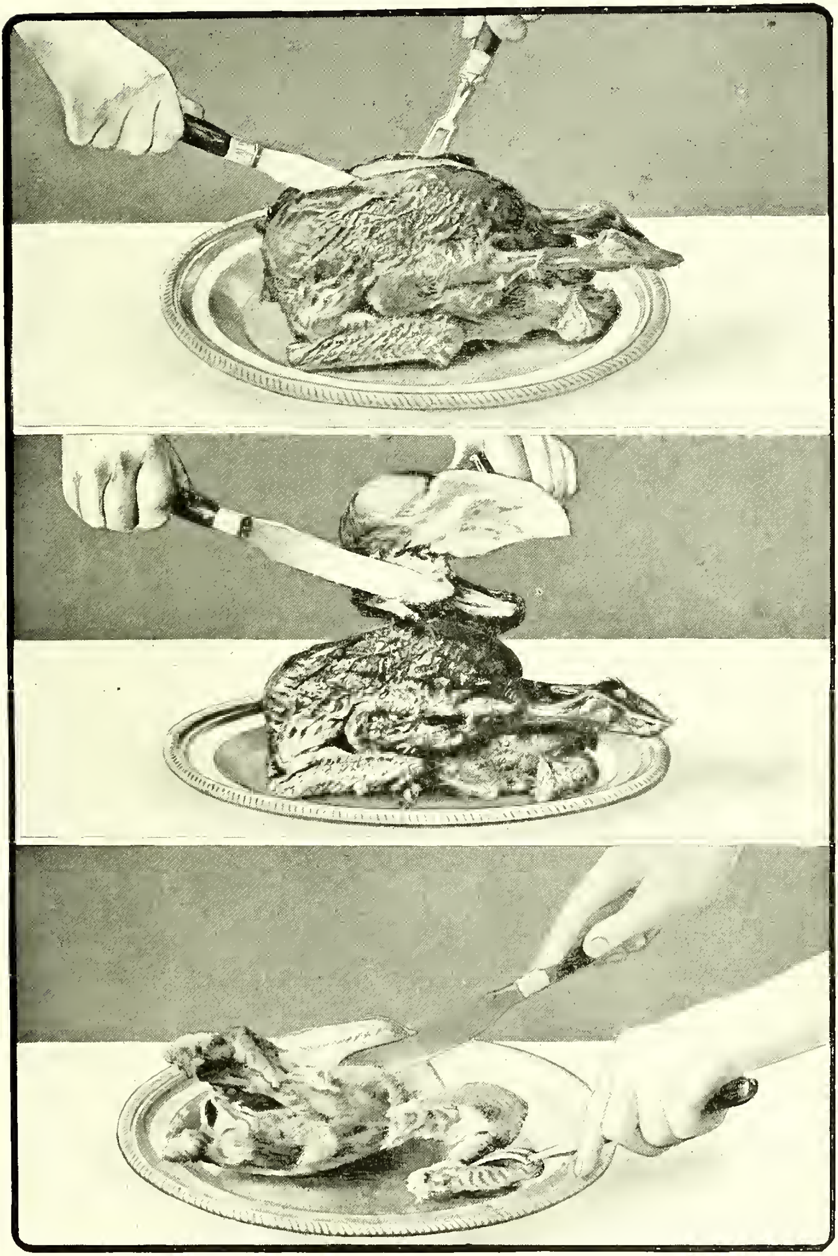
Quails, being trussed and served like woodcock, may be similarly carved.

2972.—PLOVERS.

Plovers may be carved like quails or woodcock, being trussed and served in the same way as those birds.

Teal and Widgeon. Both these birds are trussed and served like Wild Duck, and should be similarly carved.

CARVING No. 9.



1. Roast Turkey. 2. Roast Turkey. 3. Roast Duck.

FARINACEOUS PREPARATIONS

CHAPTER XL

2973.—CURRIED RICE. (*Fr.*—Riz à l'Indienne.)

Ingredients.—4 ozs. of rice, 1½ ozs. of butter, 1 tomato, 2 finely-chopped shallots, 1 teaspoonful of curry-powder, 1 tablespoonful of cream, 1 hard-boiled egg, 1 gill of stock, 1 gill of brown sauce, salt and pepper, mace, nutmeg, watercress.

Method.—Pick, wash, drain, and dry the rice thoroughly. Fry the shallots slightly in hot butter, sprinkle in the curry-powder, cook for a few minutes, then add the rice and cook and shake well over the fire. Now add the tomatoes skinned and cut into dice, the stock, cream and sauce, season to taste with salt, pepper, mace and nutmeg, and cook gently until the rice is tender, adding more stock or sauce, if necessary, to prevent the rice becoming too dry. When ready pile on a hot dish, garnish with slices of hard-boiled egg and tufts of watercress, and serve.

Time.—From 1 to 1½ hours. **Average Cost,** 8d. or 9d. **Sufficient** for 1 large dish. **Seasonable** at any time.

2974.—GNOCCHI À LA RUSSE. (Russian Savoury Batter.)

Ingredients.—½ a pint of milk, ½ a gill of white wine, 6 ozs. of butter, 6 ozs. of flour, 4 ozs. of grated Parmesan cheese, 3 eggs, paprika pepper, white pepper, salt, ¼ of a pint of Béchamel sauce (*see* Sauces, No. 177).

Method.—Place the milk and wine in a stewpan; when hot add half the butter and let it boil up, then put in the flour, and cook and work vigorously over the fire until the mixture leaves the sides of the stewpan clear. Allow it to cool slightly, then beat in the eggs one at a time, season to taste with paprika pepper, white pepper and salt, add half the cheese, and finally the remainder of the butter. Shape the mixtures into quenelles (*see* Veal Quenelles), and poach them for 15 to 20 minutes in boiling salted water or well-seasoned stock, keeping the saucepan covered. Drain well, place them on a hot dish, coat them with hot

Béchamel sauce, to which the remainder of the cheese has been added, and serve hot.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2975.—GNOCCHI AU GRATIN. (Russian Dish).

Ingredients.—½ a pint of water, 3 ozs. of flour (or 2 ozs. of florador), 2 ozs. of butter, 3 ozs. of grated cheese, 3 ozs. of chopped ham, 2 eggs, paprika pepper, salt, ½ a pint of Béchamel sauce (*see* Sauces, No. 177).

Method.—Put the water, butter, and a good pinch of salt into a stewpan; when boiling stir in the flour or florador, and work vigorously over the fire until it leaves the sides of the stewpan clear. Allow it to cool slightly, then beat in the eggs separately, and add the ham and 2 ozs. of cheese. Shape the mixture into quenelles (*see* Veal Quenelles), poach them for about 10 minutes in salted boiling water, and drain well. When cool, arrange them in a buttered gratin-dish, or any baking-dish that may be sent to table, pour over the Béchamel sauce, sprinkle on the remainder of the cheese, and season well with paprika pepper. Bake in a hot oven for about 10 minutes, and serve.

Time.—1 hour. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2976.—ITALIAN RISOLETTI.

Ingredients.—Risotto (*see* Recipe No. 2977), meat mixture, egg, breadcrumbs, frying-fat.

Method.—Prepare the risotto as directed, and allow it to become cold. Have ready a meat mixture, prepared according to any of the recipes for rissoles, croquettes, etc. When cold, cover small portions of it with risotto, shaping them in the form of a ball or cork. Dip them in egg, coat with breadcrumbs, and fry them brown in hot fat. Drain well, pile on a hot dish, and serve garnished with fried parsley.

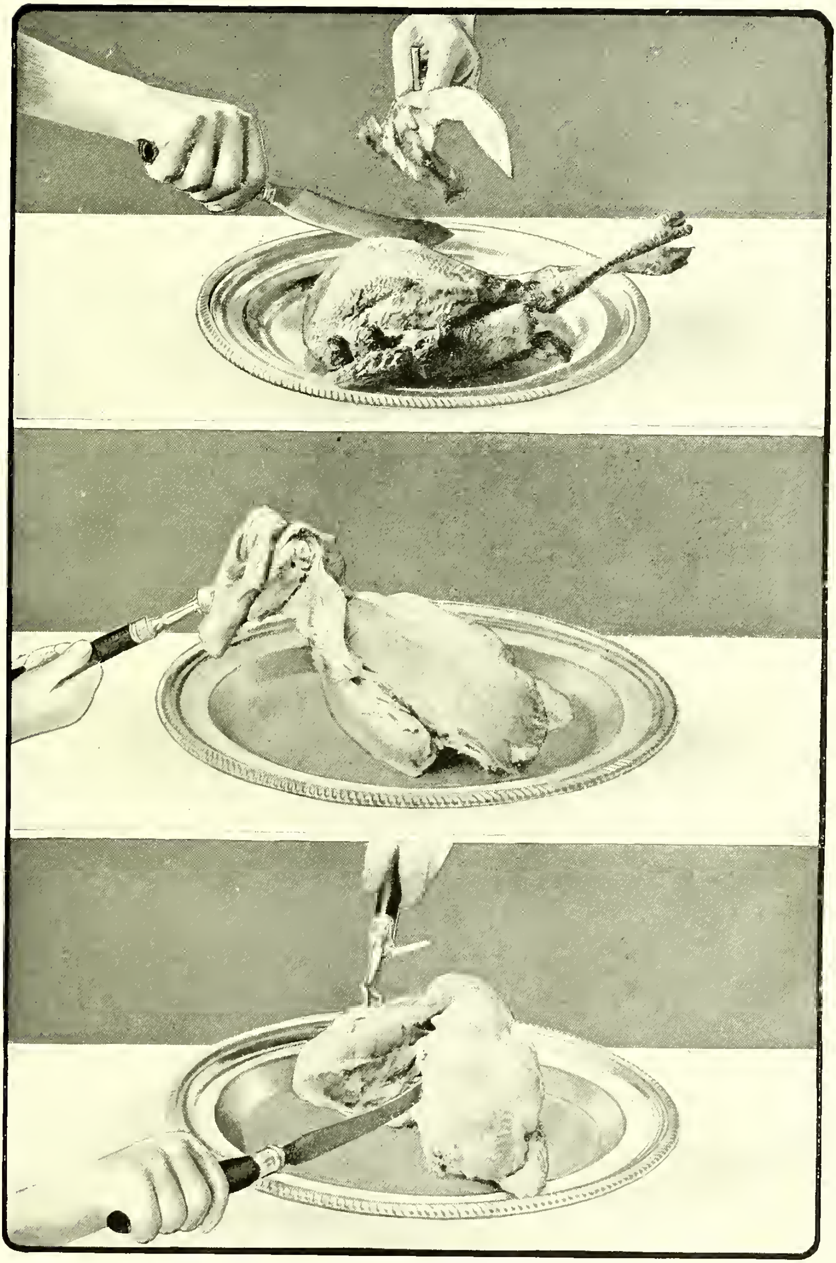
Time.—Altogether, 3 hours. **Average Cost,** 1s., exclusive of the meat mixture. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2977.—ITALIAN RISOTTO.

Ingredients.—½ a lb. of Patna rice, 2 ozs. of butter, 2 ozs. of grated Parmesan cheese, 1 finely-chopped small onion, 1 pint of tomato sauce (*see* Sauces, No. 281), ½ a teaspoonful of saffron, salt and pepper, nutmeg.

Method.—Wash, drain, and dry the rice thoroughly in a clean cloth. Heat the butter in a stewpan, put in the onion, and when lightly browned add the rice, and shake the pan over the fire for about 10 minutes. Now sprinkle in the saffron, a good pinch of nutmeg, a level teaspoonful of salt, and ¼ a teaspoonful of pepper. Cover with stock, and cook

CARVING No. 10.



1. Roast Fowl. 2. Boiled Fowl. 3. Boiled Fowl.

gently for about 1 hour, adding meanwhile the tomato sauce and as much stock as the rice will absorb, the sauce being added when the rice is about half cooked. Just before serving stir in the cheese. This savoury rice is frequently used for borders instead of plainly-boiled rice or mashed potato.

Time.—1¼ hours. **Average Cost,** 9d. **Sufficient** for 1 large dish. **Seasonable** at any time.

2978.—ITALIAN RAVIOLIS.

Ingredients.—½ a lb. of nouille paste (*see* No. 2984). For the farce or stuffing: 4 ozs. of cooked chicken, 1 oz. of cooked ham, ½ an oz. of grated Parmesan cheese, 1 yolk of egg, 1 tablespoonful of thick cream, ½ a teaspoonful of finely-chopped parsley, salt and pepper, nutmeg, ½ a pint of tomato sauce (*see* Sauces, No. 281), 2 ozs. of grated Parmesan cheese, butter, brown breadcrumbs.

Method.—Pound the ingredients for the farce in a mortar until smooth, seasoning to taste, then rub through a fine sieve. Make the nouille paste as directed in recipe No. 2984; when ready for use, roll it out as thinly as possible, and stamp out some rounds about 1½ inches in diameter. Place a small teaspoonful of the farce in the centre, wet the edges. Cover each one with another round, and press the edges well together. Put them into rapidly boiling salted water, boil for about 20 minutes from the time the water re-boils, then drain well. Now place in layers in a well-buttered dish, coating each layer with tomato sauce and a good sprinkling of cheese. Cover the top layer thickly with sauce, sprinkle well with brown breadcrumbs, and add a few small pieces of butter. Bake in a quick oven for about 10 minutes, then serve hot.

Time.—To bake the raviolis, 10 minutes. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2979.—MACARONI À LA NAPOLITAINE.

Ingredients.—½ a lb. of macaroni, 2 ozs. of grated cheese, 1 oz. of butter, ¼ of a pint of Béchamel sauce No. 177, ¼ of a pint of tomato sauce, 1 tablespoonful of finely-chopped ham or tongue, ½ a shallot finely-chopped, fried croûtons, salt and pepper.

Method.—Break the macaroni into short pieces, put them into rapidly boiling salted water, and cook until tender. Fry the shallot in the butter without browning, add the Béchamel and tomato sauces, ham or tongue, macaroni and cheese, season to taste, and stir over the fire until thoroughly hot. Serve heaped on a hot dish with the croûtons arranged round the base.

Time.—About ½ an hour. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2980.—MACARONI AND CHEESE, À L'ITALIENNE. (*Fr.*—Macaroni à l'Italienne.)

Ingredients.—8 ozs. of grated cheese, 4 ozs. of finely-chopped suet, 2 ozs. of macaroni, 2 eggs, salt and pepper, ½ a pint of tomato or white sauce (*see* Sauces, No 281).

Method.—Break the macaroni into short lengths, put it into boiling water, and cook until tender. Mix together the cheese, suet and macaroni, season to taste, add the eggs and beat well, then turn the mixture into a buttered mould or basin. Steam for about 1¼ hours, and serve with the sauce poured round.

Time.—From 1¾ to 2 hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2981.—MACARONI AND TOMATOES. (*Fr.*—Macaroni aux Tomates.)

Ingredients.—4 ozs. of macaroni, tomatoes fresh or tinned, 1 oz. of butter, 1 oz. of flour, sugar, salt and pepper.

Method.—Break the macaroni into short lengths, put it into rapidly boiling salted water, and cook until tender. Prepare ½ a pint of tomato purée by passing the tomatoes through a fine sieve. Melt the butter in a stewpan, add the flour, and cook a few minutes, then put in the tomato purée, a good pinch of sugar, and season to taste. Let it boil for a few minutes, then add the macaroni, and when thoroughly hot turn on to a dish, and serve.

Time.—From 40 to 45 minutes. **Average Cost,** 6d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

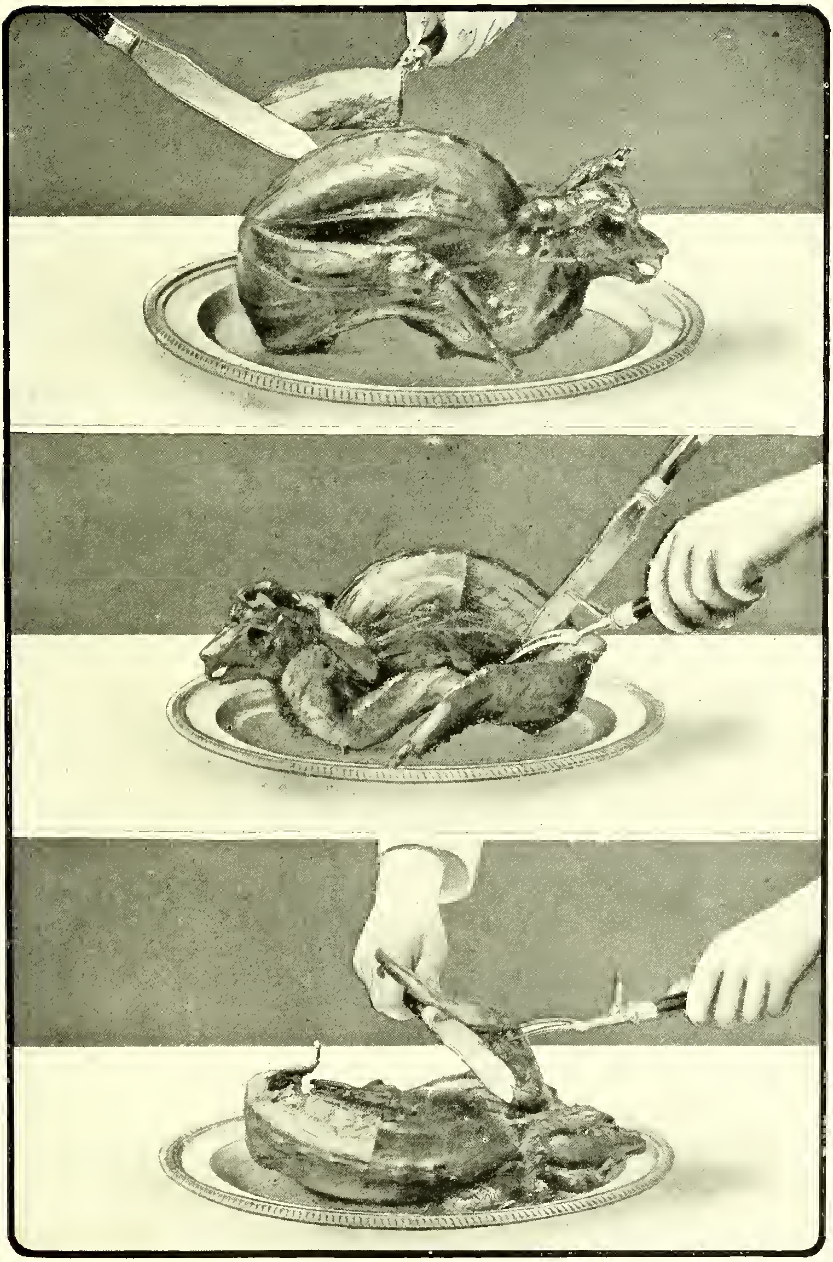
2982.—MACARONI AU GRATIN.

Ingredients.—4 ozs. of macaroni, 4 ozs. of grated cheese, 1 pint of white sauce (*see* Sauces), butter, brown breadcrumbs, salt and pepper.

Method.—Break the macaroni into pieces about 1½ inches long, put them into rapidly boiling salted water and boil for about 20 minutes, or until the macaroni is tender. If not required for immediate use, cover the macaroni with cold water to prevent the pieces sticking together. Cover the bottom of a well-buttered baking-dish with white sauce, sprinkle liberally with cheese, and add a layer of macaroni. Repeat these processes; cover the last layer of macaroni thickly with sauce, sprinkle the entire surface lightly with brown breadcrumbs, and add a few small pieces of butter. Bake in a quick oven for about 20 minutes, then serve in the dish in which it is cooked.

Time.—To bake about 20 minutes. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

CARVING No 11.



Roast Hare.

2983.—MACARONI WITH BÉCHAMEL SAUCE. (*Fr.*—Macaroni à la Béchamel.)

Ingredients.—4 ozs. of macaroni, 1 oz. of grated cheese, 2 yolks of eggs, ½ a pint of Béchamel sauce (*see* Sauces, No. 177), ½ a gill of cream, salt and pepper.

Method.—Break the macaroni into short pieces, and boil them in salted water until tender. Make the sauce as directed, add the prepared macaroni, the cheese, and the cream and yolks of eggs, previously mixed together. Season to taste, stir and cook gently until the eggs thicken, but do not let the mixture boil. Serve on a hot dish with a little grated cheese scattered over the top.

Time.—About ½ an hour. **Average Cost,** 9d. or 10d. **Sufficient** for 5 persons. **Seasonable** at any time.

2984.—NOUILLE OR NOODLE PASTE. Also called Ribbon Macaroni. (*Fr*—Pâte à Nouilles.)

Ingredients.—1 lb. of flour, 1½ ozs. of butter, 3 yolks of eggs (or 2 small whole eggs), a little milk or water, salt.

Method.—Sieve the flour on to a pastry slab or into a basin, make a well in the centre and put in the butter, eggs and a good pinch of salt. Mix thoroughly, and add a little milk or water if necessary, but the paste should be rather stiff. Knead well for about 15 minutes, or until the paste is perfectly smooth and elastic, then use as required.

Time.—20 minutes. **Average Cost,** 6d. or 7d. **Seasonable** at any time.

2985.—NOUILLES AND EGGS. (*Fr.*—Oeufs aux, Nouilles à la Carola.)

Ingredients.—½ a lb. of nouille paste No. 2984, 4 hard-boiled eggs, ½ a lb. of mushrooms, 2 or 3 tablespoonfuls of grated cheese, ¼ of a pint of white sauce (*see* Sauces), butter.

Method.—Prepare and cook the nouilles as directed in Nouilles au Gratin, and when well drained toss them over the fire in a little butter. Prepare the mushrooms, and cook them for 8 or 10 minutes in hot butter, cut the eggs into slices. Place a layer of nouilles in the bottom of a well-buttered fireproof dish, season with pepper and a little nutmeg, and sprinkle liberally with cheese. Cover with slices of egg, add seasoning, then another layer of nouilles, and finally the mushrooms. Spread the white sauce over the entire surface, sprinkle well with cheese, add a few small pieces of butter, and bake in a sharp oven for 10 or 15 minutes. Serve in the dish in which it was baked.

Time.—2 hours. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

2986.—NOUILLES AU GRATIN.

Ingredients.—For the paste : ½ a lb. of flour, ½ an oz. of butter, 3 yolks of eggs. White sauce, grated cheese, butter, breadcrumbs.

Method.—Prepare the paste as directed in Recipe No. 2984, and let it stand for at least 1 hour. When ready for use, roll out the paste as thinly as possible, cut it into long strips, 2 or 3 inches wide, place them on the top of each other, and cut them into filaments not more than ⅛ of an inch wide. Shake them well in a little flour to separate and slightly coat them, put them into rapidly boiling salted water, boil for 10 minutes, drain well, and let them cool. Spread 1 or 2 tablespoonfuls of white sauce on the bottom of a gratin-dish or baking-dish, which may be sent to table, cover with a layer of nouilles, sprinkle thickly with grated cheese, add a few drops of liquid butter, and a little seasoning. Repeat until the nouilles are used, cover the last layer thickly with white sauce, sprinkle with breadcrumbs, and add a few bits of butter. Bake in a quick oven for about 10 minutes, then serve.

Time.—1¾ hours. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2987.—RICE, FLORENTINE STYLE. (*Fr.*—Riz à la Florentine.)

Ingredients.—4 ozs. of Patna rice, 1¼ pints of stock (about), ¼ of a pint of picked shrimps, 1½ ozs. of butter, 1 tablespoonful of grated Parmesan cheese, 1 teaspoonful of curry-paste, 1 medium-sized Spanish onion finely-chopped, salt and pepper, Krona pepper, finely-chopped parsley.

Method.—Pick, wash, blanch and drain the rice, cook and stir for a few minutes, then cover with stock, add curry-paste, salt, pepper, and cayenne to taste, and simmer until tender. Add more stock when necessary, and when the rice is nearly tender let it cook uncovered to allow some of the moisture to escape : as it becomes dry frequent stirring will be necessary to prevent the rice sticking to the bottom of the stewpan. A few minutes before serving add the cheese, shrimps cut in halves, salt and pepper if necessary, and stir gently until thoroughly hot. Serve piled on a hot dish, garnished with Krona pepper and finely-chopped parsley.

Time.—1¼ hours. **Average Cost,** 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2988.—RICE, POLISH STYLE. (*Fr.*—Riz à la Polonaise.)

Ingredients.—4 ozs. of Patna rice, 1¼ pints of stock (about), 2 tablespoonfuls of finely-shredded cooked ham, 1 tablespoonful of grated

Parmesan cheese, 1½ ozs. of butter, 4 small mild onions, salt and pepper, cayenne, finely-chopped parsley.

Method.—Pick, wash, blanch and drain the rice, replace it in the stewpan, cover with stock, and simmer gently until tender, adding more stock as that in the pan boils away. When the rice is nearly ready heat the butter in a stewpan, put in the onions thinly sliced, fry for a few minutes without browning, then add the ham and the rice. Season to taste, as soon as the rice is sufficiently dry stir in the cheese, let it cook for 2 or 3 minutes, then pile the preparation on a hot dish, sprinkle with parsley, and serve.

Time.—1¼ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2989.—RICE, POLONAISE STYLE. (*Fr.*—Riz à la Polonaise.)

Ingredients.—½ a lb. of Caroline rice, 2 ozs. of butter, 1 quart of stock, 3 finely-chopped shallots, a small onion stuck with 3 cloves, 5 or 6 small firm tomatoes, 2 tablespoonfuls of grated cheese, salt and pepper.

Method.—Pick the rice and rub it well with a clean cloth, but do not wash it. Place it in a stewpan with the butter, fry for a few minutes, then put in the shallots, and when lightly browned add the stock, onion, and tomatoes sliced; season with salt and pepper, and cook gently for about 1 hour. A few minutes before serving remove the onion, add the cheese and more seasoning if necessary. Serve hot.

Time.—1¼ hours. **Average Cost,** 10d., exclusive of the stock. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

2990.—RICE, QUEEN'S STYLE. (*Fr.*—Riz à la Reine.)

Ingredients.—4 ozs. of rice, 1¼ pints of stock (about), 3 tablespoonfuls of finely-flaked cooked smoked haddock, 1½ tablespoonfuls of finely-grated cheese, salt and pepper.

Method.—Pick, wash, blanch and drain the rice, replace it in the stewpan with 1 pint of well-seasoned stock, and cook gently until tender, adding more stock if necessary to prevent the rice from becoming too dry. A few minutes before serving add the cheese and fish, and season to taste. Pile on a dish, brown in a quick oven, and serve.

Time.—1¼ hours. **Average Cost,** 6d. to 8d., exclusive of the stock. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2991.—RICE AND TOMATOES. (*Fr.*—Riz aux Tomates.)

Ingredients.—4 ozs. of rice, 2 ozs. of butter, 1 oz. of grated cheese, 3 small firm tomatoes, 1 onion stuck with a clove, 2 finely-chopped shallots, a bouquet-garni (parsley, thyme, bay-leaf), 1 gill of stock, 2 gills of tomato sauce (*see* Sauces, No. 281), mace, salt and pepper, cayenne.

Method.—Pick, wash, and blanch the rice in salted water. Drain well, replace in the stewpan with the onion, bouquet-garni, stock, and tomato sauce, and cook gently until tender, adding more sauce or stock if necessary, to prevent the rice becoming too dry. Fry the shallots in 1 oz. of butter until brown, then add both to the contents of the stewpan. Remove the onion and bouquet-garni, season to taste with salt, pepper, cayenne and mace, and stir in the cheese. Meanwhile, the tomatoes should have been thinly sliced and fried in the remaining oz. of butter; now pile the rice on a hot dish, garnish with the tomatoes and serve hot.

Time.—1¼ hours. **Average Cost,** 8d. or 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

2992.—RICE BORDER (SOCLE). (Used for dishing-up Cold Entrées, etc.)

Ingredients.—1 lb. of Carolina rice, about 3 pints of cold water, 1 teaspoonful of salt.

Method.—Wash and drain the rice, put it into a stewpan with the water and salt, and cook slowly until the water is absorbed and the rice perfectly tender. Then pound it in a mortar until smooth, and press it into a wetted border-mould. Or, turn the rice whilst warm and pliable on to a pastry board or large slab, knead well with the hands until a smooth elastic paste is obtained, then shape it, by means of 2 wooden spoons, into a round or oval block. When the rice is set and cold the edges must be neatly trimmed with a sharp knife, and, if liked, they may be cut by the same means into a fluted or other suitable design. These socles or borders are frequently used to raise a cold entrée above the level of the dish. In all cases they should be allowed to become cold before being used.

2993.—SAVOURY RICE ROLLS. (*Fr.*—Croquettes de Riz.)

Ingredients.—1 quart of milk, 4 tablespoonfuls of rice, 1 tablespoonful of finely-chopped onion, 1 bay-leaf, ½ a teaspoonful of finely-powdered mixed herbs, salt and pepper, 1 oz. of butter, 3 eggs, breadcrumbs.

Method.—Pick, wash, and drain the rice, place it in a stewpan with the onion, bay-leaf, herbs, salt and pepper, and simmer until the milk is absorbed and the rice tender. When ready, stir in the butter and 2 slightly-beaten eggs, and continue stirring at the side of the fire for a few minutes, to allow the eggs to become partially cooked, then turn the rice on to a plate to cool. Before it is quite cold, divide it into small portions, and shape them in the form of long corks. Coat them carefully with egg and breadcrumbs, fry in hot fat until golden-brown, and use as required.

Time.—2½ hours. **Average Cost,** 9d. **Sufficient** for 1 large dish. **Seasonable** at any time.

2994.—SEMOLINA, OR FLORADOR CROQUETTES. (*Fr.*—Croquettes de Semoule ou Florador.)

Ingredients.—1 lb. of semolina or florador, 1 oz. of grated Parmesan cheese, 1 oz. of butter, 1 pint of milk, 3 yolks of eggs, 1 whole egg, breadcrumbs, frying-fat, pepper and salt.

Method.—Put the milk and butter into a stewpan, when boiling stir in the semolina, and cook slowly for about 10 minutes. Now add the 3 yolks of eggs and the cheese, continue the cooking and stirring for a few minutes longer, then spread the preparation on a large dish. When cold, stamp out into rounds or other shapes, coat them with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, dish in pyramidal form, and serve garnished with crisply-fried parsley.

Time.—Altogether 2 hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2995.—SMALL FLORADOR ROLLS. (*Fr.*—Petits Cannelons au Florador.)

Ingredients.—½ a lb. of nouille paste No. 2984, 4 ozs. of florador, 2 ozs. of grated cheese, 1 oz. of butter, 1 pint of milk, 2 slices of cooked ham or tongue, 1 egg, breadcrumbs, frying-fat or butter, salt and pepper.

Method.—Put the milk and butter into a stewpan; when boiling sprinkle in the florador, stir and cook gently for 10 minutes, then add the cheese, salt and pepper to taste, and spread the mixture on a large dish. Roll the nouille paste out thinly, and cut it into strips 3 inches long and about 1 inch wide. Spread the centre of each strip thickly with the florador preparation, put a narrow strip of ham or tongue in the centre, wet the edges and roll up lightly, taking care that the paste completely encloses the mixture. Dip them in egg and roll them in breadcrumbs, let them lie until the egg hardens, then repeat the egg and bread-crumbing process, and fry them in hot butter or fat until golden-brown. Drain well, and serve garnished with fried parsley.

Time.—1½ hours. **Average Cost,** 1s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at anytime.

2996.—SPANISH RAVIOLIS. (*Fr.*—Ravioles à l'Espagnole.)

Ingredients.—For the paste: ½ a lb. of flour, 1 oz. of butter, 2 yolks of eggs, 2 lbs. of spinach, 1 oz. of butter, 1 level tablespoonful of flour, 2 tablespoonfuls of cream, 1 finely-chopped shallot, salt and pepper, tomato sauce (*see* Sauces, No. 281), grated cheese.

Method.—Prepare and cook the spinach (*see* Vegetables, No. 1606), drain well, and pass it through a fine sieve. Melt the butter in a stewpan, fry the shallot until lightly browned, add the flour, and cook for a few minutes, stirring meanwhile, and finally put in the spinach. Season to taste with salt, pepper and nutmeg, stir over the fire for 5 or 6 minutes, and then allow the mixture to cool. Prepare the nouille paste (No. 2984), roll it out as thinly as possible, and stamp out some rounds from 2 to 2½ inches in diameter. Place a little pile of spinach in the centre of half the rounds, wet the edges, cover each one with another round of paste, and press the edges well together. Have ready a stewpan of rapidly boiling salted water, put in the raviolis, and cook for about 15 minutes. Drain well, arrange them in a deep dish, sprinkle liberally with cheese, coat with tomato sauce, and add another sprinkling of cheese. Bake in a quick oven for a few minutes, and serve hot.

Time.—2 hours. **Average Cost,** 1s. 2d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

2997.—VERMICELLI, CROQUETTES OF.

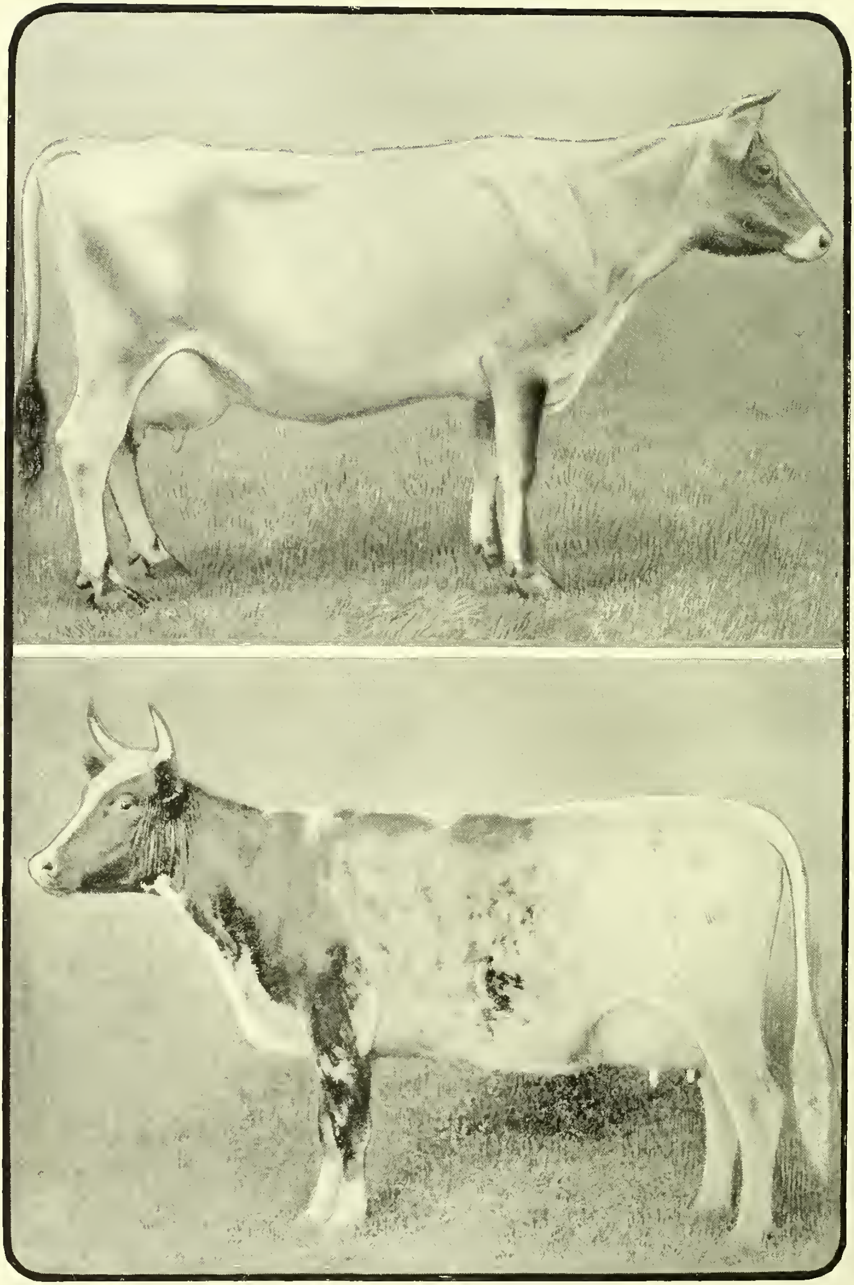
(*Fr.*—Croquettes de Vermicelle au Fromage.)

Ingredients.—2 ozs. of vermicelli, 2 ozs. of grated cheese, 1 oz. of butter, ¾ of a pint of milk, ½ a teaspoonful of made mustard, cayenne, pepper and salt, 1 egg, breadcrumbs or vermicelli for coating.

Method.—Break the vermicelli into short pieces; put it into the milk when boiling, and cook until tender. Add the cheese, butter, mustard, a few grains of cayenne, and salt and pepper to taste, stir over the fire until well mixed, then spread to about ½ an inch in thickness on a large dish. When cold, stamp out into circles, ovals or crescents, dip them in beaten egg, and coat them with breadcrumbs or crushed vermicelli, and fry in hot fat until lightly browned. Serve on a folded serviette or dish paper garnished with crisply-fried parsley. Cold remains of macaroni cheese may also be utilized in this way.

Time.—1½ hours. **Average Cost,** 8d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

COWS.



1. Jersey Cow. 2. Ayrshire Cow.

MILK, BUTTER, CHEESE AND EGGS.

CHAPTER XLI.

General Observations on Milk, Butter, Cheese, and Eggs, their Nutritious Properties, and Distinguishing Features, etc.

MILK.

Milk is obtained only from the Mammalia, and is intended by nature for the nourishment of their young. All young animals live upon it for the first months of their existence, and it is the only food that, taken alone, can support adult life. The fat rises in the form of cream ; curd is the nitrogenous matter ; and the whey contains sugar and milk lactose with saline or mineral matter. For the majority of those who lead healthy, simple lives, milk is an excellent article of diet ; but the milk of each animal is distinguished by some peculiarities ; and as that of the cow is by far the most useful to us, the following remarks will chiefly have reference to that source of supply. When drawn from the cow, the milk is of a yellowish-white colour, and is most yellow at the beginning of the period of lactation. Its taste is agreeable, and rather saccharine. The specific gravity of milk is somewhat greater than that of water, but varies somewhat in the milk produced from different individuals. On an everage, the specific gravity of milk is 1·032, water being 1.

Milk, as it is drawn from the cow, is slightly alkaline, but afterwards lactic acid is formed, so that it becomes at first neutral, then acid, and the acidity goes on increasing until it is easily perceptible to the taste. This acidity is said to assist in the rising of the cream. Most schemes for preserving milk fresh consist in the addition of some alkali to correct this acidity. A pinch of bi-carbonate of soda is efficacious, and with it decidedly sour milk can often be boiled without curdling, but it gives an unpleasant flavour. Preparations are sold of which the principal constituent is boracic acid, and it is said that most of the milk that comes to London is treated in this way.

The small cows of the Alderney or Guernsey breed afford the richest milk. In some parts of the country few other cows are kept; but they are not so hardy as many other breeds, they do not yield the large quantity of milk, and are therefore not great favourites with dairy farmers. The quality and wholesomeness of the milk depends greatly on the food and home of the animal. Large numbers of cows are kept in confined, ill-ventilated buildings, and are fed upon brewers' grains, so that the milk is thin and poor, and unfit for food. Milk from an animal in a state of disease cannot but produce ill health to the consumer. Of late years model dairies, under medical inspection, have been established in the neighbourhood of London, and have, no doubt, had a share in improving the health of the Metropolis. Milk may also be a carrier of infectious disease from the farm where it is produced to the consumer. The "milk epidemics" of fever are instances of this. It is, therefore, advisable to buy milk only at places where reasonable precautions for its wholesomeness are known to be taken, and failing this knowledge—perhaps in all cases—milk should be boiled.

Adulterated Milk.—Milk is more frequently adulterated with water than with anything else. The best popular test for adulteration by water is by means of a small instrument called a lactometer. It is useful, but not infallible, for it is based upon the fact that the specific gravity of milk is (as has been said) 1·032. But cream is lighter than milk; and, therefore, it sometimes happens that milk with an excess of cream will not stand the test so well as skimmed or poor milk. However, this fault is rare, for it is not an uncommon practice to make butter of all or part of the cream, and then to sell skimmed milk for fresh. This is easier now that mechanical separators have in large dairies almost superseded the old plan of allowing the cream to rise. By the old plan, the 12 hours that the milk stood was sufficiently long in the summer for it to turn sour, when it was no longer fit for sale, and generally went to fatten pigs. Now, while the milk is yet warm from the cow, it is put into a large reservoir, from which it is conducted along a series of metal pipes, where it rapidly cools. Then it trickles into the separator, and is whirled at a very rapid speed, the result being that the light cream is thrown to the top, while the heavier milk is drawn off below, completely skimmed and perfectly fresh.

To Keep Milk.—For the preservation of milk, scrupulous cleanliness is the first necessity. Not only must the pots and pans be scrubbed and scalded (that every dairy woman understands, at least, in theory), but the dairy must be clean and well ventilated; in it no open drain, no meat or game hanging; outside it no foul heap of yard refuse or decaying matter. Nothing is more certain to taint the milk and spoil the butter than neglect of these precautions.

Boiling milk preserves it; this is one great advantage of the Devonshire method of butter making for small dairies. And we have already spoken of the addition of soda or borax. Soda may very well be put in if the milk is to be used for soups or savouries, as the flavour is then disguised.

Condensed Milk in tins has a large and increasing sale. Fresh milk is evaporated in open pans until it loses the greater part of the water. A certain quantity of cane sugar is then added, and the milk is sealed down in tins, when it will keep for any length of time. The objection is the peculiar flavour that milk acquires in boiling, but this is not of consequence for many cooking purposes. The excessive sweetness is also objectionable, but unsweetened condensed milk may now be had. When the full milk is preserved it forms a valuable addition to our stock of foods, especially for infants and children, for whom a plentiful supply of good milk cannot be obtained. But, on the whole, condensed milk is less nutritive than the fresh article, from the fact that it is chiefly made of skimmed or separated milk, and in consequence is less rich in fats. A well-known writer says : "For a baby not fed by the mother, condensed milk, rightly mixed, is most nourishing. When condensed milk does not appear to agree with the child, then inquiry will almost certainly show that the fault lies in the mixing, and not in the condensed milk. The constitution of one child differs from that of another, and this fact must keep the careful nurse on her guard to anticipate and provide for any peculiarities of diet that may be necessary in consequence. Remembering this, it may be broadly asserted that a healthy child would do well on condensed milk alone for the first three months."

Milk carried to a distance, so as to be much agitated, and cooled before it is put into pans to settle for cream, never throws up so much, nor such rich cream, as if the same milk had been put into pans directly after it was milked.

Milk, considered as an aliment, is of such importance in domestic economy as to render all the improvements in its production extremely valuable. To enlarge upon the antiquity of its use is unnecessary ; it has always been a favourite food in Britain. "Lacte et carne vivunt," says Caesar in his Commentaries ; which, translated into English, is, "The inhabitants subsist upon flesh and milk." The breed of the cow has undergone great improvement in modern times as regards both the quantity and the quality of the milk which she affords. Although milk in its natural state is a fluid, yet, considered as an aliment, it is both solid and fluid ; for no sooner does it enter the stomach than it is coagulated by the gastric juice, and separated into curds and whey, both of which are extremely nutritious. The milk of the **human subject** is much thinner than cow's milk ; **asses' milk** comes the nearest to human milk of any other ; **goat's milk** is somewhat thicker and richer than cow's milk ; **ewe's milk** has the appearance of cow's milk, and affords a larger quantity of cream ; **mare's milk** contains more sugar than that of the ewe ; **camel's milk** is used only in Africa ; **buffalo's milk** is employed in India and Egypt. The following comparison of the chief varieties of milk and their constituents will indicate generally their dietetic value.

	Specific Gravity.	Solids.	Proteids.	Fats.	Carbo-hydrates.	Salts.	Water.
Human milk	1·027	12·60	2·29	3·81	6·20	0·30	87·40
Cow's milk	10·32	12·83	3·55	3·69	4·88	0·71	87·17
Mare's milk	1·035	9·21	2·00	1·20	5·65	0·36	90·79
Asses' milk	1·026	10·40	2·25	1·65	6·00	0·50	89·60
Goat's milk	10·32	14·30	4·30	4·78	4·46	0·75	85·71
Buffalo's milk	10·32	18·60	6·11	7.45	4·17	0·87	81·40

Value of Milk.—From no other substance, solid or fluid, can so great a number of distinct kinds of aliment be prepared as from milk ; some forming food, others drink ; some of them delicious, and deserving the name of luxuries ; all of them wholesome, and some medicinal ; indeed, the variety of foods that seems capable of being produced from milk appears to be almost endless.

BUTTER.

In England butter has been made from time immemorial, though the art of making cheese is said not to have been known to the ancient Britains, and to have been learnt by them from the Romans. The taste of butter is peculiar, and very unlike any other fatty substance. It is extremely agreeable when of the best quality, but its flavour depends much upon the food given to the cows.

Butter, with regard to its dietetic properties, may be regarded as a combination of neutral fats mixed with water and small quantities of casein and salts. Its average proportion is as follows : Fat, 78 to 94 ; curd, 1 to 3 ; water, 5 to 14 ; salt, 0 to 7. Butter becomes sooner rancid than other fats, owing to the presence of more or less casein, which, no matter how throughly washed the butter may be, is never completely removed. When fresh it is a very wholesome article of diet ; but it should be quite free from rancidity. If slightly salted when it is fresh, its wholesomeness is not at all impaired ; but should it begin to turn rancid, salting will not correct its unwholesomeness. When salt butter is put into casks, the upper part next to the air is very apt to become rancid, and this rancidity is also liable to affect the whole cask.

Different Butters.—Fresh butter comes to London from nearly all the south, east, and south-eastern counties, also from Cheshire, Yorkshire, Devonshire and Wales. The Irish butter sold in London is nearly all salted, but is generally good. Brittany butter is in good repute all over Europe, America, and even India ; but no country in the world is more successful in the manufacture of this article, than Denmark, this country supplying more butter to the rest of the world than any other. Equally good is the butter imported from Holland, the annual import of which into England is enormous. Butter of good quality is also imported from Canada, America, Australia, Tasmania, New Zealand, and the Argentine. The Board of Trade's latest return shows that Canada, New Zealand, Australia, and Holland, each send about one and a quarter million pounds, (sterling) worth of butter into the United Kingdom annually. France sends butter worth about £2,000,000, and Denmark supplies us with nearly £10,000,000 worth.

To make Butter.—There are 3 methods pursued in the manufacture of butter. In one, the cream is separated from the milk, and in that state it is converted into butter by churning. In the second method, the whole milk is subjected to the same process, but it is extremely wasteful, for the sour butter milk is of no use except as food for pigs, whereas new skimmed milk has a marketable value, or, enriched with linseed meal or other oily substances, may be given to calves instead of whole milk. In Devon and Cornwall, and the West of England generally, the milk, as soon as it comes from the cow, is heated over a stove or hot water pipes, which makes the cream rise and thicken into the well known "clotted cream," which is afterwards very readily and quickly turned into butter. The first method is generally said to give the richest butter, and the last the largest quantity but opinions differ.

Churning.—A great many different churns are sold, but the secrets of good butter making are simple and applicable to all kinds.

The first is scrupulous cleanliness. Everything must be scalded daily with boiling water, rinsed with cold water, and used wet. Every utensil must be set out in the open air every day.

The second is the right temperature for the cream. A thermometer is absolutely necessary, and must register 55° to 60° Fahr. when churning begins. The desired temperature is usually attained by adding a little warm water or icy cold water when it is necessary to modify the temperature. Butter, under these conditions, should come in about 15 minutes. It is then washed quite free from butter milk, usually with cold water, before the butter is removed from the churn. Salt is generally added in the proportion of from $\frac{3}{4}$ to 1 oz. for each 3 lb. of butter. It should be dried and finely powdered.

To sweeten Rancid Butter.—This is done in several ways : by beating it in lime water (water in which 1 lb. would be washed should have about 15 drops of chloride added) ; by scalding with boiling water, or by washing in new milk. The last named is the safest and best method, and those who live some distance from the place from whence they procure their supplies of butter will find these instructions to perfectly sweeten rancid butter of service to them. The butter must be thoroughly washed and kneaded first in new milk, where it will lose the acid which has turned it, then in fresh spring water.

Margarine.—Butter and margarine are classed together in the list of imports published by the Custom House, and until the Act of 1881 butter and margarine were sold together to the general public, both under the name of the more expensive product. By the provisions of the Act, passed to prevent the fraudulent sale of artificial butter, margarine, known also as oleo-margarine, must only be sold under that name, while *butter* must be made exclusively of milk or cream. Margarine is bought by pastrycooks and by some large consumers, as well as by retail traders, and, if well manufactured and sold at a reasonable retail price, would be a most valuable addition to the food of the people, who commonly suffer from a want of fatty food. Margarine is made of oleo-margarine, the oily constituent of the fat of animals, melted, mixed with a certain proportion of milk and of butter, and then churned. Afterwards it is washed and worked like butter, and made up to imitate the kinds most in demand. If carefully prepared and made from pure fats, margarine has a high nutritive value, but is always less digestible than butter, and it is sometimes carelessly prepared and insufficiently purified.

CHEESE

Cheese is the Curd of Milk, dried.—This curd, or casein, which is held in solution in the whey under natural conditions, or so long as the milk is fresh, has the curious property of coagulating under the influence of an acid.

Lactic acid, formed in the milk, serves to precipitate the curd in the ordinary process of souring. Curd is formed in the first stage of digestion by the action of the gastric acid of the stomach. Lemon-juice is often used to make curd for cheesecakes. In cheese making "rennet," or "runnet," is used—a preparation from the stomach of the calf; or in some countries, principally in Holland, a weak solution of hydrochloric acid is substituted for the rennet.

Method of Making.—Although the broad principles of cheese making may be said to apply to all varieties of a particular class, the cheese of each county has certain distinguishing characteristics. That of Cheshire and Wales has a crumbly texture, and a deep yellow colour, produced artificially by the addition of anatto. Cheddar cheese, although similar in shape and size, is less crumbly, and usually of a pale colour. The methods employed in making these well-known varieties of cheese are almost identical. They are usually made of whole milk, unless the milk is very rich in cream, in which case the night's milk is skimmed before adding that of the morning. A properly equipped dairy is provided with a jacketed milk vat, so contrived that the milk may be surrounded with either hot or cold water. By these means the temperature of the milk is raised to a suitable heat, usually about 70° Fahr., and the rennet is added. The temperature is then raised and maintained at a higher level until the curd is firm enough to cut. Many-bladed knives greatly facilitate this part of the work, but some little practice is necessary to enable the worker to wield one successfully. After cutting, the fine particles of curd are stirred continuously until the necessary degree of firmness is attained, and these are then allowed to sink to the bottom of the vat, where they remain in warm whey until sufficient acidity is developed. When the right point is reached, the whey is drawn off, the curd is broken up, covered with warm cloths, and kept thus until ripe enough to be salted and put into cheese moulds. The cheese remains in the mould under pressure until sufficiently firm to support its own weight, when it is trimmed and ironed into a good shape, and then transferred to the drying room. Here it remains for months, being turned every day, so that any moisture contained in the cheese may be equally distributed. The whole process is extremely simple, but the success of the whole depends on the amount of acidity developed during the various stages of the work. If the curd is allowed to become too acid, a hard cheese is the result ; if not sufficiently developed, the cheese is too crumbly, and consequently wasteful.

To choose Cheese.—The taste and smell are the best indications of quality. There is so much difference of taste that cheese, almost alone of all foods, is tasted by the customer before purchasing. A good cheese has rounded edges and sides, and when a piece is rubbed between the fingers it should melt and feel smooth. The bulging should not be great, however, as that indicates slight fermentation, and the cheese should be flat at the top. The best cheese is made of new milk, and contains, therefore, fat in addition to the curd. Skimmed milk cheeses are hard and indigestible. In fact, no cheese is easy of digestion, which probably accounts for its not being a universal food ; it has almost every other virtue, being cheap, portable, easy to store and palatable. In every pound of cheese as much solid food is contained as in a pound of lean meat, and the food is of the flesh-forming kind, being rich in both proteid and fat.

The principal Varieties of Cheese used in England are the following : and most of these are shown in the coloured plate. **Cheshire Cheese,** famed all over Europe for its rich quality and fine piquant flavour. It is made of entire new milk from which the cream has not been taken off. **Gloucester Cheese** is much milder in its taste than the Cheshire. There are two kinds of Gloucester cheese, single and double. **Single Gloucester** is made of skimmed milk, or of milk deprived of half the cream ; **Double Gloucester** is a cheese that pleases almost every palate ; it is made of the whole milk and cream. **Stilton Cheese** is made by adding the cream of one day to the entire milk of the next ; it was first made at Stilton, in Leicestershire. **Gorgonzola** strongly resembles Stilton, and has a large sale. Much is now made in England to imitate the original. **Sage Cheese** is so called from the practice of colouring some curd with bruised sage, marigold-leaves and parsley, and mixing this with some uncoloured curd. With the Romans, and during the middle ages, this practice was extensively adopted. **Cheddar Cheese** is manufactured principally at Pennard, near Cheddar, and is one of the best and most widely known cheeses we consume. **American Cheddar** is considered the best of the cheeses sold as American. **Brickbat Cheese** has nothing remarkable except its form. It is made by turning with rennet a mixture of cream and new milk. The curd is put into a wooden vessel the shape of a brick, and is then pressed and dried in the usual way. **Dunlop Cheese** has a peculiarly mild and rich taste ; the best is made entirely from new milk. **New Cheese** (as it is called in London) is made chiefly in Lincolnshire, and is either made of all cream, or, like Stilton, by adding the cream of one day's milking to the milk that comes immediately from the cow ; these cheeses are extremely thin, and are compressed gently two or three times, turned for a few days, and then eaten new with radishes, salad, etc. **Skimmed Milk Cheese** is made in most dairy countries, and is eaten by the peasantry, but is not generally exported. There are some exceptions, such as the **Parmesan Cheese,** made in Parma and Piacenza, the most celebrated of all cheese, and made entirely of skimmed cow's milk. The high flavour which it possesses is supposed to be owing to the rich herbage of the meadows of the Po, where the cows are pastured. The best Parmesan is kept for 3 or 4 years, and none is carried to market until it is at least 6 months old. **Dutch Cheese** derives its peculiar pungent taste from the practice adopted in Holland of coagulating the milk with muriatic acid instead of rennet. **Swiss Cheeses,** in their several varieties, are all remarkable for their fine flavour. That from **Gruyère,** a bailiwick in the canton of Fribourg, is best known in England. It is flavoured by the dried herb of *Melilotos officinalis* in powder. Cheese from milk and potatoes is manufactured in Thuringia and Saxony. **Cream Cheese,** although so called, is not properly cheese, but is merely cream dried sufficiently to be cut with a knife. All cheeses are imitated in countries and places other than those from which they take their conventional names. Cheese is also made of skimmed milk mixed with animal fats or margarine, in the place of the cream that has been removed for sale. **Camembert** is a Brittany cheese, one of the most esteemed of cream cheeses, it being richer than most ; it is a small, flat cheese of a pale yellow colour, with a dark rind. **Roquefort** is a very rich cheese, made in the South of France, from the milk of sheep and goats. Like Stilton, it has to be kept a considerable time before it is sufficiently ripe for eating. **Shabzieger** is a cheese exceedingly strong both in smell and taste, and for that reason is considered a delicacy by some and a cheese to be avoided by others. An excellent but little known English cheese is one called **Wensleydale,** which takes its name from the place where made, a small village in Yorkshire. This cheese has the characteristics of **Stilton,** and is rich in quality. Dorsetshire yields a very good cheese called **Blue Veiny,** from its blue-veined appearance. It may be compared to Stilton in flavour, but is less rich, being made entirely from skimmed milk. There are, in addition to the above, various fancy cheeses.

EGGS.

The Nutritive Properties of Eggs.—Although the qualities of those belonging to different birds vary somewhat, their nutritive constituents of fats and salts are identical, varying only in degree. Eggs are valuable on account of their concentrated nourishment, and their ready digestibility when raw or slightly cooked. The quality of eggs depends much upon the breed of the hens, and upon the character of the food given to them. New-laid eggs are more easily digested than eggs a day or two old, but the milkiness of an egg cooked almost as soon as it is laid is generally disliked. Poaching is undoubtedly the lightest way of dressing eggs ; and this is effected by putting them for 2 or 3 minutes into boiling water, to which is added a little salt and a few drops of lemon-juice or vinegar to assist the coagulation of the albumen. Another light digestible way of cooking an egg is to place it into a saucepan of boiling water, and let it remain covered by the side of the fire for 10 minutes. Immersion for this period will cook the white of the egg to the consistency of a jelly, but the water must not be allowed to even simmer.

Uses of Eggs.—The purpose for which eggs are employed are more numerous and varied than any other article of food ; they form an impervious coating for frying ; they bind dry mixtures ; they increase the tenacity of paste and dough, so that they more completely retain the air ; when beaten to a froth, they are the means of introducing a good deal of air into a mixture, and thus increase its lightness ; and to all mixtures they give colour, flavour and lightness.

Sources of Supply.—The Metropolis is supplied with eggs from all parts of the United Kingdom and Ireland, and they are likewise largely imported from various parts on the Continent ; as France, Holland, Belgium, Denmark, Russia, Guernsey and Jersey, and also from Canada. The last Board of Trade return furnishes the following statistics :—

EGGS IMPORTED INTO THE UNITED KINGDOM.

Principal Countries.	Great Hundreds.	Value.
Russia	7,932,906	£2,042,520
Denmark	3,602,326	£1,461,459
Germany	3,554,232	£1,191,161
Belgium	2,157,073	£837,120
France	1,698,614	£710,057
Egypt	572,312	£142,192
Canada	317,772	£129,631
Other British Possessions .	318,861	£130,010
Total imported. . . .	20,154,096	£6,644,150

The Eggs of different Birds vary much in size and colour. Those of the ostrich are the largest ; one laid in the menagerie in Paris weighed 2 lbs. 14 ozs., held 1 pint, and was 6 inches deep ; this is about the usual size of those brought from Africa. Travellers describe **ostrich eggs** as of an agreeable taste : they keep longer than hen's eggs. Drinking-cups are often made of the shell, which is very strong. The eggs of the **turkey** are almost as mild as those of the hen ; the egg of the **goose** is large, but well flavoured. **Ducks' eggs** have a rich flavour ; the albumen is slightly transparent, or bluish, when set or coagulated by boiling, and requires less time to cook than hens' eggs. **Guinea fowls' eggs** are smaller and more delicate than those of the hen. Eggs of **wild fowl** are generally coloured, often spotted ; and the taste generally partakes somewhat of the flavour of the bird. Those of land birds that are eaten, as the **plover, lapwing**, **ruff**, etc., are in general much esteemed ; but those of **sea-fowl** have, more or less, a strong fishy taste. The eggs of the turtle are very numerous ; they consist of yolk only, without shell, and are delicious. The average weight of a hen's egg in the shell is 2 oz., the shell constituting about 10 per cent. of its total weight. Eggs keep best in a cold temperature of 36° Fahr.

RECIPES FOR MILK, BUTTER, CHEESE AND EGGS

CHAPTER XLII

Milk and Cream

2998.—CURDS AND WHEY.

Ingredients.—Milk, rennet.

Method.—Rennet varies so much in strength that no definite rules for its use can be given. It may be prepared from the lining of the paunch of a calf, but it is much better to buy it ready prepared. Heat the milk to about 80° Fahr., add rennet according to the printed directions on the bottle, and allow it to stand in a warm place until the curd separates itself from the whey.

2999.—DEVONSHIRE CREAM.

Method.—The milk should be allowed to stand for 12 hours in winter, and about half that length of time when the weather is warm. The milk-pan is then set on a stove, and should remain there until the milk is quite hot, but it must not boil, otherwise the albumen will coagulate and form a skin on the surface. The more slowly the milk is heated the better will be the result. The time required depends upon the size and shape of the vessel containing the milk, and the amount of heat applied, but small rings and undulations on the surface of the milk indicate that it is sufficiently scalded. When the process of scalding is completed, the vessel should at once be transferred to a cold place and kept there until the following day, when the cream is skimmed off into the tins or pots in which it is sold. In Devonshire nearly all the butter is made from scalded cream, and is usually very firm.

3000.—DEVONSHIRE JUNKET.

Ingredients.—1 pint of new milk, 1 dessertspoonful of brandy, 1 dessertspoonful of castor sugar, 1 teaspoonful of prepared rennet, whipped or clotted cream, ground cinnamon or grated nutmeg.

Method.—Heat the milk to about 80° Fahr. and stir in, off the fire, the sugar, brandy, and rennet. Pour this preparation into a deep dish, in which it will be served; put it aside until set, then cover the surface with either whipped or clotted cream, sprinkle on a little cinnamon or nutmeg, and serve.

Time.—2 hours. **Average Cost,** 9d. **Sufficient** for 1 dish.

3001.—MILK AND CREAM, TO KEEP IN HOT WEATHER.

Method.—In hot weather the milk, as soon as it is received, should be put into a double saucepan or a jug placed in a saucepan of boiling water, and heated nearly to boiling point. If the milk is allowed to boil, the albumen will coagulate and form a skin on the surface, which will prevent the cream being as completely skimmed off as it would otherwise be. Cream may be kept for 24 hours, if scalded without sugar, and by the addition of the latter ingredient it will remain good for at least 36 hours, provided that it is kept in a cool place. A little boracic acid also preserves cream and milk by neutralizing the lactic acid.

3002.—MILK AND CREAM, TO SEPARATE.

Method.—Nearly all large dairies are provided with steam separators, and smaller ones with separators worked by hand. In ordinary households, where these mechanical contrivances are not available, the milk should at once be poured into a large and very shallow basin. In 7 or 8 hours the greater part of the cream will have risen to the surface.

MILK is a perfect food, inasmuch as it contains in right proportions all the food substances necessary to sustain life, its constituents in 100 parts being: water 86·00; proteids, 5·00; fats, 4·00; carbohydrates, 4·30; salts, 0·70. It forms a valuable food for the young; and in sickness life can be sustained on milk alone for long periods. It also forms a valuable addition to the diet of adults in health, more especially when the indispensable solid part of their food is lacking in nourishing constituents.

Butter

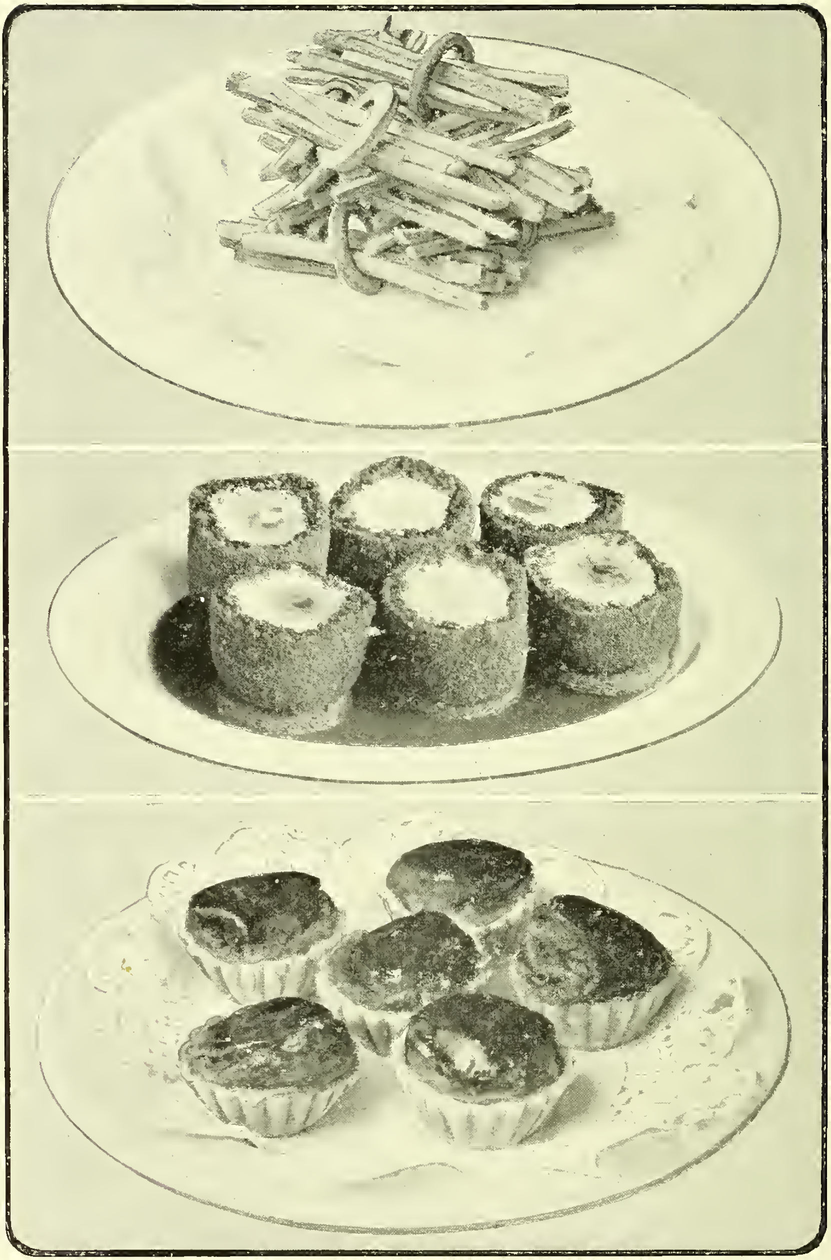
3003.—ANCHOVY BUTTER. (*Fr.*—Beurre d'Anchois.)

Ingredients.—¼ of a lb. of butter, 3 anchovies or 1 teaspoonful of essence, cayenne.

Method.—Wash and bone the anchovies, pound them well in a mortar, and rub them through a fine hair sieve. Mix the paste thus obtained smoothly with the butter, add cayenne to taste, and use as required. When anchovy essence is used, it is simply mixed smoothly with the butter.

Time.—20 minutes. **Average Cost,** 4d. to 6d.

CHEESE AND EGGS.



1. Cheese Straws. 2. Scotch Eggs. 3. Cheese Tartlets.

3004.—BUTTER, TO CLARIFY.

Method.—Put the butter into a stewpan, heat it slowly, removing the scum as it rises, and when quite clear, pour it carefully into clean and dry jars, leaving the sediment behind.

3005.—CURLED BUTTER.

Method.—Tie a strong cloth by two of the corners to an iron hook in the wall. Tie the other end of the cloth into a knot, but so loosely that the index finger may be easily passed through it. Place the butter in the cloth, twist it lightly, thus forcing the butter through the knot in fine short rolls or curls. The butter may then be garnished with parsley and served. Butter for garnishing hams, etc., should be worked until sufficiently soft, and then used by means of a piece of stiff paper folded in the form of a cornet. The butter is squeezed in fine strings through the hole at the bottom of the cornet, and a little experience soon enables the worker to execute various designs.

3006.—FAIRY OR FEATHERY BUTTER.

Method.—Work the butter until it is sufficiently soft, then place it in a piece of coarse butter muslin or some loosely woven fabric through which it can be forced in fine particles, and which must be previously wetted with cold water. Draw the edges of the muslin together and press the butter gently through, letting it fall lightly into the dish in which it will be served, or round any dish it is intended to garnish.

3007.—FRESH BUTTER, TO KEEP AND CHOOSE.

Method.—Fresh butter should be kept in a dark, cool and airy place, and in as large a mass as possible. Mould as much only as is required, as the greater the surface exposed the more risk there will be of it becoming rancid. Butter coolers of stoneware are very much used for keeping butter in warm weather. They are made with bell-shaped covers, into the top of which a little cold water should be poured, and in summer time very frequently changed. Failing one of these useful additions to the larder, the butter should be kept in a vessel surrounded with cold water, and covered with muslin kept constantly wet by immersing its edges in the water which fills the outer vessel.

In choosing fresh butter, see that it has a fresh, pleasant smell ; if otherwise, it may be accepted as an indication that it has not been sufficiently washed from the buttermilk, and consequently will not keep. Butter should be quite dry ; a considerable amount of water is sometimes left in it, so as not to decrease its weight, and thereby its keeping qualities are impaired.

3008.—LOBSTER BUTTER. (*Fr.*—Beurre de Homard.)

Ingredients.—Lobster coral, butter, cayenne, salt.

Method.—Dry the coral thoroughly, then pound it until smooth, adding cayenne and salt to taste, and a little butter gradually until the desired consistency is attained.

Time.—½-hour. **Average Cost,** 6d. to 9d.

3009.—MONTPELIER BUTTER. (*Fr.*—Beurre Montpelier.)

Ingredients.—Watercress, fresh butter, pepper and salt.

Method.—Choose fresh young watercress, strip the leaves from the stalks, wash and dry them thoroughly, and chop them finely. Enclose the chopped cress in the corner of a clean cloth, dip it 2 or 3 times into cold water, then squeeze as dry as possible. Knead it into the butter, adding it by degrees until the butter is sufficiently green, then add salt and pepper to taste, and use as required.

Time.—20 minutes. **Average Cost,** 4d. to 6d.

3010.—MOULDED BUTTER.

Method.—Butter may be shaped without the aid of moulds, but round butter moulds or wooden stamps are much used and are made in a variety of patterns. They should be kept scrupulously clean, and before the butter is pressed in the moulds should be scalded, and afterwards well soaked in cold water. The butter at once takes the impress of the mould, and may therefore be turned out immediately into the butter dish. In hot weather a little ice should be placed either round or beneath the butter dish. Dishes with a double bottom are constructed for this purpose.

3011.—SALT BUTTER, TO PRESERVE AND TO CHOOSE.

Method.—In large families, where salt butter is purchased a tub at a time, the first thing to be done is to turn the whole of the butter out, and, with a clean knife, to scrape the outside ; the tub should then be wiped with a clean cloth, and sprinkled all round with salt, the butter replaced, and the lid kept on to exclude the air. It is necessary to take these precautions, since a want of proper cleanliness in the dairymaid may cause the outside of the butter to become rancid ; and if the scraping be neglected, the whole mass will soon become spoiled. To choose salt butter, plunge a knife into it, and if, when drawn out, the blade smells rancid or unpleasant, the butter is bad. The layers in tubs will vary greatly, the butter being made at different times ;

so to try if the whole tub be good, the cask should be unhooped, and the butter tried between the staves.

Butter may be kept fresh for 10 or 12 days by a very simple process. Knead it well in cold water till the butter-milk is extracted ; then put it in a glazed jar, invert this in another, putting into the latter a sufficient quantity of water to exclude the air. Renew the water every day.

Cheese.

3012.—CAYENNE CHEESE FINGERS.

Ingredients.—$\frac{1}{4}$ of a lb. of finely-grated cheese, $\frac{1}{4}$ of a lb. of butter, $\frac{1}{4}$ of a lb. of flour, $\frac{1}{2}$ a saltspoonful of cayenne, $\frac{1}{2}$ a saltspoonful of salt, water.

Method.—Rub the butter into the flour, add the grated cheese, cayenne and salt, and mix these ingredients well together. Add sufficient cold water to mix the whole into a stiff paste, roll it out to about a $\frac{1}{4}$ of an inch in thickness, and cut the paste into fingers $3\frac{1}{2}$ inches long and $\frac{3}{4}$ of an inch wide. Place them on a greased baking-sheet and bake in a moderately cool oven until crisp and lightly browned. Serve either hot or cold.

Time.—45 minutes. **Average Cost,** 7d. **Sufficient** for 10 persons.

3013.—CHEESE. (*Fr.*—Fromage.)

When a whole cheese is bought, and it is necessary to preserve some portion of it for a considerable time, it will be found a good plan to keep the cut surfaces of the cheese covered with well-buttered paper. The rind of the cheese should be left exposed to the air, and it should be turned frequently and its surface well rubbed first with a dry cloth and afterwards with melted fat or oil. To keep moist a piece of cheese that is in daily use, when it comes from the table wrap it at once in a damp cloth, preferably damped with beer, and keep it in a nearly air-tight tin or other receptacle.

3014.—CHEESE, METHODS OF SERVING.

There are several methods of serving cheese. In large establishments, where 3 or 4 kinds are in daily use, it is a convenient plan to hand the butter and biscuits in a dual dish and ask what cheese will be eaten with them. Each piece of cheese should, of course, be arranged on a folded napkin, raised at the sides to conceal some of the lower portion of the cheese. When only one kind of cheese is in use, and the number to be served is considerable, the easiest and most economical method is to use dishes with three divisions, and fill one of them with small, square pieces of cheese, and the other two respectively with butter and biscuits. In small households it is more economical to place the cheese on the table in the piece, and cut off from it what is required.

3015.—CHEESE BISCUITS.

(*Fr.*—Biscuits de Fromage.)

Ingredients.—Finely-grated cheese, puff paste trimmings, 1 yolk of egg.

Method.—Roll the paste out thinly, sprinkle it liberally with grated cheese, and fold in three. Repeat the process twice, then cut it into rounds with a small cutter, brush them over with beaten yolk of egg, and bake in a moderately hot oven until crisp.

Time.—30 minutes. **Average Cost,** 5d. **Sufficient,** allow 2 to each person.

3016.—CHEESE BISCUITS. (Another Method.)

Ingredients.—3 oz. of grated cheese, 2 oz. of butter, 3 oz. of flour, 1 yolk of egg, cayenne, pepper and salt.

Method.—Rub the butter into the flour, add the cheese, season to taste, and mix into a stiff dough with the yolk of egg. Roll out the dough to rather less than a ¼ of an inch in thickness, stamp it into rounds or cut it into fingers, and bake in a quick oven until crisp. The biscuits will keep for a long time in a tin, and can be heated when wanted.

Time.—¾-hour. **Average Cost,** 5d. **Sufficient,** allow 2 to each person.

3017.—CHEESE FONDUE. (*Fr.*—Fondue de Fromage.)

Ingredients.—3 oz. of finely-grated Parmesan or Cheshire cheese, 1 oz. of butter, 1 oz. of flour, 3 whites of eggs, 2 yolks of eggs, ¼ of a pint of milk, a pinch of salt, a small pinch of cayenne.

Method.—Melt the butter in a stewpan, mix in the flour, add the milk, and stir and simmer gently until smooth and thick. Add the cheese, salt and cayenne, and when well mixed pour the preparation on to the well-beaten yolks of eggs, stirring briskly meanwhile. Whip the whites of eggs to a stiff froth, and stir them lightly into the mixture. Have ready a well-buttered soufflé tin which the mixture should about half fill, pour it in and bake in a moderately hot oven for about 20 minutes. As the excellence of this dish depends on its lightness it should be served the moment it is ready. Overcooking will cause it to be tough, and standing after it is cooked will make it heavy.

Time.—½-hour. **Average Cost,** 9d. **Sufficient** for 1 dish.

3018.—CHEESE FONDUE. (Another Method.)

Ingredients.—4 oz. of finely-grated cheese, 1 oz. of butter, 1 oz. of flour, 3 eggs, ¼ of a pint of milk, a good pinch of bicarbonate of potash, mustard, salt and pepper to taste.

Method.—The potash, which is added to assist in the decomposition of the coagulated casein in the cheese, should be dissolved in the milk. Melt the butter in a stewpan, add the flour, and when well mixed, pour in the milk, and stir until it boils. Simmer for 2 or 3 minutes, then add the cheese, mixed mustard, salt and pepper to taste, and stir until the cheese is quite melted. Let the mixture cool slightly, then stir in the well-beaten eggs, pour into a well-buttered fireproof dish, and bake in a moderately hot oven until set. Serve as quickly as possible.

Time.—½-hour. **Average Cost,** 8d. to 10d. **Sufficient** for 1 dish.

3019.—CHEESE FONDUE. (Another Method.)

Ingredients.—1 teacupful of grated cheese, ½ a teacupful of fine breadcrumbs, 1 oz. of butter, 3 whites of eggs, 2 yolks of eggs, ¼ of a pint of milk, salt and pepper, cayenne to taste.

Method.—Heat the milk nearly to boiling point, add the butter, stir until melted, then pour the milk over the breadcrumbs. Cover, and let them stand for 10 minutes, then stir in the cheese, yolks of eggs, salt, cayenne and pepper to taste. Whip the whites of eggs to a stiff froth, stir them lightly into the mixture, turn it into a well-buttered soufflé tin or fireproof dish, and bake until set in a moderately hot oven. Serve as quickly as possible.

Time.—½-hour. **Average Cost,** 9d. **Sufficient** for one dish.

3020.—CHEESE PATTIES. (*Fr.*—Bouchées au Fromage.)

Ingredients.—4 oz. of grated cheese, 1 oz. of butter, 1 oz. of flour, ½ a pint of milk, 4 eggs, salt and cayenne, a little puff paste.

Method.—Melt the butter in a stewpan, stir in the flour, add the milk, and boil for 3 or 4 minutes, stirring meanwhile. Let the mixture cool slightly, stir in the yolks of eggs, cook gently for 2 or 3 minutes, but do not allow it to boil. Add the cheese, season to taste, then stir in as lightly as possible the previously stiffly-whipped whites of eggs. Have ready some patty-pans lined with thinly rolled out puff paste, fill with the mixture, and bake in a quick oven.

Time.—20 minutes. **Average Cost,** 9d. to 10d. **Sufficient** for 9 persons.

3021.—CHEESE RAMAKINS. (*Fr.*—Ramequin de Fromage.)

Ingredients.—1 oz. of Parmesan cheese, 1 oz. of Cheshire cheese, 1 oz.

of butter, ½ a tablespoonful of breadcrumbs, 1 egg, mace, salt and pepper to taste, milk.

Method.—Barely cover the breadcrumbs with boiling milk, let them stand covered for 10 minutes, then pound well in a mortar. Add the cheese, previously cut finely, the butter, the yolk of the egg, season to taste, and continue the pounding until a perfectly smooth mixture is obtained. Whip the white of egg to a stiff froth, stir it lightly into the mixture, pour it into well-buttered china or paper ramakin cases, and bake in a quick oven until set.

Time.—¼-hour. **Average Cost,** 6d. **Sufficient** for 6 persons.

3022.—CHEESE SANDWICHES.

Ingredients.—Thin slices of cheese, brown bread, butter.

Method.—Cut thin slices of bread from a brown loaf at least one day old, and spread them liberally with butter. Cover half the prepared slices with thin slices of cheese, cover with the remaining half, and cut into squares or triangles. Place them in a moderately hot oven on a buttered baking-sheet, and when both sides of the bread are crisp and brown, arrange the sandwiches neatly on a hot dish, and serve as quickly as possible.

Time.—20 minutes. **Average Cost,** 6d. **Sufficient** for 5 persons.

3023.—CHEESE STRAWS. (*Fr.*—Pailles au Parmesan.)

Ingredients.—1 oz. of finely-grated cheese, 1 oz. of butter, 1 oz. of breadcrumbs, 1 oz. of flour, a good pinch of salt, a small pinch of cayenne, water.

Method.—Rub the butter into the flour, add the breadcrumbs, cheese, cayenne and salt, and just sufficient cold water to mix into a stiff paste. Roll the paste out to about a ¼ of an inch in thickness, cut it into strips about 3 inches long and ¼ inch wide, and place the strips on a greased baking-sheet. Bake in a moderately cool oven until crisp, and serve either hot or cold.

Time.—¼-hour. **Average Cost,** 4½d. **Sufficient** for 5 persons.

Note.—For other methods of making cheese straws, *see* chapter on Savouries.

3024.—CREAM CHEESE. (*Fr.*—Crême de Fromage.)

Ingredients.—3 pints of double cream.

Method.—Tie the cream in a clean wet cloth, and hang it in a cool place for 6 or 7 days. At the end of this time put it into a mould, previously lined with butter muslin, and place it under slight pressure for 2 or 3 days, turning it 2 or 3 times daily.

3025.—MACARONI AND CHEESE. (*Fr.*—Macaroni au Fromage.)

Ingredients.—¼ of a lb. of macaroni, 3 oz. of grated cheese, 1 oz. of butter, 2 yolks of eggs, ½ a pint of good gravy, 4 tablespoonfuls of cream, salt, cayenne and pepper.

Method.—Break the macaroni into short lengths, put them into the gravy when quite boiling, and simmer until tender. Strain, put the macaroni into a deep fireproof dish, and return the gravy to the stewpan. Add the well-beaten yolks of eggs, cream, salt, pepper and cayenne to taste, and stir until the mixture slightly thickens. Pour over the macaroni, sprinkle on the grated cheese, add the butter broken into small pieces, and brown with a salamander, or in a brisk oven.

Time.—1 hour. **Average Cost,** 10d. **Sufficient** for one dish.

3026.—MACARONI CHEESE. (*Fr.*—Macaroni au Gratin.)

Ingredients.—4 oz. of macaroni, 3 oz. of grated cheese, 1 oz. of butter, ½ an oz. of flour, ½ a pint of milk, ½ a teaspoonful of made mustard, salt and pepper to taste, brown breadcrumbs.

Method.—Break the macaroni into small pieces, put them into slightly-salted rapidly-boiling water, boil until tender, and drain well. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well, stirring continuously. Now add the macaroni, cheese, mustard, a liberal seasoning of salt and pepper, and mix all well together. Have ready a well-buttered fireproof dish, turn the mixture into it, sprinkle the surface with brown breadcrumbs and grated cheese, place a few small pieces of butter on the top, and bake in a quick oven until nicely browned. If preferred, the mixture may be cooked in scallop shells or ramakin cases.

Time.—¾-hour. **Average Cost,** 6d. **Sufficient** for one dish.

3027.—POTTED CHEESE.

Ingredients.—3 lbs. of Cheshire or Cheddar cheese, ½ a lb. of butter, ¼ of a pint of Chablis or Sauterne, ½ a teaspoonful of ground mace, a good pinch of cayenne pepper, clarified butter.

Method.—Remove the rind, cut the cheese into small pieces, pound it in a mortar until smooth, adding the ½ lb. of butter gradually. Season to taste, stir in the wine, press the preparation into small pots, and cover with clarified butter. Store in a cool, dry place.

Time.—1½ hours. **Average Cost,** 3s. 9d. to 4s. **Sufficient** for 9 pots.

3028.—STILTON CHEESE, TO SERVE.

Stilton cheese takes first rank as an English cheese. Those made in May or June are considered ready for use at Christmas, but they are not in prime condition until they have been kept for at least 12 months. Good old cheese that owes its flavour entirely to the full development of the constituents comprising it is undoubtedly the finest, but many prefer the stronger flavour imparted by adding daily small quantities of port, sherry, old ale or good stout, the liquor being poured in through holes in the top of the cheese. In serving a Stilton cheese the top of it should be cut off to form a lid, and a napkin or piece of white paper, with a frill at the top, pinned round. When the cheese goes from table, the lid should be replaced. Dishes of china or earthenware for Stilton and other cheeses keep the cheese in good condition and prevent waste.

3029.—TOASTED CHEESE.

Ingredients.—Cheese, butter, ale or stout, mustard, pepper, toast.

Method—To serve this dish in perfection either a chafing-dish or an old-fashioned cheese-toaster with an outer dish containing boiling water is needed. Cut the cheese into thin slices, place them in the cheese-toaster, spread on a little mustard, season them with pepper, and, unless the cheese be very rich, add the butter broken into small pieces. Pour over the whole 2 or 3 tablespoonfuls of ale or stout (milk may be substituted), stand the dish on a hot place or in a moderately hot oven, and cook until the cheese is melted. Serve at once in the hot-water dish, and hand crisp dry toast separately.

Time.—10 minutes. **Average Cost,** 3d. **Sufficient** for 1 person.

3030.—TOASTED CHEESE. (Another Method.)

Ingredients.—Cheshire or Cheddar cheese, bread, butter, mustard and pepper.

Method.—Cut the bread into slices about ½ an inch in thickness, toast them, trim off the crust, and cut each slice across into 4 squares. Cover each square with a thin slice of cheese toasted on one side, place them before a sharp fire or in a moderately hot oven, and serve as soon as sufficiently toasted.

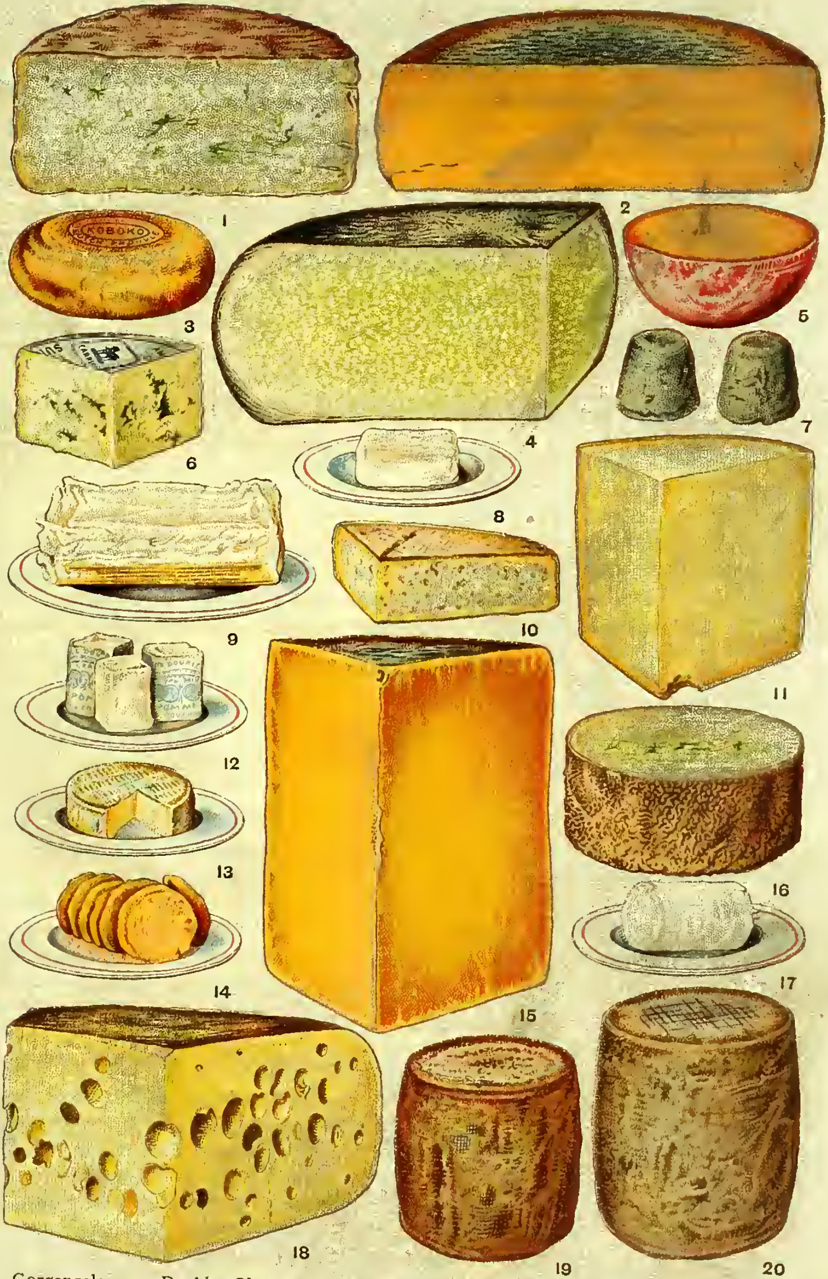
3031.—TOASTED CHEESE, OR WELSH RAREBIT.

Ingredients.—½ a lb. of Cheshire or Cheddar cheese, 1 oz. of butter, 2 tablespoonfuls of either milk or ale, 1 teaspoonful of made mustard, hot buttered toast.

Method.—Melt the butter in a stewpan, add the cheese cut into small pieces, stir until melted, then add the milk or ale gradually, mustard and season to taste. Have ready some hot-buttered toast, pour the cheese preparation on to it, and serve as hot as possible.

Time.—15 minutes. **Average Cost,** 10d. **Sufficient** for 3 persons.

CHEESE.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1—Gorgonzola. 2—Double Gloucester. 3—Koboko. 4—Parmesan. 5—Dutch. 6—Roquefort. 7—Schabzieger. 8—Dunragit. 9—York Cream. 10—Port du Salut. 11—Cheddar. 12—Pommel. 13—Camembert. 14—Mainzer. 15—Cheshire. 16—Stilton. 17—Cream Bondon. 18—Gruyère. 19—Wiltshire Loaf. 20—Cheddar Loaf.

Eggs.

3032.—ALPINE EGGS. (*Fr.*—Oeufs à la Suisse.)

Ingredients.—4 eggs, 6 oz. of cheese, 2 oz. of butter, a little finely-chopped parsley, pepper and salt.

Method.—Butter a fireproof baking-dish thickly, line it with the greater part of the cheese cut in thin slices, and break the eggs over this, keeping the yolks whole. Grate the remainder of the cheese or chop it finely, and mix with it the parsley. Season the eggs liberally with salt and pepper, sprinkle over them the grated cheese, and add the remainder of the butter broken into small pieces. Bake in a quick oven for 10 minutes and serve hot.

Time.—10 minutes to bake. **Average Cost,** 1s. **Sufficient** for 4 persons.

3033.—BAKED EGGS. (*Fr.*—Oeufs au Four.)

Ingredients.—6 eggs, 2 oz. of finely-grated cheese, 2 oz. of breadcrumbs, ½ oz. of butter, 1 teaspoonful of finely-chopped parsley, salt, cayenne.

Method.—Butter 6 china or ramakin cases, put the seasoning into them, and break an egg into each. Put an equal portion of cheese into each cup, cover with breadcrumbs, and add a small piece of butter. Bake in a moderate oven for about 5 minutes, or until set, and serve hot.

Time.—5 minutes to bake. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 4 persons.

3034.—BAKED EGGS, COQUETTE STYLE. (*Fr.*—Oeufs à la Coquette.)

Ingredients.—6 eggs, 2 oz. of finely chopped ham or tongue, 1 oz. of butter, 6 dessertspoonfuls of cream, nutmeg, cayenne pepper and salt.

Method.—Liberally butter 6 ramakin cases, divide the remainder of the butter into equal portions, and place one in each case. To each add a dessertspoonful of cream, a pinch of nutmeg and a little salt and pepper, and place them in the oven on a baking sheet. When the contents begin to simmer break and add the eggs carefully, place a pinch of cayenne in the centre of each yolk and replace in the oven. When sufficiently cooked sprinkle the chopped ham or tongue lightly on the white part of each egg, taking care to leave the yolk uncovered, and serve hot.

Time.—About 20 minutes. **Average Cost,** 1s. 8d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3035.—BOILED EGGS.

Method.—Eggs for boiling cannot be too fresh, but a longer time should be allowed for boiling a new-laid egg than one that is 3 or 4 days old. Have ready a saucepan of boiling water, put the eggs into it gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, to avoid cracking the shell. For those who like eggs lightly boiled, 3 to 3½ minutes will be found sufficient, 4 minutes' gentle boiling will lightly coagulate the white, and 5 minutes will set it firmly. Eggs for salads and sandwiches should be allowed to boil for 10 minutes. Cracking the shell and allowing the egg to remain in water until cold prevents a dark rim forming round the yolk.

Eggs.—When fresh eggs are dropped into a vessel *full* of boiling water they crack, because the eggs, being well filled, the shells give way to the expansion of the interior fluids, caused by the heat. If the volume of the hot water be small, the shells do not crack, since its temperature is reduced by the eggs before the interior dilation can take place. Stale eggs do not crack, the air inside being easily compressed.

3036.—BUTTERED EGGS. (*Fr.*—Oeufs Brouillés au Beurre.)

Ingredients.—2 eggs, 1 oz. of butter, salt and pepper, buttered toast.

Method.—Melt the butter, but do not allow it to get hot. Break the eggs into a basin, add seasoning to taste, beat slightly, then pour into the stewpan containing the butter. Stir them briskly over a moderate heat until quite thick, then pour over the prepared toast, and serve at once.

Time.—5 minutes. **Average Cost,** 6d. **Sufficient** for 2 persons.

3037.—DUCKS' EGGS.

Ducks' eggs are more strongly flavoured than those of fowls, and when plainly boiled, are not generally liked. They may be used with advantage in all culinary preparations, 1 duck's egg being equal to 2 small hens' eggs.

3038.—EGG FRITTERS, MILANAISE STYLE. (*Fr.*—Beignets d'Oeufs à la Milanaise.)

Ingredients.—4 hard-boiled eggs, ½ an oz. of butter, ½ an oz. of flour, ⅛ of a pint of milk, yolk of 1 egg, 1 oz. of finely chopped ham or tongue, 4 oz. of finely chopped chicken or veal, 1 teaspoonful of finely chopped parsley, 1 small shallot chopped and fried in butter, lemon-juice, salt, pepper, egg and breadcrumbs, frying fat and parsley.

Method.—Halve the eggs lengthwise, and remove the yolks, melt the butter in a stewpan, stir in the flour, add the milk, boil gently for 2 or 3 minutes, then put in the yolk of egg. Add the chopped ham and chicken or veal, parsley, shallot, yolks of the hard boiled eggs, a little lemon-juice and seasoning to taste. Fill the cavities of the whites of eggs with the preparation, coat carefully with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well and serve garnished with crisply fried parsley.

Time.—30 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 5 persons.

3039.—EGG FRITTERS, ROYAL STYLE. (*Fr.*—Beignets d'Oeufs à la Royale.)

Ingredients.—6 eggs, 2 tablespoonfuls of cream, salt, pepper, frying batter (*see* No. 1645), frying fat.

Method.—Beat the eggs, add the cream, season to taste with salt and pepper, and pour the preparation into a well buttered plain mould. Steam gently until set, let it cool, then unmould and cut into strips about 2½ inches long and ½ an inch in thickness. Make the batter as directed, dip in the egg strips, and fry in hot fat until crisp and lightly browned. Drain well and serve.

Time.—To steam the custard, about 20 minutes. **Average Cost,** 1s. **Sufficient** for 7 or 8 persons.

3040.—EGG KROMESKIS. (*Fr.*—Cromesquis d'Oeufs.)

Ingredients.—3 hard-boiled eggs, the yolks of 2 raw eggs, ⅛ of a pint of white sauce (No. 222), a level tablespoonful of chopped tongue or ham, ½ a teaspoonful of finely chopped truffles, 5 thin pancakes (*see* Pancakes, Frying Batter), salt, pepper, frying fat.

Method.—Chop the eggs coarsely, add the sauce, yolks of raw eggs, tongue, truffle, seasoning to taste, and stir over the fire for a few minutes. Let the preparation cool, then divide it into pieces, the size and shape of a cork, and enfold in squares of pancake. Dip separately into frying batter, fry in hot fat until nicely browned, drain well, and serve.

Time.—40 minutes. **Average Cost,** 1s. 7d. **Sufficient** for 3 or 4 persons.

3041.—EGGS À LA COURTET. (*Fr.*—Oeufs à la Courtet.)

Ingredients.—4 tomatoes, 2 tablespoonfuls of mayonnaise sauce, 1 gill of aspic jelly, 2 eggs, 1½ oz. of butter, salt and pepper, salad.

Method.—Cut the tomatoes in halves, and scoop out the centre. Have ready the eggs scrambled (as for Buttered Eggs), fill the tomatoes with the preparation, and set aside until quite cold. Coat them with cool aspic jelly, and when set, serve garnished with salad dressed with mayonnaise.

Time.—½-hour. **Average Cost,** 1s. 3d. **Sufficient** for 4 persons.

3042.—EGGS À LA DREUX. (*Fr.*—Oeufs à la Dreux.)

Ingredients.—6 eggs, ¼ of a lb. of lean cooked ham, ½ an oz. of butter, 2 tablespoonfuls of cream, 1 dessertspoonful of finely-chopped parsley, 6 small rounds of buttered toast, cayenne, salt and pepper.

Method.—Chop the ham finely, and mix with it the parsley. Coat 6 deep patty-pans thickly with butter, and cover them completely with a thin layer of ham preparation. Break an egg into each pan, taking care to keep the yolk whole, sprinkle with a little cayenne pepper and salt, and add to each an equal portion of cream and a small piece of butter. Place the patty-pans in a deep baking-tin, surround them to half their depth with boiling water, and cook them in a moderate oven until the whites are set. Have ready the rounds of toast, cut to the size of the patty-pans, dish the eggs on them, and serve.

Time.—10 minutes to bake. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 6 persons.

3043.—EGGS À LA MAÎTRE D'HÔTEL.

Ingredients.—4 eggs, 2 oz. of butter, 1 dessertspoonful of flour, ¼ of a pint of milk, 1 teaspoonful of chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Melt 1 oz. of butter in a stewpan, stir in the flour, add the milk, and boil for 2 minutes. Have ready the eggs boiled hard, remove the shells, cut each egg into 4 or 8 pieces, and arrange them neatly on a dish. Season the sauce to taste, whisk in the remainder of the butter, adding it gradually in small pieces, stir in the parsley and lemon-juice, then pour the sauce over the eggs and serve.

Time.—20 minutes. **Average Cost,** 10d. **Sufficient** for 2 or 3 persons.

3044.—EGGS, COLBERT STYLE. (*Fr.*—Oeufs à la Colbert.)

Ingredients.—6 new laid eggs, grated Parmesan or Gruyère cheese, salt, pepper, frying fat or oil.

Method.—Break each egg carefully into a cup, season liberally with salt and pepper. Sprinkle over half a teaspoonful of cheese, and drop carefully into hot fat or oil. Fry until they acquire a nice brown colour, turning frequently with a wooden spoon meanwhile, then drain well, sprinkle liberally with cheese and serve.

Time.—To fry, 5 or 6 minutes. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons.

3045.—EGGS, FLORENTINE STYLE. (*Fr.*—Oeufs à la Florentine.)

Ingredients.—6 poached eggs, 6 pastry croûstades, spinach purée, $\frac{1}{3}$ of a pint of white sauce No. 222, 1 level dessertspoonful of grated Parmesan cheese.

Method.—Spread a thin layer of spinach purée at the bottom of each croûstade, put in an egg, and cover with sauce which must be previously mixed with the cheese and seasoned to taste. Make thoroughly hot and serve.

Time.—10 minutes, in addition to time spent in preparing eggs, croûstades and spinach. **Average Cost,** 1s. 5d. **Sufficient** for 5 or 6 persons.

3046.—EGGS IN BAKED POTATOES. (*Fr.*—Oeufs à la Parmentier.)

Ingredients.—6 eggs, 3 large potatoes, 1 oz. of grated cheese, $\frac{1}{2}$ an oz. of butter, $\frac{1}{3}$ of a pint (about) of Béchamel or white sauce No. 178 or 222, breadcrumbs.

Method.—Wash and scrub the potatoes, bake them, cut them in halves, and scoop out the greater part of the inside. Poach the eggs and trim them neatly. Put a little sauce in each halved potato, and add an egg. Mix the remainder of the sauce with half the cheese, and spread it lightly over the eggs. Sprinkle first with breadcrumbs, then with cheese, add little bits of butter, brown the surface in a hot oven, and serve.

Time.—Altogether, $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 5 or 6 persons.

3047.—EGGS, IN CASES. (*Fr.*—Oeufs en Caisses.)

Ingredients.—6 eggs, 1 tablespoonful of grated Parmesan cheese, 2 tablespoonfuls of breadcrumbs (about), 2 tablespoonfuls of cream, 1 teaspoonful of chopped parsley, 1 finely chopped shallot, butter, salt, pepper, 6 china or paper ramakin cases.

Method.—Brush the inside of the ramakin cases over with clarified butter or oil, and place them on a baking-tin in the oven for a few minutes. Fry the shallot in a little butter, then drain and put it equally divided into the cases. To the breadcrumbs add half the cheese and parsley and a good seasoning of salt and pepper, and put an equal amount of the mixture into each case. Add very small piece of butter, carefully break and put in the eggs, and sprinkle with salt and pepper. Pour a little cream over each egg, add the remainder of the cheese, bake in a moderate oven until set, then sprinkle with parsley and serve.

Time.—To bake, about 6 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons.

3048.—EGGS, IN MAYONNAISE ASPIC. (*Fr.*—Oeufs à la Courtet.)

Ingredients.—3 large tomatoes, 6 eggs, 1 oz. of butter, 2 tablespoonfuls of cream, salt, pepper, mayonnaise sauce, aspic jelly, salad.

Method.—Cut the tomatoes across in halves, squeeze out all the juice and remove some of the pulp. Beat the eggs, add the cream and seasoning to taste, pour the preparation into a stewpan containing the butter, and stir over the fire until it thickens. Let it cool, then fill the prepared tomatoes, piling the mixture somewhat high, and when quite cold coat first with mayonnaise sauce and afterwards with aspic jelly. Serve on a well dressed salad.

Time.—Altogether, about 1½ hours. **Average Cost,** 2s. **Sufficient** for 5 or 6 persons.

3049.—EGGS, MORNAY STYLE. (*Fr.*—Oeufs à la Mornay.)

Ingredients.—6 hard-boiled eggs, about 1 oz. of butter, 1½ oz. of grated cheese, ¼ of a pint of white sauce No. 222, nutmeg, salt, pepper.

Method.—Cut the eggs into thick slices, place them on a well buttered fireproof dish, and sprinkle them lightly with nutmeg and more liberally with salt and pepper. Add 1 oz. of cheese to the sauce, pour it over the eggs. Sprinkle thickly with cheese, and add a few tiny pieces of butter. Brown the surface in a hot oven, and serve.

Time.—To bake, about 5 minutes. **Average Cost,** 1s. **Sufficient** for 4 or 5 persons.

3050.—EGGS, PIÉMONTAISE STYLE. (*Fr.*—Oeufs à la Piemontaise.)

Ingredients.—6 eggs, 4 oz. Carolina rice, 3 or 4 ripe but firm tomatoes, 2 tablespoonfuls of grated Parmesan cheese, 2 slices of bacon fried and cut into fine strips, black pepper, stock, salt, pepper.

Method.—Wash and drain the rice, cover it with stock and boil gently until soft and dry, adding more stock when necessary. Meanwhile squeeze the juice from the tomatoes and chop them finely. When the rice is ready add to it the tomatoes, bacon, cheese and a good seasoning of salt and pepper, and press into a flat mould, which afterwards invert on to a hot dish. Fry the eggs in clarified butter or oil, trim them neatly, and arrange them in a circle round the rice shape. Place a tiny pinch of black pepper in the centre of each yolk of egg, and serve.

Time.—About 1½ hours. **Average Cost,** 1s. 8d. **Sufficient** for 5 or 6 persons.

3051.—EGGS, POLONAISE STYLE. (*Fr.*—Oeufs à la Polonaise.)

Ingredients.—6 eggs, 1 tablespoonful of cream, 1 teaspoonful of finely chopped parsley, 1 teaspoonful of finely chopped chives, 1 teacupful of small dice of bread, clarified butter, salt, pepper.

Method.—Fry the dice of bread in clarified butter and drain well. Beat the eggs, add the cream, parsley, chives, fried bread and a good seasoning of salt and pepper, and pour the preparation into a stewpan containing about 2 tablespoonfuls of clarified butter. Stir over the fire until the mixture is thick enough to spread, then drop it in spoonfuls into hot clarified butter, fry, drain well and serve.

Time.—Altogether, about 15 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons.

3052.—EGGS SUR LE PLAT.

Ingredients.—4 eggs, 1 oz. of butter, salt and pepper.

Method.—Spread a fireproof dish thickly with butter, break the eggs into it, taking care to keep the yolks whole, and season them lightly with salt and pepper. Put the remainder of the butter, cut into very small pieces, on the top of the eggs, and bake in a moderately hot oven until the whites become set, but not hard. Serve in the dish in which they were cooked.

Time.—10 minutes. **Average Cost,** 8d. **Sufficient** for 2 persons.

3053.—EGGS, TO CHOOSE.

The freshness of eggs may be tested in several ways. One ingenious apparatus is a speculum, furnished with an interior looking-glass, which renders the egg sufficiently transparent to show if it is fresh, infected, or really bad. If fresh, a clear disk is thrown ; if stale, a cloudy disk with spots ; and if bad, a dark unsightly disk is visible. Another method of ascertaining their freshness is to hold them before a lighted candle or to the light. If the egg looks clear, it will be perfectly good ; but if there is a black spot attached to the shell, it is worthless. The former test cannot be put into practice when purchasing eggs in the ordinary way, and the latter test can only be applied at night time when an artificial light is burning. To an experienced buyer the size, weight and appearance of eggs indicate their value, stale eggs being considerably lighter than those newly laid. Eggs that cannot be relied on should always be broken separately.

Eggs contain, for their bulk, a greater quantity of nutriment than any other article of food. In 100 parts there are 73·50 parts of water, 13·50 of proteids, 11·60 of fats, and 1·40 of salts. It does not, however, follow that eggs are always suited to weak digestions ; quite the contrary, for it is often a great object to give the stomach a large surface to work upon, a considerable volume of *ingesta*, over which the nutritive matter is diffused, and so exposed to the action of the gastric juice at many points; for there are many persons who cannot digest eggs, however cooked. The indigestibility of eggs decreases in proportion to the degree in which they are hardened by boiling.

3054.—EGGS, TO KEEP, FOR WINTER USE.

Method.—Procure the eggs warm from the nest, grease them thoroughly all over with butter, lard or oil, lay them in a box on a thick layer of bran, and surround each egg with a little bran, to prevent them touching each other. Cover each layer of eggs thickly with bran.

3055.—EGGS WITH BLACK BUTTER. (*Fr.*—Oeufs frits au Beurre Noir.)

Ingredients.—4 eggs, 2 oz. of butter, anchovy paste, 1 dessertspoonful of tarragon vinegar, finely-chopped parsley, buttered toast.

Method.—Melt the butter in a sauté-pan or frying-pan, and fry the eggs, taking care to keep the yolks whole. Have ready some well-buttered toast cut into small rounds, spread them lightly with anchovy paste, then place the eggs on them. Re-heat the butter with the tarragon vinegar, cook it until dark brown, then pour it over the eggs and serve them garnished with fried parsley.

Time.—20 minutes. **Average Cost,** 1s. **Sufficient** for 2 or 3 persons.

3056.—EGGS WITH MUSHROOMS. (*Fr.*—Oeufs aux Champignons.)

Ingredients.—6 eggs, 12 small mushrooms, 1 oz. of butter, 2 small onions, ½ a pint of good gravy, pepper and salt.

Method.—Boil the eggs hard, and when cold cut them into rather thin slices. Slice, and fry the mushrooms and onions in the butter, add the gravy, bring to the boil, and season to taste. Put in the sliced eggs, let them become thoroughly hot, then dish carefully, and serve.

Time.—½-hour. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 persons.

3057.—EGGS WITH WHITE SAUCE. (*Fr.*—Oeufs à la Tripe.)

Ingredients.—6 eggs, ½ a pint of good white sauce (*see* Sauces), a little finely-chopped parsley, 2 tablespoonfuls of cream.

Method.—Boil the eggs hard, let them remain in water until quite cold, then divide each one into slices or small sections. Make the sauce as directed, season it with salt and pepper, and add the cream.

Arrange the prepared eggs in 6 china coquille cases, or failing these, in one dish, cover them with sauce, sprinkle lightly with parsley, then serve.

Time.—½-hour. **Average Cost,** 1s. 4d. **Sufficient** for 3 or 4 persons.

3058.—FRICASSÉE OF EGGS. (*Fr.*—Fricassée d'Oeufs.)

Ingredients.—4 hard-boiled eggs, ½ a pint of white sauce (*see* Sauces), fried or toasted croûtons of bread, finely-chopped parsley, salt and pepper.

Method.—Boil the eggs hard, cut them into rather thick slices, and reserve the yolk of 1 for garnishing. Prepare the sauce as directed, season to taste, put in the sliced eggs, and let them become thoroughly hot. Arrange neatly on a hot dish, sprinkle with parsley, and yolk of egg previously passed through a fine sieve, garnish with the croûtons, then serve.

Time.—½-hour. **Average Cost,** 10d. to 1s. **Sufficient** for 2 or 3 persons.

3059.—FRIED EGGS. (*Fr.*—Oeufs Frits.)

Ingredients.—4 eggs, 2 oz. of butter or fat, toasted bread.

Method.—Heat the butter or fat in a fryingpan. Break the eggs into cups, slip them gently in the hot butter or fat, and fry until the whites are set. Whilst they are frying, draw the whites gently over the yolks with a spoon, and when set, baste them well with the butter or fat. Take the eggs up with a slice, drain well from fat, trim them neatly, and serve on slices of toast. If the eggs are to be served with ham or bacon, cook them in the fat obtained by frying the same.

Time.—10 minutes. **Average Cost,** 8d. **Sufficient** for 2 or 3 persons.

3060.—OVERTURNED EGGS.

Ingredients.—Eggs, breadcrumbs, butter, salt and pepper.

Method.—Butter some china ramakin cases or very small patty-pans thoroughly. Coat them rather thickly with breadcrumbs, into each one break an egg, and sprinkle lightly with salt and pepper. Bake gently until set, then invert them carefully on to a hot dish, and serve.

3061.—OX EYES.

Ingredients.—Eggs, stale bread, sour cream, milk, butter.

Method.—Cut some slices of stale bread ¾ of an inch in thickness. Toast and stamp them into rounds 3 inches in diameter, then take out the middle of each round with a 1½ inch diameter cutter. Place the rings in a well-buttered dish, pour over them gradually as much sour cream as they will absorb without becoming sodden, then break 1 egg carefully into each ring. Sprinkle lightly with salt and pepper, cover each egg with 1 teaspoonful of new milk, and bake gently until the whites are set, but not hard.

Time.—5 to 6 minutes.

3062.—PARMENTIER EGGS. (*Fr.*—Oeufs à la Parmentier.)

Ingredients.—6 eggs, 3 large potatoes, 1 oz. of grated cheese, ½ an oz. of butter, 1 gill of white sauce, breadcrumbs, lemon-juice, salt and pepper.

Method.—Scrub the potatoes thoroughly, bake them until done, cut them in halves, scoop out the mealy inside, and put in a little sauce. Poach the eggs in salted water flavoured with lemon-juice, and place them carefully in the halved potatoes. Mix ½ the cheese with the remaining sauce, and sprinkle it lightly over the eggs. Sprinkle first with breadcrumbs, then with cheese, put small pieces of butter on the top, and brown in a moderately hot oven.

Time.—1 hour. **Average Cost,** 1s. 4d. **Sufficient** for 6 persons.

3063.—POACHED EGGS. (*Fr.*—Oeufs pochés.)

Ingredients.—Eggs, buttered toast, salt, vinegar, or lemon-juice.

Method.—Eggs for poaching should be fresh, but not new-laid; for if poached before they have been laid 36 hours, the white is so milky that it is almost impossible to coagulate it. To prepare, boil some water in a shallow stewpan or deep fryingpan, add salt to taste, and allow to each pint of water 1 tablespoonful of vinegar, or 1 teaspoonful of lemon-juice. Break the egg into a cup, taking care to keep the yolk whole, and when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Tilt the pan, with a tablespoon gently fold the white of the egg over the yolk, so as to produce a plump appearance, and simmer gently until the white is set. Take it up carefully with a slice, trim the edges if necessary, and serve either on buttered toast, slices of ham or bacon, or spinach.

Time.—5 minutes to cook.

3064.—POACHED EGGS WITH SPINACH. (*Fr.*—Oeufs pochés aux Épinards.)

Ingredients.—6 eggs, 1 pint of spinach purée, either fresh or tinned, 1 oz. of butter, 1 tablespoonful of brown sauce, 1 teaspoonful of lemon-juice or vinegar, nutmeg, salt, pepper, and sippets of toasted bread.

Method.—Prepare the spinach purée (*see* Chapter on Vegetables), place it in a saucepan, add the butter, a good pinch of nutmeg, salt, pepper and the brown sauce, and make thoroughly hot. Meanwhile poach the eggs and turn them neatly. Turn the spinach on to a hot dish, flatten the surface lightly; upon it place the eggs and garnish with sippets of toasted bread. Serve good gravy or brown sauce separately.

Time.—20 minutes after the purée is made. **Average Cost,** 1s. 4d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3065.—POACHED EGGS WITH TOMATO SAUCE. (*Fr.*—Oeufs pochés à la Tomate.)

Ingredients.—6 eggs, 4 oz. of rice, 1 oz. of butter, $\frac{1}{4}$ of a pint of tomato sauce (*see* No. 282, Sauces), about $\frac{1}{2}$ a pint of stock, salt and pepper.

Method.—Wash and drain the rice, add it to the boiling stock, cook gently until all the stock has become absorbed, leaving the rice soft and dry, then stir in the butter and season to taste. Poach the eggs until firm and trim them neatly. Arrange the rice lightly on a hot dish, place the eggs upon it, and pour the hot sauce round and serve.

Time.—$1\frac{1}{4}$ hours. **Average Cost,** 1s. 4d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3066.—PLOVERS' EGGS. (*Fr.*—Oeufs de Pluviers.)

Plovers' eggs are served boiled hard. They are frequently used to garnish salads. The eggs are usually boiled from 15 to 20 minutes; and the albumen after boiling obtains a beautiful translucent bluish colour.

3067.—PLOVERS' EGGS IN ASPIC. (*Fr.*—Oeufs de Pluviers en Aspic.)

Ingredients.—Hard boiled plovers' eggs, aspic jelly, salad, chili and truffle for decoration.

Method.—Set a little aspic jelly in the bottom of the dariols chosen, and decorate them tastefully with chili and fancifully cut truffle. Place 1 egg in each mould, fill up with aspic jelly, and put on ice or in a cold place until set. Unmould and serve garnished with salad.

Time.—$1\frac{1}{2}$ to 2 hours. **Average Cost** of eggs, 6d. each. **Sufficient,** allow 1 for each person. **Seasonable** August to October.

3068.—PLOVER'S EGGS ON CROÛTES. (*Fr.*—Oeufs de Pluviers sur Croûtes.)

Ingredients.—Hard boiled plovers' eggs, brown bread, butter, salad, aspic jelly.

Method.—Cut some moderately thin slices of bread and butter, and stamp out some small rounds. Work about 2 oz. of butter until creamy, and put it into a paper cone. Place 1 egg on each round of bread and butter, and keep it in place by forcing some of the butter round the egg. Garnish with chopped aspic and salad. Variety may be introduced by using Montpelier or anchovy butter.

Time.—½-hour. **Average Cost** of eggs, 6d. each. **Sufficient**, allow 1 for each person.

3069.—SCOTCH EGGS. (*Fr.*—Oeufs Écossaise.)

Ingredients.—3 hard-boiled eggs, ½ a lb. of sausage meat, 1 egg, breadcrumbs, frying-fat, 6 croûtes of fried bread.

Method.—Let the eggs become quite cold, remove the shells, and cover each one completely with sausage meat. Coat them carefully with beaten egg and breadcrumbs, and fry in hot fat until nicely browned. Cut each egg in half, dish them out side upwards on the croûtes of fried bread, besprinkled with chopped parsley, and serve either hot or cold.

Time.—¾-hour. **Average Cost,** 1s. **Sufficient** for 6 persons.

3070.—SCRAMBLED EGGS WITH GREEN PEA PURÉE. (*Fr.*—Oeufs à la St. Germaine.)

Ingredients.—6 eggs, ⅓ of a pint of green pea purée, 1½ ozs. of butter, 1 tablespoonful of either white or brown sauce, 2 tablespoonfuls of milk, salt, pepper and chopped parsley.

Method.—Obtain the purée by passing cooked green peas through a fine sieve, place it in a stewpan, add ½ an oz. of butter, the sauce and seasoning to taste, and make thoroughly hot. Melt the remainder of the butter in another stewpan, add the eggs, previously beaten, seasoned to taste, and mixed with the milk, and stir over the fire until the mixture is sufficiently cooked. Place the green pea purée in six well-buttered ramakin cases, fill them with the egg mixture, sprinkle with parsley and serve.

Time.—About ½ an hour. **Average Cost,** 1s. 5d. **Sufficient** for 6 persons. **Seasonable** at any time.

VEGETARIAN COOKERY

CHAPTER XLIII

General Observations on Vegetarianism and Recipes for Vegetarian Soups, Savouries, Sauces, Farinaceous Foods, and Puddings and Pastry.

Vegetarianism.—As this book is designed to give useful information to all housekeepers, the present chapter has been added for the benefit of those who do not eat animal food, or prefer an alternative diet.

From the earliest ages the doctrines and practices of vegetarianism have been observed, from necessity, as a religious duty, or on the grounds of health. So long ago as the time of Pythagoras, vegetarianism was practised, while the Hindus from remote antiquity have subsisted on vegetable food. In England the question has come to the front on the ground of dietetic reform, and a number of persons known as " Vegetarians " abstain from animal food altogether, or take it only in such forms as milk, cheese, butter and eggs. The stricter adherents, however, abstain from the use of some or all of these products. Other people, while not classing themselves as vegetarians, consider that a less quantity of animal food than is generally eaten is sufficient to keep the body in health, and avail themselves of the various dishes tastefully served at the numerous vegetarian restaurants which are now common in London and other large towns.

It is not within the scope of this work to discuss critically *pro* and *con* the subject of vegetarianism. It may, however, be stated that the following constitute the principal physiological reasons for the use by man of a mixed diet. Every animal by natural selection and the nature of its environment is structurally adapted for the special kind of food which serves for its nourishment, such adaptation being determined by the nature of its teeth, the length and complexity of the digestive canal, the character of the climate of its habitat, and the particular constitution of the animal. Man, by the structure of his teeth and digestive organs, the latter standing midway in length and complexity between the plant-eating animals and the carnivora, is specially adapted for a mixed diet. Race and climate are, however, important factors in determining the greater or less use of flesh as food. In cold regions fats or hydrocarbons are necessary, not only to renew the fatty tissues of the body, but to yield heat and energy, hence the Eskimo subsists largely on fat and blubber ; in a more temperate climate both meat and vegetable food are advantageously used, while in hot regions a plant dietary is found to be the best adapted for man. Climate, therefore, and the particular requirements of individual constitutions, must determine the adoption of a vegetarian, or a mixed vegetarian, or a meat diet.

Constituents of Food.—It is hardly necessary to say that, whether one lives on animal or vegetable food, the same constituents must be present. Water, starch, or sugar, salts, and flesh-formers are not less demanded by one class of the community than the rest. As for water, it is free to all; but it is worthy of notice that in most vegetarian cookery-books there is a large preponderance of soups, and stews, and porridges, all moist foods, containing much water, and therefore not calling for much water to accompany them. Vegetable food is not provocative of thirst to the same extent that animal food is. In most of the recipes, condiments and seasonings are sparingly used; in some they are not used at all. We have, however, in the recipes that follow, added a usual amount of seasoning.

Starch or Sugar.—These are a vegetable food, and used by all. The people who do without starch are those who live in the region of ice and snow, where plants cannot grow, and where a rigid vegetarian would soon have to give up the struggle for life. The prepared starches, such as cornflour, arrowroot, sago and tapioca are very cheap, and starch, in combination with other substances—in potatoes, flour, rice, oatmeal—is commoner still.

Fat is rather difficult of digestion with some, who get over it by having recourse to butter, which is more easily digested than the fat of meat. But there is a small quantity of fat in cereals, and in many foods where it is not suspected. Vegetable oils are both palatable and cheap. There is olive-oil, used for salads very sparingly in this country, very plentifully on the Continent; walnut-oil, also common in France, Italy and Switzerland ; cotton-seed oil, pressed from the seed of the cotton plant, and exported to England in large quantities, partly to adulterate the dearer kinds of oils, partly for more legitimate use in preserving fish and in frying.

Albuminoids, commonly described as flesh-formers, are also found to some extent in nearly all vegetables. Gluten in flour, fibrin in all cereals, nitrogen in some form in every plant that grows—these all supply flesh-formers in different quantities. Vegetarians never recommend, and seldom practice, the habit of eating very white bread, and so get more flesh-formers by that channel than all the rest of the world. But the great stand-by is in the pulses—beans, peas and lentils—which are richer in albuminoids than any food that is known. Macaroni and semolina, though made only of wheat and water, are richer in flesh-formers than the white wheat-flour commonly used.

Many recipes given here, and also in approved vegetarian cookery-books, use milk and eggs in abundance. These animal foods are not open to the same objections that are made to meat. At any rate, they are highly-concentrated foods, containing much nourishment in a small space, and are particularly rich in albuminoids.

We have already had occasion to remark that it is chiefly from vegetables and fresh fruits that we all must draw our supplies of salts, whether we eat meat in addition or no.

Soups

3071.—VEGETABLE STOCK. (*Fr.*—Bouillon Maigre.)

Ingredients.—2 quarts of water, 2 ozs. of haricot beans, 2 ozs. of split peas, 1 onion, 1 carrot, ½ a stick of celery, parsley, herbs, pepper and salt, 3, cloves, 1 blade of mace.

Method.—Boil all the above vegetables, spice and herbs in 2 quarts of water for 3 or 4 hours. Skim well. Strain it off. It will keep for some time if it is left to stand and poured from the sediment.

Time.—From 3 to 4 hours. **Average Cost**, 3d. **Sufficient** for 4 or 5 persons.

Note.—This may serve as the basis of a good many soups and sauces, just as stock made of meat and bones serves many purposes. All cooks may be assured that if gravy has to be made and no meat is at hand of which to make it, water in which any vegetables have been boiled (except potatoes) will be better than plain water.

3072.—BROWN VEGETABLE SOUP.

Ingredients.—2 quarts of water, 1 slice of bread, 1 cabbage, 2 carrots, 1 turnip, 2 onions, 2 potatoes, parsley, salt and pepper, 1 tablespoonful of oil or 1 oz. of butter.

Method.—Fry a slice of onion in the oil or butter in a large saucepan. When it is brown, but not burnt, add 2 quarts of water, salt, pepper, a slice of stale bread toasted, and vegetables cut up into small pieces. (One small cabbage, 2 carrots, 1 turnip, 2 onions, 2 or 3 potatoes, and a bunch of parsley, make a good soup.) French beans, green peas with their pods, celery, parsnips, or any other vegetable may be added. Boil for 3 or 4 hours, then mash the vegetables through a colander, or in a saucepan with a spoon, boil for another 10 minutes, and the soup is ready. If it is too thick, add more water, and boil for 10 minutes after putting in the water ; if too thin, boil fast with the lid off the saucepan until it is thick enough.

Time.—From 3 to 4 hours. **Average Cost,** 3d. to 4d. **Sufficient for** 4 or 5 persons.

3073.—CHEESE SOUP. (*Fr.*—Crème au Fromage.)

Ingredients.—2 ozs. of grated Parmesan cheese, 1 oz. of butter, 2 eggs, 1 pint of milk, 1 pint of water, 1 small onion finely chopped, 1 French roll, salt and pepper.

Method.—Cut the roll across into slices, and dry them well in the oven. Heat the butter in a stewpan, fry the onion without browning, then add milk and water, and when nearly boiling put in the eggs slightly beaten, the grated cheese, salt and pepper to taste, and stir the ingredients until the soup thickens, but it must not boil, otherwise the eggs may curdle. Place the slices of bread in a tureen, pour the soup over, and serve. This soup is prepared in a few minutes.

Time.—Altogether, about ½ an hour. **Average Cost,** 8d. to 9d. **Sufficient** for 5 or 6 persons.

3074.—COUNT RUMFORD'S SOUP.

Ingredients.—¼ of a lb. of Scotch barley, 3 ozs. of split peas, 12 oz. of potatoes, 2 tablespoonfuls of vinegar, 2 quarts of water, ¼ of a lb. of bread or breadcrusts, salt, sweet herbs.

Method.—First boil the barley, peas and water for 2 hours very slowly; then add the potatoes, vinegar and salt, and simmer for another hour. Put in the bread just before serving.

Time.—3 hours. **Average Cost,** 3½d. to 4d. **Sufficient** for 4 or 5 persons.

Note.—If the soup is cooked too rapidly, it will be necessary to add more water to supply the deficiency caused by evaporation.

3075.—GRAVY SOUP, RICH.

Ingredients.—1 quart of vegetable stock No. 3071, 2 tablespoonfuls of sherry, 1 tablespoonful of mushroom ketchup, 1 teaspoonful of walnut ketchup, 1 teaspoonful of arrowroot, browning, salt and pepper.

Method.—Make the stock as directed, and if at all cloudy clear it with the whites and shells of 2 eggs. Mix the ketchup and arrowroot smoothly together, stir it into the stock, season to taste, add a few drops of browning and the sherry. Simmer and stir for 3 or 4 minutes, then serve garnished with shredded vegetables, cooked macaroni, vermicelli, pâtes d'Italie, perles de Nizam, or small egg balls (*see* Clear Soup).

Time.—10 minutes, after the stock is made. **Average Cost,** 5d. or 6d., in addition to the garnish. **Sufficient** for 4 or 5 persons.

3076.—GREEN PEA SOUP. (*Fr.*—Purée de Pois verts.)

Ingredients.—1 pint of peas, with their shells, 1 small lettuce, 1 sprig of parsley, 1 sprig of mint, 1 small leek, 2 quarts of water, ½ a pint of milk, or milk and cream, salt and pepper, soda, sugar.

Method.—Shell the peas, and put them into the boiling water with their shells, a small piece of soda and the other vegetables. In about 20 minutes take out a few of the peas for garnish, and when the rest of the vegetables are tender rub them through a sieve. The larger part of the shells can be rubbed through, and they make quite as good soup as the peas themselves. Boil the soup again, adding sugar and seasoning and the milk. If cream be added it must not be boiled. Garnish with the whole peas, and serve immediately.

Time.—About 40 minutes. **Average Cost,** 9d. **Sufficient** for 6 or 7 persons.

3077.—HOTCHPOTCH.

Ingredients.—3 ozs. of pearl-barley, 1 small cabbage, 2 carrots, 1 turnip, 2 onions, parsley and herbs, 2 ozs. of butter, salt and pepper, 3 quarts of water.

Method.—Put the barley on the fire with the cold water. Scrape or grate one of the carrots, and put it aside in a little water. Chop all the rest of the vegetables very small, and when the water boils put them in with the butter, salt and pepper. There should be enough vegetable to make it rather thick. Boil it all for 2 hours, then add the scraped carrots, and boil for another 30 minutes.

Time.—About 3 hours. **Average Cost,** 6d. **Sufficient** for 5 or 6 persons.

Note.—Many other vegetables may be added. Lettuce, green peas and celery when in season.

3078.—JULIENNE SOUP.

Ingredients.—1 quart of clarified vegetable stock, turnip, carrot, celery, onion, salt and pepper, mushroom ketchup, walnut ketchup, sherry, if liked.

Method.—Cut the vegetables into fine strips about the size and shape of a small match, and boil them separately until tender, but not broken. Have the stock ready boiling, add salt, pepper, very little ketchup, and sherry to taste, put in the prepared vegetables, cook for 15 minutes and serve.

Time.—From 40 to 50 minutes. **Average Cost,** 6d. **Sufficient** for 3 or 4 persons.

3079.—LENTIL SOUP (GREEN).

Ingredients.—½ a pint of green lentils, a handful of spinach or a few drops of spinach colouring, 1 onion, 1 carrot, ½ a small turnip, all sliced, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 quart of water, ¼ of a pint of cream or ½ a pint of milk, salt and pepper.

Method.—Soak the lentils overnight. Wash and drain them well, put them into the water when boiling, add the vegetables and ½ a teaspoonful of salt. Simmer for 3½ hours, or until soft, pass the whole through a fine sieve, and replace in the stewpan. Boil up, add the cream or milk, season to taste with salt and pepper, stir and boil gently for 10 minutes, then serve with fried or toasted croûtons of bread.

Time.—About 4½ hours. **Average Cost,** 4d. with milk, 8d. with cream. **Sufficient** for 4 persons.

3080.—POTATO SOUP. (*Fr.*—Purée de Pommes de terre.)

Ingredients.—2 lbs. of potatoes, 1 leek, 1 stick of celery, ¼ of a pint of cream, 1 pint of milk, 1 quart of water, 2 ozs. of butter, salt and pepper, 2 ozs. of sago or tapioca.

Method.—Cut up the prepared vegetables, using only the white part of the leek, and put them in a saucepan with the butter. Let them cook for about 10 minutes, but not take colour; then add the milk and water, and boil for about ¾ of an hour, or until the mixture is soft enough to rub through a fine sieve. Boil it again, adding more milk if necessary, sprinkle in the sago, and let it simmer until it is transparent. Lastly add the cream, which must not boil. Serve with fried bread croûtons.

Time.—About 1 hour. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons.

Note.—The colour of the soup is sometimes spoiled by using an iron saucepan.

3081.—RICE WATER.

Ingredients.—2 tablespoonfuls of rice, 1 tablespoonful of lemon or orange juice, salt to taste, 1 quart of water.

Method.—Pick and wash the rice, put it into a jar with the water and salt, cover closely, and cook in a slow oven from 3 to 3½ hours. Strain, flavour with lemon or orange juice, and serve either hot or cold.

Time.—From 3 to 3½ hours. **Average Cost,** 1½d. **Sufficient** for 2 or 3 persons.

3082.—VEGETABLE SOUP. (*Fr.*—Potage de Légumes.)

Ingredients.—1 small vegetable marrow, 3 or 4 tomatoes, 1 small onion, 4 ozs. of rice, 2 ozs. of butter, 3 pints of water, pepper and salt.

Method.—Cut the marrow and tomatoes into small pieces, and slice the onion finely. Melt the butter, fry the onion without browning, then add the water and rice, previously washed and drained, boil for 10 minutes, add the vegetable marrow and tomatoes, season to taste, cook gently until the vegetables are tender. Pass the soup through a sieve, reheat, then serve.

Time.—½ an hour. **Average Cost,** 7d. to 8d. **Sufficient** for 5 or 6 persons.

3083.—WHITE SOUP. (*Fr.*—Potage Blanc.)

Ingredients.—2 small onions, 1 turnip, 1 lb. of potatoes, 1 branch of celery, 2 small parsnips or artichokes, 3 pints of water, ½ a pint of milk, 1 dessertspoonful of flour or cornflour, 1 oz. of butter, salt.

Method.—Cut about 2 lbs. weight of any white vegetables, previously washed and peeled, into pieces, or preferably several kinds mixed, and boil them until soft in the water with salt and butter. Rub them through a sieve or colander, put them back in the stewpan with the milk, and let it boil. Put in the flour, mixed smoothly with a little cold water or milk, let the soup boil for 10 minutes, and serve with dice of fried bread.

Time.—About 1 hour. **Average Cost,** 5d. **Sufficient** for 5 or 6 persons.

Savoury Vegetable Dishes

3084.—ASPARAGUS SOUFFLÉ.

Ingredients.—50 green asparagus heads, cooked and well drained, 2 ozs. of butter, 1½ ozs. of flour, 2 ozs. of grated Parmesan cheese, 2 yolks of eggs, 3 whites of eggs, ½ a pint of milk, salt and pepper.

Method.—Heat the butter in a stewpan, stir in the flour, and add the milk. Beat and cook the mixture over the fire until it leaves the sides of the pan, then add the yolks of eggs, and a little salt and pepper. Beat well, add the cheese, stir in the stiffly-whisked whites of eggs, and lastly the asparagus heads, or the purée thereof. Turn into a well-buttered soufflé dish, and bake in a moderately hot oven for about 20 minutes.

Time.—To bake the soufflé, about 20 minutes. **Average Cost,** 3s. 2d. **Sufficient** for 3 or 4 persons.

3085.—ARTICHOKE SALAD.

Ingredients.—Globe artichokes, a small quantity of finely-chopped onion and parsley, oil and vinegar.

Method.—Boil the artichokes until tender, and when cold cut them into halves or quarters. Dish them neatly, and hand the onion, parsley, oil and vinegar separately, or, if preferred, serve with Hollandaise or Vinaigrette sauce (Nos. 304 and 218).

Time.—To boil the artichokes, from 20 to 30 minutes. **Average Cost,** 4d. to 6d. each. **Allow** half to each person.

3086.—BANANAS, FRIED. (*Fr.*—Bananes Frites.)

Ingredients.—Bananas peeled, flour, oil or butter to fry.

Method.—Cut the bananas in pieces, and flour each, fry in butter a light-brown in a frying-pan, drain well and serve with poached eggs, the same as bacon and eggs would be served.

3087.—BEANS, CURRIED. (*Fr.*—Haricots Blancs en Kari.)

Ingredients.—½ a pint of haricot beans, ½ a carrot, 1 apple, 1 onion, a tablespoonful of oil or butter, 1 dessertspoonful of flour and curry powder mixed, ¼ of a pint of water, rice.

Method.—Cook the beans in a slow oven with water until they are soft, and grate or chop the vegetables very fine. Heat up the oil, add the vegetables, fry for 5 minutes, put in the flour and curry, and lastly the water or an equal quantity of the liquor in which the beans were boiled. Boil and thicken the stew, add the beans, make thoroughly hot, and serve with a border of boiled rice. Or, press the rice into a mould or into teacups, turn them into the middle of the dish, and pour the beans round.

Time.—1 hour. **Average Cost,** 4d. or 5d. **Sufficient** for 2 or 3 persons.

Note.—Peas and lentils may be cooked in the same way, or indeed any kind of vegetable.

3088.—BEAN CROQUETTES. (*Fr.*—Croquettes de Haricots blancs.)

Ingredients.—Boiled beans, breadcrumbs, salt and pepper, onion, egg, oil to fry.

Method.—Take some boiled haricot beans—any that are left over from a dish of the day before will do—mash them, add sufficient breadcrumbs to make them stiff enough to mould, a little fried chopped onion, pepper and salt. Shape them into balls or flat cakes, egg-and-breadcrumb them, and fry in hot oil. Serve with some sauce, or brown gravy poured round, and garnish with fried parsley. If peas are preferred, the ordinary split peas can be used; and if lentils, either the Egyptian or the German: the latter, though dearer, are better. Parsley and herbs, or lemon-rind, can be added if liked. The croquettes are best eaten hot.

Time.—Altogether, ½ an hour. **Average Cost,** 3d., exclusive of the beans. **Allow** 2 to each person.

3089.—BEANS, POTTED.

Ingredients.—½ a pint of haricot beans, 2 ozs. of breadcrumbs, 2 ozs. of strong cheese grated; 2 ozs. of butter, cayenne, pepper and salt, nutmeg to taste.

Method.—Bake the beans in a slow oven, pound them in a mortar, adding gradually the other ingredients. Press the mixture into pots, and run a little butter over the top, if it is to keep many days. Potted beans make very good sandwiches with bread and butter. Store in a cool, dry place, as all kinds of beans quickly ferment.

Time.—1¼ hours. **Average Cost,** 6d. **Sufficient** for 3 or 4 pots.

3090.—BEANS AND TOMATOES.

Ingredients.—Baked or boiled haricot beans, 1 oz. of flour, ½ an oz. of butter, ½ a pint of water in which the beans were cooked, 2 tablespoonfuls of tomato sauce.

Method.—Strain the beans, thicken the liquor with flour or flour and butter, add the tomato sauce, and let it boil. Put in the beans, and serve hot.

Time.—½ an hour. **Average Cost,** 6d. **Sufficient** for 2 persons.

3091.—BREAD CUTLETS. (*Fr.*—Côtelettes au pain.)

Ingredients.—Slices of bread; milk, nutmeg, pepper, chopped parsley, herbs and lemon-rind, egg and breadcrumbs, oil for frying.

Method.—Cut slices of bread of a suitable shape and about ¾ of an inch thick. Soak them in a little milk on a plate, but not sufficiently long to cause them to break. Mix the parsley, herbs, lemon-rind, spice and breadcrumbs. Break the egg on a plate, dip each slice into it, and then in the crumbs, and fry at once in a frying-pan. Drain on paper, and serve hot.

3092.—CARROT PUDDING. (*Fr.*—Pouding Crécy.)

Ingredients.—Boiled carrots, ½ their bulk in breadcrumbs, 1 or 2 eggs, pepper and salt, 2 ozs. of butter, white sauce.

Method.—Boil some carrots until soft, chop them small or rub them through a sieve, add the breadcrumbs and butter, and eggs sufficient to bind the whole together, with seasoning to taste. If eggs are not used, a couple of tablespoonfuls of flour and a little milk should be put in. Butter the pudding-basin, put in the mixture, steam from 1 hour to 1½ hours, according to size, turn out the pudding, and serve it hot with white sauce poured round the pudding.

Time.—To steam the pudding, from 1 to 1½ hours. **Average Cost,** 7d., exclusive of the sauce. **Sufficient** for 2 persons.

Note.—This pudding can be made with other vegetables. Chopped turnips or cauliflowers mixed with the carrot are excellent.

3093.—CROQUETTES OF HOMINY.

Ingredients.—1 breakfastcupful of hominy, 1½ pints of milk, 1 oz. of butter, 2 eggs, salt, cayenne to taste, breadcrumbs, oil for frying.

Method.—Soak the hominy in water all night, and next morning boil it in the milk till tender. Let it cool, add the butter, 1 egg, and seasoning. When quite cold, shape it in balls, egg-and-breadcrumb each, fry in a saucepan of oil, and serve with tomato or onion sauce.

Time.—To fry the croquettes, 5 minutes. **Average Cost,** 9d. to 10d. **Sufficient** for 4 or 5 persons.

3094.—EGG SANDWICHES.

Ingredients.—Hard-boiled eggs, thin slices of either white or brown bread and butter, cress or parsley.

Method.—Cut the eggs into thin slices, place them between slices of bread and butter, trim off the crusts, and cut into triangles. Garnish with tufts of cress or parsley.

Time.—To boil the eggs, from 10 to 12 minutes. **Average Cost,** 1d. each. **Allow** 6 eggs for 4 or 5 persons.

3095.—EGGS AND TOMATOES (COLD).

Ingredients.—Fresh eggs, firm tomatoes, croûtes of fried or toasted bread, salt and pepper, salad.

Method.—Cut a slice off the end of each tomato, scoop out some of the pulp, and season the inside of the tomatoes with salt and pepper. Into each one carefully break an egg, put on the lids, and bake in a moderately hot oven until the eggs are set. When cold, serve garnished with salad.

Time.—From 10 to 15 minutes, to bake the tomatoes. **Average Cost,** 3½d. to 4d. each. **Sufficient,** allow 1 to each person.

3096.—FORCEMEAT FRITTERS.

Ingredients.—8 ozs. of soft breadcrumbs, 3 ozs. of butter, 2 eggs, ¼ of a pint of cream, 1 tablespoonful of chopped parsley, 1 teaspoonful of finely-chopped leek or onion, 1 teaspoonful of finely-chopped or powdered mixed herbs, 2 hard-boiled eggs sliced and fried in oil or butter, salt, pepper.

Method.—Rub the butter into the breadcrumbs, add the parsley, leeks, herbs, and a seasoning of salt and pepper. Stir in the eggs and cream, shape into balls, and fry in hot butter or oil in a frying pan. Serve garnished with the fried slices of egg, and add brown sauce and red-currant jelly.

Time.—About ½ an hour. **Average Cost,** 1s. 2d. **Sufficient** for 3 or 4 persons.

3097.—GLOBE ARTICHOKES. (*See* Artichoke Salad, No. 3085. Also Recipes Nos. 1435–1443.)

3098.—LAVER, TO DRESS.

Ingredients.—1 or 2 pats of laver-weed, 1 oz. of butter, lemon juice, salt, pepper, buttered toast.

Method.—The laver-weed, a variety of seaweed found principally on the South Wales coast, is collected at low tide, well washed in sea-water, and afterwards boiled in slightly salted water. In winter it will be sufficiently cooked at the end of 2 or 3 hours, but in summer a much longer time is needed. In this condition it is offered for sale in pats. To prepare it for table, heat the butter in a stewpan, put in the laver, stir over the fire until hot, then add lemon juice, salt and pepper to taste, and serve on buttered toast. It is also added to sauce served with game, venison or mutton.

Time.—To reheat, about 10 minutes. **Average Cost.**—3d. or 4d. for this quantity. **Sufficient** for 2 persons.

LAVER (Fr. *Veronique bécalunga*).—The name given to various kinds of seaweeds, especially to two species of the red seaweeds or algæ, *Porphyra vulgaris* and *Porphyra laciniata*. These plants, which grow in the sea upon rocks and stones, are characterized by their thin, flat, purple fronds. Laver is used as a food, salted and eaten with pepper, oil, vinegar, and also with lemon-juice; it is sometimes stewed, and served in this form. Owing to the presence of iodine, laver is regarded as beneficial in scrofulous diseases and glandular tumours. *Green laver* (*Ulva latissima*) is similar in its medicinal properties to the red laver; it is prepared for eating in the same way, but is bitterish to the taste.

3099.—LENTILS, CURRIED.

Ingredients.—¾ of a pint of lentils, curry sauce made with vegetable stock (*see* No. 3071).

Method.—Soak the lentils in water for 12 hours, then drain them, cover them with boiling water, and boil gently until tender. Make the sauce as directed, drain and add the lentils, make thoroughly hot, and serve.

Time.—About 3 hours. **Average Cost,** 4d. to 6d. **Sufficient** for 3 or 4 persons.

3100.—LENTIL RISSOLES. (*Fr.*—Rissoles de Lentilles.)

Ingredients.—¼ of a lb. of lentils, boiled or baked, ½ an oz. of butter, pepper and salt, nutmeg, short crust or rough puff paste.

Method.—Cook the lentils until they are soft enough to mash, add the butter and seasoning. They ought not to be very dry. Roll the paste very thin, and cut it into rounds with a paste cutter or a teacup. Into each round put a little of the lentil mixture, fold it up, wet the edge, and stick it together. Egg-and-breadcrumb the rissoles, and fry them in oil. Serve hot with fried parsley. Whole lentils are the best to use for this purpose.

Time.—To fry the rissoles, 5 minutes. **Average Cost,** 3d. **Sufficient** for 2 or 3 persons.

3101.—MACARONI AND CREAM.

Ingredients.—½ a lb. of macaroni, 2 ozs. of Gruyère cheese grated, 2 ozs. of Parmesan cheese grated, 2 ozs. of butter, ⅓ of a pint of cream, salt and pepper, triangles of fried or toasted bread.

Method.—Break the macaroni into short lengths, throw them into boiling salted water, and boil rapidly for 20 minutes, or until tender. Heat the butter, drain and add the macaroni, stir in the cheese and cream, and season to taste. Make quite hot, and serve garnished with sippets of bread.

Time.—About ½ an hour. **Average Cost,** 1s. 3d. to 1s. 5d. **Sufficient** for 2 or 3 persons.

3102.—MACARONI PUDDING.

Ingredients.—6 ozs. of macaroni, ¼ of a lb. of bread, 1 teaspoonful of parsley, ½ a teaspoonful of mixed herbs, lemon-peel, spice, pepper and salt, 3 ozs. of butter, 1 egg.

Method.—Parboil the macaroni, and with it line a pint basin previously buttered. Soak the bread in cold water, squeeze it dry, and add the rest of the ingredients with any macaroni that may be over, cut into pieces. Fill the basin and press it down. Cover it with buttered paper, and steam for 1¼ hours. Serve hot with white or brown sauce.

Time.—To steam the pudding, ¼ hour. **Average Cost,** 6d. to 7d. **Sufficient** for 2 persons.

3103.—MACARONI AND TOMATOES.

Ingredients.—½ a lb. of Naples macaroni, salt and water, ½ an oz. of flour, ½ an oz. of butter, 3 tablespoonfuls of tomato sauce, 1 onion stuck with 2 cloves.

Method.—Drop the macaroni into quickly boiling water, with salt and the onion, and boil for ½ an hour, or until tender, then drain the water off. Melt the butter in a saucepan, add the flour and the water (of which there should be about ½ a pint), let it boil, add the tomato sauce and the macaroni. When it is hot through it is ready to serve. The onion should be removed.

Time.—About 40 minutes. **Average Cost,** 5d. to 6d. **Sufficient** for 2 or 3 persons.

3104.—MACARONI AND ONION FRITTERS.

Ingredients.—4 ozs. of onions, 2 ozs. of macaroni, 6 ozs. of bread-crumbs, 3 eggs, and seasoning.

Method.—Stew the macaroni in water, and when tender, drain and cut into small pieces, add the onions, boiled and chopped, the bread-crumbs moistened with a little water, and the eggs well beaten; season with pepper and salt and shape them ; next fry the shapes, and serve with brown sauce.

Time.—Altogether, about 40 minutes. **Average Cost,** 6d. to 7d. **Sufficient** for 2 persons.

3105.—MOCK FISH PATTIES.

Ingredients.—Salsify, Béchamel sauce, puff paste cases (*see* Oyster Patties, No. 565), butter, lemon-juice, salt.

Method.—Scrape and wash the salsify, cut them into small even-sized pieces, throw them into boiling water, and add a little butter, lemon-juice, and salt. Boil gently until tender, and then drain well. Heat up in a little well-seasoned good white sauce. Have the pastry cases ready, fill them with the preparation, re-heat, and serve.

Time.—To cook the salsify, from 25 to 30 minutes. **Average Cost,** from 1½d. to 2d. each. **Allow** 1 to each person.

3106.—MOCK WHITE FISH.

Ingredients.—Salsify, milk, butter, flour, lemon-juice, butter, bread-crumbs, salt and pepper.

Method.—Scrape the salsify, cut the roots into 1-inch lengths, cover them with lemon-juice, or white vinegar, and water, and let them remain for 1 hour. Drain well, barely cover with boiling salted water, cook gently until tender, then strain and preserve the liquor. Take equal parts of liquor and milk; to 1 pint allow 2 ozs. of butter and 1½ ozs. of flour. Heat the butter, add the flour, stir and cook for a few minutes without browning, and put in the mixed liquor and milk. Stir until boiling, season to taste, and add a little lemon-juice. Place the salsify in coquilles, cover with sauce, sprinkle thickly with bread-crumbs, and add 2 or 3 small pieces of butter. Bake until the surface is nicely browned, then serve.

Time.—To cook the salsify, from 25 to 30 minutes. **Average Cost,** 2d. to 3d. each. **Allow** 1 to each person.

3107.—MUSHROOM PATTIES (COLD).

Ingredients.—1 lb. of mushrooms, 2 ozs. of butter, cream, or a little milk thickened with cornflour, paste No. 1666, or 1668.

Method.—Wash, peel the mushrooms, and cut them into dice. Heat the butter, fry in it the prepared mushrooms for 10 minutes, then stir in sufficient cream or thickened milk to thoroughly moisten the whole, and season to taste and let cool. Have ready some patty-pans lined with paste, fill them with the mixture, cover with paste, and bake in a fairly hot oven for about ½ an hour.

Time.—About 1 hour. **Average Cost,** 1s. 2d. to 1s. 4d., exclusive of the paste. **Allow** 1 or 2 for each person.

3108.—MUSHROOM PUDDING. (*Fr.*—Pouding aux Champignons.)

Ingredients.—¾ of a lb. of flour, 6 ozs. of butter, 1 teaspoonful of baking-powder, cold water, 1 quart of button or cup mushrooms, washed and peeled, pepper and salt.

Method.—Make a crust with the flour, baking-powder, and 5 ozs. of the butter. Line with it a greased pudding-basin, put in the mushrooms with the remaining ounce of butter, pepper and salt, and moisten with a little water. Finish off like a beefsteak pudding. Boil for 1½ hours or longer.

Time.—2 hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 4 persons.

3109.—NUT SANDWICHES.

Ingredients.—Walnuts peeled and finely chopped, mayonnaise sauce, cayenne or Krona pepper, thin slices of white or brown bread and butter.

Method.—Moisten the nuts with a little mayonnaise sauce, spread rather thickly on bread and butter, and sprinkle lightly with red pepper. Cover with slices of bread and butter, trim off the crusts, cut into triangles. Dish up and serve garnished with cress or parsley.

Time.—About ½ an hour. **Cost,** about ½d. per sandwich.

3110.—ONION PUDDING. (*Fr.* — Pouding aux Oignons.)

Ingredients.—8 ozs. of flour, 2 ozs. of breadcrumbs, 3 or 4 ozs. of butter (1 tablespoonful of olive oil may be substituted), 1 teaspoonful of baking powder, 1 saltspoonful of salt, water. For the mixture: 3 or 4 large mild onions, 2 tablespoonfuls of breadcrumbs, ¼ of a teaspoonful of sage, salt and pepper, 1 or 2 ozs. of butter.

Method.—Cut the peeled onions into small dice, place them in a pie-dish with the breadcrumbs, butter, sage, and season with salt and pepper, cover closely, and bake gently for 1 hour. Rub the butter into the flour and breadcrumbs, add the baking powder and salt, and sufficient water to form a rather stiff paste. Line a basin with the paste, put in the mixture when cool, cover with paste, and afterwards with 2 or 3 folds of greased paper, and steam for 2 hours. Serve in the basin, and send brown sauce to table separately.

Time.—About 3½ hours. **Average Cost,** 1s. **Sufficient** for 3 or 4 persons.

3111.—PLOVERS' EGGS IN JELLY.

Ingredients.—6 plovers' eggs, 1 pint of vegetable stock, ½ an oz. of vegetable isinglass, the stiffly-whisked whites and the crushed shells of 2 eggs.

Method.—Make the jelly as directed (*see* Aspic Jelly, No. 1980). Boil the eggs hard, remove the shells, and let the eggs remain covered with cold water until required. Line a border mould thinly with jelly (*see* p. 985), decorate with cooked green peas and fancifully cut cooked vegetables, put in the eggs, and fill the mould with cold liquid jelly. Let it remain on ice until set. Dish up and serve garnished with salad.

Time.—3 or 4 hours altogether. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 5 or 6 persons.

3112.—POTATOES WITH CHEESE.

Ingredients.—1 lb. of boiled potatoes, 2 tablespoonfuls of milk, pepper and salt, 3 ozs. of grated cheese, browned breadcrumbs, 1 oz. of butter.

Method.—Mash the potatoes while hot, add the milk, seasoning, half the butter and cheese. Butter a pie-dish, strew the crumbs rather thickly, put in the potatoes, and bake for ½ an hour in a good oven. Turn out, and serve hot.

Time.—To bake the pudding ½ an hour. **Average Cost**, 5d. **Sufficient** for 2 persons.

3113.—POTATO OMELET. (*Fr.* — Omelette au Pommes de terre.)

Ingredients.—1 large potato, 4 eggs, 1 oz. of butter, lemon-juice, nutmeg, salt and pepper.

Method.—Bake the potato in its skin, pass the mealy part through a fine sieve, and mix with it the yolks of the eggs, a few drops of lemon-juice, a pinch of nutmeg, and a little salt and pepper. Whisk the whites stiffly, stir them lightly in, and fry the omelet in the hot butter. If preferred, the omelet may be baked in the oven.

Time.—To fry the omelet, 4 or 5 minutes. **Average Cost**, 6d. to 8d. **Sufficient** for 2 persons.

3114.—POTATO PIE.

Ingredients.—2 lbs. of potatoes, 1 onion, 1 stick of celery, 1 oz. of butter, 1 oz. of sago or tapioca, seasoning, short crust paste No. 1668 to cover, water or milk.

Method.—Slice the potatoes and the celery, fry the onion in the butter and fill a pie-dish with these, sprinkling in the sago or tapioca, and seasoning to taste. Fill up with water or milk, put on a cover of paste, and bake in a good oven for 1 hour or more, according to size.

Time.—To bake the pie, about 1 hour. **Average Cost**, 7d., exclusive of the paste. **Sufficient** for 3 or 4 persons.

3115.—POTATO ROLLS.

Ingredients.—Pastry, potatoes, turnips, celery, onion, parsley, sweet herbs, seasoning, 1 oz. of butter, short crust paste No. 1668.

Method.—Cut the potatoes into small pieces. To each lb. add 1 small piece of turnip, 1 stick of celery, 1 small onion, chopped parsley, herbs and seasoning to taste, and the butter. Roll out the paste to the thickness of ⅛ of an inch, cut in rounds or squares 4 inches across, fill each with the vegetables, fold it over like a turnover, and bake about ¾ of an hour. Serve hot or cold.

Time.—To bake the rolls, ¾ of an hour. **Average Cost**, 3d. or 4d., exclusive of the paste. **Sufficient** for 6 or 8 rolls.

3116.—POTATO SANDERS.

Ingredients.—Boiled potatoes, flour, salt, breadcrusts soaked in water, chopped parsley and herbs, seasoning, ½ an onion soaked in boiling water.

Method.—Have the potatoes hot if possible, mash them and work in sufficient flour to roll out, then cut it in squares. Squeeze the bread dry, add the other ingredients, put a little in each square of paste, and finish off like sausage rolls. Bake in a good oven for 20 minutes, and serve hot.

Time.—To bake, about 20 minutes. **Average Cost,** ½d. each. **Allow** 2 or 3 to each person.

3117.—POTTED HARICOT BEANS (*See* Beans, Potted, No. 3089).

3118.—RICE CROQUETTES AND CHEESE.

Ingredients.—6 ozs. of rice, 1 pint of milk, 1 pint of water, 1 oz. of butter, 2 tablespoonfuls of grated cheese, 2 eggs, cayenne, salt and pepper, egg and breadcrumbs, frying-fat.

Method.—Cook the rice as directed in the following recipe, adding the cheese at the same time as the eggs.

Time.—To cook the rice, from 1½ to 2 hours. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons.

3119.—RICE CROQUETTES, SAVOURY.

Ingredients.—6 ozs. of rice, 1 pint of milk (about), 1 pint of water, 1 oz. of butter, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, 2 eggs, salt and pepper, eggs and breadcrumbs, frying-fat.

Method.—Wash the rice, put it into a stewpan with a level teaspoonful of salt, and add the onion, milk, and water. Boil gently until the rice is tender, adding more milk if necessary ; but when ready no unabsorbed liquor should remain. Add the butter, parsley, 2 eggs, more seasoning if necessary, and stir by the side of the fire for 10 minutes. Let the preparation become cold, form it into cork-shaped pieces, and coat them with egg and breadcrumbs. Fry in hot fat until nicely browned, drain well, and serve garnished with crisply-fried parsley.

Time.—To cook the rice, from 1½ to 2 hours. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons.

3120.—RICE AU GRATIN.

Ingredients.—6 ozs. of rice, ¾ of a pint of white sauce (*see* Sauces, No. 222), grated cheese, butter, cayenne, salt and pepper.

Method.—Wash the rice, throw it into a large saucepanful of rapidly-boiling salted water, boil for 12 or 14 minutes, then drain, wash, and dry thoroughly. Make the sauce as directed, and, as soon as the rice is thoroughly cooked and dry, add it to the rice, and season with salt and pepper. Turn it into a shallow baking-dish, or several coquille moulds, sprinkle the top thickly with grated cheese, add a few small pieces of butter, bake in a quick oven until nicely browned, and serve.

Time.—To cook and dry the rice, about 1¼ hours. **Average Cost,** 10d. **Sufficient** for 3 or 4 persons.

3121.—RICE CROUSTADES.

Ingredients.—8 ozs. of rice, 1 oz. of butter, 1 quart of water (milk or stock may be substituted), salt and pepper, eggs, breadcrumbs, frying-fat.

Method.—Pick and wash the rice, put it into a stewpan with the cold water, add the butter and a seasoning of salt and pepper, and cook gently until tender, adding more water if necessary, but the preparation must be rather dry. Spread it on a tin or dish, making it not less than 1½ inches in thickness, and, when cold, stamp out into rounds 2 inches in diameter. Coat them with egg and breadcrumbs, fry in hot fat until nicely browned, and drain well. When cool, remove the centre from the top of each croustade by means of a 1¼-inch cutter, and scoop out the greater part of the inside. Egg and crumb them and fry in hot oil or butter. Fill the croustades with mushrooms or minced tomatoes, cauliflower, peas or any other kind of suitable vegetable.

Time.—To cook the rice, from 1 to 1¼ hours. **Average Cost,** 6d. **Sufficient** for 4 or 5 croustades.

3122.—RICE CUTLETS.

Ingredients.—4 tablespoonfuls of rice, 1 tablespoonful of finely-chopped onion, 1 bay-leaf, ½ a teaspoonful of finely-powdered mixed herbs, 1 oz. of butter, 3 eggs, breadcrumbs, salt and pepper, 1 quart of milk, or equal parts of milk and vegetable stock, oil or butter for frying.

Method.—Pick, wash and drain the rice, place it in a stewpan with the onion, bay-leaf, herbs, a little salt and pepper, and simmer until the milk is absorbed and the rice tender. When ready, stir in the butter and 2 eggs, cook and stir the mixture by the side of the fire for 4 or 5 minutes, then turn on to a plate. Before it is quite cold form into cutlets, coat with egg and breadcrumbs, and fry in butter or oil until nicely browned.

Time.—2½ hours. **Average Cost,** 9d. **Sufficient** for 4 or 5 persons.

3123.—RISOTTO.

Ingredients.—1 teacupful (about 4 ozs.) of Carolina rice, 2 tablespoonfuls of grated Parmesan cheese, 1 small onion finely chopped, 1 pint of vegetable stock or water, salt and pepper, 2 ozs. of butter.

Method.—Wash and dry the rice thoroughly. Heat the butter, fry the onion until lightly browned, then add the rice, and fry it until it acquires a nice brown colour. Put in the stock or water, add salt and pepper to taste, boil rapidly for 10 minutes, and afterwards simmer slowly until the rice has absorbed all the liquid. Stir in the cheese, add more seasoning if necessary, then serve. A little tomato purée or tomato sauce may be added to vary the dish.

Time.—About 1½ hours. **Average Cost,** 6d. **Sufficient** for 2 or 3 persons.

3124.—SAVOURY RISSOLES.

Ingredients.—6 tablespoonfuls of mashed potato, 2 tablespoonfuls of breadcrumbs, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, 2 yolks of eggs, 1 whole egg and breadcrumbs, butter or frying-fat, salt and pepper.

Method.—Mix the potato, breadcrumbs, parsley, onion, and a liberal seasoning of salt and pepper well together, and moisten with the yolks of eggs, adding a little milk if the mixture appears at all dry. Form into round flat cakes, coat with egg and breadcrumbs, and fry in hot butter or fat until nicely browned.

Time.—About 1 hour. **Average Cost,** 6d. to 7d. **Sufficient** for 2 to 3 persons.

Note.—See Savoury Rice Rolls No. 2993; Vermicelli, Croquettes of, No. 2997; and other vegetarian dishes included in Farinaceous Preparations, Chapter XL.

3125.—SAVOURY LENTILS.

Ingredients.—1 quart of lentils, 2 ozs. of butter, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, ½ a pint of white sauce (*see* Sauces, No. 222), salt and pepper.

Method.—Soak the lentils in tepid water for 3 hours, changing it as it becomes cold. Melt half the butter in a stewpan, lightly fry the onion and add the lentils, previously drained, then cover with warm water, season with salt and pepper, and cook gently for about 2 hours. As soon as the lentils are tender, remove the lid; when the water has evaporated allow the lentils to dry, add the rest of the butter, the white sauce and the parsley, season to taste, toss over the fire until thoroughly hot. Dish up and serve.

Time.—6 hours. **Average Cost,** 7d. or 8d., exclusive of the sauce. **Sufficient** for 4 or 5 persons.

3126.—SAVOURY RICE.

Ingredients.—½ a lb. of rice, 1 small onion, 3 tablespoonfuls of grated cheese, 3 tablespoonfuls of tomato sauce, a dessertspoonful of chopped parsley and herbs, cayenne and salt, 2 ozs. of butter.

Method.—Boil the rice in water with the onion chopped finely. When tender and nearly dry, stir in the other ingredients. The rice should be firm enough to make a mound on the dish. Serve hot.

Time.—About ½ an hour. **Average Cost,** 6d. to 7d. **Sufficient** for 3 or 4 persons.

3127.—SAVOURY SEMOLINA.

Ingredients.—4 ozs. of semolina, 2 ozs. of grated cheese, 2 ozs. of butter, 1 teaspoonful of made mustard, pepper and salt, cayenne, breadcrumbs, 1 quart of milk.

Method.—Boil up the milk, sprinkle in the semolina, stir and cook for 15 minutes, then add the cheese, butter, mustard and pepper, salt and cayenne to taste. Turn into a buttered gratin dish, or several china scallop shells, sprinkle liberally with breadcrumbs and cheese, and add a few very small pieces of butter. Brown in a hot oven, and serve.

Time.—About ½ an hour. **Average Cost,** 9d. to 10d. **Sufficient** for 3 or 4 persons.

3128.—SCOTCH STEW.

Ingredients.—3 tablespoonfuls of pearl barley, ½ a small cabbage or 1 lettuce shredded, ½ a head of celery, 3 onions, 2 carrots, 1 turnip, all cut into large pieces, to which may be added other vegetables in season, salt and pepper to taste.

Method.—Blanch the pearl barley, cover it with fresh water, and simmer gently for ½ an hour. Place all the vegetables, except the cabbage or lettuce, in a stewpan, add the pearl barley and the water in which it was cooked, together with boiling water to barely cover the whole, and season to taste. Boil gently until the vegetables are nearly done, then add the shredded cabbage or lettuce, cook for 10 minutes longer, and serve.

Time.—About 3 hours. **Average Cost,** 7d. or 8d. **Sufficient** for 2 or 3 persons.

3129.—SPAGHETTI.

Ingredients.—½ a lb. of spaghetti, 1 oz. of butter, 2 ozs. of grated cheese, ⅓ of a pint of white or tomato sauce (*see* Sauces, Nos. 223–281), nutmeg, cayenne, salt and pepper.

Method.—Put the spaghetti into boiling salted water, cook rapidly for about 20 minutes, or until tender, and drain well. Stir in the butter, cheese and sauce, add nutmeg, cayenne, salt and pepper to taste, and mix well. The spaghetti may be served in this condition, or, when white sauce is used, it may be browned in the oven in a shallow baking-dish, or china scallop shells.

Time.—About 30 to 40 minutes. **Average Cost,** 6d. to 7d. **Sufficient** for 3 or 4 persons.

3130.—TOMATO AND ONION PIE.

Ingredients.—2 Spanish onions, 2 lbs. of firm tomatoes, breadcrumbs, butter and seasoning.

Method.—Peel the onions, cover them with boiling water, let them remain for at least 2 hours, then drain and dry thoroughly, and cut them into slices. Heat up 1 oz. of butter in a frying-pan, and fry the onions until lightly browned. Slice the tomatoes, place them in alternate layers with the onion into a buttered pie-dish, sprinkling each layer lightly with salt and pepper, and liberally with breadcrumbs. Cover the whole with a good layer of breadcrumbs, add a few small pieces of butter, and bake in a moderately hot oven for about 1 hour.

Time.—Altogether, 4 hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 4 or 5 persons.

3131.—VEGETABLE GOOSE.

Ingredients.—½ a lb. of breadcrumbs soaked in cold water, 1 onion, 1 teaspoonful of chopped parsley and herbs, 1 oz. of butter, pepper and salt.

Method.—Squeeze the bread nearly dry, and mash it, mix in the other ingredients, chopped small. Butter a Yorkshire pudding-dish, put in the mixture, and bake in a good oven for about ¾ hour. Serve hot, and cut in squares.

Time.—About 1½ hours. **Average Cost,** 3d. **Sufficient** for 2 persons.

3132.—VEGETABLE MARROW, STUFFED.

Ingredients.—1 vegetable marrow. For the forcemeat: 3 or 4 tablespoonfuls of coarsely-chopped mushrooms, 1 tablespoonful of breadcrumbs, 1 oz. of butter, salt and pepper.

Method.—Peel the marrow, cut it in half lengthwise, and remove the seeds. Heat the butter, fry the mushrooms lightly, add the breadcrumbs, and season to taste. Place the hot forcemeat inside the marrow, replace the halves, and fasten them securely with string. Cover with seasoned boiling water, and boil gently for about 20 minutes, or place the preparation in a covered pie-dish with a small quantity of hot water, and bake slowly for ½ an hour. Serve with white or brown sauce.

Time.—45 minutes. **Average Cost,** 6d. to 8d. **Sufficient** for 3 persons.

Note.—Marrows may also be stuffed with onion or veal forcemeat.

3133.—VEGETABLE PIE.

Ingredients.—1 onion, 1 carrot, 1 stick of celery, a handful of green peas, ½ an oz. of sago or tapioca, 1 oz. of butter, pepper and salt, a teaspoonful of flour, short crust paste No. 1668 to cover.

Method.—Stew all the above ingredients together in a very little water until they are three parts cooked. They should be cut into small pieces. Then place them in a pie-dish, cover it with a crust like a meat pie, and bake it until the crust is done. The pie may be made of any vegetables that are in season. A few mushrooms or some mushroom powder are an improvement.

Time.—To bake the pie, about ½ an hour. **Average Cost,** 3d. or 4d., exclusive of the paste. **Sufficient** for 2 persons.

3134.—VEGETABLE PIE. (Another Method.)

Ingredients.—½ a lb. of boiled macaroni, 3 hard boiled eggs, veal forcemeat made with oil or butter instead of suet, 1 or 2 tomatoes.

Method.—Prepare and slice the eggs and tomatoes, cut the macaroni into pieces, fill into a pie-dish, season well, and finish same as meat pie. Bake until the crust is done.

Time.—To bake the pie, about ½ an hour. **Average Cost,** 8d. to 10d., exclusive of the paste. **Sufficient** for 2 or 3 persons.

3135.—WHEATMEAL DUMPLINGS. (*See* Wholemeal Bread, Fermented, No. 3316, and Norfolk Dumplings, No. 1879.)

Form small pieces of dough (wholemeal or ordinary bread dough) into dumplings, cook them as directed for Norfolk dumplings, and serve with cream and sugar, golden syrup or jam.

Sauces

3136.—BROWN GRAVY.

Ingredients.—2 onions, 1 tablespoonful of flour, ¾ of a pint of hot water, seasoning, 1 oz. of butter or a tablespoonful of oil.

Method.—Chop the onions, fry them brown in the butter, add the flour, which must also brown. Pour in the water, and stir until the mixture thickens, then season it to taste. Any kind of vegetable stock is preferable to water.

3137.—BROWN GRAVY. (Another Method.)

Ingredients.—1 onion, ½ a carrot, ½ a turnip, parsley, herbs, and bay leaf, 1 oz. of butter, 1 pint of water, 1 dessertspoonful of vinegar, a lump of sugar, spice, a teaspoonful of ketchup or other condiment sauce.

Method.—Fry the chopped vegetables in the butter until they are dark brown ; add the flour and water, and stir until the mixture boils; then put in the parsley, herbs, vinegar, sugar, spice and seasoning to taste. Simmer by the side of the fire for about 1 hour, strain, and add the ketchup.

Time.—About 1¼ hours. **Average Cost,** 3d. **Sufficient** for ½ pint of gravy.

3138.—SHARP SAUCE.

Ingredients.—Salad-oil, 1 onion, 1 tomato, 3 mushrooms, 1 oz. of flour, ¾ of a pint of water, vinegar, sweet herbs, pepper and salt, nutmeg.

Method.—Put in a saucepan 2 tablespoonfuls of oil with the onion, tomato, and mushrooms, all very finely chopped. When nicely browned add the flour, and let it brown also, then ¾ of a pint of water or vegetable stock, and stir the mixture till it boils. Put in 2 tablespoonfuls of vinegar and a few sweet herbs. Simmer for a few minutes; strain and serve.

Time.—About 20 minutes. **Average Cost,** 3d.

3139.—TOMATO SAUCE.

Ingredients.—6 ripe tomatoes, pepper and salt, water.

Method.—Put the tomatoes in just enough water to prevent their burning, and cook them till soft, either in the oven or over the fire. Rub them through a sieve, then reheat the purée, and add a very little sugar, also salt and pepper to taste.

Time.—½ an hour. **Average Cost,** 6d.

3140.—TOMATO SAUCE. (Another Method.)

Ingredients.—4 or 6 tomatoes, ½ an oz. of butter, ½ an oz. of flour, ½ a pint of water, seasoning.

Method.—Prepare the tomatoes as in the preceding recipe, or peel and quarter them, removing the core and pips before they are cooked. Make ¼ of a pint of melted butter with the above ingredients, add the tomatoes and the seasoning, give the mixture one boil, and serve. Some persons like to add a flavour of onion, which should be cooked with the tomato and then removed.

Time.—½ an hour. **Average Cost,** 6d. to 8d.

3141.—WALNUT GRAVY.

Ingredients.—½ a pint of vegetable stock, No. 8, 2 tablespoonfuls of walnut ketchup, salt and pepper.

Method.—Make the stock as directed, strain, season to taste, add the walnut ketchup, and serve. The colour may be improved by the addition of a few drops of caramel.

Time.—Altogether, 1 hour. **Average Cost,** 1½d. to 2d.

3142.—WALNUT SAUCE.

Ingredients.—2 ozs. of butter, 1½ ozs. of flour, 1 pint of vegetable stock, No. 8, 2 pickled walnuts coarsely chopped, 2 tablespoonfuls of walnut ketchup, salt and pepper.

Method.—Melt the butter, fry in it the flour gently until well browned, and pour in the stock. Stir and boil gently for 10 minutes, then season to taste, add the walnuts and walnut ketchup, and serve. A few drops of caramel may be added to improve the colour.

Time.—From 30 to 40 minutes. **Average Cost,** 4d. to 5d.

3143.—WHITE SAUCE FOR PUDDINGS.

Ingredients.—1 lemon, 1 teaspoonful of cornflour, 2 tablespoonfuls of milk, ½ a pint of water, 1 teaspoonful of white sugar.

Method.—Peel the lemon thinly, boil the lemon-rind in the water, mix the cornflour with the milk to a smooth paste, and pour on the boiling water. Put it back in the saucepan with the sugar, and let it boil for 10 minutes ; add the lemon-juice, and serve.

Time.—15 minutes. **Average Cost,** 2½d.

Farinaceous Foods

3144.—GRISSINI STICKS.

Ingredients.—½ a lb. of fine flour, 2 ozs. of butter, 2 whites of egg, 1 yolk of egg, freezing-salt, milk, salt, cayenne.

Method.—Sieve the flour on to a board, make a well in the centre, add the butter previously creamed until soft and smooth, the well-beaten whites and yolk of egg, a good pinch of salt, and a little cayenne. Work it into a smooth paste, roll out rather thickly, and cut into narrow strips, which must afterwards be rolled with the hand into a round form. Cut the sticks about 4 inches long, brush them over with milk, sprinkle with coarse freezing-salt, and bake for about 10 minutes in a quick oven. Before serving, tie them in small bundles with coloured ribbon. If preferred, these sticks, which are also called " salt sticks," may be made from firm Vienna bread dough, which is rolled out, and completed as described above.

Average Cost.—6d. or 7d. **Sufficient** for about 30 sticks.

3145.—HOMINY PORRIDGE.

Ingredients.—Hominy, water, a piece of butter.

Method.—Pour boiling water on the hominy over night, and let it stand until morning. Then add more water if necessary, and boil for at least ½ an hour. Stir in the butter just before serving.

Time.—½ an hour. **Average Cost,** 2d. or 3d. **Sufficient** for 2 persons.

Note.—Hominy is the inner part of the maize and bears about the same relation to maize-meal that coarsely-ground flour does to whole wheat meal. It is not so nourishing, but being less oily it keeps well, and has not the characteristic flavour of maize-meal, which is unpleasant to some persons.

3146.—HOMINY FRITTERS.

Ingredients.—Cold hominy porridge, fat to fry, flour.

Method.—Cut the cold porridge into slices, about 1 inch thick, flour them lightly on both sides, and fry in a frying-pan with butter or oil. Serve hot.

Time.—10 minutes. **Average Cost,** uncertain.

3147.—LENTIL PORRIDGE.

Ingredients.—3 ozs. of lentil flour, 1 pint of water, salt, butter.

Method.—Put the flour and salt in a basin, with a little cold water, add the rest of the water boiling, put it on the fire, and boil for 20 minutes. Stir in the butter just before serving. Half lentil and half barley or wheat-flour is preferred by some, and makes a close imitation of the Revalenta Arabica, so much advertised for invalids.

Time.—10 minutes. **Average Cost,** 1½d. **Sufficient** for 2 persons.

3148.—MAIZE MEAL PORRIDGE, POLENTA, OR MUSH.

Ingredients.—Indian meal, salt, water.

Method.—Boil the water, sprinkle in the Indian meal with one hand, and stir it with a wooden spoon or spatula. Boil for about 10 minutes. Stir in a piece of butter, and serve hot.

Time.—10 minutes. **Average Cost,** 2d. or 3d. **Sufficient** for 2 persons.

Note.—Both yellow and white maize is sold. The yellow, known as polenta in Italy, is the richest in mineral matter and in fat. It must be used quickly or kept in a covered tin, as it very soon absorbs moisture from the air and turns bitter. Maize meal is also sold in packets steam-dried and partially cooked.

3149.—OATMEAL PORRIDGE.

Ingredients.—Oatmeal, salt, water.

Method.—There are several ways of making porridge. The one generally adopted—although by no means the best—is to sprinkle the oatmeal into boiling, slightly salted water with the left hand, meanwhile stirring briskly with a wooden spoon or wooden spatula. When the porridge is thick enough, the stewpan is drawn to the side of the fire, and the contents, slowly cooked from 20 to 30 minutes, being occasionally stirred to prevent it sticking to the bottom of the pan. A better method is to soak 4 oz. of oatmeal in 1½ pints of cold water overnight, and in the morning strain the water into a stewpan, and when boiling add the oatmeal, and salt to taste. Twenty minutes' gentle simmering will sufficiently cook it, and it must be well stirred during the process. Probably the best plan of all is to use a water-jacketed saucepan for making porridge, for it is always desirable to have oatmeal thoroughly cooked, and as the water in the outer pan obviates the necessity of frequent stirring, the porridge may, with little trouble, be cooked for 2 or 3 hours on the previous day, and re-heated when required; a pinch of salt should always be added to the porridge. There are 3 varieties of oatmeal—coarse, medium, and fine; any kind may be used for making porridge, but coarse oatmeal is generally preferred.

3150.—OATMEAL SCONES.

Ingredients.—Cold oatmeal porridge, flour.

Method.—Into the cold porridge knead as much flour as will enable it to be rolled out ¾ of an inch thick. Cut in 3-cornered pieces, and bake on a greased griddle or in the oven. Serve hot, split, and buttered.

Time.—To bake, from 20 to 25 minutes. **Average Cost,** uncertain.

3151.—PEASE BROSE.

Ingredients.—Prepare and cook as maize meal porridge, No. 3148, using about 2 tablespoonfuls of pease meal, rather less than ½ a pint of water, 1 oz. of butter, and salt.

3152.—PEA FRITTERS.

Ingredients.—Cold brose, or lentil porridge, breadcrumbs, herbs, onions, seasoning, flour, frying-fat.

Method.—Mix with the cold porridge about its own bulk in breadcrumbs. Add a little chopped onion and sweet herbs, and seasoning to taste. Shape the preparation into flat cakes, flour them, and fry a nice brown in the frying-pan.

Time.—10 minutes. **Average Cost,** uncertain.

3153.—POLENTA AND CHEESE.

Ingredients.—Cold maize-meal porridge, butter or oil, grated cheese, salt and cayenne.

Method.—Cut the cold polenta into square or oblong pieces about ¾ of an inch thick. Arrange them on a flat dish, or a pie-dish, in layers, with grated cheese between and over the top. Put a few pieces of butter over, and bake till brown in a good oven. Serve hot.

Time.—½ an hour. **Average Cost,** uncertain.

3154.—WHEAT-MEAL PORRIDGE.

Ingredients.—Wheat meal coarsely-ground, water.

Method.—Proceed as directed for Oatmeal, No. 3149.

Puddings and Pastry

It is unnecessary to repeat any recipes for butter pastry. All those in the chapter on puddings and pastry are suitable.

Nor is there any difficulty in selecting puddings made from vegetable products. The only peculiarity that might be said to belong to vegetarian puddings, as a class, is that they are more solid and satisfying than puddings that are often thrown in as a luxury, rather than as a food, at the end of a repast of meat.

In strict vegetarian cookery suet is replaced by one of the nut butters, now so plentiful on the market. In Italy and Corsica a flour made from dried chestnuts is much used. It is of a dark-brown colour, and richly nitrogenous. Carefully used, it makes excellent puddings and cakes.

3155.—GINGERBREAD PUDDING.

Ingredients.—½ a lb. of flour, ½ a lb. of treacle, 2 ozs. of butter, 1 teaspoonful of baking-powder, ½ a teaspoonful of ground ginger, 1 egg, salt.

Method.—Mix the baking-powder and ginger with the flour, rub in the butter, add the treacle and the egg, well beaten, and mix all together; flour a pudding cloth, put in the mixture, and boil for 1½ hours. Serve with butter sauce.

Time.—2 hours. **Average Cost,** 6d. to 7d. **Sufficient** for 2 or 3 persons.

3156.—MINCE-MEAT.

Ingredients.—6 lemons, ½ a lb. of apples, 1 lb. of raisins, weighed when picked and stoned; 1 lb. of currants, 1 lb. of sugar, ½ a lb. of fresh butter, 2 ozs. of candied citron, 2 ozs. of candied orange, 1½ saltspoonfuls of cayenne, 1 teaspoonful of mace, one teaspoonful of cinnamon, almond essence.

Method.—Grate off the lemon-rind, cut the lemons in two, and squeeze out the juice, boil the rinds in spring water till tender, but not soft, changing the water 4 or 5 times to take out the bitterness, and putting a large teaspoonful of salt in the water in which they are first boiled. When done, drain the water from them, and take out the seeds and inner skins, then chop them with the raisins in a wooden bowl; when finely-chopped add the currants, sugar, and apples (previously prepared as for sauce), the grated rind of the lemons, the juice, ½ a saltspoonful of cayenne pepper, a small teaspoonful of mace, a small teaspoonful of cinnamon, 12 or 15 drops of almond flavour, the candied orange and citron cut in thin slices, and lastly, the butter melted and stirred well in.

Average Cost.—2s. 2d.

3157.—PASTRY WITHOUT BUTTER.

Ingredients.—1 lb. of flour, 1 teaspoonful of baking-powder, a small wineglassful of salad-oil, water.

Method.—Mix the flour and baking-powder. Add the oil to cold water, and stir the paste to a proper consistency for rolling. Fold it over and roll it out 2 or 3 times, place on a baking tin, and bake immediately.

3158.—PLUM PUDDING. (*Fr.*—Pouding de Noël.)

Ingredients.—½ a lb. of flour, ½ a lb. of currants, ½ a lb. of sultanas, 4 ozs. of butter, 3 eggs, the grated rind of a lemon, nutmeg, 1 teaspoonful of baking-powder.

Method.—Mix the powder with the flour, rub in the butter, and add the currants and raisins, the lemon-peel finely grated, a little nutmeg, and the eggs well beaten. Put it in a buttered basin, boil or steam for 4 hours, and serve with white sauce.

Time.—5 hours. **Average Cost,** 1s. 2d. **Sufficient** for 1 large pudding.

Note.—The foregoing recipes are based on strict vegetarian principles. Vegetarians whose diet includes milk and eggs will find many useful dishes among the recipes for Vegetables in Chapter XXX. *See* Asparagus, French Style, No. 1446; Asparagus with Eggs, No. 1445; Asparagus Rolls, No. 1450; Broad Beans with Spanish Sauce, No. 1458; Ragoût of Celery, No. 1490; Stuffed Cucumbers, No. 1505; Cucumbers with Eggs, No. 1501; Leeks with Poached Eggs No. 1522.

GENERAL OBSERVATIONS ON INVALID COOKERY

CHAPTER XLIV

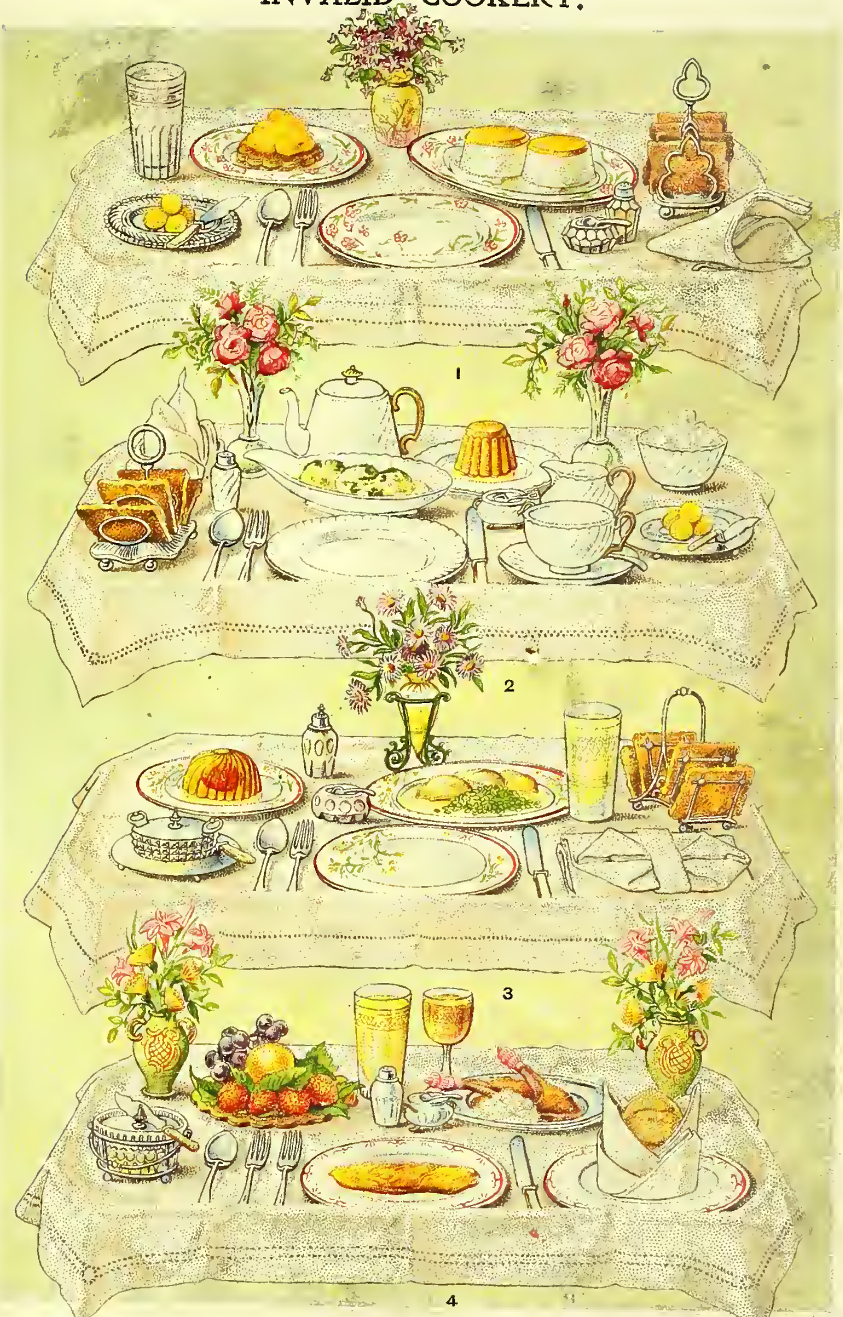
Diet of the Sick.—It is not possible to lay down universal laws on the diet of sick persons. Given any two persons suffering from disease, the temperament, the disease, and the needs of the one may be entirely different from those of the other. One may be in danger of collapse from weakness; another may be in a high fever. One may need to make blood and regain strength, the other may be suffering from a lifetime of overfeeding and underwork. It is evident that to feed all these people alike would be ridiculous. What suits some patients might injure others. There are besides many persons hopelessly ill, for whom food and physic can do no more than keep them alive with the least possible discomfort. One can only make the food pleasant to the eye and taste, and easily digestible, remembering always, that in the course of any long illness the human machine is so worn that the least extra strain may stop its working altogether. It is with such cases as these that the art of sick-room cookery is of most avail.

Roughly speaking, the fundamental idea of sick-room diet is (1) to select food that will provide the necessary nourishment, and will not strain any digestive organs that may be affected; (2) to compensate for any waste or drain upon the system. Untrained persons often have a superstitious faith in the cravings of the sick, and will disobey the doctor to gratify the patient. If a doctor knows his business, he ought to be trusted and obeyed. But it is well known that even in health people crave for and obtain things to eat and drink that do them harm. Why should a diseased appetite be more dependable than a healthy one?

In some cases (notably after fever) the patient develops a surprising appetite, which, in the state of his digestive organs, it would be dangerous to gratify, while other patients will actually sink from exhaustion while refusing all food.

Overfeeding gives no Strength.—Nothing is more common than to find some such reasoning as this: " All invalids are more or less weak; weakness is to be cured by food; all persons in poor health should be persuaded or coerced into taking as much food as possible." It is

INVALID COOKERY.



1.—Scrambled Egg and Chicken Cream.
2.—Fillets of Sole and Lemon Cream.
3.—Quenelles of Chicken, with Peas and Fruit Jelly.
4.—Plain Omelet, Mutton Cutlets, and Cauliflower.

forgotten that not what a man swallows feeds him, but what he is able to digest and assimilate out of what he swallows. To overload feeble digestive organs is the surest way of preventing them from doing even as much work as they could do if they were allowed to work quietly. Again, a little wise starvation is Nature's cure, and the best for many complaints.

Diet as a Cure.—There are not a few diseases where the only hope of cure or alleviation lies in rigid abstention from some sorts of food. Diet can often cure where drugs are useless or worse.

Food or Physic ?—Many well known remedies are thought to be physic because they are prescribed by the doctor and sold by the chemist, but they are, in reality, foods. The best example is cod-liver oil, the most digestible of all fats, given often to consumptive and other persons, who either cannot take other fats, or who do not like any fat, and will not force themselves to swallow fat food as they do to take fat physic. Cream, or any other fat, if it is digested, answers the same purpose as oil.

Certain Rules apply to all sick-room feeding. Give little food and often. It is a mistake to persuade a patient to swallow large quantities at once. What is eaten willingly and with relish does more good than double the amount swallowed with disgust. At the same time, it must be remembered that when people are very ill they will often refuse to swallow anything, though they are actually sinking for want of food.

Let the food come at stated times, and punctually. A very weak patient faints and flags if the hour is stretched to an hour and a quarter. A convalescent looks forward to meals as the great event of the day, and frets and worries if they do not come to time. As a rule, a patient should not be awakened to be fed, though it may sometimes be necessary. Amateur nurses often forget to feed in the small hours of the morning, when the patient's strength is always at the lowest ebb. If obliged to wait a long time the patient loses the desire to eat, and often turns against the food when brought.

When there is no appetite, give such food as affords most nourishment for the least work, either to the digestive organs or to the teeth. If the patient is very weak the exertion of eating, even without mastication, is already very severe. Put the greatest amount of nourishment into the smallest space; and let the food be already divided.

Let such work of digestion as there must be fall on the part of the patient that is best able to bear it, as to which the doctor should be the best judge.

Only just so much as the patient is likely to eat should be taken into the sick-room, and what remains should be at once removed. Never keep any food standing by the bedside. Never leave food about a sick-room ; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time. Miss Nightingale says : " To leave the patient's untasted food by his side from meal to meal, in hopes that he will eat it in the interval, is simply to prevent him from taking food at all. I have known patients literally incapacitated from taking one article of food after another by this piece of ignorance. Let the food come at the right time and be taken away, eaten or uneaten, at the right time; but never let the patient have 'something always standing' by him, if you don't wish to disgust him with everything."

In a case of infectious fever, all remains of food should at once be burnt, and on no account eaten by another person. The nurse should not take her meals in the sick-room.

For a convalescent the food should be as varied as possible. In the monotonous existence of the sick-room small events appear great.

For invalids, never make a large quantity of one thing, as they seldom require much at a time. Because a patient once likes a food, do not repeat it till he is tired of its very name.

If the food may not be varied, the mode of serving may. A stray flower, or a new patterned plate, is better than no variety at all. Let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, etc., be very clean and bright. Gruel served in a tumbler is more appetising than when served in a basin, or cup and saucer. Do not put a very little broth in the bottom of a very large basin. Let all kitchen utensils used in the preparation of invalid's cookery be scrupulously clean; if this is not the case, a disagreeable flavour may be imparted to the preparation, which flavour may disgust and prevent the patient from partaking of the refreshment when brought to him or her. Invalids notice flavour more than people in health. It is generally better to cook in earthenware, glass or china, than in metal.

In Miss Nightingale's admirable "Notes on Nursing," she says: "You cannot be too careful as to quality in sick diet. A nurse should never put before a patient milk that is sour, meat or soup that is turned, an egg that is bad, or vegetables underdone." Yet often, she says, she has seen these things brought in to the sick, in a state perfectly perceptible to every nose or eye except the nurse's. It is here that the clever nurse appears—she will not bring the peccant article; but, not to disappoint the patient, she will whip up something else in a few minutes. Remember that sick cookery should half do the work of your poor patient's weak digestion. She goes on to caution nurses by saying: "Take care not to spill into your patient's saucer; in other words, take care that the outside bottom rim of his cup shall be quite dry and clean. If every time he lifts his cup to his lips he has to carry the saucer with it, or else to drop the liquid upon and to soil his sheet, or bedgown or pillow, or, if he is sitting up, his dress, you have no idea what a difference this minute want of care on your part makes to his comfort, and even to his willingness for food."

Crumbs are great enemies to the patient's comfort, and even with the greatest care they are difficult to keep out of the bed. Tuck a table-napkin carefully round the patient's shoulders before each time of feeding.

If a feeding cup is used, scald it carefully and keep it quite clean. Warm it before using it for any hot food. Keep one for milk, and lay that in water. Have a separate cup for beef tea or broth.

No cooking may be done in the sick-room.

In Acute Disease, the diet is often limited to milk and beef tea. Inexperienced persons imagine that every liquid food is insufficient nourishment, and that the patient should be persuaded to take some solid. So far from this being true, milk is the best of all foods, the only food we could live on for a length of time without admixture of anything else. A patient who can take milk has at once a greater chance of prolonging life or recovering health.

But there are some persons who cannot take milk, in health or sickness. They will often find it agrees with them better mixed with limewater, a third or half of water to two-thirds or half of milk. Soda-water and milk is agreeable to some patients, and to some boiled milk is more digestible, especially boiled milk hot. Only in rare cases should the cream be removed. Whey has been found useful when every preparaton of fresh milk has been tried in vain. Koumiss or fermented milk is also sold in considerable quantities for the use of invalids.

Sickness and Nausea.—If the patient suffers from sickness and nausea, every food should be given iced, or as cold as possible, and in the smallest quantities, and it is a good plan to slip a tiny piece of ice into the patient's mouth immediately after taking food. Milk may be kept on ice for a long time, or, if no ice is at hand, set the jug in a tub of salt and water, or wrap a wet cloth round the jug and stand it in a draught outside the door. The slightest souring is enough to make milk disagree with a patient.

Cooking Apparatus.—In keeping anything hot in the sick-room a specially-constructed cooking apparatus is very useful. It is a box thickly padded with non-conducting material, and containing a double tin receptacle, the outer for hot water, and the inner for beef tea, or whatever has to be cooked or kept hot. The tin is filled with hot water, and retains the heat for many hours without evaporation, or giving out any smell.

Beef Tea.—Formerly, beef tea was regarded as the patient's greatest support, but now many doctors have ceased to attach much importance to it, largely owing to the difficulty of getting it properly prepared. This difficulty ought not to exist, for it is quite easy to make if the few simple rules set forth in the following recipes are strictly adhered to.

There is a wide difference in beef tea for invalids and that intended for convalescents, the former being necessarily prepared from juicy meat and at a low temperature, so as to first draw out the juices of the meat and afterwards prevent them coagulating. A more savoury and palatable preparation is the convalescents' beef-tea, usually made by subjecting either shin or neck of beef to a long, slow stewing process. In the preparation of beef-tea for invalids, juicy meat, such as buttock steaks, or top-side alone should be employed, for these parts contain the most albumen and other soluble matters, which are the nourishing constituents of the meat. Beef-tea that sets to a jelly when cold contains a smaller percentage of these constituents; and more gelatine, of which the shin of beef has a comparatively large proportion. Although gelatine possesses neither the stimulating nor nourishing properties of albumen, it has considerable value as a food substance, inasmuch as it replaces albumen in many processes in the human economy, but it is altogether unsuitable when a concentrated, nourishing liquid food is required.

Albumen, which is the life-sustaining element in the meat, is very like white of egg in its properties. White of egg will mix freely with water, as also will the juices of the meat when extracted by means of cold water. This water may be gently heated, and the albumen will still remain in solution, but when heated to about 120° or 130° F. the albumen coagulates and separates into brown particles, which are strained out of the beef-tea, the almost valueless liquid being given to the patient.

Meat Juices and Extracts.—These may be bought ready prepared; some contain little more than the salines and extractives of the meat; others may be regarded as a valuable stimulant and restorative, easily prepared and always at hand, but in serious cases none of them can replace beef-tea containing soluble albumen.

Fluid meat consists of lean meat liquified by artificial digestion, and in a fit state for immediate absorption into the body. In severe illness it is a most valuable food, and is also used for nutrient enemata. Dr. Pavy recommends the following mixture when used for this purpose: 2 ozs. of white sugar, 6 ozs. of mucilage of starch or arrowroot, with 2 tablespoonfuls of fluid meat.

Beef peptonoids and peptonised beef-jelly are also most valuable preparations for the sick-room. Unlike beef-tea and beef extracts, which consist only of the juice of the meat, more or less perfectly extracted, they are the meat itself in a fluid form, fit to be taken at once into the body without any work for the feeble digestion of the invalid.

Variety is an Essential.—In sick-room cookery, except in very serious cases, veal-tea, mutton-tea or broth, or chicken broth, should occasionally replace the beef-tea in order to prevent the patient becoming tired of it. Soups thickened with yolk of egg and cream are very nourishing, but they are also very rich, and should therefore be given sparingly even when the patient is convalescent. Meat teas, soups and broths all offer nourishment in an easily digested form, and their restorative powers are very quickly felt, hence their value in the diet of the sick and convalescent. Savoury jellies are more nourishing when made from veal or calves' feet, for they then contain not only gelatine, but also other extractives of considerable dietetic value. When variety, and not the amount of nourishment afforded, is the chief consideration, jelly may be more easily prepared from isinglass or gelatine, the purest forms of which should alone be used for the purpose.

Milk is undoubtedly a more valuable food for the sick than any kind of beef tea, juice or essence, for it supplies all that is necessary to sustain life during long periods of illness or inactivity. For young children it is also a perfect food, but for adults in health it is necessary to add other foods supplying more solid bulk.

The milk, as soon as possible after it is drawn from the cow, should be boiled and afterwards kept covered until required. For unfortunately, it is extremely susceptible to contamination, and readily absorbs any impure gases or matter.

Eggs are a very valuable food, containing all that is necessary for life in a most concentrated form. The white of an egg is equally nourishing and less rich than the yolk, and consequently may be given to a patient when the yolk would disagree. In a fluid form they are easily digested, also when very lightly cooked ; but overcooked insoluble eggs generally tax a healthy digestion, and should therefore be rigidly excluded from the diet of the sick. This applies not only to eggs simply served, but also to eggs forming a part of puddings, soufflés, etc.

Fish, being light and easily digested, plays an important part in invalid diet. Whiting, sole, flounder or plaice should be selected, as these varieties contain a very small percentage of oily matter. Until the first stages of convalescence are passed, the fish should be either steamed or boiled, but afterwards, when butter is allowed, broiled or fried fish generally proves more palatable.

Seasonings and Flavourings should always be added sparingly, for in sickness the organs of taste are often in an abnormally sensitive condition.

RECIPES FOR INVALID COOKERY

CHAPTER XLV

Liquid Foods, Broths and Soups, Fish and Meat Dishes, Jellies, Puddings, Beverages, Peptonized Foods and Diabetic Foods.

3159.—BEEF TEA FOR CONVALESCENTS.

Ingredients.—1 lb. of gravy beef, 1 pint of cold water, ½ a teaspoonful of salt.

Method.—Remove the fat, shred the meat finely, as in the following recipe, or pass it through a mincing machine. Place it in an earthenware jar, add the water and salt, and cover closely. Place the jar in a saucepan of boiling water, or in a slow oven, and cook for 3 hours, stirring occasionally. Strain, remove carefully all traces of grease, and serve.

Time.—3 hours. **Average Cost,** 7d.

3160.—BEEF TEA FOR CONVALESCENTS. (Another Method.)

Ingredients.—1 lb. of gravy beef, 1 pint of cold water, 2 slices of carrot, 1 small slice of turnip, 1 slice of onion, 1 or 2 sprigs of parsley, 1 bay-leaf, 4 peppercorns, ¼ of a teaspoonful of salt.

Method.—Remove the fat, cut the meat into small pieces, or pass it through a mincing machine. Put the meat, water, vegetables, and flavouring ingredients into a jar with a close-fitting lid, and cook in a very slow oven for 3 hours. Strain, remove every particle of grease, season to taste, and serve.

Time.—3 hours. **Average Cost,** 7½d.

3161.—BEEF TEA FOR INVALIDS.

Ingredients.—1 lb. of lean juicy beef, 1 pint of cold water, ¼ of a teaspoonful of salt.

Method.—Remove all fat and skin, cut the meat into fine shreds, place it with the salt and water in a basin, and soak for 20 minutes. Turn it into a stewpan, heat very gently, and stir slowly until the liquid turns a rich red-brown and the meat becomes white, then strain through a fine strainer. Remove every particle of grease by repeatedly drawing white blotting paper or tissue paper over the surface, and serve. Great care must be taken to keep the beef-tea below simmering point, otherwise the albumen will harden and form brown particles. The clear liquid, which alone can be given in serious cases, will thus be deprived of its chief nourishing constituent, and must therefore be regarded as a stimulant only.

Time.—½ an hour. **Average Cost,** 10d. to 1s.

3162.—BEEF TEA, RAW.

Ingredients.—2 ozs. of lean, juicy beef, 2 tablespoonfuls of cold water, a pinch of salt.

Method.—Cut off all skin and fat, shred the meat finely, pour over it the water, add the salt, cover and let it stand for at least 2 hours. When ready to use strain into a coloured glass, and season to taste. This variety of beef tea is more easily digested than any other, in consequence of the albumen being contained in an uncooked and therefore soluble condition.

Time.—2 hours. **Average Cost,** 1½d.

3163.—BEEF TEA, WHOLE.

Ingredients.—1 lb. of gravy beef, 1 pt. of cold water, ½ a teaspoonful of salt.

Method.—Remove all fat, shred the meat finely, and as soon as it is shredded put it into the water, in which the salt should be previously dissolved. Let it stand covered for ½ an hour, then heat slowly, and cook as gently as possible until the liquid turns a rich reddish-brown, and the meat becomes white. Strain, pound the meat thoroughly in a mortar, and pass it through a wire sieve. Stir the pounded meat into the beef tea, season to taste, and serve.

Time.—1¼ hours. **Average Cost,** 7d.

3164.—BEEF TEA AND EGG.

Ingredients.—¼ of a pint of beef tea, 1 yolk of egg, salt, toasted bread.

Method.—Beef tea, veal tea, mutton tea, or diluted beef essence may be employed in this preparation. Beat the yolk of egg in a teacup, season lightly with salt, and if allowed, add a little pepper. Heat the beef tea, but do not allow it to boil, and pour it over the yolk of egg, stirring briskly meanwhile. Serve with thin strips of toast.

Time.—10 minutes. **Average Cost,** 4d.

3165.—BEEF TEA WITH OATMEAL.

Ingredients.—½ a pint of good beef tea, 1 tablespoonful of well-cooked oatmeal, salt and pepper, toasted bread.

Method.—The oatmeal when cooked should have the consistency of thick porridge. Heat the beef tea, stir in the prepared oatmeal, season to taste, and serve with thin strips of toasted bread.

Time.—10 minutes. **Average Cost,** 6d.

3166.—BEEF TEA WITH SAGO AND CREAM.

Ingredients.—1 pint of beef tea, ⅛ of a pint of cream, ¼ of a pint of water, 1 oz. of sago, the yolk of 1 egg.

Method.—Blanch the sago carefully, and simmer it gently in the water until well cooked. Add the beef tea and cream, heat to 140° F., then pour in the well-beaten yolk of egg, and stir by the side of the fire until it is sufficiently cooked, keeping the preparation at the above-mentioned low temperature, to avoid coagulating the albumen in the beef tea.

Time.—½ an hour. **Average Cost,** 1s. 2d.

3167.—BEEF AND SAGO BROTH.

Ingredients.—1 lb. of gravy beef, 1 quart of cold water, ½ an oz. of fine sago, 1 yolk of egg, 2 tablespoonfuls of cream or milk, ½ a teaspoonful of salt.

Method.—Trim off all skin and fat, and cut the meat into small pieces. Put them into a stewpan with the water and salt, cover closely, and cook gently for 3 hours, skimming occasionally. Strain into a basin; when cold remove every particle of fat, then replace in the stewpan and re-heat. When boiling sprinkle in the sago and cook until clear, stirring meanwhile. Beat the yolk of egg and cream together, strain into the soup, stir and cook by the side of the fire for 2 minutes longer, but take care the preparation does not boil or the egg may curdle. Season to taste, and serve with thin strips of well-toasted bread.

Time.—Altogether 5 or 6 hours. **Average Cost,** 10d.

3168.—BEEF ESSENCE.

Ingredients.—1 lb. of lean juicy beef, salt and pepper.

Method.—Trim off all fat and skin, and place the beef in a jar without any water. Cover with a close-fitting lid, over which tie 2 or 3 folds of greased paper. Place the jar in a saucepan of boiling water, and cook slowly for at least 3 hours. Strain, press all the liquid from the meat, and season to taste. This preparation, being highly concentrated, should be served in small quantities.

Time.—3 hours. **Average Cost,** 1s.

3169.—BEEF JUICE.

Ingredients.—½ a lb. of lean juicy beef-steak, salt and pepper.

Method.—Remove all fat, and grill the steak quickly on both sides over a clear fire until slightly cooked. Cut it into strips, press out the juice with a lemon squeezer into a hot cup, season to taste, and serve.

Time.—To grill the steak, 8 to 10 minutes. **Average Cost,** 7d. or 8d.

3170.—BEEF TEA CUSTARD.

Ingredients.—¼ of a pint of good beef tea, the yolks of 2 eggs, the white of 1 egg, salt.

Method.—Beat the yolks and white thoroughly together, pour on to it the beef tea, and season to taste. Have ready a well-buttered cup, pour in the preparation, cover with a buttered paper, and stand the cup in a stewpan containing a little boiling water. Steam very gently for about 20 minutes, then turn out carefully. Serve either hot or cold, or cut into dice, and serve in broth or soup.

Time.—20 minutes. **Average Cost,** 5d. or 6d.

3171.—CALF'S FOOT BROTH.

Ingredients.—1 calf's foot, 3 pints of water, or equal parts of milk and water, lemon-rind, salt, sugar, yolks of eggs.

Method.—Stew the foot in the water, or milk and water, for 3 hours, then strain into a basin. When cold, remove the fat, re-heat the broth with 2 or 3 strips of lemon-rind, which must be removed as soon as the broth is sufficiently flavoured. Add salt and sugar to taste, and to each ½ pint allow 1 yolk of egg. Stir by the side of the fire until the broth thickens, but do not let it boil, or it may curdle. Free it from any particle of fat and serve.

Time.—6 or 7 hours. **Average Cost,** 10d. to 1s. **Sufficient** for 1½ pints of broth.

3172.—CHICKEN BROTH.

Ingredients.—1 chicken or a small fowl, 1 oz. of rice, 1 quart of water, 1 carrot, 1 onion sliced, 1 strip of celery sliced, 2 cloves, 1 small blade of mace, finely-chopped parsley.

Method.—Place the chicken in a stewpan with the water, vegetables and spices tied in muslin, simmer gently for 2 hours, then remove the chicken and strain the liquor. Cut the carrot into fancy shapes, and cut the breast into dice. Re-heat the broth, season to taste, add the rice previously boiled, the chicken dice, prepared carrot and parsley, and serve.

Time.—2¼ hours. **Average Cost,** 2s. 9d. to 3s.

3173.—CHICKEN SOUP.

Ingredients.—1 chicken or small fowl, 2 yolks of eggs, 3 tablespoonfuls of cream, 1 dessertspoonful of ground rice or crême de riz, 1 small onion, 1 small blade of mace, 3 pints of cold water, salt.

Method.—Divide the chicken into small pieces, break the bones, put both into a stewpan with the water, add ½ a teaspoonful of salt, and bring to the boil. Remove any scum there may be, put in the mace and onion, cover closely, and simmer gently for 4 hours, skimming occasionally. Strain and put aside until quite cold, then remove every particle of fat, replace in the stewpan, and bring to boiling point. Mix the ground rice smoothly with a little cold milk, stir it into the stock, and simmer gently for 6 or 7 minutes. Beat the cream and yolks of eggs together, add them to the soup, and stir by the side of the fire for 2 or 3 minutes, but the soup must not boil or the eggs may curdle. Season to taste, and serve.

Time.—8 or 9 hours. **Average Cost,** 3s. to 3s. 3d.

3174.—CHICKEN AND RICE SOUP.

Ingredients.—1 pint of chicken stock, ½ a pint of cream, 2 tablespoonfuls of rice, salt.

Method.—Simmer the rice and stock together very gently for 1½ hours, then strain and return the stock to the stewpan. Add the cream, season lightly with salt, and a little pepper if allowed, bring to boiling point, and serve with thin strips of toasted bread.

Time.—2¼ hours. **Average Cost,** 3s. to 3s. 3d.

3175.—CHICKEN ESSENCE.

Ingredients.—1 chicken or ½ a fowl, ¼ of a pint of cold water, salt.

Method.—Cut the meat from the bones, break the latter into small pieces, and shred the meat coarsely. Place the bones at the bottom of a fireproof earthenware jar, lay the chicken meat on the top of them, sprinkle lightly with salt, and add the water. Cover closely, stand the jar in a saucepan of boiling water or in a cool oven, and cook gently for at least 5 hours. When cooked, strain and press out all the liquid and remove every particle of grease by drawing blotting or tissue paper repeatedly over the surface. Season to taste, and serve in small quantities.

Time.—5 hours. **Average Cost,** 1s. 6d. to 2s. 6d.

3176.—EEL BROTH.

Ingredients.—½ a lb. of eel, 3 pints of cold water, ½ a small onion, 2 or 3 sprigs of parsley, 1 bay-leaf, 2 cloves, salt and pepper.

Method.—Wash, clean and skin the eel, then cut it into small pieces, and put them in a stewpan. Add the water, onions, parsley, bay-leaf, cloves, and a little salt and pepper, and simmer gently for 1½ hours, skimming when necessary. Strain into a basin, let it stand until cold, and remove every particle of fat. Re-heat in small quantities as required.

Time.—1½ hours. **Average Cost,** 9d.

3177.—FISH SOUP.

Ingredients.—1 lb. of whiting, plaice, cod or other white fish, 1 quart of water, 1 gill of milk, ½ a gill of cream, 1 oz. of butter, 1 oz. of flour, 2 yolks of eggs, 3 slices of carrot, ½ a very small onion, 2 or 3 sprigs of parsley, 1 very small blade of mace, ½ a teaspoonful of lemon-juice, salt and pepper.

Method.—Cut the fish and its bones into small pieces, place it in a stewpan with the water, carrot, onion, parsley, mace and a little salt, simmer gently for 20 minutes, then strain. Melt the butter in a stewpan, stir in the flour, add the stock and milk, bring to the boil, stirring meanwhile, and simmer for 4 minutes. Beat the yolks of eggs and cream together, strain them into the soup, stir by the side of the fire for 2 or 3 minutes, but do not allow the soup to boil, or the eggs may curdle. Add the lemon-juice, season to taste, and serve.

Time.—35 minutes. **Average Cost,** 1s. 2d. to 1s. 4d.

3178.—LAMB'S HEAD BROTH.

Ingredients.—1 lamb's head, 3 pints of cold water, 1 oz. of pearl barley or rice, 1 small onion, 1 small carrot, ½ a very small turnip, ½ a teaspoonful of finely-chopped parsley, pepper and salt.

Method.—Split the head in halves, wash it well, then tie it together with string. Place it in a stewpan with the water and about ½ a teaspoonful of salt, bring to boiling point and skim well. If pearl barley is used blanch it, otherwise it will spoil the colour of the broth, and cut the vegetables into tiny dice. Simmer the broth very gently for 1 hour, then add the pearl barley or rice, and vegetables, and continue the slow cooking for 2 hours longer. Strain, skim well, season to taste, and serve. If desirable, the vegetables may be omitted. On the other hand, when meat and vegetables are allowed, the latter should not be added to the soup until ½ an hour before serving; and some of the meat should be cut into small dice and served, with the vegetables, in the soup.

Time.—3½ hours. **Average Cost,** 1s.

3179.—MUTTON BROTH.

Ingredients.—1 lb. of scrag-end of mutton, 1 quart of water (cold), 1 tablespoonful of rice, 1 teaspoonful of chopped parsley, salt and pepper.

Method.—Remove all fat, cut the mutton into small joints, and put it and the water and salt into a stewpan. Bring to the boil, skim well, then cover and simmer gently for 3 hours, adding the rice about ½ an hour before serving. When ready, take out the meat and bones, cut the former into tiny dice, replace in the broth, add the parsley, season to taste and serve. If preferred, the broth may be strained and simply served with the chopped parsley.

Time.—3½ hours. **Average Cost,** 6d.

3180.—MUTTON BROTH. (Another Method.)

Ingredients.—1 lb. of scrag end of the neck of mutton, 1 oz. of pearl barley, 1 small carrot, 1 small onion, 1 strip of celery, ¼ of a teaspoonful of finely-chopped parsley, salt and pepper, 1 quart of water.

Method.—Trim the mutton into neat pieces, and remove all the fat, cut the carrot and onion into fine strips, and blanch the barley. Simmer the meat and vegetables in the water for 2 hours, season lightly with salt and pepper, and add the pearl barley about ½ an hour before serving. Place the parsley in a soup tureen, also some neatly cut pieces of the cooked meat, pour the broth upon it, and serve hot.

Time.—2 hours. **Average Cost,** 9d.

3181.—MUTTON, ESSENCE OF.

Ingredients.—1 lb. of lean mutton, 1 gill of water, salt and pepper.

Method.—Cut away every particle of fat, shred the meat finely, and place it in a jar with the cold water. Cover closely, place the jar in a saucepan of boiling water or in a cool oven, and cook gently for at least 2 hours. Strain and press all the liquid from the meat, and add salt and pepper to taste. This preparation being highly concentrated, should be administered in small quantities.

Time.—2¼ hours. **Average Cost,** 10d.

3182.—MUTTON TEA.

Ingredients.—½ a lb. of lean mutton, ½ a pint of water, ¼ of a teaspoonful of salt.

Method.—Mutton tea is less generally employed than beef tea, but it is a useful means of varying the diet, and it is both light and easily digested. For invalids it should be prepared as directed for Beef Tea for Invalids (No. 3161); but a more savoury and palatable preparation for convalescents may be made by gently stewing the meat for 2 or 3 hours (*see* Beef Tea for Convalescents, No. 3159).

Time.—½ hour. **Average Cost,** 5d.

3183.—OXTAIL SOUP.

Ingredients.—1 oxtail, 2 quarts of cold water, 1½ ozs. of butter, 1 small onion, 1 dessertspoonful of vermicelli, salt and pepper.

Method.—Divide the oxtail at the joints, trim off all the fat, then blanch and dry it well. Melt the butter in a stewpan, fry the oxtail, turning it frequently that all parts may be equally browned, then drain off the butter. Add the water, onion, salt and pepper, bring to boiling point and skim well, then cover closely and simmer gently for 4 hours. Strain; when quite cold remove every particle of fat and re-heat the soup. When quite boiling sprinkle in the vermicelli, cook until clear, then, if allowed, add some of the nicest pieces of the tail, season to taste, make thoroughly hot, and serve.

Time.—8 or 9 hours. **Average Cost,** 2s. 3d. to 2s. 9d.

3184.—OYSTER SOUP.

Ingredients.—1 whiting, 6 sauce oysters, 1 pint of milk, ½ a pint of water, 3 slices of carrot, ½ a very small onion, 2 or 3 sprigs of parsley, 1 bay-leaf, 1 small blade of mace, 6 peppercorns. For the liaison: 1 oz. of butter, 1 oz. of flour, 1 yolk of egg, 1 gill of cream, lemon-juice, salt and pepper.

Method.—Cut the whiting, with its bone, into small pieces, put them into a stewpan with the milk, water, carrot, onion, parsley, bay-leaf, mace, peppercorns and a little salt, and simmer gently for ½ an hour. Meanwhile blanch the oysters in their own liquor, then strain and add it, with the beards, to the contents of the stewpan, and cut the oysters in quarters and put them aside until wanted. Melt the butter in a stewpan, stir in the flour, add the strained fish stock, stir until boiling, and cook for 3 or 4 minutes. Beat the yolk of egg and cream well together, strain into the soup, and stir by the side of the fire for a few minutes, taking care that the soup does not boil. Add the prepared oysters, a few drops of lemon-juice, season to taste, and serve.

Time.—¾ of an hour. **Average Cost,** 1s. 10d.

3185.—TAPIOCA CREAM SOUP.

Ingredients.—1 pint of chicken or veal broth, 2 yolks of eggs, ¼ of a pint of cream, 1 tablespoonful of crushed tapioca, salt and pepper.

Method.—Bring the broth to boiling point, sprinkle in the tapioca and simmer gently until quite clear. Beat the yolk of egg and cream well together, strain into the soup, and stir by the side of the fire for 2 or 3 minutes to cook the egg, but do not let it boil, or it will curdle. Season to taste, and serve.

Time.—15 minutes. **Average Cost,** 1s. 6d. to 1s. 9d.

Fish

3186.—CUTLETS OF COD.

Ingredients.—Thin slices of cod, lemon-juice, brown bread, butter.

Method.—Divide each slice of cod into small cutlets, place them on a greased baking-tin, and sprinkle them lightly with salt, pepper and lemon-juice. Cover with a buttered paper, and bake in a moderate oven for about 10 minutes. Serve the fish with slices of lemon, the liquor that has come from it in cooking, also thin slices of brown buttered bread.

Time.—10 minutes. **Average Cost,** 8d. per lb.

3187.—FISH CAKES.

Ingredients.—¼ of a lb. of cooked fish, 2 ozs. of mashed potatoes, ½ an oz. of butter, 1 yolk of egg, pepper and salt, egg and breadcrumbs, frying fat.

Method.—Remove all skin and bone and chop the fish finely. Melt the butter in a stewpan, add the fish and potato, salt and pepper to taste, and stir in the yolk of egg. Cook over the fire until the mixture adheres, forming a ball, then turn on to a plate. When cold, form into cakes, brush over with beaten egg, coat carefully with breadcrumbs, and fry in hot fat. Drain well, and serve on a dish paper garnished with fried parsley.

Time.—1½ hours. **Average Cost,** 6d.

3188.—FISH EGGS (SCRAMBLED).

Ingredients.—3 eggs, 3 ozs. of finely-flaked cooked white fish, 2 ozs. of butter, 1 tablespoonful of cream or milk, salt and pepper, buttered toast.

Method.—Beat the eggs, add the cream or milk, and season to taste. Heat the butter in a stewpan, put in the fish, and let it become thoroughly hot, then add the eggs. Cook slowly and stir continuously until the mixture begins to thicken, then pile it on the hot toast, and serve at once.

Time.—About 10 minutes. **Average Cost,** 9d. **Sufficient** for 2 persons.

3189.—FISH PUDDING.

Ingredients.—½ a lb. of cooked fish, ¼ of a lb. of mashed potato, 1 oz. of butter, 1 egg, 2 tablespoonfuls of milk, 1 teaspoonful of chopped parsley, pepper and salt.

Method.—Remove the bones and skin from the fish, and break it into fine flakes. Melt the butter in a stewpan, add the potato, fish, well-beaten egg, milk and parsley, season to taste, and stir the mixture over the fire for 3 or 4 minutes. Have ready a well-buttered mould or pie-dish, pour in the mixture, and bake in a moderate oven for about ½ an hour. Turn out on to a dish paper, garnish with parsley and lemon, and serve.

Time.—1 hour. **Average Cost,** 9d.

3190.—FISH PUDDING. (Another Method.)

Ingredients.—½ a lb. of fish, either cooked or uncooked, 2 ozs. of butter, 1 oz. of breadcrumbs, 1 egg, ½ a teaspoonful of chopped parsley, ½ a gill of milk, pepper and salt.

Method.—Remove all skin and bone, separate the fish into flakes, and pound it well in a mortar. Add the butter gradually, and when quite smooth mix in the egg, milk, parsley and breadcrumbs. Season to taste, turn into a well-greased pudding basin or mould, and cover with a buttered paper. Place the mould or basin in a saucepan containing boiling water, cover closely, and steam very gently for about 1 hour. Turn out carefully on a hot dish, and serve with a good white sauce.

Time.—1½ hours. **Average Cost,** 8d. to 1s.

3191.—FISH QUENELLES.

(*Fr.*—Quenelles de Poisson.)

Ingredients.—3 ozs. of whiting or other white fish, 1 oz. of butter, 1 egg, 1 tablespoonful of breadcrumbs, 1 tablespoonful of milk, pepper and salt.

Method.—Mix the butter, milk, and breadcrumbs well together in a stewpan by the side of the fire, and let the mixture cool. Pound the fish in a mortar, add the bread mixture and the egg, and, when well mixed, pass the whole through a sieve. Form into quenelles (*see* Quenelles of Veal, No. 757), poach for 10 minutes in boiling stock or milk, then strain and serve with white sauce poured over and round.

Time.—1 hour. **Average Cost,** 6d. or 7d. **Sufficient** for 4 or 5 quenelles.

3192.—FISH SOUFFLÉ. (*Fr.*—Soufflé de Poisson.)

Ingredients.—½ a lb. of white fish freed from skin and bone, 2 ozs. of flour, 2 ozs. of butter, 3 eggs, 1 gill of fish stock or milk, ½ a gill of cream.

Method.—Melt the butter, stir in the flour, add the milk or stock, cook thoroughly, then turn the panada on to a plate to cool. Pound the fish in a mortar, adding gradually the panada, 1 whole egg, and 2 yolks of eggs. Season to taste, pass the mixture through a fine sieve, then stir in the cream, and the whites of eggs previously whisked to a stiff froth. Have ready a well-buttered soufflé-tin, provided with a band of buttered paper to support the soufflé when it rises above the level of the tin, pour in the preparation, and steam gently from 45 to 50 minutes. Serve with a good fish sauce (see Sauces).

Time.—1½ hours. **Average Cost,** 1s. to 1s. 3d.

3193.—FISH SOUFFLÉ. (Another Method.)

Ingredients.—1 whiting, 1 oz. of flour, ½ an oz. of butter, 2 eggs, ½ a gill of milk or water, pepper and salt.

Method.—Free the fish from skin and bone. Melt the butter, stir in the flour, add the milk, and cook until the panada leaves the sides of the pan quite clean. Pound the fish, panada and yolks of the eggs well together, season to taste, and pass the mixture through a fine sieve. Beat the eggs stiffly, stir them lightly into the preparation, then turn it into a soufflé-tin prepared as directed in the preceding recipe, and steam gently from 35 to 40 minutes. If preferred, the mixture may be steamed for 15 minutes in dariol moulds. Serve with a good white sauce poured over or round.

Time.—1¼ hours. **Average Cost,** 8d.

3194.—FRICASSEE OF FISH.

Ingredients.—½ a lb. of white fish, ¾ of a pint of cold water, 1 small blade of mace, 2 or 3 sprigs of parsley, a pinch of grated nutmeg. For the sauce: ½ an oz. of butter, ½ an oz. of flour, 1 gill of fish stock, ½ a gill of milk, 1 teaspoonful of lemon-juice.

Method.—Simmer the fish with the mace, parsley, nutmeg, and a little salt in the water until three-quarters cooked, then strain off the liquor and break the fish into flakes. Melt the butter in a stewpan, stir in the flour, add 1 gill of the fish liquor and the milk, and boil for 3 or 4 minutes. Season to taste, add the lemon-juice and fish, make thoroughly hot, and serve. Cooked fish may be used, in which case the fish stock should be prepared from the bones and skin.

Time.—20 minutes. **Average Cost,** 6d. to 8d.

3195.—OYSTERS, STEWED.

Ingredients.—12 oysters, 1 oz. of butter, ½ an oz. of flour, 1 yolk of egg, ½ a gill of milk (about), ¼ of a gill of cream, 1 teaspoonful of lemon-juice, a small blade of mace, salt and pepper.

Method.—Blanch the oysters in their own liquor, then strain and add to it enough milk to increase the quantity to ½ a pint. Melt the butter in a stewpan, stir in the flour, add the mace, mixed liquor and milk, and boil from 2 or 3 minutes. Beat the cream and yolk of egg well together, strain them into the sauce, and stir by the side of the fire for 3 or 4 minutes to cook the egg, but do not let it boil or it will curdle.

Beard the oysters, cut them into halves or quarters, and stir them into the sauce. Season to taste, add the lemon-juice, remove the mace, and serve.

Time.—20 minutes. **Average Cost,** 2s.

3196. SOLE, GRILLED.

Ingredients.—1 medium-sized sole, butter, salt and pepper.

Method.—Trim the sole, and wipe it thoroughly with a damp cloth. Rub it over with a little salt and pepper, and coat it completely with liquid butter. Place the sole on a scrupulously clean well-buttered grill, and cook over or in front of a clear fire, turning it occasionally during the process. Serve on a dish paper, garnish with parsley and lemon. If allowed, a good white or other suitable sauce may accompany the dish.

Time.—10 minutes. **Average Cost,** 1s. to 1s. 6d.

3197.—SOLE, FRIED FILLETED.

Ingredients.—1 sole, 1 egg, breadcrumbs, 1 dessertspoonful of flour, salt and pepper, frying-fat.

Method.—Loosen the skin all round the sole, then take firmly hold of it at the tail and tear it upwards towards the head. To fillet, make an incision down the centre of the backbone and round the fins with a sharp knife, insert the knife in the centre slit, and with short sharp strokes remove each fillet, keeping the knife pressed close to the bone during the process. Season the flour with pepper and salt, and dip in each fillet to dry and season it. Coat each fillet carefully with egg and breadcrumbs, and fry in hot fat until golden-brown. Drain well, and serve on a dish paper, garnished with parsley and slices of lemon. Plaice is filleted in the same way, except that the upper white skin is left on the fish, but the under dark skin should be removed.

Time.—To fry the fish, about 8 minutes. **Average Cost,** 1s. 9d. to 2s. per lb.

3198.—SOLE, SOUCHET OF.

Ingredients.—1 sole, $\frac{1}{2}$ a small carrot, $\frac{1}{4}$ of a finely-chopped shallot, 2 or 3 sprigs of parsley, 6 peppercorns, 1 blade of mace, salt, lemon-juice, $\frac{1}{4}$ of a pint of water.

Method.—Skin and fillet the sole, and roll up the fillets with the skin side of the fish inside the roll. Simmer the peppercorns, mace and parsley in the water for 10 minutes, then strain and return it to the stewpan. Add the shallot and the carrot, cut into the finest shreds, and cook gently until the vegetables are tender. Put in the prepared fish, add salt to taste, and a little pepper, if necessary. Simmer gently for about 10 minutes, then add a few drops of lemon-juice, and serve.

Time.—$\frac{1}{2}$ an hour. **Average Cost,** 1s. 3d. to 1s. 9d.

3199.—SOLE, STEAMED. (*See* Whiting, Steamed, No. 3202.)

3200.—WHITING CREAM.

Ingredients.—1 whiting, which should weigh 4 ozs. when freed from skin and bone, 1 oz. of flour, ½ an oz. of butter, 1 yolk of egg, ½ a gill of milk, ½ a gill of cream, pepper and salt.

Method.—Melt the butter in a stewpan, stir in the flour, add the milk, cook until the panada leaves the sides of the pan and forms a compact mass round the bowl of the spoon, then turn on to a plate to cool. Pound the fish in a mortar until smooth, adding the panada, egg, and a little seasoning, and pass the mixture through a fine sieve. Whip the cream slightly, stir it lightly into the preparation, which afterwards turn into a well-buttered soufflé mould. Cover with a buttered paper, steam gently from 40 to 45 minutes, then turn out and serve, either plain or with a white fish sauce poured over and round.

Time.—1¼ hours. **Average Cost,** 9d.

3201.—WHITING, BOILED.

Ingredients.—1 whiting, 1 dessertspoonful of vinegar or 1 teaspoonful of lemon-juice, ½ a teaspoonful of salt.

Method.—Remove the skin and truss the whiting with its tail in its mouth. Have ready a stewpan containing just enough hot, but not boiling water, to barely cover the fish, add the vinegar or lemon-juice and the salt, put in the whiting, and cook very gently for 7 or 8 minutes, keeping the water just below simmering point. Observe the cracking of the skin, which is a sure indication that the fish is sufficiently cooked. Drain well, and serve on a folded serviette garnished with parsley and slices of lemon. If allowed, parsley or white sauce should accompany the dish. A sole may be boiled in the same way, but a small fish kettle should be used and the sole laid flat upon the strainer.

Time.—7 or 8 minutes. **Average Cost,** 4d.

3202.—WHITING, STEAMED.

Ingredients.—1 whiting, ½ an oz. of butter, ½ an oz. of flour, lemon-juice, 1 gill of milk, salt and pepper.

Method.—Skin the whiting and truss it with its tail in its mouth. Place it in a well-buttered soup plate, sprinkle it lightly with salt, pepper and lemon-juice, and cover with a buttered paper. Have ready a saucepan containing boiling water, place the plate on the top of it, and cover with another plate or the lid of the saucepan. Cook from 30 to 35 minutes, turning the fish once during the process. Blend the flour and butter, add the milk, stir till boiling, and cook for about 10 minutes. Season with salt and pepper, add lemon-juice to taste, pour over the whiting, and serve.

Time.—35 minutes. **Average Cost,** 5½d.

Meat Dishes

3203.—BARLEY CREAM.

Ingredients.—½ a lb. of raw chicken or lean veal, ½ an oz. of pearl barley, ½ a pint of cold water, ½ a gill of cream, salt and pepper.

Method.—Shred the chicken-meat or veal finely or pass it through a mincing machine. Cover the barley with cold water, boil for 2 or 3 minutes, then strain. Replace the barley in the stewpan, add the prepared meat, water and a little salt, and cook as gently as possible from 1¾ to 2 hours. Strain, pound the meat and barley in a mortar until smooth, moistening it meanwhile with a little of the liquor in which it was cooked, and rub it through a fine sieve. Add the cream slightly whipped, season to taste, and either serve cold, or re-heat a little as required.

Time.—2½ hours. **Average Cost,** 9d., when veal is used.

3204.—BRAISED NECK OF LAMB.

Ingredients.—1 lb. of the best end neck of lamb, 1 carrot, ½ a turnip, 1 onion, 2 or 3 sprigs of parsley, ¾ of a pint of stock or water, salt and pepper.

Method.—Saw off the chine bone, saw the rib bones across, and remove the pieces at the thin end by means of a sharp knife. Trim off the skin and the greater part of the fat, and fold the part from which the bones were removed underneath to form a compact shape. Prepare the vegetables, cut them into thick slices, arrange them in a close layer at the bottom of a stewpan, and add the stock. Place the lamb on the top of the vegetables, cover with a buttered paper, put on the lid, and cook gently from 2 to 2½ hours. Crisp the outside in a quick oven, and serve with good gravy or brown sauce (*see* Gravies and Sauces).

Time.—3 hours. **Average Cost,** 1s. 3d.

3205.—CALF'S FOOT, STEWED.

Ingredients.—1 calf's foot, 1 oz. of butter, 1 oz. of flour, ½ a gill of cream, 1 pint of water, 1 small onion sliced, 2 or 3 sprigs of parsley, 2 cloves, 1 small blade of mace, a little finely-chopped parsley.

Method.—Wash and blanch the foot; put it into the stewpan with the spices and vegetables, and stew gently for 3 hours, adding more water if much evaporation occurs. When done, remove the bones, cut the meat into neat pieces, and keep them hot in a little of the stock. Melt the butter in a stewpan, stir in the flour, strain in the stock, boil gently until the sauce becomes thick and smooth, then season carefully and stir in the cream. Arrange the calf's foot neatly on a hot dish, pour the sauce over, sprinkle with parsley, and serve.

Time.—3½ hours. **Average Cost,** 1s. 4d. to 1s. 7d.

3206.—CHICKEN CREAM.

Ingredients.—4 ozs. of raw chicken, 1½ ozs. of butter, 1 white of egg, 1 tablespoonful of breadcrumbs, ½ a gill of cream, ½ a gill of milk, salt and pepper.

Method.—Scrape the meat or pass it through a mincing machine, and pound in a mortar until smooth. Warm the milk, butter and breadcrumbs together, and add them gradually to the chicken-meat, pounding well meanwhile. Pass the mixture through a fine sieve, season to taste, add the cream slightly beaten, and lastly the stiffly-whisked white of egg. Turn into a well-buttered mould or basin, and steam gently from 30 to 40 minutes. If allowed, serve with a good white sauce. If preferred, veal may be used instead of chicken.

Time.—1½ hours. **Average Cost,** 1s. 6d.

3207.—CHICKEN CUSTARD.

Ingredients.—3 ozs. of raw chicken, 2 yolks of eggs, 1 white of egg, 1 gill of stock or milk, pepper and salt.

Method.—Shred the raw chicken finely or pass it through a mincing machine, then pound it in a mortar until smooth, adding the stock or milk gradually, and press it through a fine sieve. Beat yolks and white of egg well together, stir it into the chicken purée, and add pepper and salt to taste. Pour into well-greased china ramakin cases, cover with buttered paper, and steam very gently until firm. If allowed, serve with good white sauce.

Time.—40 minutes. **Average Cost,** 1s. 10d. to 2s.

3208.—CHICKEN PANADA.

Ingredients.—¼ of a lb. of raw chicken, ½ a gill of cream, pepper and salt.

Method.—Pass the chicken meat twice through a mincing machine, then weigh it and place it in a well-buttered jar. Cover closely with buttered paper, stand the jar in a saucepan, surround it to half its depth with boiling water, and cook very gently for 1 hour. When ready, pound in a mortar until smooth, adding the liquor gradually, rub through a fine sieve, and stir in the cream previously whipped. Season to taste, and serve either hot or cold on strips of thin crisp toast.

Time.—1½ hours. **Average Cost,** 1s. 6d. to 2s.

3209.—CHICKEN SOUFFLÉ.

Ingredients.—½ a lb. of raw chicken, 1½ ozs. of butter, 1 whole egg, ¼ of a pint of cream, salt and pepper.

Method.—Scrape the raw chicken into fine shreds or pass it through a mincing machine. Pound well in a mortar, adding the egg and butter gradually, pass the mixture through a fine sieve, and season to taste Whip the cream slightly and the white of egg stiffly, and stir both as lightly as possible into the chicken preparation. Have ready a well-buttered soufflé mould, turn in the mixture, cover with a buttered paper, and steam very gently from 40 to 45 minutes. Turn out and serve with a good white sauce poured over and round.

Time.—1½ hours. **Average Cost,** 3s. 6d.

3210.—CHICKEN, STEWED.

Ingredients.—1 chicken, 1 yolk of egg, 1 oz. of flour, ½ a pint of milk, ½ a pint of water, 1 strip of celery, salt and pepper.

Method.—Divide the chicken into small joints, place them in a stewpan, add the water (boiling), milk, celery and a little salt, cover closely, and simmer gently for 2 hours. About 15 minutes before serving mix the flour smoothly with a little cold milk, add it to the contents of the stewpan, stir until boiling, and simmer gently for 6 or 7 minutes. Beat the yolk of egg, pour over it gradually 3 or 4 tablespoonfuls of the liquor from the stewpan, and when well mixed add it to the contents of the stewpan. Stir by the side of the fire for 3 or 4 minutes to cook the egg, season to taste, and serve.

Time.—2 hours. **Average Cost,** 2s. 9d.

3211.—CHICKEN, FILLET OF, STEAMED.

Ingredients.—The breast or wings of 1 chicken, butter, pepper and salt.

Method.—Remove the chicken carefully from the bone, sprinkle slightly with salt and pepper, and place in a well-buttered soup plate. Have ready a saucepan of boiling water, put the plate on the top of it, cover with another plate or basin, and cook very gently for about an hour. Serve with its own gravy.

Time.—¾ of an hour. **Average Cost,** uncertain.

3212.—CHICKEN OR GAME, FILLET OF, BAKED.

Ingredients.—The breast or wings of 1 chicken, butter, salt and pepper.

Method.—Remove the bones carefully, keeping the fillets as intact as possible, sprinkle them lightly with salt and pepper, and place them on a buttered baking-tin. Cover with a buttered paper, and bake in a moderate oven from 15 to 20 minutes. If liked and allowed serve, with a little cooked spinach and good white sauce.

Time.—20 minutes. **Average Cost,** uncertain.

3213.—CHICKEN OR GAME, FILLET OF, GRILLED.

Ingredients.—The breast or wings of 1 raw chicken, butter, salt and pepper.

Method.—Remove the bones with a sharp knife, keeping the fillets as intact as possible. Season them lightly with salt and pepper, wrap them separately in well-buttered white paper, and grill over or in front of a clear fire. Turn 2 or 3 times during the process, which should occupy from 10 to 12 minutes. Serve plainly or with a little Maître d'Hôtel butter, or any sauce liked or allowed.

Time.—12 minutes. **Average Cost,** uncertain.

3214. CHOP, STEAMED.

Ingredients.—1 lamb or mutton chop, 1 very small finely-chopped onion, ¼ of a pint of mutton broth or water, 1 tablespoonful of rice, salt and pepper.

Method.—Trim off all the fat, place the chop in a stewpan, add the broth or water, onion and a little salt. Cover closely, and cook gently for ½ an hour, then add the rice and continue the slow cooking for 1 hour longer. Serve with the rice and gravy.

Time.—1½ hours. **Average Cost,** 6d.

Note.—For other methods of preparing mutton chops and cutlets, *see* Recipes for Cooking Lamb and Mutton.

3215.—CODDLED EGG.

Ingredients.—1 new-laid egg.

Method.—Place the egg in boiling water, put on the lid, and let the stewpan stand for 7 or 8 minutes where the water will keep hot without simmering. An egg cooked in this manner is more easily digested than when boiled in the ordinary way.

Time.—7 or 8 minutes. **Average Cost,** 2d.

3216.—CUTLET GRILLED.

Ingredients.—1 cutlet, 1 oz. of butter, salt and pepper.

Method.—Trim the cutlet, brush it over on both sides with liquid butter, and grill it over or in front of a clear fire from 7 to 8 minutes, turning it 2 or 3 times during the process. The cutlet should be brushed over with butter each time it is turned; and if much butter is liked it may be served with a small pat, which may be varied by mixing with it a little chopped parsley, a few grains of cayenne, and a few drops of lemon-juice.

Time.—7 or 8 minutes. **Average Cost,** 6d.

3217.—CUTLET STEAMED.

Ingredients.—1 lamb or mutton cutlet, butter, pepper.

Method.—Trim off all the fat, place the cutlet in a well-buttered soup plate, and sprinkle lightly with salt and pepper. Cover with another plate, place on the top of a saucepan of boiling water, and cook for about 45 minutes, turning it once or twice during the process. Serve with its own gravy and any kind of vegetable that is liked by the patient and allowed by the doctor.

Time.—45 minutes. **Average Cost,** 6d.

3218.—CUTLET STEWED.

Ingredients.—1 cutlet, 1 oz. of rice, 1 slice of onion, 1 yolk of egg, ½ a pint of water, salt and pepper.

Method.—Boil the rice in the water until tender, then strain and return the water to the stewpan. Add the cutlet neatly trimmed, the onion and a little salt and pepper, and stew very gently until the cutlet is tender. Remove the cutlet and keep it hot; to the contents of the stewpan add the rice and yolk of egg, and stir by the side of the fire until the mixture thickens. Season to taste, take away the onion, pour over and around the cutlet, and serve. If vegetable flavouring is not allowed, the onion may be omitted.

Time.—½ an hour. **Average Cost,** 8d.

3219.—FRICASSEE OF CHICKEN.

Ingredients.—1 chicken, 1 oz. of butter, 1 oz. of flour, 1 pint of chicken stock, 1 tablespoonful of cream, 1 teaspoonful of lemon-juice, 2 yolks of eggs, 1 very small onion, 2 or 3 thin slices of carrot, 2 or 3 sprigs of parsley, 1 bay-leaf, 1 small blade of mace, salt and pepper.

Method.—Cut the chicken into neat joints, place them with the bones and trimmings in a stewpan, and cover with boiling water. Bring slowly to boiling point, skim if necessary, add the onion, carrot, parsley, bay-leaf, mace and a little salt, and cook gently for ½ an hour. Melt the butter in a stewpan, stir in the flour, add 1 pint of the strained liquor in which the chicken was cooked, and simmer gently for 10 minutes. Beat together the yolk of egg and cream, stir them into the sauce, add the lemon-juice, and season to taste. Stir gently by the side of the fire for a few minutes, to cook the egg, then put in the pieces of chicken, make them thoroughly hot, and serve with the sauce strained over. Cooked chicken may be utilized, and the sauce made of white stock or milk.

Time.—About 1 hour. **Average Cost,** 3s. 6d.

3220.—MINCED RAW CHICKEN.

Ingredients.—½ a raw chicken, ½ an oz. of butter, ½ an oz. of flour, 1 yolk of egg, ¼ of a pint of stock or milk, 1 tablespoonful of cream, 1 small blade of mace, 1 thin small strip of lemon-rind, thin toasted bread, pepper and salt.

Method.—Cut the raw chicken into small dice, fry lightly in the butter, then sprinkle in the flour and cook for 3 or 4 minutes without browning. Add the stock, stir until boiling, then put in the mace, lemon-rind, and a pinch of salt, cover closely, and cook gently from 1 to 1¼ hours. Beat the yolk of egg and cream together, add them to the contents of the stewpan, and stir by the side of the fire for 2 or 3 minutes to cook the egg, but do not let it boil or it will curdle. Remove the mace and lemon-rind, season to taste, and serve garnished with sippets of dry toast.

Time.—1½ hours. **Average Cost,** 2s.

3221.—MINCE OF COOKED CHICKEN OR GAME.

Ingredients.—4 ozs. of cooked chicken or game, 1 oz. of butter, a small dessertspoonful of flour, 1 yolk of egg, 1½ gills of stock or milk, 1 tablespoonful of cream, 1 bay-leaf, or a fine strip of lemon-rind, nutmeg, salt and pepper.

Method.—Remove all skin and bone, cut the chicken or game into very small dice, and simmer the bones, trimmings and bay-leaf in a little water for at least 1 hour. Strain; if necessary add milk to make up the 1½ gills, or, if more convenient, use milk entirely. Melt the butter in a stewpan, stir in the flour, add the stock, and boil for 10 minutes. Add the prepared chicken; when thoroughly hot stir in the cream and yolk of egg previously beaten together, and season to taste with salt, pepper and nutmeg. Stir by the side of the fire for 2 or 3 minutes to cook the egg, then serve.

Time.—10 minutes, after the stock is made. **Average Cost,** 10d. to 1s.

3222.—MINCE OF FRESH MUTTON.

Ingredients.—6 oz. of lean mutton, ½ an oz. of butter, 1 teaspoonful of flour, ¼ of a teaspoonful of finely-chopped onion, ¼ of a pint of stock or water, salt and pepper, toasted bread.

Method.—Select tender juicy meat, trim off all the fat, and cut the lean into tiny dice. Melt the butter in a stewpan, fry the onion lightly, add the meat and cook gently for a few minutes, browning it slightly. Stir in the flour, add the stock and a little salt and pepper, and simmer very gently until tender (about ½ an hour). Serve garnished with triangles of thin toasted bread.

Time.—40 minutes. **Average Cost,** 6d.

3223.—QUENELLES OF VEAL.

Ingredients.—½ a lb. of fillet of veal, 2 ozs. of flour, 1 oz. of butter, 1 egg, 1 gill of stock, salt and pepper, nutmeg.

Method.—Melt the butter in a stewpan, stir in the flour, add the stock, and boil until the panada leaves the sides of the stewpan clean, stirring vigorously meanwhile. Turn the panada on to a plate to cool, and meanwhile shred the meat and pass it 2 or 3 times through a mincing machine. Pound the meat, panada and egg in a mortar until smooth, season to taste, and pass it through a wire sieve. Shape the quenelles in spoons (*see* Recipe No. 757), or fill small, well-buttered quenelle moulds with the mixture. Poach until firm, about 20 minutes, and serve with good white sauce.

Time.—About 1 hour. **Average Cost,** 10d.

3224.—RABBIT, STEWED.

Ingredients.—1 young rabbit, 1 oz. of butter, 1 oz. of flour, 1 pint of water, ½ a pint of milk, 1 small onion, 2 or 3 sprigs of parsley, 2 cloves, salt and pepper.

Method.—Wash, wipe and joint the rabbit, put it into the stewpan with water (cold), onion sliced, parsley, cloves, and a little salt and pepper, boil up, skim, and stew gently until tender. Melt the butter in a stewpan, stir in the flour, add the milk and ½ a pint of the liquor in which the rabbit was cooked, and boil for 3 minutes. Season to taste and pour over the rabbit, which should be piled high in the centre of a hot dish.

Time.—1 hour. **Average Cost,** 1s. 6d.

3225.—RAW BEEF BALLS.

Ingredients.—3 or 4 ozs. of raw juicy steak, a little cream or strong beef tea, butter.

Method.—Scrape the meat into tiny fragments with a sharp knife, and press it through a wire sieve. Mix with it about ½ a teaspoonful of cream or strong beef tea, then form into balls the size of a very small Spanish nut. Rub the bottom of a sautépan or stewpan slightly with butter, make the pan hot, put in the balls, and move them about for a few seconds with a spoon until the colour is slightly changed, but leaving the inside absolutely raw. Serve with beef tea or soup.

Time.—½ an hour. **Average Cost,** steak, 1s. 2d. to 1s. 4d. per lb.

3226.—RAW BEEF SANDWICHES.

Ingredients.—2 or 3 ozs. of raw juicy steak, thin slices of bread and butter, salt and pepper.

Method.—Scrape the meat finely, rub it through a wire sieve, and season lightly with salt and pepper. Spread it on thin bread and butter, and place another piece on the top. Cut into dainty squares and serve. If preferred, the pepper and salt may be omitted, and the meat preparation, when spread on the bread, plentifully dredged with castor sugar. This entirely masks the flavour of the meat.

Time.—10 minutes. **Average Cost,** steak, 1s. 2d. to 1s. 4d. per lb.

3227.—SWEETBREAD, FRIED.

Ingredients.—1 calf's heart sweetbread, stock, 1 oz. of butter, 1 egg, breadcrumbs, parsley.

Method.—Blanch the sweetbread; when cold remove it from the water, and trim away all gristle and fat. Put it into a stewpan with as much well-flavoured stock as will just cover it, and simmer gently for about ½ an hour. Press between 2 plates until cold, then cut it into slices, coat them with egg and breadcrumbs, and fry lightly in hot butter. Or, if preferred, the slices may be fried in boiling fat. Drain well, and serve on a dish paper garnished with crisply-fried parsley.

Time.—About 1 hour. **Average Cost,** 4s. 6d. to 7s. 6d.

Note.—For other methods of preparing calves' and lambs' sweetbread, *see* chapters on Veal and Lamb.

3228.—TRIPE, STEWED.

Ingredients.—½ a lb. of tripe, ½ a pint of milk, 1 oz. of flour, 1 finely-chopped onion, pepper and salt.

Method.—Cover the tripe with cold water, bring it to boil, drain well, and cut into 1-inch squares. Replace it in the stewpan, add the milk, onion, and a seasoning of salt and pepper, bring to the boil, and simmer very gently for 2 hours. 10 minutes before serving, add the flour mixed smoothly with a little cold milk, stir until boiling, simmer for 5 minutes longer, and serve.

Time.—2¼ hours. **Average Cost,** 10d.

Jellies

3229.—AMBER JELLY.

Ingredients.—2 eggs, 6 ozs. of loaf or castor sugar, 1 oz. of sheet gelatine, ½ a pint of water, ¼ of a pint of lemon-juice, ¼ of a pint of sherry, Madeira, or Marsala, the thinly cut rind of 1 lemon.

Method.—Soak the gelatine in the cold water for about 20 minutes, turn both into a stewpan, add the eggs slightly beaten, the shells crushed and the rest of the ingredients. Whisk until nearly boiling, then strain, let it cool slightly, and turn into a mould rinsed with cold water. Turn out when firm.

Time.—To make the jelly, ½ an hour. **Average Cost,** 1s. to 1s. 2d.

3230.—BEEF JELLY.

Ingredients.—1 pint of beef tea, 1 oz. of gelatine, salt and pepper.

Method.—Dissolve the gelatine in 2 tablespoonfuls of hot water, add it to the beef tea, and season to taste. Stir until beginning to set, then pour into small moulds, and put aside until firm. In cases where all nourishment must be administered cold or iced, the above recipe will be found useful.

Time.—2 or 3 hours. **Average Cost,** 1s. 2d. to 1s. 4d.

3231.—CALF'S FOOT JELLY.

Ingredients.—2 calves' feet, 5 pints of water, ½ a pint of sherry, ¼ of a pint of lemon-juice, 6 ozs. of loaf sugar, the rinds of 3 lemons, the whites and shells of 2 eggs, 1 inch of cinnamon, 4 cloves.

Method.—Wash and blanch the feet, and divide each one into 4 pieces. Replace them in the stewpan, add the water, and boil gently for 6 hours, skimming when necessary. Strain and measure the stock, and if there is more than 1 quart, boil until reduced to this quantity. When cold remove every particle of grease, turn the jellied stock into a stewpan, and add the lemon-rinds, pared off in the thinnest possible strips, the lemon-juice, sherry, sugar, the stiffly-whisked whites and crushed shells of the eggs, and the cinnamon and cloves. Whisk until boiling, then draw the stewpan to the side of the fire, and let the contents simmer for 10 minutes. Strain through a scalded jelly-bag, or scalded tea-cloth tied to the legs of a chair reversed, and turn into moulds rinsed with cold water. Turn out when firm, and serve.

Time.—12 hours. **Average Cost,** 3s. 6d.

3232.—EGG JELLY.

Ingredients.—2 eggs, 5 ozs. of loaf sugar, 1 oz. of gelatine, 2 lemons.

Method.—Rub the sugar on the lemon-rind, squeeze and strain the juice, and make up to 1 pint with cold water. When using Nelson's gelatine, stir it into the lemon-juice and water, and let it soak for at least 1 hour; soak sheet gelatine from 15 to 20 minutes. When ready, turn it into a stewpan, and stir over the fire until the gelatine is dissolved. Separate the whites and yolks of the eggs, whisk the former to a stiff froth, beat the latter slightly and add them, with the sugar, to the contents of the stewpan. Stir by the side of the fire until the sugar is dissolved and the yolks of egg sufficiently cooked, but if allowed to boil it may curdle. Mix in, off the fire and as lightly as possible, the whites of egg, turn into a mould rinsed with cold water, and when firm unmould and serve. A more solid variety may be made by beating both yolks and whites together.

Time.—½ an hour. **Average Cost,** 6d.

3233.—IRISH MOSS JELLY.

Ingredients.—½ an oz. of Irish moss, 1 pint of water, ½ a glass of sherry, 1 dessertspoonful of lemon-juice, sugar to taste.

Method.—Wash the moss thoroughly, and soak it in cold water for 12 hours. Strain, put it into a stewpan with 1 pint of water, and simmer gently for 5 hours, adding more water as evaporation occurs, so as to keep the quantity of liquid to one pint. Strain, sweeten to taste, add the lemon-juice and sherry, and turn into a mould previously rinsed with cold water. Irish moss possesses medicinal properties, but the flavour is somewhat unpalatable, hence the necessity of disguising it with sherry, lemon-juice or other flavouring ingredients.

Time.—17 hours. **Average Cost,** 5d.

3234.—MILK JELLY.

Ingredients.—1 pint of milk, 1½ ozs. of loaf or castor sugar, ½ an oz. of sheet gelatine, the thinly cut rind of ¼ of a lemon.

Method.—Infuse the lemon-rind in the milk for about 20 minutes, then add the sugar and gelatine, stir until the latter is dissolved, and take out the lemon-rind. Turn the preparation into a basin, and stir from time to time until it attains the consistency of thick cream. Have ready 1 large mould, or small moulds, rinsed with cold water, pour in the mixture, and place on ice or in a cold place until set.

Time.—2 or 3 hours. **Average Cost,** 5d.

3235.—PORT WINE JELLY.

Ingredients.—½ a pint of port wine, ½ a gill of water, 1 teaspoonful of red-currant jelly, ½ an oz. of gelatine, ½ an oz. of loaf sugar, carmine or cochineal.

Method.—Soak the gelatine in the water for about 20 minutes, then turn both into a stewpan, and add the sugar and red-currant jelly. Stir until dissolved, add the port and a few drops of carmine or cochineal to brighten the colour, and strain through muslin. Turn into dariol moulds rinsed with cold water, and turn out when firm.

Time.—2 or 3 hours. **Average Cost,** 1s. 3d. to 1s. 6d.

3236.—RESTORATIVE JELLY.

Ingredients.—1 lb. of shin of beef, 1 ox foot, 1 quart of cold water, ½ a teaspoonful of salt.

Method.—Wash and blanch the foot, and divide it into small pieces. Cut the beef into small pieces, place it with the prepared ox foot, water and salt in a jar with a close-fitting lid, and cover with 3 or 4 folds of greased paper. Have ready a saucepan of boiling water, in it place the jar, and cook slowly for at least 7 hours. Then strain, skim, season to taste, and pour into a previously wetted mould. This preparation, although intended to be served as a jelly, will be found excellent when warmed and served as a soup.

Time.—7 hours. **Average Cost,** 1s. 3d.

Note.—Many useful recipes for jellies suitable for convalescents will be found in the chapter dealing exclusively with creams and jellies.

3237.—RICE JELLY.

Ingredients.—2 ozs. of rice, 1 quart of boiling water, 1 inch of cinnamon, sugar to taste.

Method.—Pick and wash the rice, put it into the boiling water with the cinnamon, and boil gently for about ¾ of an hour, or until the water becomes thick and starchy. Strain, sweeten to taste, and pour into small moulds rinsed with water. Turn out when firm.

Time.—2 or 3 hours. **Average Cost,** 1d.

Puddings, Etc.

3238.—ARROWROOT SOUFFLÉ.

Ingredients.—1 oz. of arrowroot, ½ an oz. of sugar, 2 eggs, ½ a pint of milk, bay-leaf or other flavouring.

Method.—Mix the arrowroot smoothly with a little cold milk, boil the remainder with the flavouring ingredient, and let it infuse for 10 or 15 minutes. Strain on to the arrowroot, stirring briskly meanwhile, return the preparation to the stewpan, and simmer gently for about 10 minutes. Add the sugar, beat each yolk separately into the mixture, and lastly stir in the stiffly-whisked whites. Have ready a well-buttered china baking-dish, pour in the preparation, and bake in a moderately hot oven from 25 to 30 minutes.

Time.—1 hour. **Average Cost,** 4d.

3239.—ARROWROOT SOUFFLÉ. (Another Method.)

Ingredients.—1 oz. of arrowroot, ½ an oz. of sugar, 2 eggs, ½ a pint of milk, vanilla or other flavouring, salt.

Method.—Mix the arrowroot smoothly with a little cold milk, boil up the remainder, and pour it over the arrowroot, stirring briskly meanwhile. Return to the saucepan, add the sugar, a few drops of vanilla essence and a pinch of salt, and stir and cook over the fire until the mixture leaves the sides of the saucepan. Cool slightly, beat each yolk in separately, and stir in as lightly as possible the whites of eggs previously stiffly whisked. Pour the preparation into a buttered pie-dish, and bake gently from 20 to 25 minutes.

Time.—From 30 to 35 minutes. **Average Cost,** 6d. **Sufficient** for 2 persons.

3240.—BARLEY CUSTARD PUDDING.

Ingredients.—1 oz. of patent barley, ½ an oz. of butter, 1 teaspoonful of castor sugar, 1 large egg, ½ a pint of milk, salt, nutmeg.

Method.—Mix the barley smoothly with a little cold milk, boil up the remainder, and pour it over the barley, stirring meanwhile. Add the butter, sugar, and a pinch of salt, replace in the stewpan, and stir the mixture until it boils. Cool slightly, beat in the yolk of egg, and lastly add the white of egg previously stiffly whisked. Turn into a buttered pie-dish, grate a little nutmeg on the top, and bake gently for 10 minutes.

Time.—20 minutes. **Average Cost,** 3½d. **Sufficient** for 1 or 2 persons.

Note.—Many puddings suitable for invalids and convalescents will be found in the chapter devoted exclusively to puddings and hot sweets.

3241.—CARRAGEEN BLANCMANGE.

Ingredients.—1 teacupful of carrageen (Irish sea-moss), sugar to taste, vanilla-essence to taste, 1 saltspoonful of salt, 1 quart of milk.

Method.—Pick and wash the moss, let it lie in cold water for 15 minutes, then drain well, and tie it loosely in coarse net or muslin. Put it into a double saucepan with the milk and salt, cook until the milk will jelly when a little is poured on a cold plate, and sweeten to taste. Strain, add vanilla essence to taste, and pour the preparation into small moulds previously rinsed with cold water.

Time.—About 1 hour. **Average Cost,** 5d.

3242.—CUSTARD MOULD.

Ingredients.—3 eggs, 1 oz. of caster sugar, ¾ of an oz. of gelatine, 1 pint of milk, vanilla pod, bay-leaf or other flavouring.

Method.—Boil the flavouring ingredient in the milk, and infuse for about 20 minutes. Beat the eggs lightly, pour over them the hot, but not boiling, milk, stirring well meanwhile, and add the sugar. Return to the stewpan, cook by the side of the fire until the eggs thicken, but do not let them boil, then pour the preparation on to the gelatine in a basin. Stir until dissolved, then turn into a mould or dariol moulds rinsed with cold water. When firm turn out, and serve with a little wine sauce or fruit syrup.

Time.—½ an hour. **Average Cost,** 8d.

3243.—PORRIDGE, (*See* Recipe No. 3149.).

3244.—IRISH MOSS BLANCMANGE.

Ingredients.—½ a pint of milk, 1 tablespoonful of Irish moss, flavouring, salt.

Method.—Wash the moss in several waters, and pick it over carefully. Put it into a stewpan, with the milk and a pinch of salt, bring to the boil and simmer for a few minutes, or until it thickens when a little is dropped on a cold plate. Strain and flavour to taste, pour into small moulds previously rinsed with cold water, and when firm turn out and serve.

Time.—2 hours. **Average Cost,** 2d.

3245.—SEMOLINA CREAM.

Ingredients.—1 oz. of semolina, 1¼ pints of milk, ½ an oz. of gelatine, sugar and flavouring to taste.

Method.—Soak the semolina in a ¼ of a pint of milk for 1 hour, then put it into a stewpan with another ½ pint of milk, and simmer gently for about ½ an hour. Boil the remaining ½ pint of milk, pour it over the gelatine, and stir until it is dissolved. Mix this with the semolina, sweeten and flavour to taste, stir until the cream is beginning to set, and pour into a wet mould. Turn out when set.

Time.—2 hours. **Average Cost,** 4½d.

3246.—SUET PUDDING.

Ingredients.—3 ozs. of finely-chopped beef suet, 1½ ozs. of sugar, 6 ozs. of flour, 1 egg, ½ a teaspoonful of baking powder, salt.

Method.—Mix the suet, flour, sugar, baking powder, and a pinch of salt together, and beat and add the egg. Mix well, turn into well-greased dariol moulds, cover with buttered paper, and steam from 50 to 60 minutes. Serve with honey, jam, or golden syrup.

Time.—To cook the puddings, from 50 to 60 minutes. **Average Cost,** 3½d. **Sufficient** for 3 or 4 persons.

Beverages

3247.—APPLE TEA.

Ingredients.—2 or 3 sour cooking apples, sugar to taste.

Method.—Peel and slice the apples, cover them with boiling water, let them remain covered in a basin placed in a tin of hot water on the stove until soft but not broken, then strain, sweeten to taste, and use as required.

Time.—About 1 hour. **Average Cost,** 1½d. to 2d. per pint.

3248.—APPLE WATER.

Ingredients.—2 large apples, 1 tablespoonful of castor sugar, 1 tablespoonful of lemon-juice, 1 thinly-cut rind of ½ a lemon, 1 pint of boiling water.

Method.—Peel the apples, cut them into slices, and put them into a jug with the sugar, lemon-rind and lemon-juice. Pour over the boiling water, let the jug stand covered until the contents are quite cold, then strain. If preferred, the apples may be previously roasted.

Time.—1 hour. **Average Cost,** 3d.

3249.—ARROWROOT.

Ingredients.—1 dessertspoonful of arrowroot, 1 teaspoonful of castor sugar, ½ a pint of milk or water.

Method.—Mix the arrowroot smoothly with a little cold milk, boil the remainder and pour it on, stirring briskly meanwhile. Return to the stewpan, and boil for 5 minutes, stirring all the time. Add the sugar, and serve. If preferred, an equal quantity of water may be substituted for the milk.

Time.—10 minutes. **Average Cost,** 1½d.

3250.—ARROWROOT AND BLACK-CURRANT TEA.

Ingredients.—2 tablespoonfuls of black-currant jam, 1 tablespoonful of arrowroot, 1 quart of water.

Method.—Put the jam and water into a stewpan, bring to the boil, and simmer gently for ½ an hour. Strain, return the liquid to the stewpan, and bring again to boiling point. Mix the arrowroot smoothly with a little cold water, pour it into the stewpan, and boil gently for about 10 minutes. Pour into a jug, stir from time to time until cold, and use.

Time.—45 minutes. **Average Cost,** 3d.

3251.—BARLEY WATER.

Ingredients.—2 ozs. of pearl barley, 2 or 3 lumps of sugar, the thinly pared rind of ½ a small lemon, 1 pint of boiling water.

Method.—Cover the barley with cold water, boil for 2 minutes, and strain. Place the barley, sugar and lemon-rind in a jug, pour in the boiling water, and cover closely. When cold, strain and use. This forms a nutritious, agreeable drink, and it is also largely used to dilute milk, thus making it easier of digestion.

Time.—1 hour. **Average Cost,** 1½d.

3252.—BARLEY WATER. (Another Method.)

Ingredients.—1 oz. of pearl barley, 1 quart of cold water, the thinly-pared rind of 1 lemon, the juice of 1 lemon (if allowed), sugar to taste.

Method.—Blanch the barley, then strain and return it to the stewpan. Add the water, simmer gently for ½ an hour, then put in the lemon-rind and continue the cooking for ½ an hour longer. When ready, strain into a jug, add the lemon-juice and sugar, and when cold use as required.

Time.—1½ hours. **Average Cost,** 1½d.

A very nutritious and extremely pleasant drink may be quickly and easily prepared by using Patent Barley. Directions for making it are given with each packet.

3253.—BARLEY GRUEL.

Ingredients.—1 tablespoonful of Patent Barley (flour), a pinch of salt, a little cold water, ½ a pint of boiling water (or milk), sugar or port to taste.

Method.—Mix the barley well with cold water until a smooth paste, about the thickness of cream, is formed; then add ½ a pint of boiling water (or milk, which is preferable); put into an enamelled saucepan, add sugar or wine to taste, simmer for 10 minutes, stirring all the time with a silver or wooden spoon.

Time.—10 minutes. **Sufficient** to make ½ a pint. **Average Cost,** 2½d. without spirit.

3254.—BLACK-CURRANT TEA.

Ingredients.—1 dessertspoonful of black-currant jam, 1 teaspoonful of lemon-juice, 1 teaspoonful of castor sugar, ½ a pint of boiling water.

Method.—Put the jam, sugar and lemon-juice into a jug, pour on the boiling water, and stir well. Cover with a plate or saucer, and let the jug stand by the side of the fire for 15 or 20 minutes. Strain and use hot as a remedy for a cold, or allow it to become cold, and use as a beverage to alleviate thirst or hoarseness.

Time.—20 minutes. **Average Cost,** 2d.

3255.—BRANDY AND EGG MIXTURE. (Dr. P. Muskett.)

Ingredients.—2 ozs. of best brandy, 2 ozs. of cinnamon water, the yolk of 1 egg, ¼ of an oz. of loaf sugar.

Method.—"Beat the yolk of egg and sugar together, and add the cinnamon water and brandy. From ½ a teaspoonful to 1 teaspoonful may be given to infants, and proportionately increased quantities to children, every hour, in extreme weakness. It is one of the most powerful and palatable restoratives known, and often proves of incalculable value."

3256.—BRAN TEA.

Ingredients.—2 tablespoonfuls of bran, 1 tablespoonful of honey, ¼ of an oz. of gum arabic, 1 pint of water.

Method.—Boil the bran in the water for 20 minutes. Add the gum arabic and honey, stir from time to time until dissolved, and strain through muslin. A useful remedy for hoarseness and sore throat.

Time.—½ an hour. **Average Cost,** 2d.

3257.—BRAN TEA. (Another Method.)

Ingredients.—1 pint of wheat bran, 1 quart of boiling water, sugar and cream to taste.

Method.—Put the bran and water into a double saucepan, or failing this, an earthenware jar, and let it stand where it will keep hot, but not boil, for 1 hour. Strain, sweeten to taste, and add a little cream when serving it.

Time.—1 hour. **Average Cost,** 2d.

3258.—CARRAGEEN CHOCOLATE.

Ingredients.—1 oz. of carrageen (Irish sea-moss), 1 oz. of chocolate grated, sugar to taste, 1¼ pints of milk.

Method.—Wash and soak the moss (*see* Recipe No. 3241), put it into a saucepan with 1 pint of cold water, and bring to the boil. Boil the milk, add the chocolate, stir until dissolved, then add the moss and water from the other pan. Strain, sweeten to taste, and serve in glasses while quite warm.

Time.—25 minutes. **Average Cost,** 5d. or 6d.

Note.—"Carrageen Water" may be made by substituting water for the milk; cinnamon or lemon-rind should be added.

3259.—CAUDLE.

Ingredients.—½ a pint of milk, ¼ of a pint of water, 1 wineglassful of sherry or brandy, 1 tablespoonful of fine oatmeal, 1 tablespoonful of castor sugar, the finely-cut rind of ¼ of a lemon, a little nutmeg.

Method.—Put the oatmeal, lemon-rind, water and milk into a stewpan, bring it to the boil, and simmer gently for 15 minutes. Stir in the brandy, sugar and nutmeg, remove the lemon-rind, and serve.

Time.—30 minutes. **Average Cost,** 5d. to 6d.

3260.—EGG AND BRANDY.

Ingredients.—1 egg, 1 tablespoonful of good brandy, 1 tablespoonful of either hot or cold water, castor sugar to taste.

Method.—Beat the egg well in a cup, add a little sugar, and the water and brandy, and mix well. Strain into a tumbler, and serve.

Time.—5 minutes. **Average Cost,** 5d.

3261.—EGG AND WINE.

Ingredients.—1 egg, 1 small teaspoonful of castor sugar, 1 glass of port or sherry, an equal quantity of boiling water.

Method.—Beat the egg well in a cup, add the sugar, and when dissolved, pour on the hot water, and lastly the wine. Strain into a tumbler, and serve.

Time.—5 minutes. **Average Cost,** 5d. or 6d.

3262.—EGG FLIP.

Ingredients.—1 egg, 1 glass of port, sherry or brandy, 1 teaspoonful of castor sugar.

Method.—Separate the white and yolk of the egg, whisk the former to a stiff froth, and put the latter into a tumbler. Add the sugar, and stir with a teaspoon until creamy. Put in the wine, stir in the prepared white as lightly as possible, and serve.

Time.—10 minutes. **Average Cost,** 6d.

3263.—EGG FLIP. (Another Method.)

Ingredients.—1 white of egg, ¼ of a pint of milk, 1 tablespoonful of brandy or sherry.

Method.—Mix the brandy or wine and the milk together in a tumbler, and, if liked, add a little castor sugar. Beat the white of egg to a stiff froth, stir it lightly in, and serve.

Time.—5 minutes. **Average Cost,** 4½d.

3264.—EGG NOG.

Ingredients.—1 white of egg, 1 tablespoonful of sherry or brandy, 1 tablespoonful of cream, castor sugar to taste.

Method.—Put the wine or brandy into a tumbler, add the cream and a little sugar, and mix well. Whisk the white of egg to a stiff froth, stir it lightly into the contents of the tumbler, and serve.

Time.—5 minutes. **Average Cost,** 5d.

3265.—EGG NOG. (Another Method.)

Ingredients.—1 egg, 1 tablespoonful of brandy, 1 small teaspoonful of castor sugar, ⅓ of a pint of milk.

Method.—Beat the egg in a cup, add the brandy and sugar, and mix well. Strain into a tumbler, stir in the milk, and serve.

Time.—5 minutes. **Average Cost,** 5d.

3266.—EGG NOG, HOT.

Ingredients.—The yolk of 1 egg, 1 pint of milk, 1 tablespoonful of castor sugar, 1 tablespoonful of brandy or whisky.

Method.—Beat the yolk of egg and sugar well together, then stir in the brandy or whisky. Bring the milk to boiling point, then pour it over the mixed ingredients, stir well, and serve.

Time.—10 minutes. **Average Cost,** 6d.

3267.—GRUEL, BARLEY.

Ingredients.—1 oz. of pearl barley, ¾ of a pint of water, 1 small glass of port wine (optional), 1 teaspoonful of castor sugar, the thinly-cut rind of ¼ of a lemon.

Method.—Blanch and strain the barley, replace it in the stewpan with the water and lemon-rind, and simmer for 20 minutes. Strain, sweeten to taste, add the port wine, and serve.

Time.—½ an hour. **Average Cost,** 6d., exclusive of wine.

3268.—GRUEL, OATMEAL.

Ingredients.—1 tablespoonful of fine oatmeal, 1 pint of water, or milk and water mixed, sugar to taste, a pinch of salt.

Method.—Mix the oatmeal with a little cold water, boil the remainder, pour in the blended oatmeal, and stir until boiling. Simmer gently for ½ an hour, stirring frequently. Strain, add a pinch of salt, and sweeten to taste. Nutmeg, ginger, butter or cream are frequently added when the gruel is intended as a remedy for a cold.

Time.—35 minutes. **Average Cost,** 2½d., when milk is used.

3269.—GRUEL, OATMEAL. (Another Method.)

Ingredients.—1 tablespoonful of coarse oatmeal, ½ a pint of cold water, sugar to taste, salt.

Method.—Soak the oatmeal in the cold water for 3 hours, then pour the water off into a stewpan. Boil until it thickens, stirring occasionally, add a pinch of salt, sweeten and flavour to taste, and serve.

Time.—3½ hours. **Average Cost,** ½d.

Note.—A very nutritious gruel can also be made with Patent Groats. Directions are given with each packet.

3270.—GRUEL, SAGO.

Ingredients.—1 dessertspoonful of fine sago, 1 dessertspoonful of castor sugar, ½ a pint of boiling water, 1 glass of port wine.

Method.—Let the water be quite boiling in a stewpan, then sprinkle in the sago and boil gently until it is quite clear, stirring from time to time. Add the sugar and wine, and serve.

Time.—10 minutes. **Average Cost,** 4½d.

3271.—IRISH MOSS.

Ingredients.—½ an oz. of Irish moss, 1 dessertspoonful of castor sugar, 1 dessertspoonful of lemon-juice, 1 tablespoonful of wine or brandy, 1 pint of cold water.

Method.—Wash the moss well, then put it into a stewpan with the cold water, and simmer gently for 1 hour. Strain, add the sugar, lemon-juice and wine or brandy, and serve.

Time.—1 hour. **Average Cost,** 5d.

3272.—LEMONADE.

Ingredients.—The juice of 2 lemons, the rind of 1 lemon, 1 pint of boiling water, 4 or 5 lumps of sugar, or to taste.

Method.—Remove the rind of 1 lemon in thin, fine strips, place them in a jug, add the strained juice of 2 lemons, and the sugar. Pour in the boiling water, cover, let it stand until cold, then strain, and use.

Time.—2 or 3 hours. **Average Cost,** 2d.

3273.—LEMONADE. (Another Method.)

Ingredients.—The juice of 2 lemons, 1 tablespoonful of castor sugar, 1 pint of cold water, ice if allowed.

Method.—Squeeze and strain the lemon-juice into a jug, add the sugar, and stir until it is dissolved. Pour in the water, add a few small pieces of ice, and serve.

Time.—5 minutes. **Average Cost,** 2d.

3274.—LEMON SQUASH.

Ingredients.—1 lemon, 1 small bottle of soda water, 1 teaspoonful of castor sugar.

Method.—Squeeze and strain the lemon-juice into a tumbler, add the sugar, pour in the soda water, and serve at once.

Time.—5 minutes. **Average Cost,** 3d.

3275.—LEMON WHEY.

Ingredients.—1 pint of milk, the juice of 1 lemon, castor sugar to taste.

Method.—Heat the milk in a double saucepan, or in a jar placed in a saucepan of boiling water. Add the lemon-juice, sweeten to taste, continue cooking until the curd separates, then drain off the whey, and serve it either hot or cold.

Time.—½ an hour. **Average Cost,** 3d.

3276.—LINSEED TEA.

Ingredients.—1 oz. of whole linseed, ½ an oz. of liquorice, ½ an oz. of sugar candy, the juice of ½ a lemon, the finely-cut rind of ¼ of a lemon, 1 pint of cold water.

Method.—Wash and drain the linseed, and simmer it with the water, liquorice and lemon-rind for about ½ an hour. Add the sugar candy, and when dissolved, strain and stir in the lemon-juice.

Time.—40 minutes. **Average Cost,** 3d.

3277.—MILK AND BAKED FLOUR.

Ingredients.—½ an oz. of baked flour, ½ a pint of milk, 1 teaspoonful of castor sugar.

Method.—Bake the flour in a baking-tin in the oven until it acquires a pale fawn colour, then mix it smoothly with a little of the milk. Boil the remainder of the milk, pour in the blended flour, and simmer gently for 10 minutes, stirring continuously. Stir in the sugar, and serve.

Time.—20 minutes. **Average Cost,** 1½d.

3278.—POSSET, TREACLE.

Ingredients.—2 tablespoonfuls of treacle, the juice of ½ a lemon, ½ a pint of milk.

Method.—Bring the milk to the boil, and pour in the treacle and lemon-juice. As soon as it has curdled, strain through muslin, and serve as a remedy for a cold.

Time.—5 minutes. **Average Cost,** 2d.

3279.—POSSET, MILK.

Ingredients.—1 pint of milk, 1 tablespoonful of brandy or sherry, 1 dessertspoonful of castor sugar, nutmeg to taste, 2 moderately thin slices of stale bread, salt.

Method.—Cut the bread into small dice, put it into a soup bowl, and sprinkle over it a pinch of salt, a pinch of nutmeg, and the sugar. Bring the milk nearly to boiling point, pour it over the bread, let the bowl stand covered for 10 minutes, then stir in the brandy, and serve.

Time.—20 minutes. **Average Cost,** 5d.

3280.—RICE WATER. (Dr. Pavy.)

Ingredients.—1 oz. of Carolina rice, 1 quart of cold water, flavouring.

Method.—"Wash well 1 oz. of Carolina rice with cold water. Then macerate for 3 hours in a quart of water kept at tepid heat, and afterwards boil slowly for 1 hour, and strain. May be flavoured with lemon peel, cloves, or other spice." This preparation is useful in dysentery, diarrhœa, etc.

Time.—4 hours.

3281.—TOAST WATER.

Ingredients.—1 crust of bread, 1 pint of cold water.

Method.—Toast the bread very brown and hard, but do not burn it, or it will impart a disagreeable flavour to the water. Put it into a jug, pour over it the cold water, let it soak for 1 hour, then strain and use.

Time.—1½ hours.

3282.—WHEY. (*See* Curds and Whey, No. 2998; Lemon Whey, No. 3275; and White Wine Whey, No. 3284.)

3283.—WHITE OF EGG AND SODA WATER.

Ingredients.—1 white of egg, 1 tablespoonful of brandy, sherry or lemon-juice, ¼ of a pint of soda-water, ¼ of a teaspoonful of castor sugar.

Method.—Whisk the white of egg to a stiff froth, add the sugar, and turn it into a tumbler. Mix the brandy lightly in, pour in the soda water, and serve at once. The yolk of egg, or a whole egg, can be used in the same way.

Time.—5 minutes. **Average Cost,** 5d.

3284.—WHITE WINE WHEY.

Ingredients.—½ a pint of milk, ½ a glass of sherry, sugar to taste.

Method.—Put the milk and wine into a small stewpan, simmer gently until the milk curdles, then strain through a fine sieve. The whey should be served hot; the curds, the indigestible part of the milk, are not used.

Time.—5 minutes. **Average Cost,** 3½d.

Peptonized Foods

Peptonized foods are most valuable for those who suffer from severe indigestion, also in cases of dyspepsia and gastritis, or when the patient is unable to take milk in its natural form.

The chief peptonizing agents are pepsine and liquor pancreaticus, and the food when acted upon becomes partially predigested and consequently more readily absorbed. When the natural digestive juices are deficient, and the stomach is unable to properly perform its office, those who suffer from this cause may, by employing one of these valuable agents, be supplied with more varied food than they would otherwise be able to digest. During the process of peptonization a slightly bitter taste is developed, but this may be arrested before it becomes too pronounced by bringing whatever is being acted upon quickly to boiling point. The following simple recipes will sufficiently illustrate the principles of peptonization.

3285.—PEPTONIZED BEEF TEA.

Ingredients.—½ a lb. of finely-shredded lean beef, 1 teaspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda, ½ a pint of water, a pinch of salt.

Method.—Put the water, beef and bi-carbonate of soda into a stewpan, heat slowly to 140° F., stirring gently meanwhile, and keep at this temperature for about ½ an hour. Remove from the fire, and when it has cooled down to a lukewarm temperature, add the liquor pancreaticus, and allow the vessel to remain covered in a warm place for about 1 hour. Then strain, bring to the boil, season to taste, and serve.

Time.—1¾ hours. **Average Cost,** 1s.

3286.—PEPTONIZED BEEF TEA JELLY.

Ingredients.—½ a pint of peptonized beef tea, ½ an oz. of sheet gelatine.

Method.—Make the beef tea as directed in the preceding recipe, then strain and bring to boiling point. Soften the gelatine in a little cold water, add it to the beef tea, and stir until dissolved. Strain into a mould previously rinsed with cold water, and keep in a cold place until set.

Time.—2 hours. **Average Cost,** 1s. 1d.

3287.—PEPTONIZED MILK.

Ingredients.—½ a pint of milk, ¼ of a pint of water, 1 dessertspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda.

Method.—Put the milk and water into an enamelled stewpan, heat it to 140° F., then pour it into a jug containing the liquor pancreaticus and bi-carbonate of soda. Cover the jug, wrap it in flannel, and let it stand in a warm, but not hot, place for 1 hour. Boil up to prevent the bitter taste becoming too much developed. Milk thus prepared can be used for various preparations, or it may be served as ordinary milk, either hot or cold.

Time.—1½ hours. **Average Cost,** 4d.

3288.—PEPTONIZED GRUEL.

Ingredients.—½ a pint of thick gruel, ½ a pint of fresh milk, 1 dessertspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda.

Method.—Make the gruel from any farinaceous food preferred (*see* preceding recipes), and add to it the cold milk. Stir the liquor pancreaticus and bi-carbonate of soda at once into this warm preparation, cover, and keep it at the same temperature for about ½ an hour. Boil for a few minutes, sweeten and flavour to taste, then serve.

Time.—40 minutes. **Average Cost,** 5d.

3289.—PEPTONIZED SOUPS.

Any purée or stock forming the basis of soup may be peptonized by adding to each pint 1 tablespoonful of liquor pancreaticus and 20 grains of bi-carbonate of soda. As soon as the right stage of peptonization is reached the soup should at once be boiled, otherwise an unpleasant bitter flavour will be imparted to the preparation.

Diabetic Foods

3290.—ALMOND BREAD.

Ingredients.—4 ozs. of almond meal, 2 tablespoonfuls of gluten meal, 1 teaspoonful of baking powder, 1 oz. of butter, 2 eggs, salt.

Method.—Mix the meal, salt, and baking powder together, and add the butter previously well beaten. Add the eggs separately, beat well, then bake in a shallow tin from 20 to 25 minutes.

Time.—1 hour.

3291.—ALMOND BREAD. (Another Method.)

Ingredients.—4 ozs. of almond meal, 2 tablespoonfuls of prepared bran, 1 oz. of butter, 1 egg, 1 teaspoonful of baking powder, 1 tablespoonful of milk (about).

Method.—Prepare and bake as directed in the preceding recipe. This bread, as well as the above, will be found extremely palatable if, when cool, it is cut into pieces the size of an ordinary rusk, and browned in a moderate oven.

Time.—1 hour.

3292.—ALMOND SPONGE, BAKED.

Ingredients.—1 oz. of almond flour, 2 whites of eggs, salt, and saccharine to taste.

Method.—Whisk the whites stiffly, stir in the flour lightly, and add a pinch of salt and saccharine to taste. Bake from 15 to 20 minutes in a hot oven. The saccharine may be omitted, and the preparation will then be found a good substitute for bread.

Time.—30 minutes.

3293.—COCOANUT CAKES.

Ingredients.—2 ozs. of unsweetened cocoanut, 2 ozs. of almond flour, 1 oz. of butter, 1 egg, milk, saccharine, salt.

Method.—Cream the butter, add the almond flour, cocoanut, saccharine, and a pinch of salt, and, when well mixed, stir in the egg and as much milk as will form a stiff mixture. Place it in small heaps on a greased tin, and bake in a quick oven from 15 to 20 minutes.

Time.—30 minutes.

3294.—CUSTARD.

Ingredients.—½ a pint of milk, 2 eggs, saccharine, flavouring, salt.

Method.—Beat the eggs, add the milk, a good pinch of salt, and sweeten and flavour to taste. The preparation may be baked in a pie-dish, steamed in a basin, or cooked in a jug placed in a saucepan of boiling water. Savoury custard may be made by substituting salt, pepper, and parsley for the saccharine and flavouring, and some or all of the milk should be replaced by good white stock.

Time.—¾ of an hour. **Average Cost,** 4d.

3295.—EGG JELLY.

Ingredients.—½ a pint of water, the juice of 2 lemons, thin rind of 1 lemon, ¼ of an oz. of gelatine, 1 egg, saccharine.

Method.—Put all the ingredients into a saucepan, and stir the mixture by the side of the fire until the gelatine is dissolved. Strain into a mould, and turn out the jelly when set.

Time.—1 hour. **Average Cost,** 5d.

3296.—FISH.

Fish of every description is allowed, and the usual methods of cooking may be applied, except frying in deep fat, the breadcrumbs or flour batter used in preparing fish thus cooked being prohibited.

3297.—HARICOT BEAN TEA.

Ingredients.—¼ of a pint of white haricot beans, 1 quart of water, a bay-leaf, 1 clove, 2 or 3 sprigs of parsley, salt and pepper, 2 or 3 tablespoonfuls of cream.

Method.—Soak the beans for 12 hours, then wash them well, and put them into a well-lined stewpan. Add the water, bay-leaf, clove, parsley and a little salt, boil gently for 3 hours, and strain through a fine strainer. Let the tea stand for 15 or 20 minutes, then pour carefully into a clean stewpan, taking care not to disturb the sediment. Re-heat, add the cream, season to taste, and serve.

Time.—3½ **hours. Average Cost,** 4d.

3298.—LENTIL FLOUR GRUEL.

Ingredients.—1 quart of milk (or milk and water), 2½ ozs. of lentil flour, sugar to taste, flavouring if liked, salt.

Method.—Mix the flour smoothly with a little milk, boil up the remainder, and pour it over the blended flour. Replace in the saucepan, stir and boil gently for 5 minutes, then add a good pinch of salt, saccharine to taste, and cover closely. Simmer gently for ½ an hour, stirring occasionally, then add a little ginger, nutmeg, or any flavouring preferred, and serve.

Time.—About 45 minutes. **Average Cost,** 5d. to 6d. **Sufficient** for 3 or 4 persons.

3299.—MEAT, POULTRY, GAME.

The ordinary methods of cooking are applied, but all gravies and sauces must be entirely free from root vegetables, flour and other starchy substances.

3300.—MILK JELLY.

Ingredients.—½ a pint of milk, ¼ of an oz. of gelatine, saccharine, lemon-rind or other flavouring.

Method.—Infuse 2 or 3 fine strips of lemon-rind in the milk for 10 minutes, add the saccharine and gelatine, and stir by the side of the fire until the latter is dissolved. Strain into a mould, and turn out when set.

Time.—1 hour. **Average Cost,** 3d.

3301.—SAUCES.

Ingredients.—2 ozs. of butter, 1½ ozs. of gluten flour, 1 pint of stock, milk, or water.

Method.—Melt the butter in a saucepan, add the gluten flour, and, when well mixed, put in the stock, milk or water. Stir and boil for a few minutes, season to taste, and serve. A sweet sauce is made by adding saccharine and flavouring, instead of salt and pepper ; and yolks of eggs and cream may partially, or entirely, replace the gluten flour.

Time.—15 minutes. **Average Cost,** 5d.

3302.—SOUFFLÉS (SWEET AND SAVOURY).

Ingredients.—2 ozs. of almond flour, or gluten flour, ½ a pint of milk, 2 eggs.

Method.—Mix the almond flour or gluten flour smoothly with a little milk, boil up the remainder, and add the flour. Stir and cook over the fire until thick, add saccharine and flavouring to taste, and beat in the yolks of eggs. Whisk the whites stiffly, stir them lightly in, pour the mixture into a buttered pie-dish,and bake in a quick oven for 20 minutes. A savoury soufflé may be made by adding salt and savoury seasoning instead of sugar ; and when making a fish soufflé, fish stock should replace the milk.

Time.—40 minutes.

3303.—SOUPS.

Soups may be made from meat, game, poultry or fish, but they must contain no root vegetables or starchy substances. Such vegetables as cabbage, lettuce or spinach are allowed, and the soup may be thickened with almond flour, or yolks of eggs.

3304.—THICK SOUP.

Ingredients.—½ a lb. of gravy beef, 1 pint of water, 2 tablespoonfuls of almond flour or gluten flour, 1 tablespoonful of cabbage cooked and chopped, 1 tablespoonful of cream, salt to taste.

Method.—Cut the meat into small pieces, and simmer it in the water for 1½ hours. Strain, replace in the stewpan, add the almond flour or gluten flour mixed smoothly with a little cold water, and stir until boiling. Stir and cook gently for about 10 minutes, add the cabbage and cream, and season to taste.

Time.—2 hours.

3305.—TRIPE SOUP.

Ingredients.—½ a lb. of tripe, 1 pint of milk, 1 pint of stock or water, 1 small onion, 1 clove, 1 oz. of butter, ½ an oz. of flour, salt and pepper.

Method.—Wash the tripe, blend and drain it, and cook it in the milk and stock or water, with the onion and clove, for an hour or till tender, then mince the tripe finely and add it to the broth. Melt the butter, stir in the flour, dilute with 1 gill of milk, stir till it boils and add to the soup. Boil for 10 minutes longer, season slightly and serve.

Time.—1½ hours. **Average Cost,** 7d. or 8d.

BREAD, BISCUITS AND CAKES

CHAPTER XLVI

Cereals.—Among the large variety of vegetable products yielding articles of food for man, the " cereals " undoubtedly hold the first place. They are so-called after " Ceres," who, in Roman mythology, was the goddess of corn and tillage, or more generally speaking, of agriculture. The best-known cereals are wheat, rye, barley, oats and maize. Of these wheat comes first, and in this country scarcely anything else is employed at the present time for bread-making, although at different times other grain and vegetables have been pressed into service, generally, however, in times of scarcity and famine, when the quartern loaf has risen in price to 2s. There is a vast difference in the price of bread now and at the beginning of the eighteenth century, when also the quality was decidedly bad. In the early days of the nineteenth century the country was no doubt in a very bad way, and we whose lot is cast in the present day have much to be thankful for. A quartern loaf made at the present time from the finest flour the world produces is within the reach of almost all, for to-day the average price of bread for the country is 5d. per quartern.

Rye is used for the purposes of bread-making in some continental countries, but in England it takes more the form of a luxury than ordinary every-day food. It is hard, and less easily soluble by the gastric juices, and is less rich in nutritive properties than wheat-meal or flour. Flour or meal produced from barley, maize, or rice, cannot be employed satisfactorily for the manufacture of bread unless a considerable portion of wheat flour is added, and in countries where these grains are the staple food of the people they are as often eaten as porridge or mash as in the form of bread.

On examining a grain of corn from any of the numerous cereals used in the preparation of flour, such as wheat, rye, barley, etc., it will be found to consist of the husk, or exterior covering, which is generally of a dark colour, and the inner part, which is more or less white. That is what is seen on a superficial examination, but looked at through a microscope there is a centre white part, consisting almost entirely of starch cells, and 5 or 6 layers of different-shaped cells surrounding the starch, each less starchy and less white than the centre, each containing more phosphates and getting browner as it is nearer to the outer covering of all, the bran. The gluten or flesh-forming material is in a row of brick-shaped cells near the starch. In grinding, these two portions are separated, and, the husk being blown away in the process of winnowing, the flour remains in the form of a light-brown powder. In order to separate the brown from the white, it undergoes a process called "bolting." It is passed through a series of fine sieves, which separate the coarser parts, leaving behind fine white flour—the "whites" or "supers" of the millers, flour dealers, or factors. It will thus be seen that the finest white flour comes from the centre of the grain, and contains a considerable proportion of starch. "Households," or "fines," is somewhat darker in colour because it takes in some of the cells rich in gluten, it is therefore more nourishing and, as a rule, stronger and more elastic in the dough, and will make a larger though sometimes a very holey loaf. "Sharps," "tails," "tippings" and "pollard" are all names given to the intermediate products between white flour and bran. These latter products are generally used to feed stock upon, but might with some probable advantage be added to bread, as they are very nourishing, and not indigestible like bran. This was the process generally in vogue for the production of flour fifty years ago, but at the present time a totally different process is followed, and the old-time stones have been replaced by steam rollers; hence the term now generally met with of "roller process flour," meaning that the wheat has been reduced to flour by rollers instead of ground as before described. There is also a good deal of difference in the products of the two systems, for although flour is the result of both, the roller flour is the better. The principal difference between the two processes is that by the roller process the flour is manufactured after the impurities have been got rid of, while in stone milling, as before stated, the whole grains are ground down into a general mass, and a portion of the impurities removed or taken out in the subsequent dressings or bolting of the meal.

The process of roller-milling can be divided into 5 stages :—1st. Cleaning the wheat ; 2nd. The break-roller process ; 3rd. Purification ; 4th. Smooth-roller process ; 5th. Flour dressing.

The first process consists of cleaning the grains and freeing them from foreign matter, and many ingenious machines are used for the purpose which need not be discussed here. The grain being cleaned, dried, or whatever preliminary operation is necessary, is fed into the break rolls. These are constructed of steel, fluted longitudinally, with a slight spool, and as the grains pass through they are crushed, and semolina middlings flour and offal are produced. Usually there are seven sets of rolls to each break, and the products from each break are sifted by sieves with different sized meshes, and the product is termed

" through," while that which does not pass through the sieves is termed " tails," and forms the feed for the second and subsequent breaks, until the last break is reached, and the " throughs " are reserved for gentler treatment.

The first break reduces the grain to rather large particles, and as the " tail " passes down to the lower breaks it becomes more branny, until, at the last break, very little but bran is left. The grain having been passed through the rollers and sieves gives several different products that need not be particularised here ; then comes the purification process, which is done with machines termed " purifiers," fitted with horizontal sieves of " Swiss-silk," through which the currents of air are passed. By the motion of the sieves and the action of the air the light and impure particles are lifted to the top, the lightest are blown away, and the medium floated to the tail to be repurified, the heaviest and best semolina only passing through the sieves. The " throughs " from the different breaks are now run through smooth rollers that run at slightly different speeds, and afterwards comes the dressing, which results in 1st Patents, 2nd Patents ; 1st Bakers, 2nd Bakers, which are more than equivalent to the whites, supers, households, and No. 28 of the old-fashioned miller. Of course, the middlings, sharps, pollard and bran are taken out during different stages of the process.

Wholemeal and Brown Breads.—In ancient times, down to the Emperors, bolted flour was unknown. In many parts of Germany the entire meal is still used for bread, and in no part of the world are the digestive organs of the people in a better condition. But the principal grain used is rye, and not wheat, as in England. Brown bread has of late years become more popular, and many physicians have recommended it to invalids with weak digestion and people of sedentary habits with great success. Nevertheless, it is questionable whether wholemeal bread would prove an advantage to the mass of the people, for the bran is not digestible, and indeed, its value, in the physician's hands, depends upon that. Decorticated bread, from which the bran only is absent, is not open to the same objection, and will afford a pleasant change, occasionally, from the white bread which is so popular. Unfortunately brown bread is sometimes made from white flour and bran, leaving out all the central products, and, therefore, cannot be of so high a dietetic value as wholemeal or decorticated wheatmeal bread. Bran contains a large proportion of phosphates and mineral matter, and the ferment peculiar to wheat flour, said to assist in its digestion ; hence it will be seen why brown bread is more nourishing than white bread ; indeed, we may lay it down as a general rule, that the whiter the bread, the less nourishment it contains. At the same time, the white loaf still flourishes, and the colour of the crumb is a sure indication of the quality of the flour used in its manufacture.

Bread-making is a very ancient art. The Assyrians, Egyptians and Greeks used to make bread, in which oil, with aniseed and other spices were elements, but this was unleavened. Every family used to prepare the bread for its own consumption, the trade of baking not having then taken shape. It is said that somewhere about the beginning of the both Olympiad, the slave of an archon at Athens, made leavened bread by accident. He had left some wheaten dough in an earthen pan, and had forgotten it ; some days afterwards he lighted upon it again, and found it turning sour. His first thought was to throw it away ; but, his master coming up, he mixed this now acescent dough with some fresh dough, which he was working at. The bread thus produced, by the introduction of dough in which alcoholic fermentation had begun, was found delicious by the archon and his friends, and the slave, being summoned and catechised, told the secret. It spread all over Athens, and everybody wanting leavened bread at once, certain persons set up as bread-makers, or bakers. In a short time bread-making became quite an art, and "Athenian Bread" was quoted all over Greece as the best bread, just as the honey of Hymettus was celebrated as the best of its kind.

In our own times, and among civilised peoples, bread has become an article of food of the first necessity ; and rightly so, for it constitutes of itself a complete life-sustainer—the gluten, fibrin, fat, phosphates, starch and sugar, which it contains, representing all the necessary classes of food ; and when the question of cost arises, it is one of the cheapest foods supplied to man. In towns and large centres of population, bread is cheapest, and if not of the highest quality, as a life sustainer it is more valuable than the whitest of flour. But, comparatively speaking, bread by itself contains too little fat, and too little flesh-forming material to be used as a sole article of diet.

Different kinds of Flours.—The finest, wholesomest, and most savoury bread is made from wheaten flour. Rye bread comes next to wheaten bread ; it is not so rich in gluten, but is said to keep fresh longer, and to possess some laxative qualities.

Barley bread, Indian-corn bread, etc., made from barley, maize, oats, rice, potatoes, etc., "rise badly," because the grains in question contain but little gluten, so that the bread is heavy, close in texture, and difficult of digestion ; in fact, wheat flour has to be added before panification can take place. In countries where wheat is scarce and maize abundant, the people make the latter a chief article of sustenance, prepared in different forms.

Yeast is a living plant, consisting of a vast number of minute cells, which multiply by budding off other cells, and sometimes by spores, and most of the mistakes in its use would be avoided if this were understood. Extremes of heat and cold kill it, and a temperature that it does not like prevents it from growing actively at the time, even though it may not be hot or cold enough to put an end to its growing in future under more favourable conditions. Under a microscope each plant can be readily defined. If a few be put into flour and water, potatoes and water, or any suitable mixture, they grow and multiply, producing more yeast plants like themselves, and in growing they give out carbonic acid gas and water, with a little alcohol. Cooks talk about *keeping* a little yeast in sugar and water, but it is kept only as this year's corn is kept when it is sown to make next year's bread. It does not grow freely in sugar and water only, it requires something more. Flour and sugar is easy and convenient, or potatoes. The better the food suits the yeast the faster it grows ; in some mixtures, carefully prepared on purpose, it grows so fast that as much as will lie on a shilling fills a cup in an hour or two. It must always be kept warm, at blood-heat, during the process of fermentation, unless you desire to check its growth or vigour, in which case the temperature must be considerably reduced.

Growth of Yeast.—One practical use of these facts is that, given a little good yeast, any amount more may be made. A second is, that if Brewer's yeast is bitter, a little of it will always yield some new yeast that is not bitter.

Rough usage or shaking will also prevent its growth.

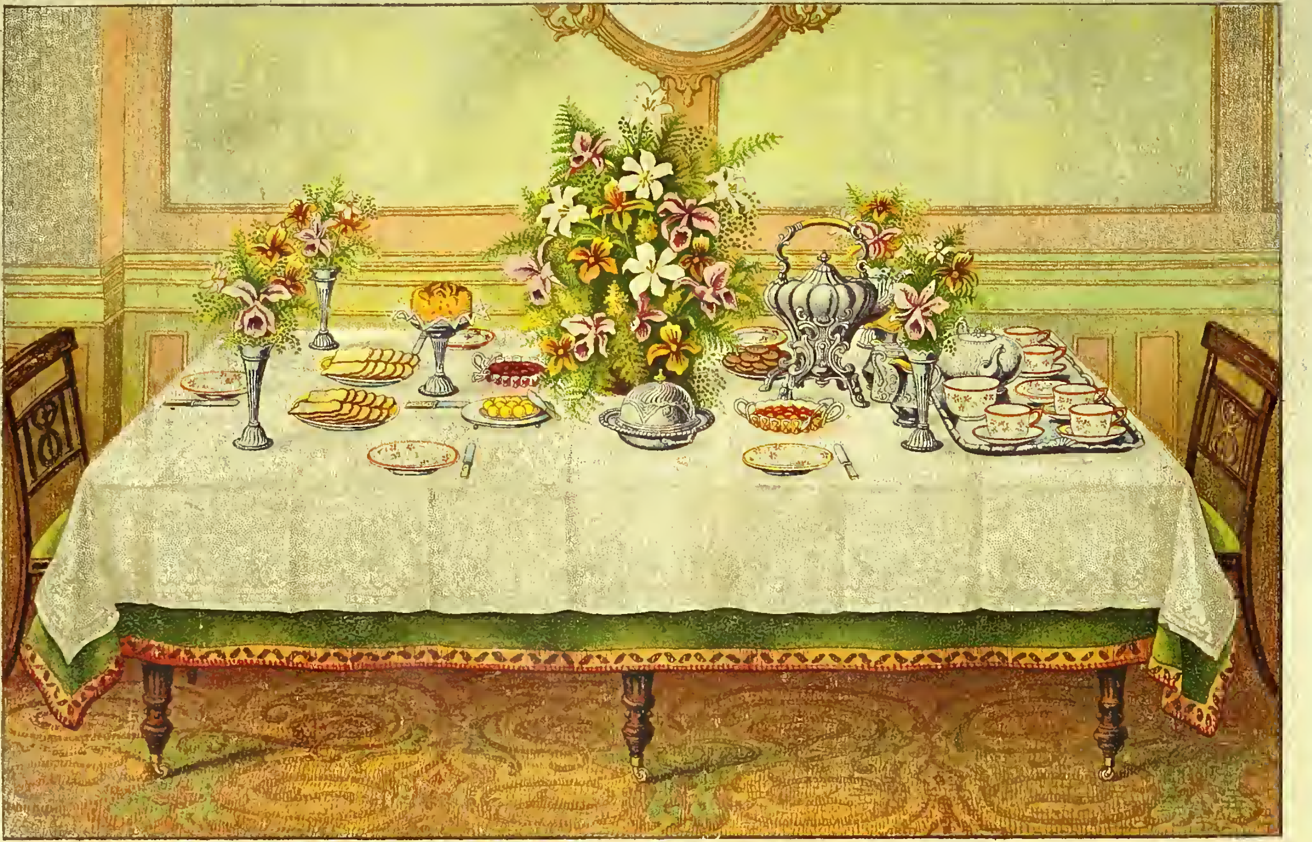
Before making any quantity of bread, it is wise to test the yeast and see if it yields, by mixing a little and setting it near a warm stove for an hour, but on no account must it get hot, for that would effectually kill it.

Home-made Yeast is sometimes made of malt and hops, and no yeast is added by the maker. If the solution begins to ferment, yeast has certainly got into it some way or another, and yet, exposed to the air, it is almost sure to ferment sooner or later, and will probably ferment very soon if there is yeast anywhere near.

Choice of Yeast.—In this country the choice of yeast is almost unlimited, for besides Brewer's and Baker's " Patent," there is an immense quantity imported from the continent, and vast quantities are also supplied by the spirit factories or distilleries of this country. All kinds of leavening matter have, however, been, and are still used in different parts of the world : in the East Indies, " toddy," which is a liquor that flows from the wounded cocoa-nut tree ; and in the West Indies, " dunder," or the refuse of the distillation of rum. The dough then undergoes the well-known process called *kneading*. The yeast produces fermentation, a process which may be thus described :— The dough re-acting upon the leavening matter introduced, the starch of the flour is transformed into saccharine matter, the saccharine matter being afterwards changed into alcohol, water, and carbonic acid gas. The dough must be well " bound," and yet allow the escape of the little bubbles of carbonic acid which result from fermentation, which in their passage cause the numerous little holes which are seen in light bread.

To Choose Flour.—The quality of wheat varies much with the weather of each season at home, and also with the weather and soil in countries that differ more from each other than our wettest season from our driest.

TEA TABLE.



So much flour is now imported that we always have a good supply. If one country fails, another succeeds. In bygone times, when there was little or no foreign corn, if the corn sprouted in shock there was bad bread for the community until a better season came round, for sprouted corn and bad flour cannot be made into good bread, even with all the skilful manipulation of the modern baker.

Good Flour is Dry, and does not lose more than 12 per cent. in weight when heated in an oven. To grind corn damp, and so increase its weight, is not an uncommon practice. Every cook knows that the same weight of flour will not always mix with an equal quantity of water, and that the better the flour the more water it takes up. It should be white, with a yellowish tinge, household flour being always less white than "firsts," or fine Hungarian, used for pastry, adherent, so that a handful squeezed keeps its shape ; neither acid, nor soon becoming acid ; and it should, above all, make a good loaf. This last is the best of all tests, and before buying any large quantity of flour it is always wise to apply it on a sample. From 1 sack of flour (280 lbs.) from 90 to 100 (4-lbs.) loaves may be made. The average is about 95. If the flour is remarkably good and dry, a greater weight of water is taken up, and consequently a larger number of loaves are made from the same amount of flour. Cloths are sometimes thrown over bread hot out of the oven to retain the steam and prevent the loaves from becoming dry.

Loss of Weight in Baking.—Dough loses about $\frac{1}{6}$ of its weight in baking. Potato is sometimes added in small quantities with no evil intent, because yeast acts more quickly on potato starch than that contained in the flour ; but of late years Malt Extract has largely superseded the use of potatoes, as being more cleanly, a true yeast food, and more adapted to modern processes. The skill of the baker is applied so to mix the flour that it may produce the best bread, as regards its colour, flavour, and keeping quality. It is usual to use strong American flour for setting the sponge, and afterwards to knead in some of the sweet flour grown in our English counties. About $\frac{2}{3}$ of our flour comes from abroad, and it is generally used to mix in with and fortify our home supply, though every one who has tried new English flour, grown in a good season and on good soil, will agree that none can equal it for sweetness.

Daily Consumption of Bread.—It is usual to allow 1 lb. of bread per diem to each person. Two people would eat a half-quartern loaf between them. This is an ample allowance, even if there is not a very abundant supply of other foods, and if more than this is used in an average household there is probably some waste going on. The poorer housekeepers, who fetch their bread, get it weighed, and receive an extra slice thrown in if the loaf is under weight, but bread brought to the house is not weighed by the baker. Fancy bread is never weighed, and as brown bread is usually made and sold as fancy bread, it is consumed chiefly as a luxury.

When the Dough is well kneaded, it is left to stand for some time, and then, as soon as it begins to swell, it is divided into loaves. After this process it is again left to stand, when it once more swells up, and manifests for the last time the symptoms of fermentation. It is then put into a hot oven, where the water contained in the dough is partly evaporated, and the loaves swell up again, while a yellow crust begins to form upon the surface. When the bread is sufficiently baked, the bottom crust is hard and resonant if struck with the knuckles, and the crumb is elastic, rising again in its place if pressed with the fingers. It will take from 30 to 45 minutes to bake in an ordinary oven, according to the size of the loaves, but a full 2-lb. loaf will never bake in less than 45 minutes, and if the oven is not over-hot a much longer time is necessary.

New Bread.—One word as to the unwholesomeness of new bread and hot rolls. When bread is taken out of the oven it is full of moisture ; the starch is held together, and the bread, instead of being crushed so as to expose each grain of starch to the saliva, is formed by the teeth into leathery, poreless masses, which are highly indigestible. Bread should always be at least a day old before it is eaten ; and, if properly made, and kept in a cool place, ought to be perfectly soft and palatable at the end of 3 or 4 days ; and so firmly was this believed to be the case, that an Act of Parliament was once passed making it illegal to sell bread that was less than 24 hours old.

Baking-powder is largely used to vesiculate bread and cakes. The carbonic acid gas in this case is formed by the effervescence of bicarbonate of soda with some acid, usually tartaric, but sometimes hydrochloric. Many different kinds are sold, but each differs but slightly from the other. Some are coloured yellow and are known as egg-powder ; some go by the name of yeast-powder ; but the action of all is practically the same. A common recipe for home-made baking-powder is 10 ozs. of ground rice, 9 ozs. of carbonate of soda, 5 ozs. of tartaric acid, well mixed and sifted together ; the rice is merely used to increase the bulk, and so to facilitate its mixing with the flour. If a teaspoonful of this or any other baking-powder is put in a tumbler of water, if effervesces rapidly ; presently the effervescence subsides, and there remains water, with the rice undissolved, and some tartrate of soda. In the same way it effervesces in a cake, or in dough, and bubbles up exactly as in the case of the water. As the water soon subsided, so will the dough, the gas will escape, and there will remain flour, water, and tartrate of soda settled down into a solid mass. Such is the action of baking-powder on bread or pastry, if the latter is not baked at once. The whole value of the powder is lost. But if it is put in the oven while the gas is held in the dough, it will rise still further, because gas or air always expands with heat, and long before the gas escapes the dough will be baked into shape with all the bubbles in it, and is then called "light." It is not a good word, for whether a loaf is "light" or "heavy" it weighs the same, except in so far as it may be too wet if it is not sufficiently baked; the difference will consist in the size and relative weight of the two, and not in the actual weight. A "light" loaf is puffed up to look larger.

All goods, therefore, made with baking-powder, should be put into the oven as soon as possible after the moistening ingredient is added, or the result will be a very indifferently aërated cake or loaf. This rule applies generally to all kinds of baking-powders, cakes, pastry, or bread.

Another rule is to use the coldest water and to mix it in a cold place. We have seen that the rising of a loaf depends on the sudden expansion by heat of the air it contains, and the greater the difference between the coldness of the air as it goes into the oven, and the heat of the oven itself, the more it will rise, always provided that the oven is not so fierce as to scorch and stiffen the crust before the inside has had time to be heated. Cakes can be made light with snow instead of water, even with no baking-powder, because of the extreme coldness of the air that is mixed into them.

In this kind of bread-making the gas is formed in the dough, but not of it, as with yeast, and, therefore, the taste of the wheat is more perfectly preserved.

Other Acids used.—When hydrochloric acid is used, instead of tartaric acid, or cream of tartar, it combines with the soda to form chloride of sodium, better known as common salt. It is more difficult to mix than the dry acid, but it has the advantage that common salt is always harmless, while tartrate of soda is an aperient, having exceptional action upon a few constitutions. There are persons who cannot eat bread made with baking-powder; this is probably the reason. Such an idiosyncrasy is, it must be confessed, very rare; and the commercial acid (hydrochloric) often contains arsenic in small quantities, which is a very undesirable element for bread-making purposes, and at the present time it is very seldom used for aërating bread or anything else. A commoner objection to baking-powder is that it leaves a soapy taste, resulting from an excess of soda. Excess of acid is far less objectionable and less common. Other acids may be used, as, for instance, sour milk, or butter-milk, which makes excellent bread with bicarbonate of soda. Liebig recommended acid phosphates of lime, chloride of sodium, and bicarbonate of soda, which very gently and slowly evolves the gas, and, therefore, makes better bread than substances that effervesce quickly and are soon still. Sesqui carbonate of ammonia is also used by bakers to make cakes. It is extremely volatile, and must be kept in a tightly-stoppered bottle.

Eggs act in two ways. They increase the tenacity of the dough, so that it better retains the air, and when they are beaten to a froth, they carry a good deal of air into the cake.

"Graham" Bread is also made of brown meal and water, without any ferment other than the small amount of cerealine contained in the wheat grain itself. It has not come into very general use in this country, but in America a considerable quantity is consumed.

Aërated Bread.—As a matter of fact all bread is aërated, but at the present day there is a special bread that is known to the public as "Aërated Bread." It is made by a company in London, and has been on sale for a considerable time. The bread is rather close, but very sweet and white in colour, and is made by a process patented by Dr. Dauglish, of Malvern. The flour is first put in a spherical vessel with the salt, and the vessel is closed up, the atmospheric air is exhausted, and then water and carbonic gas are forced into the globe, and a series of beaters or arms revolved by steam power convert the raw material into dough. This, when thoroughly mixed, and of course aërated, is discharged into tins, or long loaves, which are immediately put into the oven, where they are allowed to bake in the same way as other bread. It will be noted where the chief points of difference come in. It is made entirely by machinery, and is untouched by hand during the whole process, and this is one of the inducements held out to the public to purchase it.

Machine-made Bread.—At the present time the process of bread-making is worked upon more scientific principles than hitherto, and with the attraction of a capital to the baking-trade, the endeavour seems to be made to keep well up to date as regards machinery, so that to-day there is scarcely a town of any importance without a bakery supplied with the most modern machinery and appliances. Machine-made bread is probably not any better than the hand-made variety; but, although there may be many who prefer the hand-made, there can be no doubt that in the near future all bakeries will be equipped with machinery.

From a hygienic point of view, machine-made bread is to be preferred to hand-made, and as the public appreciate the fact that the heavy labour of dough-making is more effectively done by machine than by hand, there is no doubt they will eventually insist upon having it.

At the present day, bakehouses in all parts of the country are periodically visited by an inspector. There is therefore very little likelihood of bread being manufactured under insanitary conditions; in fact, the tendency is all the other way—to gradually raise the sanitary standard, and thus blot out many of the old-fashioned bakehouses that were sanitary enough in the old days, according to their theories, but are altogether old-fashioned and behind the times now. If there is any dark spot in the baking-trade it is truly the fault of the local authorities and their inspectors, who have power of entry under a variety of Acts of Parliament to inspect, insist upon alterations, or close any bakery that is, in their opinion, in an insanitary condition, and if they fail in their duty, it is for the public to interfere for their own protection, and insist upon the law being properly carried out.

Mixed Breads.—Rye bread is hard of digestion, and requires longer and slower baking than wheaten bread. It is better when made with leaven of wheaten flour, rather than yeast, and turns out lighter. It should not be eaten till 2 days old. It will keep a long time. A good bread may be made by mixing rye-flour, wheat-flour, and rice paste in equal proportions ; also by mixing rye, wheat and barley. In Norway it is said that they only bake their barley bread once a year, such is its "keeping" quality. Indian cornflour, mixed with wheat-flour (half-and-half) makes a nice bread ; but it is not considered very digestible, though it keeps well. Rice cannot be made into bread, nor can potatoes ; but ¼ potato-flour in ¾ wheaten flour makes a tolerably good loaf. A very good bread, better than the ordinary kind, and of a delicious flavour, is said to be produced by adopting the following recipe :—Take 10 parts of wheat-flour, 5 parts of potato-flour, 1 part of rice paste; knead together, add the yeast, and bake as usual. This would not prove any cheaper than ordinary wheaten bread at the present day, because the potato-flour and rice are dearer than flour. In times of great scarcity, when the people of this country depended chiefly upon their own productions for their food, nearly all the vegetable products of the garden were used for the purpose of making bread, and mixed breads were as often met with as brown or wheaten breads ; this was, however, before the abolition of the Corn Laws, when wheat was over 100s. per quarter, and the quartern loaf cost 1s. 4d. But at the present day, with every country in the world anxious to supply our markets with the best of their products, there does not seem much likelihood of Englishmen being reduced to such straits again, and being compelled to feed on the so-called mixed breads.

It will be seen by what has been previously stated that a very considerable amount of care and skill is requisite to produce a sweet wholesome loaf. If the instructions given in the following pages are carefully carried out, there should be no difficulty in making a palatable and satisfying loaf, whose merits will be appreciated by all who partake of it. In making bread, no matter how large or small the quantity, it is of the first importance that everything should be scrupulously clean, sweet and dry. If these precautions are omitted the bread will not turn out as desired. Before commencing, see that everything is in readiness, so that it will be unnecessary to leave off in the middle. Have a sufficient quantity of water at hand for the purpose, and also some flour in a tin or basin in which to dip the hands and rub them clean when necessary. When you have finished with it, run the flour through a sieve, and any pieces that may have fallen from the hands should be added to the dough and well kneaded in. If no more than ½ a bushel of flour (8 quarterns) is being worked, a large red earthenware pan will answer admirably to mix it in. It should, after being thoroughly washed out and dried, be set out on a strong kitchen chair (from which the back has been removed) in front of the kitchen fire;

then turn the flour into the pan, cover it over with a clean cloth, and allow it to stand until the chill passes off before commencing. This is of course more necessary in winter than in the summer, and as there is only a small quantity of dough it will very soon get cold and be spoilt if it is not properly taken care of; and, since much depends upon the warmth, the whole process should be performed in front of the kitchen fire if the weather is at all cold and chilly. At the same time, under no consideration must the dough become too hot, for heat will kill the yeast sooner than cold, and the result in each case would be the same—heavy and unsatisfactory bread. Heavy bread is the result of insufficient fermentation, and sour bread is caused by over fermentation; it will therefore be seen how desirable it is to adopt just the happy medium—to have the water neither too hot nor too cold, to give the yeast sufficient time to work or ferment properly, but not long enough to work itself sour. This happy medium will soon be arrived at by experience. On no account must the pan containing the dough be placed close enough to the fire for the heat to penetrate and form a crust on the inside of the pan, for that would presently be mixed into the remainder of the dough, and result in dark, heavy patches in the bread. Care must also be taken by keeping the dough sufficiently well covered to prevent it from becoming skinned over, producing a very unsightly appearance should it get on the outside of the loaves when they are moulded or shaped up ready for the oven; such loaves are known generally as "slut's farthings." When making the dough, it is of the greatest importance that it should be thoroughly well kneaded; in fact, up to a certain point, the more kneading given to the bread the better it will be, while if it is not kneaded sufficiently the dough may run flat in the oven, and not spring as it should. When freeing the hands of paste after the dough has been made, very particular notice should be taken that the scraps are first well rubbed into the dough, and then kneaded into the mass, leaving the finished dough perfectly smooth and clear.

When making the dough, keep all the flour in the pan, and do not get it all over the sides of the pan on to the floor, for, besides being wasteful, it is a very dirty and slovenly proceeding.

Another Word about Yeast.—In making bread for household purposes, residents in towns will find no difficulty in procuring fresh yeast from the bakers or corn-chandlers, and most probably the yeast obtained will be the distillery, French, or German article. There is no very great difference between these yeasts, and either, or all of them, may be depended upon for being effective. As a general rule the distiller's yeast would be the most vigorous and the sweetest for the purpose. Of late years the great distillery companies have made some special efforts to meet the bakers' requirements in this particular, and have succeeded in turning out some of the best yeast that can be produced, and it is certain that the yeast that the baker considers good enough for his bread would be good and reliable enough for domestic use.

On the other hand, if resident in the country and far distant from a town, there may be some difficulty in procuring suitable yeast for bread-making purposes, in which case it would be advisable to make it, and thus be practically independent. Instructions will be found for making yeast suitable for bread-making and other purposes for which yeast is required, and as it improves if properly kept, there can be no objection to brewing the yeast once a month ; but it must be stored in a cool place, and some of the old yeast saved to start the new brewing each time, for if some yeast has not been reserved for this purpose, suddenly the supply of yeast may fail, with no means of making a fresh stock. Malt and hops for the purpose can be procured from the corn-chandlers.

In the past brewer's yeast was very extensively used for home-baking, but, principally because it was not always to be depended upon, was often bitter in taste and dark in colour, it has dropped almost out of use. As brewer's yeast may possibly, in some cases, be the only available supply, it will be necessary to cleanse it, or remove the bitterness and dark colour. This can, to some extent, be done by washing the yeast in a little water, in the following manner :—Put the yeast into a large jug, add a small pinch of carbonate of soda, and fill up the jug nearly to the top with clean water, stir it up well to mix it thoroughly with the water, and then stand it aside in a cool place to settle.

The yeast will settle at the bottom in a thick sediment, and the liquor poured off will take away a considerable portion of the dark colour and bitter flavour. If this process is repeated 2 or 3 times, it will result in a very good-flavoured yeast being left behind, eminently suitable for bread-making purposes.

Many of the brewing firms make a practice of cleansing their yeast in this fashion, and then, after all the moisture has been pressed out, it is sold as Brewer's Compressed, and is used largely for bread-making purposes by bakers; but, as this yeast is somewhat slow and sluggish in action, it is not used for any other purpose to any very great extent. It makes a very sweet-eating loaf, and is generally appreciated.

Final Advice about Flour.—Although the finest flour procurable may be used, it will not always turn out the perfection of bread, for various reasons. But at the same time good bread cannot be made from bad or indifferent flour ; it is, therefore, always advisable to use the best flour which can be obtained for the purpose. Of course the *sine quâ non* of home baking is to make bread cheaper than it could be procured from the bakers, but if a worse article than the tradesman supplies is produced, nothing is gained by home baking. The finest flour procurable in this country is "Vienna," or "Hungarian," as it is more generally called, and it is always the dearest flour on the market, sometimes as much as 14s. per sack (280 lbs.) dearer than the best town-made whites. Of course the price of flour fluctuates according to the law of supply and demand, and all kinds of flour are governed by the standard of Households. Thus when Households are quoted at 24s. per sack, the better qualities will be correspondingly dearer. Whites, for instance, would be 24s., and the Patents probably 28s. 6d. to 29s. 6d. ; Vienna would then be sold at about 40s. With the cheaper flours, which are also inferior in quality, the drop in price is not at so large a rate, and the flour coming next below "Households," and known as No. 2's would cost from 21s. 6d. to 22s. 6d. This is one of the cheapest flours milled by English millers, or, strictly speaking, the lowest grade they put upon the markets. The country-milled flour would then be about 2s. per sack cheaper than town flour of the same grade, but not of the same quality, for the town miller will have a wider field to select his "grist" or wheat from than the country miller, and in that way will use some of the choicest foreign wheats along with the best-grown in this country, while the country miller will depend largely upon local growths, which practically give the characteristics to the flour produced. If the miller grinds with the idea of supplying the town bakers, he will add in some foreign wheat to give tone to the flour, and in all likelihood will mark it under a special brand ; but his principal aim would generally be to give good colour and sweet flavour, while the town miller would combine these two characteristics, and add "strength," which is of the utmost importance for bread-making purposes. The loaf produced from the country flour will almost invariably be small in size, close in texture, and pleasantly sweet, besides being good in colour ; the outside crust also would be pale and somewhat tough. On the other hand, the loaf made from town flour of the same grade, if a similar process has been followed in turning it into bread, would be large and bulky, with a well-aërated, yet smooth cut in crumb, and sweet, but not quite so sweet, as the loaf made from the country-milled flour ; the outside crust would also be slightly browner in colour, and crisp. Vienna flour, if made into bread, will have, to some extent, the characteristics of both these flours combined, but the colour of the crumb will be considerably whiter, and the texture will be very silky and even. The outside crust will be tough. In this connection it must be remembered that although Vienna flour has been used that does not constitute "Vienna Bread," which is made by a special process and baked in specially constructed ovens. Reference has been made to Vienna flour to show its superiority in baking it into ordinary bread.

American and Canadian flour is imported into the country in vast quantities, and the supply, generally speaking, governs the markets of the world. When there is an abundance of flour from those countries bread will be cheap, provided, of course, that all other countries growing wheat have their average crops, and do not need to import to any great extent ; but should one or two of the wheat-consuming countries be "short," the market will be correspondingly influenced, and the price will be raised all round. The finest flour imported from America is known as "First Patents," and usually commands about 2s. per sack more than whites; but in years of plenty it will be almost as cheap as "Households," and being better than "Whites," its influence upon the home markets is apparent. The next grade is termed "Second Patents," a cheaper quality than "Straights," or commonly termed "First Baker's"; then follows "Second Baker's," which is lower in quality than the other three; the last of all, a very low grade, known as "Red Dog"; although it is very strong from a baking point of view, it is very dark in colour, and is used principally in poor neighbourhoods, in conjunction with cheap country flour, for the purposes of making cheap bread. This flour is the basis of the cheap and, to some extent, nasty bread of our poor neighbours, but none of it will be wanted in better households, for the better the bread the less is required, and thus even the dearest is the best and cheapest in the end. In procuring a supply of flour for home baking it is advisable to purchase it in respectable quantities, and let it be a standard brand, one that the miller will do his best to maintain, whether it is English or foreign stock. The brands are sufficiently numerous, and there should be little difficulty in making a selection that would be suitable for the purpose. Usually the tradesman would recommend a flour that would answer admirably, and would doubtless keep up the same standard of excellence all the year round, for, having a large field to select from, he will, as a general rule, keep his flour up to a certain standard of excellence. He would thus be able to supply flour suitable for bread-making and other purposes, and by taking it in regular quantities at stated intervals, it would be to his own interest to study the requirements of his customers in exactly the same way as the larger merchant millers are attentive to the requirements of their baker customers.

The Oven.—At a not very remote date almost every house in the country was equipped with a brick oven and conveniences for making and baking bread, and even at the present time, in out-of-the-way districts, they are still to be found, but only in localities where the baker is not easily accessible. But, generally speaking, these ovens have disappeared, and where they do exist they have been annexed by a villager who, as a matter of course, constitutes himself the village baker, supplying the requirements of his neighbours to their mutual advantage. Usually the oven is rather a primitive affair, but very solidly built of bricks and heated with wood, which is put directly into the oven, set on fire, and allowed to burn itself out, the smoke passing away up the chimney placed just outside the oven door. When the fire has burnt out, or, more properly speaking, after the oven is heated, all the embers are raked out, and the oven swabbed out with a piece of coarse sacking tied to the end of a long pole, and dipped into cold water. In this way the oven is cleaned, and when the bread is ready it is "run" or put into the oven with a "peel." The door is closed, and is allowed to remain undisturbed for at least 45 minutes. The heat of the oven, if it could be tested with a thermometer, would be found to vary from 400° to 500° Fahr., and when the bread is done the oven would not register more than 200° to 250° Fahr., the heat having been practically used up in baking the bread, part of it passing off into the atmosphere.

There is no doubt that the "wood oven," so-called, from the character of the fuel consumed, turns out the sweetest bread, which certainly has a flavour peculiarly its own, and not to be produced by any other means, proving conclusively that wood is the best fuel for baking bread. But the scarcity of wood and limitations of space in large centres of population have prohibited its use, and resort is had to coke, coal and gas, which are burnt in a variety of ways to produce the heat necessary to bake bread. Many so-called improvements have been made in the construction of ovens since the oven described came into use, and at the present time the baker has a large number of systems to choose from, each of these claiming some points of excellence over the others ; it should be no trouble, therefore, for the baker to select an oven that will meet his requirements. In a private house this is of course different, and the oven usually found in the kitchen of the generality of houses is totally unfit to bake a full 2-lb. loaf of bread, although it will answer well enough for small rolls and fancy loaves. The unsuitability of the modern oven is principally due to thinness of the sides and the fact that it is not airtight ; consequently all the steam escapes, rendering the bread dry and the crust hard and chippy, and not moist and crisp like baker's bread or bread baked in a large brick-built oven. For it should be remembered that it is absolutely necessary to keep all the steam in the oven when baking bread, for the vapour assists the crust to assume the brightness and gloss seen on new bread, known as "bloom." The ordinary kitchen oven, constructed of iron, and being also very thick, in some cases becomes red-hot, and thus not only scorches and burns the bread, but dries up the steam as fast as it is given off from the dough, with the result, as before stated, that a very dry crust and not a very well baked crumb is produced.

This is also the cause of the very thick tough crust so generally met with in home-made bread. The crust is so quickly formed by the fierce heat to which it is subjected, that it does not allow the steam with the gases generated by baking to escape from the loaf, and they are in a measure evaporated inside the skin or crust. Then when the bread is drawn from the oven and cools, the steam is absorbed into the crust, making it tough. It is very necessary that the oven be sufficiently hot to bake the bread thoroughly, and under no consideration should bread or other goods be baked in a slack oven, or the result will be a very unsatisfactory loaf of bread, and most probably other goods will also be spoilt. Although the modern oven is generally unsatisfactory for ordinary loaf bread, it will bake small bread and fancy bread to perfection, the cause of failure with large loaves proving the success of the small. Generally speaking, this small bread requires a quick, sharp, flash heat that will bake the loaves quickly and well. Therefore there should be no very great difficulty in supplying the family table with dainties for either breakfast, luncheon, dinner or tea, and where it is necessary to bake bread in a town where gas can be procured, there is nothing that will be so satisfactory as a gas oven, failing one specially constructed for the purpose of baking bread. Usually the gas companies let out these stoves on hire, and so great has been the advantage from this arrangement that it will be found more economical to use a gas oven than an ordinary kitchener for the purpose. It should, however, be remembered that there are many different styles of gas ovens, and it is therefore advisable to state what is required to the gas company, and let them supply a suitable stove for the particular purpose required. In using a gas oven it should be remembered that it must be thoroughly heated before the bread is put in, and then kept at a good heat during the time the process of baking is going on : the oven door must be kept closed. Some gas ovens are provided with a tiled "sole," or bottom, and these ovens bake excellent cottage and other breads that are desired to have a sweet crusty bottom. Usually bread baked in and on tins or metal has a tough crust that is not generally liked, and to avoid this defect it is advisable to procure some new red house-tiles and fit them into the bottom or shelf of the oven. By this means a more satisfactorily baked loaf will be obtained than by baking it on the iron. With the generality of kitchen ovens it will be very desirable to bake the bread in tins, as better results will be obtained than by putting the loaves direct upon the iron of the oven, for if the oven is used for all kinds of domestic purposes, there will be every probability of some dirt remaining upon the oven from burnt fruit-juices, or boiled-over fat, which would be very undesirable on the bottoms of the loaves, and would somtimes add a very disagreeable flavour to the bread. Of course it is possible to take the shelves out and scour them, but there is always the liability to forget these little things until the last minute, when it is undesirable to do them, and they are neglected, with unfortunate after-results. It is most necessary to practise the utmost cleanliness, for bread is very sensitive, and will very soon absorb a very undesirable flavour from anything that has been or is being baked with it. No matter whether the flavour is pleasant or obnoxious, it should not, under any consideration, be allowed to impart it to the bread. On all occasions bake bread by itself.

To Keep Bread.—One of the most important points in connection with home baking is to keep the bread in good condition for the table after it is baked. To do this it is necessary to commence at the beginning, and when the bread is drawn from the oven stand it upon racks to cool, where the air can circulate freely and gradually cool it, and then when perfectly cold, to wrap each loaf up separately in a sheet of white grease-proof paper, and then in a sheet of thick brown or other waste paper, and set the loaves in rows upon a shelf in a room or pantry free from dampness or draught, where the room is dry, without fire, or artificial light. This room or cupboard should be in a shady position and well protected from the sun's rays. Bread preserved in this way—provided, of course, it has been properly made and baked—will keep good, sweet and moist for 10 days, and the last loaf should be just as good as the first, although it will be somewhat drier, but not to any appreciable extent. But very particular attention must be paid to the preparation of the bread, otherwise it will not keep in condition for any length of time. If bread is not required for keeping longer than a week, it can be stored in a clean earthenware pan furnished with a lid, but if a pan or crock is used for the purpose, it must be thoroughly scalded and rinsed out every week, and then wiped with clean cloths and dried before the fire, and allowed to become quite cold before storing the bread in it. If required to be kept only for 2 or 3 days the bread will not need very special treatment, but will keep quite well on shelves in the larder, the only precaution necessary being to protect the loaves from the sun and draught. Bread can also be kept wrapped in clean cloths for a few days, but in all cases, no matter how it is kept, it must be perfectly cold before being packed away. It is a fact that should not be lost sight of, that the larger the loaf the longer it retains its moisture, and as loaves decrease in size the drier they will become; all kinds of small bread and rolls should therefore be freshly made as frequently as possible. As a rule the capacity of the oven will be limited, and where the number to be provided for is large, it will be necessary to bake more than once a week, and where this is the case no very extraordinary precautions will be necessary, as all the bread will be consumed comparatively fresh. It is an excellent plan to arrange the baking so that there is always one batch in hand; it will not then be necessary to serve hot bread at the table, which is a very uneconomical practice. A loaf may be somewhat freshened by being warmed through in a slack oven, but it must be remembered that this is only a very primitive method of toasting, and that the loaf will be the drier for the extra baking. Upon no consideration be persuaded to dip the bread into water of any description before placing it in the oven, for the crust will crack all over, and peel off in flakes, and the result will be most unsatisfactory.

INGREDIENTS FOR CAKES.

Butter is of the first importance in cake-making, and where a rich cake is desired of fine flavour and keeping qualities, only the best butter should be used. But in most instances it will be desirable to use a somewhat cheaper fat for the purpose of cake-making, especially where the family is large and the means limited. In this case lard, dripping, or good margarine may be used with advantage, and there are also several vegetable fats procurable that answer very well for these purposes; but although they are more economical in price, and some of them are richer where flavour is the first consideration, nothing better than pure butter can be used. So-called cooking butter is in too many instances nothing but margarine, but there should be no compunction in buying margarine under its right name, and paying a corresponding low figure for it. In this connection it should be said that the very cheapest that is offered should not be purchased; but for about 6d. per lb. a good sweet perfectly wholesome margarine can be procured that is eminently suitable for all purposes of cake-making, and will give results almost equal to pure butter. Of late years so many improvements have been introduced into the manufacture of margarine and other butter substitutes that almost an expert is required to tell the difference, and if a mixture of half butter and half margarine is used, there are few who could tell that it was not made with the best butter; and a good sweet margarine is to be preferred to a bad or indifferent butter.

Eggs.—After butter the eggs next claim attention. At the present time eggs are imported into this country from all parts of the world. Formerly they were imported from France only, but the supply being unequal to the demand, other countries soon began to forward their surplus eggs to the English market, and the result is that a good supply of the finest eggs for cooking purposes is always obtainable. For making cakes, eggs that are from 7 to 14 days old, provided they have been properly kept, are best, and the reason is apparent. The longer an egg is kept, up to a certain point, the less moisture it contains, for the shell of a new-laid egg is perfectly full, and if shaken no sound emanates from it; but if the egg is kept for a few days and then shaken, it will give out a rattle increasing in sound as the egg gets older. This is caused by a certain amount of the water in the albumen, or white, drying out into the shell and air, and thus the albumen is stronger and the yolk more solid for being kept; and the reason these eggs are better for cake-making is that the ingredients will only take a limited quantity of liquid, and the deficiency must be made up with milk, which is richer than the water that has evaporated from the eggs. Nor is this the only advantage. The whites will whip up better and give more body than fresh eggs, and therefore more lightness to the cakes, for the white being more solid and stronger in every way retains the air better after it is beaten in. But when eggs are used for these purposes, it is important that each egg is broken into a cup, and carefully tested by its smell, to guard against any egg that may be bad, and especially a musty one, which, were it added to the cake, would spoil the whole of the work and render it uneatable. When breaking the eggs make sure that they are useable, turn them into a basin or other suitable vessel, and cover them over with a sheet of paper to keep out all dirt, until they are required for use.

Sugar.—Refined sugars can now be procured at so low a price, already ground and pulverized, that it is more economical to buy it in this form than to use loaf sugar and pound it, for, besides the trouble, it also involves some waste and loss of time, for powdered sugar is no dearer than loaf sugar, and if it cannot be procured from the grocers, a baker who makes small confectionery goods would be willing to supply the quantity required.

Fruit.—With the introduction of machinery for fruit cleaning purposes, currants can be procured comparatively clean, and need only a rub in a dry cloth, and picking over to remove any larger sprigs and stones that may have escaped the machine, to render them fit for use. In almost every case washing is not at all necessary; in fact, washing the currants deprives them of some of their goodness, and, therefore, is not only a waste of time, but waste of material, and makes the cake heavy. Sultanas, although they are no doubt cleaned, require carefully picking over, and a good rub on a coarse sieve will remove almost the whole of the sprigs, which are a very objectionable ingredient in a cake. Raisins should in all cases be stoned, and if a large quantity has to be prepared, a small machine suitable for the purpose can be procured from the household stores or ironmongers for a few shillings. It is very effective in its operations, and frees the raisins from stones in an incredibly short time, and, contrary to the general opinion, does not take out more of the flesh of the raisins than hand-picking. Glacé cherries, pineapple and ginger are used in cake-making. They are procurable from the grocers in quantities as required, but as the price is rather high, they are used but sparingly. Cocoanut, almonds, walnuts, and other nuts, are sometimes used in cakes, but with the exception of almonds and cocoanuts, very small quantities of the others are used.

The Almonds, before use, require to be blanched. This is done by putting the almonds into a basin and pouring boiling water over them. When they have scalded for a short time their jackets are easily removed. When blanched they should be dried in the oven. There are very many varieties of the almond. The largest and dearest are the Jordan, and the cheapest are termed Barbary. There are both sweet and bitter almonds, the latter being used but sparingly for flavouring purposes. Almonds can be purchased already blanched, either whole, shred, chopped, or flaked, as desired, and if large quantities are required it is cheaper to procure them already prepared. Ground almonds are used for icings, paste, macaroons, ratifias, and biscuits, and are procurable prepared all ready for use. Cocoanut is sometimes liked, and for all purposes desiccated nut can be used. It is sold in shreds, strips, and either fine or coarse, also sugared and plain.

Flour for cakes should always be of the finest quality procurable, and for best goods Vienna is the most suitable for use, and will also give the best results. But for all ordinary purposes of the household, what is termed " Whites " is suitable. But in any case let the flour be dry to the touch and sweet to the smell, with some colour and strength.

BISCUITS.

Manufacture of Biscuits.—Since the establishment of the large modern biscuit factories, biscuits have been produced both cheap and wholesome in almost endless variety. Their actual component parts are, perhaps, known only to the various makers ; but there are several kinds of biscuits which have long been in use, most of which belong to the class of unfermented bread, and are perhaps the most wholesome of that class. In cases where fermented bread causes dyspepsia, biscuits may be recommended ; in many instances they are considered lighter, and less liable to create acidity. The name is derived from the French *biscuit*, or " twice-baked," because, originally, the method of baking entirely deprived them of all moisture, to ensure their keeping, but although that process is no longer employed, the name is retained. The use of this kind of bread on land is general, and some varieties are luxuries ; but at sea, biscuits are articles of the first necessity. Fancy biscuits contain butter, eggs, milk, and various flavourings. They are sold in enormous quantities. Sea or ship-biscuits are made of wheat flour, from which only the coarsest bran has been separated. Dough is made up as stiff as it can be worked, and is then formed into shapes, and baked in an oven ; after which the biscuits are exposed in lofts over the oven until perfectly dry, to prevent them from becoming mouldy when stored. Captains' biscuits are made in a similar manner, but of finer flour. Particulars of the different kinds and prices will be found in the marketing portion of the book.

RECIPES FOR MAKING BREAD, BISCUITS, AND CAKES

CHAPTER XLVII

Bread, Biscuits, Buns, Cakes, Muffins, Crumpets, Rolls, Toast, Gingerbread, Rusks, Icing and Yeast

Bread

3306.—AMERICAN BREAD. (To be eaten hot.)

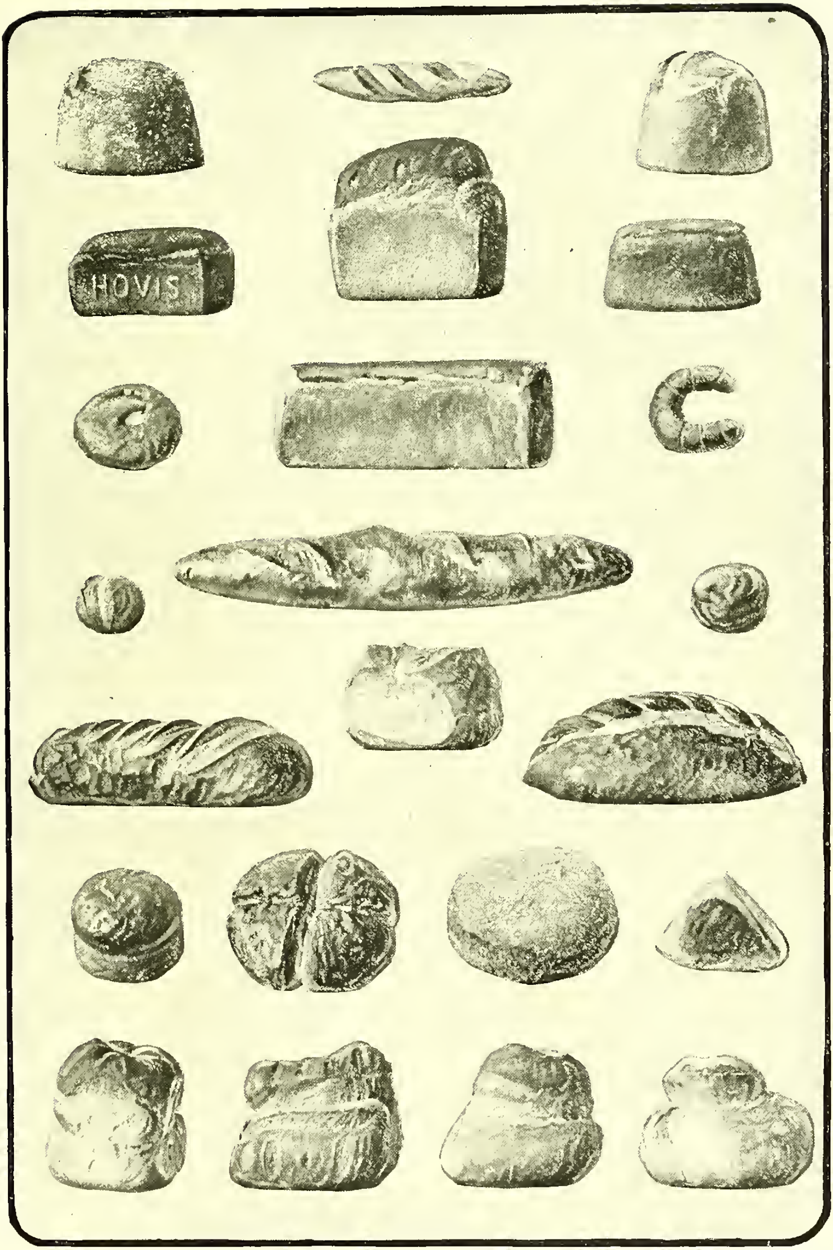
Ingredients.—1 breakfast-cupful of white Indian meal, 2 breakfast-cupfuls of flour, 3 eggs, $2\frac{1}{2}$ cups of milk, 2 ozs. of butter, 1 oz. of white sugar, $\frac{1}{2}$ an oz. of cream of tartar, $\frac{1}{4}$ of an oz. of carbonate of soda, $\frac{1}{4}$ of an oz. of salt.

Method.—Sift the cream of tartar and soda well with the flour, meal and sugar on the board, make a " bay," put in the butter, and rub with the hand until smooth, then add the salt, in fine powder, and break in the eggs ; give them a good rub round with the tips of the fingers, then add the milk, and wet up into a soft smooth paste. Divide it out into convenient-sized pieces, put into tins, and bake in a moderate oven. When done, turn out on to a clean cloth laid on a plate, and send to table.

This bread should be eaten hot from the oven. It makes a very acceptable breakfast dish. When cutting the bread, care must be taken not to press it heavily ; a sharp knife must therefore be used with a sawing kind of motion, for this is the only possible way to cut hot bread or cakes without dragging the crumb and rendering it heavy and sticky. If preferred, the bread can be baked in small patty-pans, and when cooked, broken open, a small piece of butter put in, and sent to table.

Italian Millet, or Great Indian Millet, is cultivated in Egypt and Nubia, where it is called *dhourra*, and is used as human food and also for the fermentation of beer. It will grow on poor soils, and is extremely productive. Millet has been introduced into Italy, where a coarse bread is made from it; and it is also employed in pastry and puddings, and used for feeding horses and domestic fowls. It is the largest variety of millet, and grows to the height of 6 feet, but it requires a warm climate, and will not ripen in this country. A yellow variety, called "Golden Millet," is sold in the grocers' shops for making puddings. It is very delicate and wholesome.

BREAD.



Wholemeal, Baton Roll, Vienna, Hovis, Tin, Bermaline, Teacake, Large Sandwich, Crescent Roll, Dinner Roll, Vienna Roll, Bun, Bloomar, Coburg, Kohler, Sally Lunn, Round Scone, Brown Loaf, Milk Scone, Household, Brick, Cottage, Farm House.

3307.—BAKING-POWDER BREAD.

Ingredients.—2 lbs. of flour, 1 oz. of baking-powder, ¾ of an oz. of salt, milk.

Method.—First rub the salt to fine powder on the table with a knife, and mix it and the baking-powder into the flour on the board; then make a bay in the centre of the flour, pour in about 1 pint of milk, knead up as quickly as possible, and with very little handling, into a nice light dough. Divide it into convenient sized loaves, shape them up, wash over with a little milk, and bake in a quick oven. It is very necessary to get the loaves into the oven with the greatest despatch, for the baking-powder very soon loses its virtue, and if the operation is protracted after the dough is moistened, the bread will be heavy. Although milk is given as one of the ingredients, water may be used if economy is a consideration.

Time.—¾ of an hour. **Average Cost,** 6d.

3308.—HOME-MADE BREAD, GOOD.

Ingredients.—½ a pint of brewer's yeast, 1 lb. of potatoes, 1 peck and ½ a lb. of flour, 2 quarts of cold water, and 1½ ozs. of salt.

Method.—Procure ½ a pint of good brewer's yeast, fresh from the brewhouse, and see that it weighs at least 3½ ozs. Having procured the yeast, boil about 1 lb. of potatoes in their skins, first washing them clean. When cooked, strain away the liquor they were boiled in, turn into a clean wooden pail, add ½ a lb. of flour, and pound them well with the end of a rolling-pin, then add 2 quarts of cold water, stir the ingredients up, and mix well. Put 1 peck of flour into a large pan, make a hole in the centre, place a couple of sticks across the top, set a sieve over the hole in the centre, and strain the liquor into it, using more water to rinse through every particle of the potatoes, leaving the skins perfectly clean in the sieve; now add the ½ pint of yeast, and stir in sufficient flour to make a thin batter, cover over, and leave the mixture for about 2 hours. By that time it should have fermented and dropped about 1 inch. Then add 1½ ozs. of salt and sufficient water to make the flour into dough. Knead well, and leave dry, cover over with a clean cloth, and let it prove for 1½ hours. Then knead it over, and throw out on to the board, divide into convenient-sized pieces, mould or make up into suitable-shaped loaves, prove, and then bake in a moderate oven. The time taken to bake will of course depend upon the size of the loaves. A 2-lb. loaf in a moderate oven will take from 20 to 40 minutes, and larger loaves in proportion.

3309.—HOME-MADE BREAD. (Another Method.)

Ingredients.—1 peck of flour, 2 ozs. of compressed or distillery yeast, 1½ ozs. of salt, 3 quarts of water.

Method.—Turn the flour into a clean pan, and make a " bay," or hole in the centre. Let the water be about 80° Fahr., or blood-warm, so it feels neither hotter nor colder than the hand when placed in the water. Put the water into a bowl, add the yeast and salt, and stir up well with the hand till dissolved, then turn it into the bay, and make up into rather a stiff dough ; knead well, and leave dry, cover over with a clean cloth, and set the pan of dough in a warm place to prove for at least 2 hours, then give it another good kneading and drying over, and leave it for another hour ; turn out on to the board, divide into suitable-sized pieces, make into loaves, prove and bake.

3310.—INDIAN CORNFLOUR BREAD.

Ingredients.—7 lbs. of flour, 1½ lbs. of Indian cornflour, 1½ ozs. of yeast, 1 oz. of salt, water.

Method.—Wet the cornflour with ½ a pint of cold water in a large pan or basin, and then scald it in the same manner as for a blanc mange by pouring over about 1 pint of boiling water, stirring well all the time. Let it stand to get cold, and when the hand can be borne in it without inconvenience, add the yeast dissolved in a little tepid water. Cover over, and let the mixture stand for 2 hours. Put the flour into a pan, and make a well in the centre ; dissolve the salt in another quart of warm water, add it to the scalded cornflour, well mix, turn it into the flour in the pan, and make up into dough, using a little more water if necessary. Let the dough lie well covered up in a warm place to well prove, and when ready, turn out on to the board, divide off into convenient sized pieces, mould up, let them stand to prove, and then bake in a moderate oven. This bread will be found particularly sweet, and will make a very desirable change for breakfast or tea. The crust will be very pale and crisp.

Time.—2 or 3 hours. **Average Cost,** 1s. 8d.

3311.—MALTED BROWN BREAD.

Ingredients.—3½ lbs. of wholemeal, ½ an oz. of salt, ½ an oz. of yeast, 1 oz. of malt extract, water.

Method.—Put the meal into a clean pan, make a " bay " or hole in the centre. Dissolve the yeast and malt extract in 1½ pints of warm water, turn into the bay, and stir in about ⅓ of the meal, cover over with a clean cloth, and set it in a warm place for 2 hours. At the end of that time add the salt (rubbed to fine powder under the rolling-pin), and mix in the remainder of the meal, turn it out on the board, divide it into convenient-sized loaves, put into clean greased pans or tins, prove for 1 hour, then bake in a moderate oven.

This process will make a very nice, sweet-eating and palatable malt bread.

3312.—MILK BREAD.

Ingredients.—4 lbs. of Vienna flour, ¾ of an oz. of salt, ¾ of an oz. of yeast, 1 quart of milk and water.

Method.—Make the milk and water warm, then dissolve the salt and yeast in it, and make into a nice smooth dough. Cover over with a clean cloth, and keep the dough in a warm place for 3 hours ; at the end of that time turn it out on to the board, and give it a good kneading and dusting over ; cover again, and keep warm for 1 hour for the dough to recover itself, then divide it into convenient-sized pieces and mould them up round. Let them stand on the board, and cover up with a cloth to prove. When light enough, wash over with a beaten-up egg, using a brush for the purpose. When all the loaves are washed over, take a sharp knife and cut them five or six times cross-wise. Now take each loaf separately, place it in the oven, cover over with a square tin, and bake in a moderate heat. Skimmed milk, or half milk and half water, may be used if economy is desired, but in the latter case it will be necessary to add 2 ozs. of butter to this quantity.

3313.—RICE BREAD. (*Fr.*—Pain de Riz.)

Ingredients.—1 lb. of rice, 7 lbs. of flour, 1 oz. of salt, 1½ ozs. of compressed yeast, water.

Method.—Wash the rice in cold water, put it in a clean saucepan, cover with water, set over the fire, and cook until tender. Turn the flour into a clean pan, make a hole in the centre, put in the boiled rice, add 1 quart of cold water, and stir up gently without mixing in much flour ; test the heat, and if cold enough, add the yeast, dissolved in another pint of water, stirring it into the rice with another handful of flour. Cover over with a clean cloth, and let it stand for 2 hours, then add the salt in fine powder, and make into dough, using any more water that may be necessary for the purpose. Cover over, and leave the dough to rise, then turn out on to the board, divide into convenient-sized loaves, mould up, prove, then bake in a moderate oven. The rice can be boiled in milk if preferred.

Time.—About 4 hours. **Average Cost,** 1s. 4d. **Sufficient** for 6 or 8 loaves.

3314.—TEA BREAD. (*Fr.*—Petits Pain de thé.)

Ingredients.—2 lbs. of flour, ¼ of a lb. of butter, ¼ of a lb. of sugar, 1 oz. of salt, 1½ ozs. of yeast, 1½ pints of milk and water, 4 yolks of eggs.

Method.—Make the milk and water lukewarm, turn it into a convenient-sized basin, dissolve the yeast and 2 ozs. of the sugar in it, stir in ¼ of a lb. of flour, cover over with a clean cloth, and stand aside in a warm place for 20 minutes. While this is standing, weigh the remainder of the flour on to the board, rub the butter into it with the hands, then make a bay, add the other 2 ozs. of sugar, the yolks of eggs, and the salt in fine powder, and then if the ferment is ready put it into the bay, wet up into a smooth paste, give it a good kneading, then cover over with a clean cloth, and leave it to prove. When well proved, divide up into pieces about 2 ozs. in weight, and form them into various shapes—twists, crescents, scrolls, rosettes, or any other shape fancy may suggest. As these are formed, set them on to a clean tin, cover them over and leave to prove. When well proved, wash them over with a beaten-up egg, and bake in a moderately warm oven to a nice colour.

These rolls are very much appreciated for afternoon tea, tennis and garden parties, and are an excellent adjunct to coffee, cut up into slices and dried in the oven as rusks.

Time.—About 2 hours. **Average Cost,** 1s. 8d. **Sufficient** for 30 to 40 rolls.

3315.—UNFERMENTED BREAD.

Ingredients.—2½ lbs. of whole meal, 1 lb. of white flour, ½ an oz. of carbonate of soda, ½ an oz. of muriatic acid, water.

Method.—Turn the flour, meal and soda into a pan, and mix them well together, make a " bay " or hole in the centre, then take about 1 quart of cold water in a jug, and mix the muriatic acid into it, turn into the bay, and mix into a paste as quickly as possible. Divide into suitable-sized loaves, put them into tins and into the oven as soon as they are placed in the tins. It is important that the paste is not handled more than is necessary, for the gas once evolved soon loses its strength, and may result in heavy, unpalatable bread. This bread can also be made entirely of white flour if preferred.

Note.—Lime water is very useful and beneficial in bread-making; it imparts all the whiteness and softness produced by the use of alum, and has the further merit of taking away any acidity there may be in the dough. The process has been patented by a Scotch firm of bakers.

3316.—WHOLEMEAL BREAD, FERMENTED.

Ingredients.—3½ lbs. of wholemeal, fine, coarse, or medium, as desired, ½ an oz. of salt, ½ an oz. of compressed yeast, water.

Method.—Put the yeast and salt into a clean bowl, add 1½ pints of warm water, and dissolve the yeast and salt in it. Then mix in the whole of the meal, making a smooth but rather soft dough, cover over, and stand aside in a warm place for about 3 hours, then turn out on to the board, and divide into convenient-sized pieces, mould up, and place into clean greased tins, let them stand to prove for 1 hour, then bake in a moderate oven.

3317.—WHOLEMEAL BREAD, UNFERMENTED.

Ingredients.—14 lbs. of medium wholemeal, 2½ lbs. of flour, 4 ozs. of sugar, 6 ozs. of cream of tartar, 3 ozs. of carbonate of soda, 3 ozs. of salt.

Method.—Rub the sugar, cream, soda, and salt through a fine hair sieve on to the flour, mix well together, then add to the meal, put it into a clean dry tub, and keep it for use as required. When wanted, take the quantity of the mixture desired, put it into a clean pan, add sufficient water to wet it into a soft dough, place into tins, and bake.

It is best to mix the ingredients together a few days before they are required for use. The preparation must be kept in a dry place ; it will then keep for an indefinite time.

Biscuits

3318.—ARROWROOT BISCUITS OR DROPS.

Ingredients.—½ a lb. of butter, 6 eggs, ½ a lb. of flour, 6 ozs. of arrowroot, ½ a lb. of castor sugar.

Method.—Beat the butter to a cream ; whisk the eggs to a stiff froth, add them gradually to the butter, stir in the sugar a little at a time, and beat the mixture well. Smooth down all the lumps from the arrowroot and sift it with the flour and then add to the other ingredients. Mix all well together, drop the dough on a buttered tin in pieces the size of a shilling, and bake the biscuits for about a ¼ of an hour in a slow oven.

Time.—¼ of an hour. **Average Cost,** 1s. 6d. **Sufficient** to make from 3 to 4 dozen biscuits.

3319.—BISCUIT POWDER. (Generally used for Infants' Food.)

This powder may be purchased in tin canisters, and may also be prepared at home. Dry the biscuits well in a slow oven ; roll them and grind them with a rolling pin on a clean board until they are reduced to powder ; sift the powder through a close hair sieve, and it is then fit for use. It should be kept in well-covered tins, and in a dry place.

Average Cost, 6d. per lb.

3320.—COCOANUT BISCUITS OR CAKES.

Ingredients.—10 ozs. of castor sugar, 2 whites of eggs, 6 ozs. desiccated cocoanut.

Method.—Beat the whites of eggs to a stiff froth, add the other ingredients and form into pyramids; place the pyramids on paper, put the paper on tins, and bake the biscuits in rather a cool oven until they are just coloured a light brown. Dried or desiccated cocoanut is now sold at a moderate price, and its use saves much trouble and labour.

Time.—About $\frac{1}{4}$ of an hour. **Average Cost,** 8d. or 9d. **Sufficient** for 15 to 20 biscuits.

3321.—COCOANUT BISCUITS.

Ingredients.—1 lb. of grated cocoanut, 2 lbs. of sugar, 5 eggs, 2 teacupfuls of flour.

Method.—Rasp a good fresh cocoanut on a grater, letting none of the rind fall. Spread the cocoanut thus grated on a dish, and let stand in some cool dry place 2 days to dry gradually, or desiccated cocoanut can be used in the proportions given. Add to it double its weight of powdered and sifted loaf sugar, the whites of 5 eggs whisked to a stiff froth, and 1 teacupful of flour to every pound of sugar. Drop the mixture on a baking-tin 1 spoonful at a time, like rock cakes, or into proper drop-cake tins. Bake in a very gentle oven for about 20 minutes; move the biscuits out of the tins while warm, and when cold, store them in a tin canister.

Time.—20 minutes. **Average Cost,** 1s. 6d. to 2s. **Sufficient** for $3\frac{1}{2}$ lbs. of biscuits.

3322.—COCOANUT GEMS.

Ingredients.—1 lb. of castor sugar, 1 lb. of desiccated cocoanut, 4 whites of eggs, the juice of $\frac{1}{2}$ a lemon, essence of vanilla.

Method.—Break the whites of eggs into a very clean basin, add the juice of $\frac{1}{2}$ a lemon and the sugar, beat up these ingredients into a stiff paste that will not run out of the pan when turned upside down. When well beaten, stir in the desiccated cocoanut. Cover baking-sheets with wafer paper, and lay the mixture out in small biscuits about the size of walnuts, pinching them together very tightly with the fingers when the biscuits have all been laid out. Proceed to bake them in a very slow oven; when done and cold, pack them away in a tin for use as required.

Time.—1 to 2 hours. **Average Cost,** 1s. 6d. **Sufficient** for 4 or 5 dozen.

3323.—CRISP BISCUITS.

Ingredients.—1 lb. of flour, the yolk of 1 egg, milk.

Method.—Mix the flour and the yolk of the egg with sufficient milk to make the whole into a very stiff paste; beat it well, knead it until it is perfectly smooth. Roll the paste out very thinly; with a round cutter shape it into biscuits, prick them with a fork and bake them a nice brown in a slow oven from 12 to 18 minutes.

Time.—12 to 18 minutes. **Average Cost,** 4d. **Sufficient** to make from 3 to 4 dozen biscuits.

3324.—DESSERT BISCUITS (which may be flavoured with Ground Ginger, Cinnamon, etc.).

Ingredients.—1 lb. of flour, ½ a lb. of butter, ½ a lb. of castor sugar, the yolks of 6 eggs, flavouring to taste.

Method.—Put the butter into a basin ; warm it, but do not allow it to oil ; then with a wooden spoon beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a buttered paper, leaving a distance between each cake, as they spread as soon as they begin to warm. Bake in rather a slow oven from 12 to 18 minutes, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger, and the other half with essence of lemon, or some currants added to make a variety. The biscuits are named after the preparation with which they are flavoured, and an endless variety may be made in this manner.

Time.—12 to 18 minutes, or rather longer in a very slow oven. **Average Cost,** 1s. 6d. **Sufficient** to make from 3 to 4 dozen biscuits. **Seasonable** at any time.

3325.—DEVILLED BISCUITS.

Ingredients.—12 biscuits, ¼ a pint of Lucca oil, black pepper, cayenne, salt.

Method.—Any kind of plain unsweetened thin biscuits will do. Soak them in the oil, which should be of the best quality, sprinkle the seasoning on both sides, and toast the biscuits on the fire or in front on a gridiron.

Time.—5 minutes. **Average Cost,** 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3326.—GINGER BISCUITS.

Ingredients.—1 lb. of flour, ½ a lb. of fresh butter, ½ a lb. of castor sugar, ¾ of an oz. of ground ginger, 2 eggs.

Method.—Rub the butter and ginger into the flour on the board, make a " bay " or hole, break in the eggs, and wet up into a nice workable paste, using a little milk if necessary. Roll down in thin sheets, and cut out with a plain round cutter, set them on to a greased baking-sheet, and bake in a cool oven.

Time.—5 minutes, to bake. **Average Cost,** 1s. 2d. **Sufficient** to make 4 dozen biscuits. **Seasonable** in winter.

3327.—GINGERBREAD NUTS, RICH SWEETMEAT.

Ingredients.—1 lb. of treacle, ¼ of a lb. of butter, 1 lb. of coarse brown sugar, 2 ozs. of ground ginger, 1 oz. of candied orange-peel, 1 oz. of candied angelica, ½ an oz. of candied lemon-peel, ½ an oz. of coriander seeds, ¼ of an oz. of caraway seeds, 1 egg, flour.

Method.—Put the treacle into a basin, and pour over it the butter, melted so that it does not oil, the sugar, and ginger. Stir these ingredients well together, and while mixing add the candied peel, cut into very small pieces, but not bruised, and the caraway and coriander seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a firm paste. Make this into nuts of any size, put them on a baking tin, and place them in a slow oven from a ¼ to ½ an hour.

Time.—¼ to ½ an hour. **Average Cost,** 1s. 2d. **Sufficient** for 3 to 4 dozen nuts.

3328.—GINGERBREAD NUTS, SUNDERLAND. (An excellent recipe.)

Ingredients.—1¾ lbs. of treacle, 1 lb. of moist sugar, 1 lb. of butter, 3 lbs. of flour, 1¼ ozs. of ground ginger, 1½ ozs. of allspice, 1½ ozs. of coriander seeds.

Method.—Let the allspice, coriander seeds, and ginger be freshly ground; put them into a basin with the flour and sugar, and mix these ingredients well together; warm the treacle and butter together, then with a spoon work the mixture into the flour, etc., until the whole forms a nice smooth paste. Drop the mixture from the spoon on to a piece of buttered paper and bake in rather a slow oven from 20 to 30 minutes. A little candied lemon-peel mixed with the above is an improvement.

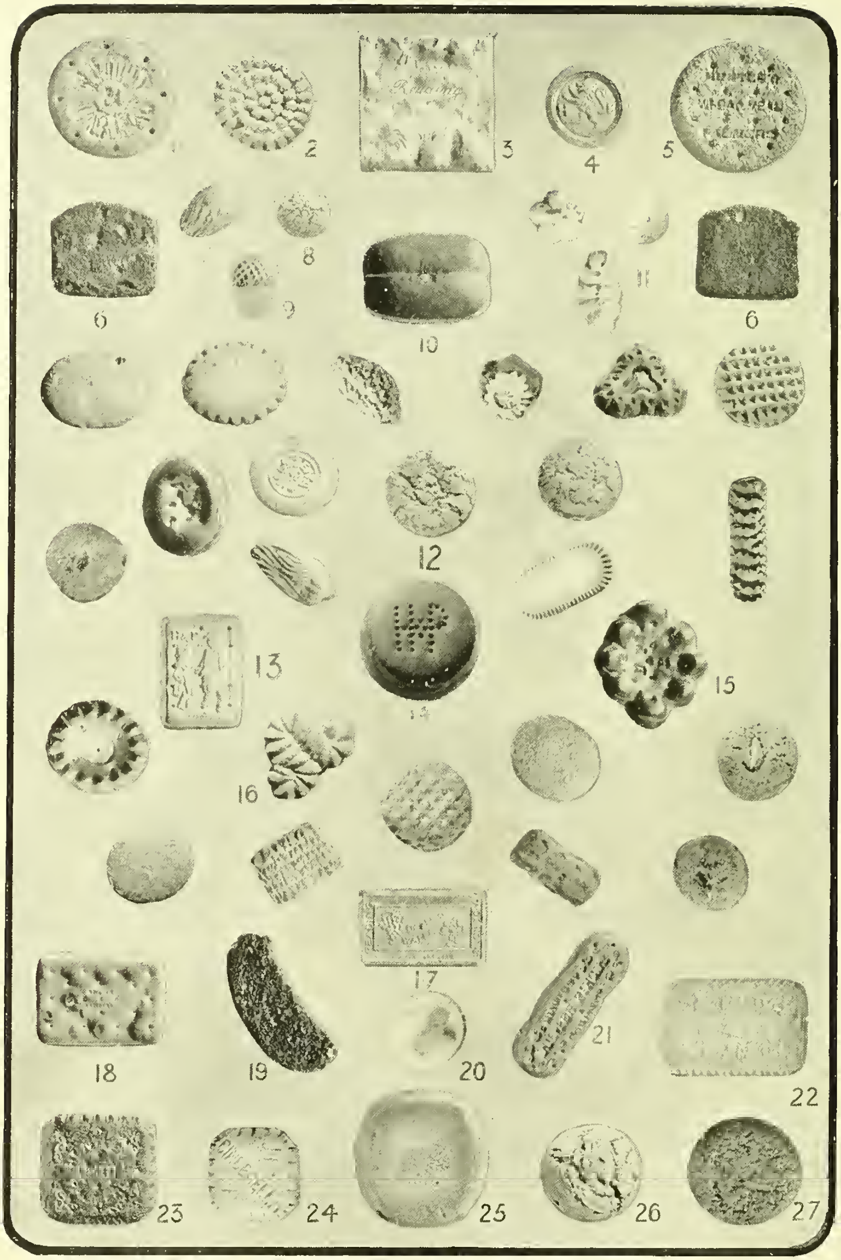
Time.—20 to 30 minutes. **Average Cost,** 2s. 6d.

3329.—HUNTING NUTS.

Ingredients.—2 lbs. of flour, ½ a lb. of loaf sugar, ½ a lb. of candied peel, 1 oz. of ground ginger, 1¼ lbs. of treacle, ½ a lb. of butter, ½ a teaspoonful of carbonate of soda, ½ a teaspoonful of ground mixed spice.

Method.—Mix the flour and soda together, add the sugar, peel, ginger, and spice. Beat up the butter and treacle in a basin to a cream, then add the other ingredients, and make up into rather a firm dough.

BISCUITS.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1. Rich Digestive. 2. Reading Shortbread. 3. Reading Cracker. 4. Monarch. 5. Wheatmeal. 6. Grilled Cake (Sultana). 7. Phillipine. 8. Ratifia. 9. Acorn. 10. Dinner Rolls. 11. Mixed Creams. 6. Grilled Cake (Plain). 12. Mixed. 13. Nursery Rhyme. 14. Nursery. 15. Fancy Cracknel. 16. Mixed Wine. 17. Dessert Wafers. 18. Coffee. 19. Tea Rusks. 20. Atlantic. 21. Butter Finger. 22. Nice. 23. Concert. 24. Cinderella. 25. Breakfast. 26. Macaroons (Italian). 27. Ginger Nuts.

Let it stand for 4 hours before rolling out into cakes ; roll into long flat cakes 3 inches long by 1½ inches wide, and bake in a quick oven for 8 or 10 minutes.

Time.—8 to 10 minutes, to bake. **Average Cost,** 4½d. per dozen. **Sufficient** for 4 dozen. **Seasonable** in October, November, December, and January.

Note.—The long-shaped nut is found convenient for the hunting-coat pocket.

3330.—LEMON BISCUITS.

Ingredients.—1¼ lbs. of flour, ¾ of a lb. of castor sugar, 6 ozs. of fresh butter, 4 eggs, the grated rind of a lemon, 2 dessertspoonfuls of lemon-juice.

Method.—Rub the butter into the flour, stir in the castor sugar and very finely-minced lemon-peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for 1 or 2 minutes, then drop it from a spoon on to a buttered tin, about 2 inches apart, as the biscuits will spread when they get warm; place the tin in the oven, and bake the biscuits a pale brown from 15 to 20 minutes.

Time.—15 to 20 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 3 or 4 biscuits. **Seasonable** at any time.

3331.—MACAROONS.

Ingredients.—½ a lb. of ground sweet almonds, ¾ of a lb. of castor sugar, the whites of 3 eggs, wafer paper.

Method.—Mix the sugar and ground almonds well together on the board, then put them into a large marble or porcelain mortar, add the whites of eggs, and proceed to well rub the mixture into a smooth paste. When it begins to get stiff and stands up well it is ready, or if uncertain whether the paste has been pounded enough, try one in the oven, and if all right, lay sheets of wafer paper over clean baking-sheets, and lay out the biscuits upon it with a spoon, or savoy bag, place a few split almonds on the top of each, then bake in a cool oven.

Time.—15 to 20 minutes in a slow oven. **Average Cost,** 1s. 3d. per lb. **Sufficient** for 24 to 36 biscuits.

3332.—PLAIN BISCUITS.

Ingredients.—6 ozs. of flour, 2 ozs. of castor sugar, 1 oz. of butter, yolk of 1 egg, 2 tablespoonfuls of milk.

Method.—Beat the egg with the milk, then mix with the other ingredients, and roll and cut out into very thin biscuits with a paste cutter. Bake for 6 minutes in a quick oven.

Time.—6 minutes. **Average Cost,** 4d. **Sufficient** for 1½ dozen biscuits.

3333.—RATAFIAS. (*Fr.*—Ratafias.)

Ingredients.—¾ of a lb of sweet ground almonds, 2 ozs. of butter, 1¼ lbs. of castor sugar, the whites of 6 or 8 eggs.

Method.—Exactly the same as for macaroons, but the paste must be a little softer, and they must be laid out in very small drops on to sheets of clean white kitchen paper, laid over baking-plates, and baked in a cool oven to a very pale colour.

Time.—20 to 30 minutes. **Average Cost,** 2s. 3d. **Sufficient** for 60 or 80 ratafias.

3334.—RICE BISCUITS OR CAKES.

Ingredients.—½ a lb. of rice flour, ¼ of a lb. of castor sugar, ¼ of a lb. of butter, 1 egg.

Method.—Beat the butter to a cream, stir in the rice flour and pounded sugar, and moisten the whole with the egg, which should be previously well beaten. Roll out the paste, cut out with a round paste cutter into small cakes, and bake them from 12 to 18 minutes in a very slow oven.

Time.—12 to 18 minutes. **Average Cost,** 9d. **Sufficient** to make about 18 cakes.

Note.—Ground rice, or rice flour, is used for making several kinds of cakes, also for thickening soups. The Americans make rice bread, and prepare the flour for it in the following manner: When the rice is thoroughly cleansed, the water is drawn off and the rice, while damp, bruised in a mortar; it is then dried, and passed through a hair sieve.

3335.—SAVOY BISCUITS OR CAKES.

Ingredients.—4 eggs, 8 ozs. of castor sugar, a few drops of essence of lemon, 8 ozs. of flour.

Method.—Break the eggs into a basin, beat well with the sugar and essence of lemon for ¼ of an hour. Then dredge in the flour gradually, and well but lightly mix. Then put the mixture into a savoy bag, lay the biscuits out on to a sheet of thick cartridge paper, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies' fingers, as they are sometimes called, are used for making Charlotte Russes and a variety of fancy sweet dishes.

Time.—10 to 12 minutes. **Average Cost,** 9d. **Sufficient** for 2 doz. cakes.

3336.—SEED BISCUITS.

Ingredients.—1 lb. of flour, ¼ of a lb. of castor sugar, ¼ of a lb. of butter, ½ an oz. of caraway seeds, 3 eggs.

Method.—Beat the butter to a cream ; stir in the flour, sugar and caraway seeds; and when these ingredients are well mixed, add the eggs, which should be well whisked. Roll out the paste, cut out the biscuits with a round cutter, set them on to clean greased baking-sheets, and bake them in a moderate oven from 10 to 15 minutes. The tops of the biscuits may be brushed over with a little milk or the white of an egg, and a little sugar strewn over.

Time.—10 to 15 minutes. **Average Cost,** 1s. **Sufficient** to make 3 dozen biscuits.

3337.—SIMPLE HARD BISCUITS.

Ingredients.—1 lb. of flour, 2 ozs. of butter, about ½ a pint of skimmed milk.

Method.—Warm the butter in the milk, until the former is dissolved, then mix it with the flour into a very stiff paste ; beat it with a rolling pin until the dough looks perfectly smooth. Roll it out thin ; cut out the paste with a plain round cutter ; prick the rounds well with a fork and bake them from 6 to 10 minutes. The above is the proportion of milk estimated to convert the flour into a stiff paste ; but should it be found too much, an extra spoonful or two of flour must be put in. These biscuits are very nice for the cheese course.

Time.—6 to 10 minutes. **Average Cost,** 6d. **Sufficient** for 3 dozen biscuits.

3338.—SODA BISCUITS.

Ingredients.—1 lb. of flour, ½ a lb. of castor sugar, ¼ of a lb. of fresh butter, 2 eggs, 1 small teaspoonful of carbonate of soda.

Method.—Put the flour into a clean basin, rub in the butter and sugar, make a hole in the centre, break the eggs and beat them up well with a wire egg whisk, dissolve the soda in a little water, turn all the ingredients together into the hole, and wet up into rather a soft paste, using a little milk if necessary. Turn out on to the board, dry over, and roll down in sheets about a ¼ of an inch thick, cut out with a small plain round cutter, set on to clean greased baking-plates, and bake in a warm oven.

Time.—12 to 18 minutes. **Average Cost,** 10d. **Sufficient** to make about 3 dozen cakes.

3339.—VIRGINIA BISCUITS.

Ingredients.—Take 1½ lbs. of flour, 1 tablespoonful of butter, 1 tablespoonful of lard, 1 teaspoonful of salt, cold water.

Method.—Work the butter and the lard into the flour ; add the salt, and moisten with cold water to a stiff paste. Beat this until it bubbles, cut out into small biscuits, and prick with a fork, set the paste on to clean baking-sheets, brush it over with milk, and bake in a warm oven. The more beating, the better the biscuit.

Time.—¼ hour. **Average Cost,** 4d. **Sufficient** for 4 dozen cakes. **Seasonable** at any time.

Buns

3340.—BATH BUNS.

Ingredients.—1¼ lbs. of flour, 10 ozs. of sugar nibs, 1½ ozs. of compressed yeast, ½ a lb. of butter, the yolks of 4 and the whites of 2 eggs, water, caraway comfits, candied peel, essence of lemon.

Method.—Dissolve the yeast in ½ a gill of tepid water, mix with it the eggs, and ¼ of a lb. of flour ; beat the mixture up in a bowl, and set it before the fire to rise. Rub the butter well into the 1 lb. of flour, add the sugar, and put in a few of the comfits and the peel cut into small cubes. When the sponge has risen sufficiently, mix all the ingredients together, throw over it a cloth, and set it again to rise. Grease a baking tin, form the buns, place them on the tin, brush over yolk of egg and milk, and strew on them a few comfits. Bake in a quick oven.

Time—About 20 minutes, to bake the buns. **Average Cost,** 1s. 8d. **Sufficient** for 16 buns.

3341.—HOT CROSS BUNS.

Ingredients.—2 lbs. of flour, ½ a lb. of sugar, 1 oz. of yeast, 1 pint of warm milk, ½ a lb. of butter, 1 lb. of currants, ½ a teaspoonful of salt, 1 teaspoonful of mixed spice.

Method.—Mix the flour, sugar, spice and currants ; make a hole in the middle of the flour, put in the yeast and ½ a pint of warmed milk ; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire until the leaven begins to ferment. Put to the mass ½ a lb. of melted butter, add the salt, and beat well together, make up into rather a soft paste with all the flour, using a little more warm milk if necessary. Cover this with a clean cloth, and let it once more rise up for ½ an hour. Shape the dough in buns, and lay them apart on buttered tin plates or baking-sheets in rows at least 3 inches apart, to rise for ½ an hour. Place a cross mould on them (this may be done roughly with the back of a knife), and bake in a quick oven from 15 to 20 minutes.

Time.—15 to 20 minutes, to bake. **Average Cost,** 1d. each. **Sufficient** to make 2 dozen buns. **Seasonable** on Good Friday.

3342.—LEMON BUNS. (*Fr.*—Baba au Citron.)

Ingredients.—¼ of a lb. of butter, ½ a lb. of sugar, 1 lb. of flour, 2 eggs, ¼ of an oz. of ammonia, ½ a teacupful of milk, a few drops of essence of lemon.

Method.—Put the ammonia into a mortar and rub it down in the milk. Weigh the flour on to the board, make a bay, put in the sugar and butter, add a few drops of essence of lemon, and rub the ingredients together till smooth ; then add the eggs and dissolved ammonia, wet up into a smooth paste, divide it into 3-oz. pieces, flatten it out, wash it over with milk, turn it over on to castor sugar, place the buns on to greased baking tins, lay a slice of lemon-peel on the top, and bake in a warm oven.

Time.—1 hour, to bake. **Average Cost,** 1s. **Sufficient** for 10 large buns.

3343.—LIGHT BUNS.

Ingredients.—1½ teaspoonfuls of baking-powder, 1 lb. of flour, 2 ozs. of butter, 2 ozs. of castor sugar, ¼ of a lb. of currants or sultanas—if liked, a few caraway seeds—½ a pint of cold new milk, 1 egg (which can be omitted).

Method.—Rub the baking-powder and flour together through a fine sieve ; work the butter into the flour ; add the sugar, currants, and caraway seeds, when the flavour of the latter is liked. Mix all these ingredients well together ; make a hole in the middle of the flour, and pour in the milk mixed with the egg, which should be well beaten ; mix quickly, and set the dough with a fork on baking-tins, and bake the buns for about 20 minutes.

This mixture makes a very good cake, but if put into a tin should be baked for 1½ hours. The same quantity of flour and baking-powder, with ½ a pint of milk and a little salt, will make either bread or teacakes if wanted quickly.

Time.—20 minutes for the buns ; if made into a cake, 1½ hours. **Average Cost,** 10d. **Sufficient** to make about 12 buns.

3344.—MADEIRA BUNS.

Ingredients.—½ a lb. of butter, 2 eggs, 14 ozs. of flour, 6 ozs. of castor sugar, ½ a teaspoonful of ground ginger, ½ a dessertspoonful of caraway seeds, a little nutmeg, ½ wineglassful of sherry.

Method.—Put the butter and castor sugar into a clean basin, and set it on top of the stove to soften. Then beat to a cream with a wooden spoon ; add in the eggs, one at a time, beating up well after each. Then add the flour, spices, and caraway seeds, and moisten with the wine. Divide the batter out into some greased patty-pans, put them on a baking tin and bake in a moderately hot oven for 25 to 30 minutes.

Time.—About 50 minutes to 1 hour. **Average Cost,** 1s. 6d. **Sufficient** to make 12 buns.

3345.—PLAIN BUNS.

Ingredients.—To every 2 lbs. of flour allow 6 ozs. of moist sugar, 1 oz. of yeast, ½ a pint of milk, ½ a lb of butter, 1 pint of tepid milk.

Method.—Put the flour into a basin, mix the sugar well with it, make a well in the centre, and stir in the yeast and ½ pint of milk (which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1½ hours. Melt the butter, but do not allow it to oil; stir it into the other ingredients, using a little more milk if necessary, and make the whole into a soft dough. Mould it into buns about the size of an egg; then lay them in rows quite 3 inches apart; set them again in a warm place until they have risen to double their size; then put them into a good brisk oven, and when they are done wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel or caraway seeds to the other ingredients. The above mixture also answers for hot cross buns, by putting a little ground mixed spice, and by pressing a tin mould in the form of a cross in the centre of the bun.

Time.—15 to 20 minutes to bake. **Average Cost,** 1d. each. **Sufficient** to make 24 buns.

3346.—VICTORIA BUNS.

Ingredients.—2 ozs. of castor sugar, 1 egg, 1½ ozs. of ground rice, 2 ozs. of butter, 1½ ozs. of currants, a few thin slices of candied peel, flour, ½ a dessertspoonful of baking-powder.

Method.—Whisk the egg, stir in the sugar, and beat these ingredients well together; beat the butter to a cream, stir in the ground rice, currants, and candied peel, then the beaten eggs and sugar, and as much flour as will make it of such a consistency that it may be rolled into 7 or 8 balls. Put these on to a buttered tin, and bake them from ½ to ¾ of an hour. The buns should be put into the oven immediately, or they will become heavy. The oven should be moderately heated.

Time.—½ to ¾ of an hour. **Average Cost,** 6d. **Sufficient** to make 7 or 8 buns.

Cakes

3347.—ALMOND CAKE.

Ingredients.—½ a lb. of ground sweet almonds, ½ an oz. of pounded bitter almonds, 6 ozs. of castor sugar, 3 ozs. of butter, 14 ozs. of flour, 6 eggs, essence of lemon.

Method.—Break the eggs into a clean bowl, add the sugar, previously warmed, and beat the mixture well together with a wire egg whisk until it is as thick as cream ; then add the butter (melted), then mix in the almonds, flour (sifted), and essence of lemon with a spoon. Butter a plain mould, fill it with the mixture, and bake in a steady oven. It will require from 1½ to 2 hours to bake, and great care must be taken to prevent the mixture burning. As a precaution it is advisable to lay 3 or 4 thicknesses of newspaper under the mould, and wrap the same round the sides, fixing the paper in place with a piece of twine.

Time.—2 to 2½ hours. **Average Cost,** 2s.

3348.—ALMOND SPONGE CAKE. (Good.)

Ingredients.—Take 12 eggs (leave out the whites of 8), ¾ of a lb. of castor sugar, 2 ozs. of bitter almonds, ¾ of a lb. of sifted flour.

Method.—Blanch the almonds and roll like a paste. While rolling them moisten them with rose-water. Blanching them in hot water will loosen the skin which can then be easily removed. Break the eggs in a bowl and beat them up with a whisk. Add the sugar, and beat until light and creamy, then beat in the almonds, add the flour sifted, stir it in lightly, and bake in a square greased tin.

Time.—20 to 30 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 1 cake.

3349.—AUNT BETSEY'S CAKE.

Ingredients.—5 teacupfuls of flour, 2 teacupfuls of sugar, ½ a cup of butter, 1 cup of golden syrup, 1 cup of water, 2 eggs, ½ of a lb. of chopped raisins, 1 teaspoonful (each) of soda, cloves, cinnamon, and mace.

Method.—Beat the butter and sugar together ; add the eggs, dissolve the soda in the water, then add the molasses, flour, spices and fruit, and well work the mixture in the bowl. Turn it into a flat square tin baking-dish and bake in a moderate oven, or if preferred it can be cooked in small crinkled patty-pans.

Time.—1 to 1½ hours. **Average Cost,** 1s.

3350.—AUNTIE'S CAKES. (Delicious.)

Ingredients.—¾ of a lb. of cornflour, ½ a lb. of flour, 2 teaspoonfuls of baking powder, the rind of 2 small lemons, ½ a lb. of castor sugar, ¾ of a lb. of butter, 4 eggs.

Method.—Chop the lemon-rind up very finely ; well mix the flour and baking-powder together on a sheet of paper ; put the butter into a clean basin and beat it up to a cream with a large wooden spoon, then add the sugar, and beat the ingredients until they are light and white, add the eggs one at a time, beating well after each addition of eggs, and when all the eggs have been beaten in, add the flour and peel, and wet into rather a soft batter with a little milk. Grease the patty-pans with a little clean lard, and drop 1 dessertspoonful of the batter into each. Bake in a warm oven.

Time.—5 minutes to bake. **Average Cost,** 2s. 2d. for this quantity. **Sufficient** for 4 or 5 dozen cakes.

3351.—BOSTON BREAKFAST CAKES.

Ingredients.—1 quart of milk, 1 large spoonful of sugar, 1 oz. of distillery yeast, 2 eggs, a little salt, flour.

Method.—Dissolve the yeast in the milk, add the sugar, and stir in about $\frac{3}{4}$ of a lb. of flour, beat into a good tough batter, set it aside where it will not get chilled, and leave it all night, but do not stand it where it will be too hot, or it will turn sour. In the morning add the eggs and a little salt in fine powder, and after beating it well up adding a little more flour, but using only enough to prevent the dough running; then let it prove, and divide up into 2-oz. pieces, prove on a floured board, and cook either on a hot plate or in the oven. When done, break them open, and give a liberal allowance of butter. Send to table steaming hot.

Time.—$\frac{1}{2}$ hour, to bake. **Sufficient** for one dozen cakes. **Average Cost,** 1d. each. **Seasonable** at any time.

3352.—BREAKFAST CAKE.

Ingredients.—1 lb. of bread dough, 2 ozs. of butter, 2 ozs. of castor sugar, 2 eggs.

Method.—Spread the dough on the board, lay the sugar and butter on top, break the eggs, and rub well together with the hands until it is well mixed, then put it into a tin, and let it prove until it becomes light, then bake in a moderately warm oven.

Time.—About 1 hour. **Average Cost,** 7d. **Sufficient** for 5 or 6 persons.

3353.—BREAKFAST CAKES.

Ingredients.—1 lb. of flour, $\frac{1}{2}$ a teaspoonful of baking-powder, $\frac{1}{2}$ a teaspoonful of salt, $\frac{3}{4}$ of a pint of milk, 1 oz. of castor sugar, 2 eggs.

Method.—These cakes are made in the same manner as the bread, with the addition of eggs and sugar. Mix the flour, baking-powder and salt well together, and stir in the sifted sugar. Add the milk and the eggs, which should be well whisked, and with this liquid work the flour, etc., into a light dough. Divide it into small cakes, put them into the oven immediately, and bake for about 20 minutes.

Time.—20 minutes to bake. **Average Cost,** 6d. **Sufficient** for 18 or 20 cakes.

3354.—BRIDE OR CHRISTENING CAKE.

Ingredients.—3½ lbs. of the finest flour, 3 lbs. of fresh butter, 7½ lbs. of currants, 3 lbs. of raw sugar, 2 grated nutmegs, ¼ of an oz. of mace, ¾ of an oz. of cloves, 24 eggs, 1 lb. of sweet whole blanched almonds, ½ a lb. of candied citron, ¾ of a lb. each of candied orange- and lemon-peel, 1 gill of wine, 1 gill of brandy.

Method.—Take some good strong household flour and rub it through a fine sieve on to a sheet of paper. Well wash, dry and pick the currants free from stones and sprigs, and lay them on the table ready for use. Blanch the almonds, shred the peel very fine, and mix it with the currants. Break the eggs, taking especial care to eliminate any that are bad or musty, and put them into a clean basin. Weigh the sugar and roll it on the table with a rolling-pin to break up all lumps ; put it in a large pan, add the butter and all the spices in fine powder, and proceed to beat the mixture up to a light cream with the hand ; add the eggs 2 at a time, allowing an interval of at least 5 minutes between each addition of eggs, beating as hard as possible all the time. When all the eggs have been put in, mix in the fruit and peel, and last of all add the flour, with the wine and spirits. When thoroughly well mixed, put it out into well papered hoops and press it down in the centre with the back of the hand, set it into a cool oven and bake for about 6 hours. This recipe will make about 24 lbs. of cake, but if a fairly large oven is not available, it would be better not to bake the whole of this quantity in one hoop, or it will not make a very satisfactory cake, as the top and sides will be burnt and dried before the cake can be properly cooked. It would therefore be preferable to divide it into 2 or more smaller cakes. To ascertain if the cake is properly cooked, test it with a clean skewer or larding needle, taking care that the skewer is perfectly clean and dry ; plunge it lightly into the centre of the cake, and if done the skewer will come out perfectly clean. On the other hand, according to the quantity and condition of the paste which adheres to the skewer the identical state of its rawness can be estimated, and individual judgment must determine how much longer it will require in the oven. As these cakes are better for keeping, it is advisable to make and bake them at least 3 months before they are required. If this is done, the best way to keep them is to strip off all the paper they were baked in, and then to wrap up each cake in a large sheet of rice parchment or wax paper, then wrap it up in several thicknesses of clean newspaper, pack away in a tin or airtight box, and stow away in a dry cool place.

Wedding or Bride's Cakes are thickly encrusted with almond icing (No. 3459), and then iced over with icing No. 3463, and when dry are decorated with piping, silver leaves, artificial flowers and gum paste ornaments. Where something special is desired, natural flowers are used for decoration.

Time.—To bake, 5 to 6 hours. **Average Cost,** 2s. per pound.

3355.—BRIOCHES. (*Fr.*—Brioches.)

Ingredients.—2 lbs. of flour, 1 lb. of butter, 1 oz. of German yeast, 4 ozs. of sugar, 8 eggs, ½ an oz. of salt, water.

Method.—Put ½ a lb. of the flour on a board, hollow it in the centre, put in the yeast dissolved in a little warm water, mix rather tight, and set it to rise in a covered pan near the fire. Put the rest of the flour on the board, and after making a hole in the centre, add the butter, salt, sugar, and 4 eggs, and work till the paste is smooth. When the sponge is well risen (it ought to expand to double its original size), mix it with the paste, and again set it to rise for 3 hours. Next put the paste on a board, knead it well, and fold it over 2 or 3 times, and a third time set it to rise for 2 hours; once more knead it out, fold it up, and put on the ice or a cool place till firm. This dough may be used for small cakes, or to form cases for compotes, custards, etc.

3356.—CALIFORNIA JUMBLES.

Ingredients.—1 lb. of sugar, 1 lb. of butter, 1¼ lbs. of flour, 2 ozs. of grated lemon-peel, the whites of 4 eggs.

Method.—Beat the butter and sugar together very lightly, add the lemon and the egg whites, then sieve and mix in the flour. Turn out on to a paste board and mould up into a stiff dough, divide it into 4 or 5 pieces, and roll them out carefully into lengths about the thickness of the little finger. Cut off into 4-inch lengths, turn the ends in scroll fashion, set them on a clean greased tin, leaving plenty of room for them to spread, and bake in a moderate oven.

Time.—½ hour. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 3 dozen jumbles.

3357.—CHRISTMAS CAKE, No. 1. (*Fr.*—Gateau de Noël.)

Ingredients.—1 lb. of butter, 1 lb. of castor sugar, 1 lb. of sultanas, 1 lb. of currants, ¾ of a lb. of mixed candied peel, 2 lbs. of flour, ½ an oz. of baking-powder, 8 eggs, milk.

Method.—Sieve the baking-powder 2 or 3 times with the flour on to a sheet of paper to mix well. Put the butter and the sugar into a clean pan and stand in front of the fire to soften. Weigh the fruit on to the flour, having carefully cleaned and picked them free from stalks and stones. Cut up the peel into thin shreds, and lay it with the fruit and flour. Break the eggs into a clean basin. Now proceed to beat up the butter and sugar into a cream with your hand, add the eggs in 1 at a time, beating well after each addition of eggs. When all are in, add the flour and fruit, moisten to the usual cake batter consistency with milk, and bake in round or square well-papered and greased tins. This will make about 7 lbs. of cake, and can be baked in 1 or more cakes, as desired.

Time.—3 to 4 hours to bake. **Average Cost,** 10d. per lb.

3358.—CHRISTMAS CAKE, No. 2.

Ingredients.—$\frac{3}{4}$ of a lb. of butter, $\frac{3}{4}$ of a lb. of raw sugar, 2½ lbs. of currants, ½ a lb. of mixed peel, 2 lbs. of flour, ½ an oz. of baking-powder, 6 eggs, milk, mixed spice.

Method.—Exactly the same as in the previous recipe. These cakes are sometimes iced over with almond icing (No. 3469), and then iced and decorated with white and coloured sugar icing (No. 3461). This of course is quite optional.

Time.—3 to 4 hours to bake. **Average Cost**, 8d. per lb.

3359.—CHRISTMAS CAKE, No. 3.

Ingredients.—2½ teacupfuls of flour, ½ a teacupful of melted butter, 1 teacupful of cream, 1 teacupful of treacle, $\frac{3}{4}$ of a teacupful of moist sugar, 2 eggs, ½ an oz. of powdered ginger, ½ a lb. of raisins, 1 teaspoonful of carbonate of soda, 1 tablespoonful of vinegar.

Method.—Make the butter sufficiently warm to melt it, but do not allow it to oil; put the flour into a basin, add to it the sugar, ginger and raisins, which should be stoned and cut into small pieces. When these dry ingredients are thoroughly mixed, stir in the butter, cream, treacle, and well whisked eggs, and beat the mixture for a few minutes. Mix the soda with the dry ingredients, taking great care to leave no lumps, then stir the vinegar into the dough. When it is wetted, put the cake into a buttered tin or mould, place it in a moderate oven immediately, and bake it from 1¾ to 2¼ hours.

Time.—1¾ to 2¼ hours. **Average Cost**, 1s. 6d.

3360.—COCOANUT CAKE.

Ingredients.—6 ozs. of butter, ½ a lb. of castor sugar, 1 lb. of flour, ¼ of a lb. of desiccated cocoanut, ½ an oz. of baking-powder, 3 eggs, milk, essence of lemon.

Method.—Sieve the baking-powder well with the flour on to a sheet of paper laid on the table. Weigh and add the cocoanut. Put the butter and sugar into a clean basin, warm slightly, and beat up well with a large wooden spoon; beat in the eggs, 1 at a time, and when all are in add the flavouring, flour and cocoanut; bring to cake batter consistency with milk, divide the mixture into 2 or more well-papered and greased tins as preferred, sprinkle some cocoanut over the top, and bake in a moderately warm oven.

Time.—1 to 2 hours. **Average Cost**, 1s. 6d. **Sufficient** for 2 cakes.

3361.—COCOANUT ROCKS.

Ingredients.—10 ozs. of flour, ½ a lb. of butter, 6 ozs. of desiccated cocoanut 8 ozs. of castor sugar, 4 eggs.

Method.—Beat the sugar and butter together; add the cocoanut and flour by degrees, then the eggs, still beating the mixture. Drop it in small spoonfuls on to a baking-tin (buttered), and bake in a quick oven.

Time.—About 8 minutes, to bake the cakes. **Average Cost,** 1s 4d. **Sufficient** for 30 cakes.

3362.—COFFEE CAKE.

Ingredients.—½ a lb. of butter, ½ a lb. of brown sugar, ¼ of a lb. of golden syrup, ½ a lb. of currants, ½ a lb. of sultanas, 1½ lbs. of flour, ½ an oz. of baking-powder, 2 eggs, ½ an oz. of nutmeg, cloves and cinnamon mixed, coffee.

Method.—Sieve the baking-powder with the flour into a pan; add the spices, sugar and butter, rub well together, make a well in the centre, pour in the syrup, add about ¼ of a pint of strong cold coffee, break in the eggs, and beat well together; then mix in the other ingredients with a strong wooden spoon, using a little milk if not moist enough, mix in the fruit last, and then bake in a long square cake pan nicely papered.

Time.—1 to 2 hours. **Average Cost,** 2s.

3363.—COMMON CAKE. (Suitable for sending to Children at School.)

Ingredients.—2 lbs. of flour, 6 ozs. of butter, or clarified dripping, ½ an oz. of caraway seeds, ¼ of an oz. of allspice, 10 ozs. of castor sugar, 1 lb. of currants, 1½ pints of milk, ½ an oz. of distillery yeast.

Method.—Rub the butter lightly into the flour; add all the dry ingredients, and mix these well together. Make the milk warm, but not hot; stir in the yeast, and with this liquid make the whole into a light dough; knead it well, and line the cake-tins with strips of white buttered paper; this paper should be about 6 inches higher than the top of the tin. Put in the dough; stand it in a warm place to rise for more than 1 hour; then bake the cakes in a well-heated oven. If this quantity be divided in 2, the cakes will take from 1½ to 2 hours baking.

Time.—1¾ to 2¼ hours. **Average Cost,** 1s. 6d. **Sufficient** to make 2 moderate-sized cakes.

3364.—COMPOSITION CAKE.

Ingredients.—1 lb. of flour, 1 lb. of castor sugar, ½ a lb. of butter, 3 eggs, 1 teacupful of cream, ½ a teaspoonful of baking-powder, nutmeg to taste.

Method.—Beat the sugar and butter to a cream, add the eggs, then the cream, flour and spice. This cake requires well beating. Put into round papered tins, and bake in a quick oven.

Time.—1 hour. **Average Cost,** 1s. 9d. **Sufficient** for 2 cakes. **Seasonable** at any time.

3365.—CORN CAKES (Excellent way to Make).

Ingredients.—½ a lb. of corn meal, ¾ of a lb. of flour, 2 teaspoonfuls of baking-powder, 1 teaspoonful of salt, 2 eggs, ½ a lb. of golden syrup, milk.

Method.—Rub the baking-powder and salt well into the meal and flour, then mix into a nice pliable dough with the eggs and the syrup, using no more milk than is absolutely necessary. Bake on tin plates in a quick oven. Cut the cakes across like scones, and serve.

Time.—30 minutes. **Average Cost,** 1s. **Sufficient** for 4 small cakes.

3366.—CORNFLOUR CAKES.

Ingredients.—4 ozs. of cornflour, 4 ozs. of flour, 6 ozs. of butter, 6 ozs. of sifted sugar, 3 eggs.

Method.—Melt the butter, then add the other ingredients ; beat for 20 minutes. Lay into patty-pans, and bake in a warm oven.

Time.—¼ hour. **Average Cost,** 1s. 2d. **Sufficient** for 2 dozen small cakes.

3367.—CREAM CAKES.

Ingredients.—½ a lb. of fresh butter, 1 pint of warm water, ¾ of a lb. of sifted flour, 10 eggs, ½ a pint of sweet milk, 4 tablespoonfuls of cornflour, 4 ozs. of castor sugar.

Method.—Put the butter into a clean stewpan, add the warm water and slowly bring it to the boiling point, stirring often. When it boils, put in the flour, continue stirring, and boil for 5 minutes, then turn it into a deep dish to cool. Break 8 eggs, and beat them well 1 at a time into the cool paste, drop the mixture in teaspoonfuls on to the buttered paper, taking care they do not run into each other; set them on to a flat baking-sheet. Bake for 15 minutes. Boil the milk after mixing the cornflour with a little of it, beat up the remaining eggs, and add them to the cornflour ; then pour the boiling milk on the eggs, put in the sugar and a little vanilla or lemon flavouring, and about 1 oz. of fresh butter. Stir the mixture well until it is smooth and thick, then set it aside to cool. Split the cakes open with a sharp knife, fill up with cornflour custard, and dredge over with fine sugar.

Time.—15 minutes to bake, but altogether 1 hour. **Average Cost,** 2s. 3d. **Sufficient** for 2 dozen cakes.

3368.—DESSERT CAKES.

Ingredients.—¾ of a lb. of flour, 6 ozs. of butter, ½ a lb. of sifted sugar, 3 eggs.

Method.—Clarify the butter and beat the sugar well in ; add the flour by degrees, then the eggs, still beating. Mix thoroughly, and bake in small tins for 8 or 10 minutes.

Time.—8 to 10 minutes, to bake. **Average Cost,** 1s. **Sufficient** for 20 or 30 cakes.

3369.—DOUGHNUTS.

Ingredients.—½ a pint of new milk, ½ an oz. of compressed yeast, 1 egg, 2 ozs. of sugar, 2 ozs. of butter, flour.

Method.—Make the milk warm, and dissolve the yeast in it ; stir in about ¼ of a lb. of flour and the sugar, cover over, and stand the mixture aside in a warm place where it will not be disturbed, and leave it to rise up and drop. When it drops it is ready, but it must not be touched until it has dropped. When ready, add the melted butter, the egg, and a pinch of salt ; beat it well together, and then add sufficient flour to make a workable paste. Put the paste when made into a basin, cover over, and stand it aside in a warm place to prove ; when well proved, turn out on to the board, dry over, and divide up into 2-oz. pieces, mould up round, then flatten the pieces out slightly with a rolling-pin, damp round the edges, lay 1 spoonful of raspberry jam in the centre, and gather the edges into the centre, forming them up into round balls with the jam in the middle ; pinch them together firmly and lay them on a clean floured cloth as each one is worked. Cover over with another cloth when they have all been done, and stand them aside to prove. When they are light enough, have ready a pot of boiling lard on the stove, drop the doughnuts into it, cook them for about 7 minutes on one side and then turn them over and cook them the reverse way. Take up with a drainer on 3 or 4 thicknesses of clean kitchen paper, and when the doughnuts have all been cooked roll them into fine castor sugar, and serve.

Time.—To cook, 15 minutes. **Average Cost,** 8d.

3370.—DOUGHNUTS WITH BAKING-POWDER.

Ingredients.—1¼ lbs. of flour, 3 ozs. of sugar, 3 ozs. of butter, ½ an oz. of baking-powder, 2 eggs, milk.

Method.—Sift the baking-powder well with the flour, then rub in the butter and sugar, make a bay, break in the eggs, and add sufficient milk to wet it up into a nice pliable paste. Dry it over on the board, and then roll down in rather a thin sheet, cut out with a small plain round cutter, lay them separately on the board as they are cut out, gather the trimmings into a heap without kneading them, roll them out into a sheet with the rolling-pin, and cut out with the same size cutter ; when all are cut out, wash them over slightly with a little cold water, lay a spot of jam upon half of them out of a spoon, and place the other half on top. Pinch round the edges to prevent the jam from running out, stand the doughnuts on a floured board for about 20 minutes, and then cook them in boiling lard as directed in the previous recipe. When done and well drained, dust over with powdered sugar, and serve.

Time.—To cook, 15 minutes. **Average Cost,** 10d.

3371.—DROP CAKES.

Ingredients.—½ a lb. of butter, ¾ of a lb. of castor sugar, 1 lb. of flour, 4 eggs, baking-powder, milk.

Method.—Add 2 teaspoonfuls of baking-powder to the flour on the board, well mix it and run it through a sieve 2 or 3 times. Put the butter and sugar into a clean basin, and beat it well up into a cream with the hand, add the eggs 1 at a time, beating well after each addition of eggs, and when all are well beaten in, add the flour, and moisten the mixture with milk to batter consistency. Scrape down the sides with a palette-knife, and with the point of the knife mix in all the material scraped down. Have some clean white sheets of kitchen paper cut to the size that will fit the baking-plates or tins, and with a spoon lay out small cakes all over the sheets of paper, allowing about 1½ inches between each cake or drop, which should be about the size of half a walnut shell; then dust lightly over with sugar and bake in a moderate oven.

Time.—1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 3 or 4 dozen cakes.

3372.—ECONOMICAL CAKE.

Ingredients.—1 lb. of flour, ¼ of a lb. of castor sugar, ¼ of a lb. of butter or lard, ½ a lb. of currants, 1 teaspoonful of baking-powder, 3 eggs, ½ a pint of milk.

Method.—Beat the butter and sugar to a cream, well beat in the eggs, then stir all the ingredients together. When the mixture has been well beaten, stir in the fruit, put the cake in a buttered mould, and bake it in a moderate oven for 1½ hours.

Time.—1½ hours. **Average Cost,** 1s. 3d.

3373.—FARMER'S FRUIT CAKES.

Ingredients.—1 cup of dried sour apples, 1 cup of golden syrup, 1 cup of sugar, ⅓ cup of butter, ½ a cup of sour milk, 1 teaspoonful of soda, 2 teaspoonfuls of cinnamon, 1 teaspoonful of cloves, 1 egg, 2 cups of flour.

Method.—Chop the apples fine, and soak them over night; in the morning let them simmer for 2 hours with the golden syrup. Prepare the other ingredients as for any cake, beating well, and adding the apple and syrup when a little cool but not cold. Bake in small greased tins in a moderate oven.

Time.—½ to ¾ hour. **Average Cost,** 10d.

3374.—FLANNEL CAKES.

Ingredients.—1 quart of milk, 1 tablespoonful of butter, 3 eggs, ¾ of a lb. of sifted flour, 1 oz. of yeast.

Method.—Melt the butter in the milk, and when lukewarm add the eggs, the whites and yolks beaten separately, and stir in the flour. Add the dissolved yeast, beat well, and leave to rise. Then make into cakes, and bake for 15 minutes in a hot oven. This mixture will be very soft, and require very careful handling. The cakes are nice broken open while hot and toasted.

Time.—¼ hour. **Average Cost,** 10d. **Sufficient** for 1 dozen cakes.

3375.—FRENCH CAKE. (*Fr.*—Gâteau Français.)

Ingredients.—2 lbs. of flour, ¼ of an oz. of yeast, 1 lb. of butter, 6 eggs, ¼ of a lb. of best raisins, ¼ of a lb. of currants, ¼ of a lb. of sugar.

Method.—Take away ½ a lb. of the flour, make a hole in the rest, and put in the yeast, mixed with a little warm water ; work it to a sponge, and place it in a warm place to rise. When it has risen sufficiently, work the butter and eggs with the remaining flour into it, and knead it twice with the hands, adding another egg if it is too stiff. Stone and cut up the raisins, add the currants and sugar, mix all the ingredients well together with the sponge ; put into a well-buttered tin mould, and let the whole stand for 1 or 2 hours to rise. When well risen, bake in a moderate oven for 1 or 1¼ hours.

Time.—1¼ hours, to bake. **Average Cost,** 2s. 6d. **Sufficient** for one large cake.

3376.—FRUIT CAKE. (*Fr.*—Gâteau de Fruits.)

Ingredients.—Butter, flour, currants, candied peel and sugar, each ½ a lb., ½ a grated nutmeg, a few chopped almonds, the juice and rind of 1 lemon, 4 eggs.

Method.—Beat the butter to a cream, add the eggs one by one, and then the other ingredients, and bake in a paper lined and greased tin. The oven must not be too hot.

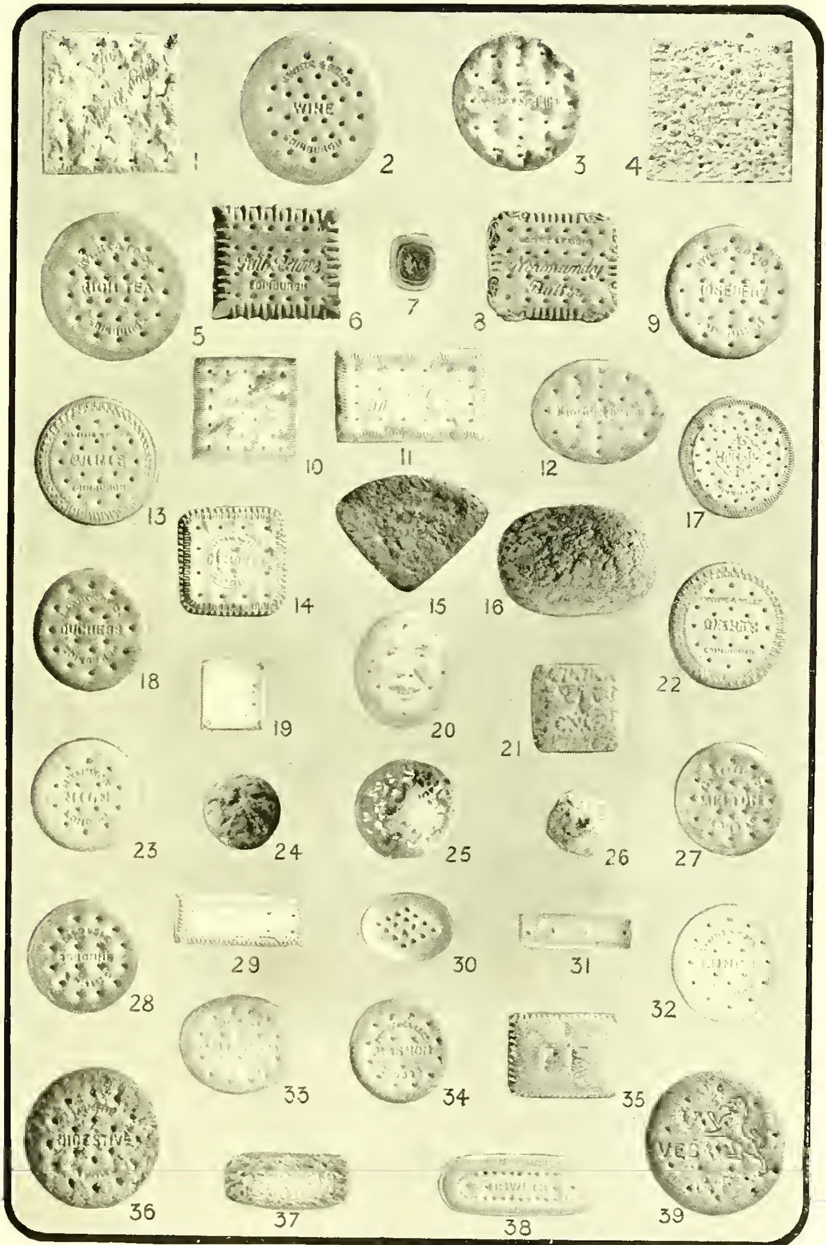
Time.—1 to 2 hours, to bake. **Average Cost,** 1s. 10d.

3377.—GÂTEAU ST. HONORÉ.

Ingredients.—6 ozs. of Vienna flour, 3 ozs. of butter, and 2 ozs. of sugar, 1 egg.

Method.—Rub the butter and sugar into the flour, make a bay, break 1 egg into a cup, beat it up with a fork, put ½ of it into the bay, add moisture and work into a stiff paste, using a little milk if required. Mould it up round, and then roll it out to about the size of a pudding plate, set it on to a clean tin, and let it stand for 2 hours, prick it all over with a fork, and then make up the following :—

BISCUITS.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DIGESTIVE
VEDA
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1. Cream Toast, 2. Wine, 3. Water, 4. Oatmeal, 5. High Tea, 6. Petit Beurre, 7. Dinner, 8. Normandy, 9. Rosebery, 10. Water Wafer, 11. Thin Butter, 12. Family, 13. Paris, 14. Canadian, 15. Thick Oat Cake, 16. Brighton, 17. Milk, 18. Duchess, 19. Cracklet, 20. Sunshine, 21. Pat-a-Cake, 22. Marie, 23. Nile, 24. Delhi, 25. Fairy, 26. Cocoanut, 27. Melton, 28. Osborne, 29. Butter Cream, 30. Picnic, 31. Jamaica, 32. Lunch, 33. Texas Cracker, 34. Plasmon, 35. Wayside, 36. Digestive, 37. Normandy, 38. Oswego, 39. Veda.

½ a pint of water, 3 ozs. of butter, ¼ of an oz. of sugar, 4 ozs. of flour, 4 eggs, a pinch of salt.

Method.—Put the butter and water into a clean stewpan and set it over the fire ; mix the sugar and flour together, and when the liquor boils, turn in the flour, stir it well over the fire until it thickens, and the whole of it can be lifted out of the pan with a spoon ; then take it off the fire, let it stand for a few minutes, and beat in the eggs one at a time with a large wooden spoon. When the whole of the eggs have been beaten in put the mixture into a savoy bag with a plain tube, and lay a ring round the piece of paste prepared on the tin—lay the ring as near the edge as possible, but take care that it does not run over the edge on to the tin—and lay out the remaining paste in about 12 small buttons on another tin, and bake in a moderate oven. When done, dredge some sugar over, and run it with a red hot "salamander."

Now boil up about ¼ of a lb. of loaf sugar to nearly a caramel, put a skewer into the small buttons, dip them separately into the sugar syrup, and stick them round upon the ring of paste nearly close together, place a glacé cherry in each one of the cakes, and further decorate with some nicely cut leaves of angelica. Now pile the centre up with whipped-cream, sweetened and flavoured as required, set it on a lace paper on a glass dish or compote dish, and send to table.

Time.—About 2 hours. **Average Cost,** about 2s. **Sufficient** for 8 or 10 people.

3378.—GENOESE CAKE. (*Fr.*—Gâteau Génoise.)

Ingredients.—4 eggs, 4 ozs. of butter, 6 ozs. of flour, ¼ of a lb. of castor sugar, apricot jam, chocolate or any other icing.

Method.—Slightly warm the butter in a clean basin until it is easy to beat with a wooden spoon, then add the sugar and beat to a cream ; next the eggs one by one, then mix in the flour. Pour the mixture into a buttered baking-tin, and bake in a quick oven for about 10 minutes. When cold divide the sheet in two, and sandwich together with apricot or any other jam. Coat it with icing, and let it stand for a few minutes.

Time.—15 minutes, to bake the cake. **Average Cost,** 1s. 6d.

3379.—GENOESE CAKE. (Another Method.)

Ingredients.—A stale sponge cake or loaf, 2 kinds of preserve, the one rather acid, the other sweet, such as red-currant jelly and apricot jam, the whites of 4 eggs, ½ a lb. of pounded loaf sugar, 1 lemon.

Method.—Cut the cake into rounds, and spread them with the two preserves in alternate layers, and sandwich the rounds together again. Make an icing of the sugar as directed in recipe No. 3461. spread it over the cake, and set for a few minutes to harden in a cool oven.

Time.—30 minutes. **Average Cost,** 2s. **Sufficient** for 10 or 12 small cakes.

3380.—HOLIDAY CAKE.

Ingredients.—2 lbs. of flour, $\frac{3}{4}$ of a lb. of castor sugar, $\frac{3}{4}$ of a lb. of butter and dripping or lard mixed, 1 lb. of currants, $\frac{1}{2}$ a lb. of stoned raisins, $\frac{1}{4}$ of a lb. of mixed candied peel, 2 ozs. of baking-powder, 3 eggs, 1 pint of milk.

Method.—Mix the baking-powder with the flour, then rub in the fat; have ready the currants, washed, picked, and dried, the raisins stoned and cut into small pieces (not chopped), and the peel cut into neat slices. Add these with the sugar to the flour, etc., and mix all the dry ingredients well together. Whisk the eggs, stir into them the milk, and with this liquid moisten the cake; beat it up well, that all the ingredients may be very thoroughly mixed; line a cake tin with buttered paper, put in the cake, and bake it from $2\frac{1}{4}$ to $2\frac{3}{4}$ hours in a good oven. To ascertain when it is done, plunge a clean skewer into the middle of it, and if on withdrawing it looks clean and not sticky, the cake is done. To prevent its burning at the top, a piece of clean paper may be put over the cake while it is baking, to ensure it being thoroughly cooked in the middle.

Time.—$2\frac{1}{4}$ to $2\frac{3}{4}$ hours. **Average Cost,** 2s. 6d. **Sufficient** for one large cake.

3381.—HONEY CAKE. (*Fr.*—Gâteau de Miel.)

Ingredients.—$\frac{1}{2}$ of a breakfastcupful of sugar, 1 breakfastcupful of rich sour cream, 2 breakfastcupfuls of flour, $\frac{1}{2}$ a teaspoonful of carbonate of soda, honey to taste.

Method.—Mix the sugar and cream together; dredge in the flour, add as much honey as will flavour the mixture nicely; stir it well, that all the ingredients may be thoroughly mixed; add the carbonate of soda, and beat the cake well for another 5 minutes. Put it into a buttered tin, and bake it from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour, and let it be eaten warm.

Time.—$\frac{1}{2}$ to $\frac{3}{4}$ hour. **Average Cost,** 8d. **Sufficient** for 3 or 4 persons.

3382.—ICED CAKE.

Ingredients.—$\frac{1}{2}$ a lb. of flour, $\frac{1}{2}$ a lb. of currants, $\frac{1}{2}$ a lb. of sugar, $\frac{1}{4}$ of an oz. of mace and cloves, 12 sweet almonds, 6 bitter almonds, $\frac{1}{2}$ a lb. of butter, 4 eggs, 1 oz. of mixed peel, 1 teaspoonful of carbonate of soda.

Method.—Blanch and split the almonds, and mix all the dry ingredients together. Warm the butter in a clean basin, add the sugar, and beat to a cream with the hand; add the eggs 1 at a time, beating well after each addition; when all are in, add the other ingredients, well mix, and turn out into a round papered and greased tin. Bake for about $1\frac{1}{2}$ hours. When cold cover with white icing and decorate to taste. (*See* No. 3462.)

Time.—$1\frac{1}{2}$ hours. **Average Cost,** 1s. 8d. **Sufficient** for 1 cake.

3383.—INDIAN MEAL FLAPPERS.

Ingredients.—1 quart of sifted meal, a handful of wheaten flour, 1 quart of milk, 4 eggs, 1 heaped-up saltspoonful of salt.

Method.—Mix the meal, flour, and salt. Beat the eggs well and add them to the milk alternately with the meal, a handful at a time. Stir thoroughly, and bake in small or large round cakes on a hot griddle.

Time.—10 minutes. **Average Cost,** 1s. **Sufficient** for 1 dozen cakes.

3384.—JOHNNY CAKE.

Ingredients.—1 teacupful of flour, 1 teacupful of Indian yellow meal, 1 teacupful of milk, 1 cupful of water, 1 tablespoonful of brown sugar, 1 teaspoonful of baking-powder, a pinch of salt, 2 eggs.

Method.—The milk may be either sour or fresh. Mix the dry and the wet ingredients in separate bowls, then put them together, mix well, pour into a buttered tin, and bake for ½ an hour or more in a quick oven.

Time.—½ hour or longer. **Average Cost,** 4d. **Sufficient** for 1 cake.

3385.—LEMON CAKE. (Gâteau de Citron.)

Ingredients.—8 eggs, 1 tablespoonful of orange-flower water, ½ a lb. of castor sugar, 1 lemon, 1 lb. of flour.

Method.—Break the eggs into a clean basin, add the sugar, and beat up to a stiff batter with a wire egg whisk. Add the orange-flower water, the juice and rind of the lemon, continue the beating for 10 minutes, then take out the whisk, clean it off, add the flour (sifted), and mix it in with a spoon. Butter a cake mould with melted butter, dust it out with a little flour and sugar mixed, turn in the mixture, tie a paper round the top to prevent it running over, and bake in a moderate oven.

Time.—About 1½ hours, to bake. **Average Cost,** 1s. 4d. **Sufficient** for 1 medium-sized cake.

3386.—LINCOLN CAKE.

Ingredients.—Take 2 lbs. of flour, ½ an oz. of yeast, 1 lb. of butter, 6 eggs, ¼ of a lb. of Malaga raisins, ¼ of a lb. of currants, ½ a lb. of sugar, ¼ of an oz. of saffron.

Method.—Dissolve the yeast in ½ a pint of tepid water, put it into a clean basin, and stir in sufficient of the flour to make a nice soft dough. Well knead it, and leave it in the basin covered over in a warm place to prove. When well proved, take the remaining flour, turn it out on to the board, make a bay in the centre, put in the butter and sugar, and rub these together till smooth; then add the eggs and a piece of fermented dough, and mix all well up together, mixing in the whole of the flour, and adding the saffron liquor which has been previously infused in a ¼ of a pint of warm water and strained. Well and thoroughly mix by rubbing it on the board, then add the raisins (stoned and cut up), and the currants (previously cleaned) ; then turn it into a large well greased mould, or 2 smaller ones, stand it aside to prove, and, when well proved, bake in a moderate oven from 1½ to 2 hours.

Time.—1½ to 2 hours, to bake. **Average Cost,** 3s. **Sufficient** for 1 large cake.

3387.—LUNCHEON CAKE.

Ingredients.—½ a lb. of butter, 1 lb. of flour, ¼ of an oz. of caraway seeds, ½ a lb. of currants, 6 ozs. of moist sugar, 1 oz. of candied peel, 3 eggs, ½ a pint of milk, 2 small teaspoonfuls of baking-powder.

Method.—Rub the baking-powder and butter into the flour until it is quite fine ; add the caraway seeds, currants (which should be nicely washed, picked and dried), sugar, and candied peel cut into thin slices ; mix these well together, and moisten with the eggs, which should be well whisked, and with the milk wet up the other ingredients into a nice soft cake batter. Butter a tin, pour the cake mixture into it, and bake it in a moderate oven from ¾ to 1 hour.

Time.—1 to 1½ hours. **Average Cost,** 1s. 6d. **Sufficient** for 1 cake.

3388.—MADEIRA CAKE.

Ingredients.—1 lb. of butter, 1½ lbs. of flour, 1 lb. of castor sugar, the grated rind of 1 lemon, 2 ozs. of candied peel, 5 to 6 eggs.

Method.—Put the butter and sugar into a clean pan, add the grated rind of 1 lemon, and with the hand beat it up to very light cream ; add in the eggs 1 at a time, and beat well after each addition of eggs ; when all are in and the batter is very light and creamy, add the flour, stir it in lightly with the hand, and when well mixed divide the mixture equally into 3 or 4 round tins, papered at the bottoms and sides with buttered white paper ; dust sugar over from a dredger, and lay 2 very thin slices of citron peel on top. Bake in a moderate oven. They will take from 1 to 1¼ hours to bake.

Time.—1 to 1½ hours. **Average Cost,** 2s. 6d. **Sufficient** for 3 or 4 medium-sized cakes.

3389.—MARBLE CAKE.

Ingredients.—*White part :* 2 teacupfuls of flour, 1½ cupfuls of castor sugar, ½ a cupful of butter, ½ a cupful of milk, 4 whites of eggs, ½ a teaspoonful of cream of tartar, ¼ of a teaspoonful of soda. *Dark part :* 2½ cupfuls of flour, ½ a cupful of butter, 1 cupful of brown sugar, ½ a cupful of treacle, ½ a cupful of milk, 3 eggs, ½ a teaspoonful of carbonate of soda, ½ a teaspoonful of cream of tartar, cloves, cinnamon, mace.

Method.—Prepare and mix each part separately, as follows :—Sift the cream of tartar and soda well with the flour on the board. Then cream up the butter and sugar, adding the eggs as described in previous mixtures ; then mix in the flour. For the dark part the treacle and spice should be beaten up with the butter and sugar. When both batters have been well mixed up, have prepared 2 or more square papered frames or tins, laying the colours in alternately, and when all the batters have been used up, finish by spreading them out evenly on top, using the back of a spoon for the purpose. Then put them in a moderate oven and bake from 1 to 2 hours, according to size. When done turn out on to a clean wire or tray, and when cold ice over with a little white water icing, and marble with a feather dipped in cochineal or liquid carmine.

Time.—1 to 2 hours, to bake. **Average Cost,** 2s. **Sufficient** for 2 or more cakes.

3390.—NEAPOLITAN CAKES.

(*Fr.*—**Gâteaux Napolitaine.**)

Ingredients.—¼ of a lb. of butter, the same quantity of flour, sugar, and almonds, apricot or any other jam, a few preserved cherries, 2 eggs, ½ a lb. of icing sugar.

Method.—Rub the butter into the flour and add the ground almonds, mix these with the yolks of the 2 eggs. Roll the paste rather thin, cut it in rounds with a plain or crinkled cutter, and bake till yellow in a moderate oven on a buttered tin. When cold spread each round with jam, and pile one over the other evenly. Mix the icing sugar with a little hot water, beat it well and ice the cakes, decorating them with the cherries.

Time.—About 20 minutes, to bake the cakes. **Average Cost,** 1s. 3d. **Sufficient** for 1 dozen small cakes.

3391.—NICE CAKE.

Ingredients.—¼ of a lb. of flour, ¼ of a lb. of ground rice, ½ a lb. of castor sugar, 5 eggs, lemon to taste.

Method.—Sieve the ground rice and flour well together on to a sheet of paper. Break the eggs into a clean bowl, add the sugar, and beat well with a wire egg-whisk for 20 minutes, then take out the whisk, clean off the wires, add the flavouring and flour, and mix lightly with a spoon. Turn the mixture into a buttered tin, and bake in a moderate oven from 35 to 45 minutes, according to the heat of the oven.

Time.—½ to ¾ of an hour. **Average Cost,** 9d. **Sufficient** for 1 cake.

3392.—PAVINI CAKE. (*Fr.*—Gâteau Pavini.)

Ingredients.—½ a lb. flour, ½ a lb. of ground rice, ½ a lb. of raisins (stoned and cut into small pieces), ¼ of a lb. of currants, ¼ of a lb. of butter, 2 ozs. of sweet almonds, ¼ of a lb. of castor sugar, ½ a nutmeg grated, 1 pint of milk, 1 teaspoonful of baking-powder.

Method.—Stone and cut the raisins into small pieces; wash, pick and dry the currants; melt the butter to a cream, but without oiling it; blanch and chop the almonds, and grate the nutmeg. When all these ingredients are thus prepared, mix them well together; make the milk warm, stir in the baking-powder, and with this liquid make the whole into a paste. Butter 2 moulds, rather more than half fill them with the batter, and bake the cakes in a moderate oven from 1½ to 2 hours.

Time.—1½ to 2 hours. **Average Cost,** 1s. 4d. **Sufficient** for 2 cakes.

3393.—PETITS FOURS.

These may be made of any sweet paste, Genoese, pound or sponge cake, and allow of an endless variety of decoration, with different icings, crystallised fruits, candied peel, etc. The simplest way of making petits fours is to cut Genoese, pound, or sponge cakes, into pretty fanciful shapes, icing them with different coloured icings, garnishing them before the icing has set with crystallised fruit, cut in fine slices, angelica, almonds, preserved cherries, and similar fruits.

Average Cost, 2s. per lb.

3394.—PICCOLOMINI CAKE. (*Fr.*—Gâteau Piccolomini.)

Ingredients.—1 cup of butter, 2½ cups of sugar, 4 eggs, 1 teacup of milk, 4 cups of flour, ½ a teaspoonful of carbonate of soda, 1 teaspoonful of cream of tartar, rose-water, ground nutmeg or almond extract.

Method.—Sift the carbonate of soda and cream of tartar well with the flour on to a sheet of paper. Put the butter and sugar into a clean basin, and beat up to a light cream. Add the eggs 1 at a time, beating well after each addition, and when all are in, flavour the mixture with rose-water and ground nutmeg. Then add the flour, wet to cake-batter consistency with milk, turn into a papered, buttered hoop or shallow cake tin, and bake in a moderate oven.

Time.—40 minutes. **Average Cost,** 1s. **Sufficient** for 1 medium-sized cake.

3395.—PLAIN CAKE.

Ingredients.—1 lb. of flour, 1½ teaspoonfuls of Borwick's baking-powder, ¼ of a lb. of good dripping, 1 teacupful of moist sugar, 3 eggs, 1 breakfast-cupful of milk, ¼ of an oz. of caraway seeds, ¼ of a lb. of candied peel cut fine.

Method.—Put the flour and baking-powder into a basin ; stir these together ; then rub in the dripping, add the sugar, caraway seeds, and peel ; whisk the eggs with the milk, and beat all together very thoroughly until the ingredients are well mixed. Butter a tin, put in the cake mixture, and bake it from 1½ to 2 hours. Let the dripping be quite clean before using ; to ensure this, it should be clarified. Beef-dripping is better than any other for cakes, etc., as mutton-dripping frequently has a very unpleasant flavour, which would be imparted to the preparation. The eggs are not necessary.

Time.—1½ to 2 hours. **Average Cost,** 1s. **Sufficient** for 1 cake.

3396.—PLAIN CAKE FOR CHILDREN.

Ingredients.—1 quartern of dough, ¼ of a lb. of moist sugar, ¼ of a lb. of butter or good beef-dripping, ¼ of a pint of warm milk, ½ a teaspoonful grated nutmeg, or ¼ an oz. of caraway seeds.

Method.—If bread is not made at home, procure the dough from the baker's, and as soon as it comes in, put it into a basin near the fire ; cover the basin with a thick cloth, and let the dough remain a little while to rise. In the meantime beat the butter to a cream, and make the milk warm ; when the dough has risen, mix with it thoroughly all the above ingredients, and well rub the mixture to obtain a smooth soft paste. Butter some cake-tins, half fill them, and stand them in a warm place to allow the mixture to rise again. When the tins are 3 parts full, put the cakes into a good oven, and bake them from 1¾ to 2 hours. A few currants, or sultanas, can be substituted for the caraway seeds, when the flavour of the latter is disliked.

Time.—1¾ to 2 hours. **Average Cost,** 11d. **Sufficient** for 6 or 8 small cakes. **Seasonable** at any time.

3397.—PLUM CAKE, COMMON.

Ingredients.—10 ozs. of flour, 6 ozs. of butter, or good dripping, 10 ozs. of moist sugar, 8 ozs. of currants or raisins, ½ an oz. of ground allspice, 1 oz. of distillery yeast, 1½ pints of new milk.

Method.—Rub the butter into the flour, add the sugar, currants or raisins, and allspice ; warm the milk, and dissolve the yeast in it, mix the whole into a soft dough, knead it well, and put it into 6 buttered tins. Place them near the fire for 1 hour, or until they are light, then bake the cakes in a good oven from 1 to 1¼ hours. To ascertain when they are done, plunge a clean skewer in the middle, and if on withdrawal it comes out clean, the cakes are done.

Time.—1 to 1¼ hours. **Average Cost,** 1s. 8d. **Sufficient** to make 10 small cakes

3398.—PLUM CAKE.

Ingredients.—1 lb. of flour, $\frac{1}{4}$ of a lb. of butter, $\frac{1}{2}$ a lb. of sugar, $\frac{1}{2}$ a lb. of currants, $\frac{1}{4}$ of a lb. of sultanas, 4 ozs. of candied peel, $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ a teaspoonful of carbonate of ammonia, a pinch of carbonate of soda.

Method.—Put the flour into a basin with the sugar, soda, currants, and sliced candied peel ; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk ; add it to the dough, and beat the whole well until everything is mixed. Put the batter into a buttered tin, and bake the cake from 1$\frac{1}{2}$ to 2 hours.

Time.—1$\frac{1}{2}$ to 2 hours. **Average Cost,** 1s. 3d. **Sufficient** for 1 medium-sized cake.

3399.—PLUM CAKE.

Ingredients.—$\frac{3}{4}$ of a lb. of flour, 6 ozs. of butter, $\frac{1}{2}$ a lb. of castor sugar, 6 ozs. of currants, 6 ozs. of raisins, 2 ozs. of candied lemon-peel, 2 ozs. of sweet almonds, 3 eggs, 1 teaspoonful of baking-powder, milk.

Method.—Sift the flour and baking-powder together, wash, dry, and pick the currants, cut up the peel, blanch the almonds and put them in either whole or pounded, as preferred. Beat up the eggs with a little cold milk, mix them all well together, then pour into a buttered mould. Bake for about 1$\frac{1}{4}$ hours in a moderate oven.

Time.—1$\frac{1}{4}$ hours. **Average Cost,** 1s. 8d. **Sufficient** for 1 medium-sized cake.

3400.—POTATO CAKE.

Ingredients.—1 lb. of potato flour, $\frac{1}{2}$ a lb. of butter beaten to a cream, $\frac{1}{2}$ a lb. of castor sugar, 2 eggs, or the whites of 4, 10 drops of essence of lemon.

Method.—Mix the ingredients, and beat them thoroughly for 10 minutes, then pour into a cake-tin, and bake for 15 minutes in a rather quick oven.

Time.—$\frac{1}{2}$ hour. **Average Cost,** 1s. 2d. **Sufficient** for 1 cake.

3401.—POUND CAKE.

Ingredients.—1 lb. of butter, 1$\frac{1}{4}$ lbs. of flour, 1 lb. of castor sugar, 1 lb. of currants, 8 eggs, $\frac{1}{4}$ of a lb. of mixed candied peel, 2 ozs. of sweet almonds ; and if liked, a little pounded mace.

Method.—Shred the peel very finely, taking equal quantities of orange, lemon and citron. Blanch the almonds, and chop them finely. Sieve the flour on to a sheet of paper, and add the peel and almonds to it. Put the butter into a clean bowl, and beat it up to a light cream with the hand ; then add the sugar, and give it another good beating; add in the eggs one at a time, beating them after each addition of eggs; and when all these ingredients are in, add the flour and carefully mix, using a little milk if necessary to bring the mixture to proper cake-batter consistency. Turn the preparation into round tins, lined at the bottoms and sides with white greased paper. Bake it from 1½ to 2 hours, and let the oven be well-heated when the cake is first put in, otherwise the currants will all sink to the bottom. A glass of wine is sometimes added to the mixture, but this is scarcely necessary, as the cake will be found quite rich enough without it.

Time.—1½ to 2 hours. **Average Cost,** 3s. **Sufficient.**—The above quantity can be divided in 2 or more cakes as desired.

3402.—QUEEN CAKES. (*Fr.*—Gâteaux à la Reine.)

Ingredients.—1 lb. of flour, ½ a lb. of butter, ½ a lb. of castor sugar, 3 eggs, 1 teacupful of cream, ½ a lb. of currants, 1 teaspoonful of baking-powder, essence of lemon, or almonds, to taste.

Method.—Sieve the baking-powder well with the flour on to a sheet of paper. Put the butter, sugar and cream into a clean basin, and beat up to a light cream. Add the eggs 1 at a time. When all the eggs are in, add the flour and fruit, and moisten with milk to the consistency of cake-batter. Put it into small buttered tins, and bake the cakes from a ¼ to ½ an hour. Grated lemon-rind may be substituted for the lemon and almond flavouring, and will make the cakes equally nice.

Time.—¼ to ½ hour. **Average Cost,** 1s. 9d. **Sufficient** for 2 or 3 dozen small cakes.

3403.—RAISIN CAKES.

Ingredients.—1 lb. of butter, 1 lb. of fine flour, 1 lb. of castor sugar, 6 eggs, 1 liqueur-glassful of brandy, 1 teaspoonful of nutmeg, ½ a teaspoonful of baking-powder, 1 lb. of stoned raisins.

Method.—Beat the butter to a cream, then add the sugar, the brandy and nutmeg, and well beat. Add the eggs 1 at a time, beating well after each addition of eggs, and when all are in, add the flour, with the baking-powder sifted in. Then mix in the stoned and chopped raisins. Bake in a paper-lined, greased tin for 1¼ hours in a moderate oven.

Time.—1¼ hours. **Average Cost,** 3s. **Sufficient** for 1 medium-sized cake.

3404.—RICE CAKE.

Ingredients.—½ a lb. of ground rice, ½ a lb. of flour, ½ a lb. of castor sugar, 4 eggs, a few drops of essence of lemon, or the grated rind of ½ a lemon, ½ a lb. of butter.

Method.—Sieve the rice and flour together on to a sheet of paper. Put the butter into a clean basin, add the yellow rind of the lemon, grated, and beat to a cream. Add the eggs 1 at a time, and when all are in, add the flour, moisten to cake-batter consistency, using a little milk if necessary. Turn into 1 or 2 buttered moulds, and bake in a moderate oven from 1 to 2 hours.

If preferred, the cake may be flavoured with essence of almonds.

Time.—About 1½ hours. **Average Cost,** 1s. 6d. **Sufficient** for 2 medium-sized cakes.

3405.—RICE CAKE. (Another Method.)

Ingredients.—6 eggs, ½ a lb. of flour, ¼ of a lb. of ground rice, ½ a lb. of castor sugar, a few drops of essence of lemon.

Method.—Break the eggs into a clean bowl, add the sugar, and beat up with a wire egg-whisk for about 20 minutes. Then take out the whisk and add the flour and ground rice sifted together; mix it lightly with the hand, or a wooden spoon, turn into a buttered mould, or moulds, and bake in a moderate oven for from 25 to 40 minutes, according to size.

Time.—50 minutes. **Average Cost,** 10d.

3406.—ROCK CAKES.

Ingredients.—½ a lb. of butter, 1 lb. of flour, ½ a lb. of moist sugar, 2 eggs, 1 teaspoonful of essence of lemon, 1½ teaspoonfuls of baking-powder, a little milk.

Method.—Rub the butter, flour, baking-powder and sugar well together (the flour should be dried and sifted); mix in the eggs well beaten, the essence of lemon, and ½ a gill of milk. Drop the cake-mixture upon a baking-tin as roughly as possible, and bake for a ¼ of an hour in a rather quick oven.

Note.—Currants or peel can be added if liked.

Time.—¼ hour. **Average Cost,** 1s. **Sufficient** for 2 dozen cakes.

3407.—ROCK CAKES.

Ingredients.—6 eggs, 1 lb. of castor sugar, 1¼ lbs. of flour, ¼ of a lb. of currants.

Method.—Break the eggs into a basin, beat them well until very light, add the sugar, and when this is well mixed with the eggs, dredge in the flour gradually and add the currants previously cleaned. Mix all the ingredients well together, and put the dough with a fork on the tins in small heaps, making them look as rough or rocky as possible. Bake them in a moderate oven from 20 to 30 minutes; when they are done, allow them to get cool, and store them away in a tin canister in a dry place.

Time.—20 to 30 minutes. **Average Cost,** 1s.

3408.—SAUCER CAKE FOR TEA.

Ingredients.—¼ of a lb. of flour, ¼ of a lb. of best cornflour, ¼ of a lb. of castor sugar, ¼ of a lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

Method.—Mix the flour and cornflour together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and the eggs well-whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould; or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of buttered paper. Bake the cake in a moderate oven from ¾ to 1 hour, and when cold put it away in a covered canister. It will remain good for some weeks, even if it be cut into slices.

Time.—¾ to 1 hour. **Average Cost**, 1s. **Sufficient** for 1 cake.

3409.—SAVOY CAKE.

Ingredients.—The weight of 4 eggs in castor sugar, the weight of 6 eggs in flour, a little grated lemon-rind, or essence of almonds, or orange-flower water.

Method.—Break the 7 eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs whisked to a froth. Continue to beat the mixture for a ¼ of an hour, take out the whisk, sieve in the flour and mix it in with a wooden spoon. Butter a mould, dust it out with sugar and flour, pour in the cake mixture, and bake it from 1¼ to 1½ hours. This is a very nice cake for dessert, and may be iced for a supper-table, or cut into slices and spread with jam, to convert it into sandwiches.

Time.—1¼ to 1½ hours. **Average Cost**, 1s. **Sufficient** for 1 cake.

3410.—SCOTCH CAKES.

Ingredients.—3 lbs. of flour, 2 lbs. of butter, 1½ lbs. of brown sugar, ½ an oz. of caraway seed, ½ an oz. of cinnamon, ¼ of a lb. of citron-peel cut into small pieces.

Method.—Cream the butter and sugar, add the flour and flavouring, and make up into rather a light paste; use a little milk if necessary. Bake in small buttered cake tins.

Time.—10 to 15 minutes. **Average Cost**, 3s. 6d. **Sufficient** for 5 dozen small cakes.

3411.—SCOTCH OAT CAKES (RICH).

Ingredients.—2 lbs. of oatmeal, 6 ozs. of flour, 2 ozs. of sugar, ½ a lb. of butter and lard, ½ an oz. of carbonate of soda, ¼ of an oz. of tartaric acid, a little salt, milk.

Method.—Weigh the flour and meal on to the board, take the soda, acid and salt, and rub these ingredients through a fine hair-sieve on to the flour and meal, then add the sugar and fat and rub together until smooth ; make a bay or hole in the centre, and work into a smooth paste with milk, taking care not to have it too dry or tight, or considerable trouble will be experienced in rolling out the cakes, as they will be found very short. Having wet the paste, take small pieces about the size of an egg, and roll these out thin and round with a small rolling-pin, dusting the board with a mixture partially of oatmeal and flour. When rolled down thin enough, take a sharp knife and cut them in 4, place them on clean flat tins, and bake in a warm oven. These cakes require very careful handling, or they will break all to pieces.

Time.—To bake, 20 to 25 minutes. **Average Cost,** 1s. **Sufficient** for about 18 small cakes.

3412.—SCOTCH OAT CAKES.

Ingredients.—½ a lb. of double-dressed Scotch oatmeal, ½ an oz. of fat or butter, 1 pinch of carbonate of soda, sufficient to cover a threepenny piece.

Method.—Put about ½ a pound of meal into 1 pint basin, and have a teacup, into which put a small piece of butter, or lard, the size of a small hazel-nut, and a pinch of carbonate of soda ; pour on this about ½ a teacup of hot water, stir until the butter is melted, and soda is dissolved, then mix quickly with the meal in the basin with the point of a knife, and when the mixture is thoroughly stirred, turn it out on a paste-board, and mould it quite compactly, keeping it round and flat, and with the knuckles spreading it gradually, taking care that it does not crack at the edges ; strew plenty of dry meal over it to roll it out with the crimped roller, and every now and then rub the surface with the flat of the hand to disengage all superfluous meal ; when rolled as thin as a penny-piece, and fairly round, put the knife in the centre and divide it into 3, then, having the girdle over the fire, lay the cakes on the hot iron, the plain side down, and as the cakes get done, move them in succession from a cool spot to a hotter. By pressing the nail on the surface, if they are not doughy it is a sign that they are sufficiently baked. With care the cakes can be baked in a greased frying-pan with a trivet underneath. Now move them from over the fire on to the toaster before the fire, and watch that they dry gradually, for they will soon burn, and as they are taken from the fire, stand them carefully on edge till they are quite cold. While this is proceeding over the fire mix more cakes, and when one is ready to go to the toaster, fill up the vacant place. The thick cake commonly eaten by the working classes is made by putting a quantity of meal in a wooden bowl or can, adding cold water at discretion, mixing in a compact mass, and then kneading it into shape wholly with the knuckles : and proceeding as above described.

Time.—10 minutes, to bake. **Average Cost,** 3d. **Sufficient** to make 6 cakes.

3413.—SCOTCH SHORTBREAD.

Ingredients.—2 lbs. of flour, ¼ of a lb. of cornflour, or ground rice, 1 lb. of butter, ¼ of a lb. of castor sugar, 1 oz. of sweet almonds, a few strips of candied orange-peel.

Method.—Beat the butter to a cream, gradually dredge in the flour, and add the sugar, and sweet almonds, which should be blanched and cut into small pieces. Work the paste until it is quite smooth, and divide it into 6 pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about 1 inch, and pinch it round the edges. Prick it well with a skewer, and ornament with 1 or 2 strips of candied orange-peel. Put the cakes into a moderately heated oven, and bake from 25 to 30 minutes.

Time.—25 to 30 minutes. **Average Cost,** for this quantity, 2s. **Sufficient** to make 6 cakes.

3414.—SCRAP CAKES.

Ingredients.—2 lbs. of flead, or the inside fat of a pig, 1½ lbs. of flour, ¼ of a lb. of moist sugar, ½ a lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste.

Method.—Cut the flead, or leaf as it is more generally called, into small pieces, put it into a large dish, place it in a quick oven, taking care that it does not burn, and in a short time it will be reduced to oil with the small pieces of leaf floating on the surface ; it is of these that the cake should be made. Gather all the scraps together, put them into a basin with the flour, and rub them well together. Add the currants, sugar, the candied peel, cut into thin slices, and the ground allspice. When all these ingredients are well mixed, moisten with sufficient cold water to make the whole into a nice paste ; roll it out thin, cut it into shapes, and bake the cakes in a quick oven from 15 to 20 minutes. These are very economical and wholesome cakes for children, and the lard, melted at home, produced from the flead, is generally better than the purchased article. To prevent the lard from burning, and to ensure its being of a good colour, it is better to melt it in a jar placed in a saucepan of boiling water, thus preventing its discolouring.

Time.—15 to 20 minutes. **Average Cost,** 1s. 10d., for this quantity. **Sufficient** to make 3 or 4 dozen cakes.

3415.—SEED CAKE, VERY GOOD.

Ingredients.—¾ of a lb. of butter, 6 eggs, ¾ of a lb. of castor sugar, pounded mace and grated nutmeg to taste, 1 lb. of flour, ¾ of an oz. of caraway seeds.

Method.—Beat the butter to a cream, add the sugar, mace, nutmeg, and caraway seeds, and beat these ingredients well together. Whisk the eggs and beat them gradually into the mixture; then mix in the flour, using a little milk if necessary, to bring it to cake-batter consistency. Put it into a tin lined with buttered paper, and bake it from 1½ to 2 hours in a moderate oven. This cake would be equally nice made with currants, omitting the caraway seeds.

Time.—1½ to 2 hours. **Average Cost,** 2s. **Sufficient** for 1 cake.

3416.—SEED CAKE, COMMON.

Ingredients.—½ a quartern of dough, ¼ of a lb. of good dripping, 10 ozs. of moist sugar, ½ an oz. of caraway seeds, 1 egg.

Method.—If the dough is sent from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then spread it out over the board, add the fat, egg and sugar, and rub together the ingredients until they are thoroughly mixed. Put the mixture into a buttered tin, and bake the cake for rather more than 2 hours.

Time.—Rather more than 2 hours. **Average Cost,** 9d. **Sufficient** for 1 large cake.

3417.—SEED CAKES OR SEED BUNS.

Ingredients.—4 eggs, 4 teacupfuls of sugar, 2 teacupfuls of butter, 1 teacupful of milk, 1 tablespoonful of caraway seeds, ½ a teaspoonful of carbonate of soda, ¾ of a lb. of flour.

Method.—Beat the ingredients well together, adding the flour by degrees, until a paste thick enough to roll out is made. Make into small cakes, and bake in a quick oven.

Time.—10 to 15 minutes. **Average Cost** 1s. **Sufficient** for 3 to 3½ dozen small cakes or buns.

3418.—SNOW CAKE.

Ingredients.—½ a lb. of arrowroot, or best cornflour, ¼ of a lb. of pulverized sugar, ¼ of a lb. of fresh, or washed salt butter, 1 egg and the whites of 2, the juice of 1 lemon.

Method.—Beat the butter to a cream ; add the egg, previously well beaten, then the other ingredients ; if the mixture is not sufficiently light, add another egg, and beat for a ¼ of an hour, until it turns white and light. Line a flat tin with raised edges with a sheet of buttered paper, pour in the cake, and put it into the oven. It must be rather slow, and the cake must not be allowed to brown at all. If the oven is properly heated, 1 to 1¼ hours will be found long enough to bake the cake. Let it cool, then with a clean, sharp knife cut it into small square pieces, which should be gently removed to a large flat dish to get cool before putting away. This cake will keep for several weeks.

Time.—1 to 1¼ hours. **Average Cost,** 1s. **Sufficient** for 1 cake.

3419.—SNOW CAKE. (A genuine American recipe.) (Another Method.)

Ingredients.—½ a lb. of arrowroot, 10 ozs. of Vienna flour, ½ a lb. of castor sugar, ½ a lb. of butter, ½ an oz. of cream of tartar, the whites of 6 eggs, flavouring to taste, essence of almonds, vanilla, or lemon.

Method.—Beat the butter to a cream, stir in the sugar, and beat the mixture to a light cream. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the above flavourings may be preferred, then add the flour, arrowroot and cream of tartar, well sifted together, and mix; then pour the cake into a buttered mould or tin, and bake it in a moderate oven from 1 to 1½ hours.

Time.—1 to 1½ hours. **Average Cost,** with the best Bermuda arrowroot, 2s. 9d.; with St. Vincent arrowroot, 2s. **Sufficient** to make a moderate-sized cake.

3420.—SODA CAKE.

Ingredients.—1 lb. of flour, ¼ of a lb. of butter, ½ a lb. of castor sugar, ½ a lb. of currants, 1 egg, a gill of butter-milk, 1 teaspoonful of carbonate of soda, mace and nutmeg to taste.

Method.—Rub the butter into the flour, add the sugar, currants and flavouring. Beat the egg well, add it to the dry ingredients and well mix, leaving a tablespoonful of the milk to dissolve the soda, adding this just before putting into the oven, and well mix it through the batter. Bake in buttered moulds. Prick with a knitting needle or small skewer; if this comes out clean the cakes are sufficiently done. A nice lunch or tea cake.

Time.—20 minutes or ½ an hour. **Average Cost,** 1s. **Sufficient** for 2 medium-sized cakes.

3421.—SODA CAKE. (Another Method.)

Ingredients.—¼ of a lb. of butter, 1 lb. of flour, ½ a lb. of currants, ½ a lb. of moist sugar, 1 teacupful of butter-milk, 3 eggs, 1 teaspoonful of carbonate of soda.

Method.—Rub the butter into the flour with the soda, add the currants and sugar, and mix these ingredients well together. Whisk the eggs well, stir them to the flour, etc., with the milk, in which the soda is dissolved, and beat the whole up together with wooden spoon or spatula. Divide the dough into 2 pieces, put them into buttered moulds, or cake-tins, and bake in a moderate oven for nearly 1 hour. The mixture must be extremely well-beaten up, and not allowed to stand after the soda has been added to it, but must immediately be placed in the oven. Great care must also be taken that the cakes are quite done through, which may be ascertained by thrusting a skewer into the middle of them ; if it looks bright when withdrawn they are done. If the tops acquire too much colour before the inside is sufficiently baked, cover them with a piece of clean paper, to prevent them from burning.

Time.—1 hour. **Average Cost,** 1s. 2d. **Sufficient** to make 2 small cakes. **Seasonable** at any time.

3422.—SODA CAKE FOR TEA.

Ingredients.—1 lb. of flour, 6 ozs. of butter, ½ a pint of butter-milk, 2 small teaspoonfuls of carbonate of soda, a few caraway seeds, or about 6 ozs. of currants and raisins, ½ a lb. of brown sugar, a little candied peel, 1 or 2 eggs.

Method.—Warm the butter sufficiently to melt it, also warm the milk, and mix the carbonate of soda very smoothly in it. Put all the dry ingredients together first, then add the liquids ; bake at once, in tins well greased, in a rather slow oven, for 1 hour or more. If the butter is melted in the tins and just runs round them, it answers every purpose.

Time.—1 hour. **Average Cost,** 1s. 3d. **Sufficient** for 2 small cakes. **Seasonable** at any time.

3423.—SPONGE CAKE.

Ingredients.—The weight of 8 eggs in castor sugar, the weight of 5 eggs in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

Method.—Put the eggs into one side of the scale, and take the weight of 8 in castor sugar, and the weight of 5 in good *dry* flour. Separate the yolks from the whites of the eggs ; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until *milk-warm*, keeping them well stirred. Then put them into a basin, add the grated lemon-rind, mixed with the brandy, and beat these ingredients well together. Whisk the whites of the eggs to a very stiff froth, stir them to the other ingredients, and beat the cake well for a ¼ of an hour. Then take out the whisk, sieve in the flour, and mix it lightly with a wooden spoon. Put it into a buttered mould, dusted out with a little finely-sifted sugar and flour, and bake the cake in a quick oven for 1½ hours. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds, instead of the grated lemon-rind.

Time.—1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 1 cake.

3424.—SPONGE CAKE. (Another Method.)

Ingredients.—Take 6 fresh eggs, the weight of 5 of them in castor sugar, and of 3 in very fine dry flour, the rind of 1 lemon.

Method.—Put the sugar into a shallow, flat-bottomed dish, and break

3427.—STRAWBERRY SHORTCAKE.

Ingredients.—1 cup of sour or butter-milk, ⅓ of a teaspoonful of soda, ¼ of a teaspoonful of salt, 2 tablespoonfuls of butter, 1 cup of flour.

Method.—Mix the soda, butter and salt into the flour, and wet it up into a nice, free paste with the milk. Divide it into four, roll it up round under the hand, and flatten out with a rolling-pin; place it on to a suitable-sized tin (baking-tin), dock or prick it all over with a fork or skewer, and bake in a quick oven. While baking, take 1½ pints of strawberries and mash them fine. When the cakes are baked, allow them to get cold, spread them over with butter, dredge on a layer of sugar, then strawberries, then sugar, and place another cake on top, the buttered side downwards; dredge the top with sugar, and serve.

Time.—10 to 15 minutes. **Average Cost,** 1s. **Sufficient** for 2 cakes. **Seasonable** in June and July.

3428.—TEA-CAKES.

Ingredients.—2 lbs. of flour, ½ a teaspoonful of salt, ¼ of a lb. of butter or lard, 1 egg, ½ an oz. of distillery yeast, warm milk.

Method.—Put the flour, which should be perfectly dry, into a basin, mix with it the salt, and rub in the butter or lard; make a bay, pour in the yeast, dissolve in a little warm milk, add the egg, and then sufficient warm milk to make the whole into a smooth paste, and knead it well. Let it rise near the fire, and when well risen form it into cakes; place them on tins, let them rise again before placing them in the oven, and bake from a ¼ to ½ an hour in a moderate oven. These cakes are also very nice with the addition of a few currants and a little sugar to the other ingredients, which should be put in after the paste is moistened. The cakes should be buttered and eaten hot as soon as baked; but, when stale, they are very nice split and toasted; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

Time.—¼ to ½ hour. **Average Cost,** 10d. **Sufficient** to make 8 tea-cakes.

3429.—TEA-CAKES, SMALL.

Ingredients.—2 teacupfuls of flour, 1 teacupful of ground rice, 1½ of moist sugar, 2 ozs. of butter, 2 ozs. of lard or dripping, 2 eggs, lemon to taste.

Method.—Melt the butter and lard, beat well, and add the mixture to the flour and rice; then put in the eggs and sugar, well beating them together with a wooden spoon, and using a little milk if necessary to give the proper consistency, then bake in small cakes on a tin in a quick oven.

Time.—15 minutes. **Average Cost,** 9d. **Sufficient** for 12 or 14 small tea-cakes.

3430.—TEA-CAKES, TO TOAST.

Method.—Cut each tea-cake into 3 or 4 slices, according to its thickness ; toast them on both sides before a nice clear fire, and as each slice is done, spread it with butter on both sides. When a cake is toasted, pile the slices one on the top of the other, cut them into quarters, put them on a very hot plate, and send the cakes immediately to table. As they are wanted, send them in hot, 1 or 2 at a time, for they spoil if allowed to stand, unless kept in a muffin-plate over a basin of boiling water.

3431.—TENNIS CAKE.

Ingredients.—1 lb. of flour, ¾ of a lb. of butter, ¾ of a lb. of castor sugar, ½ a lb. of chopped raisins, 2 ozs. of almonds, 3 ozs. of candied-peel, the grated rind and juice of 1 lemon, 8 eggs, preserved cherries, angelica, icing.

Method.—Sieve the flour on to a piece of paper. Stone the raisins and cut them up. Blanch the almonds, dry them in front of the fire, or in the oven, and chop them up into neat pieces. Put the sugar and butter into a clean basin, and beat these ingredients up to a light cream, add the flavouring, and then beat in the eggs 1 at a time. When all the eggs have been beaten in, add the flour and fruit, and well mix, using a little milk if necessary to bring it to cake-batter consistency. Line a cake-tin with greased white paper, put in the cake, and bake it in a well-heated oven for 1½ hours. Ice the cake with white icing, and before it is set, ornament it with cherries and angelica, the latter cut as leaves ; any other icing may be used, and such garnishing as fancy may suggest.

Time.—1½ to 1¾ hours. **Average Cost,** 3s. **Sufficient** for 1 good-sized cake. **Suitable** for a tennis afternoon tea.

Note.—An iced cake gives scope for a great many pretty ornamentations, and the accompanying plate shows some easily executed patterns, and gives directions for piping.

3432.—TENNIS CAKE. (Another Method.)

Ingredients.—1¼ lbs. of flour, 1 lb. of raw sugar, 14 ozs. of butter, 1 lb. of currants, ¾ of a lb. of sultanas, ¼ of a lb. of mixed candied-peel, ¼ of an oz. of mixed spice, essence of lemon, 8 eggs.

Method.—Sieve the flour on to a piece of paper, add the currants, sultanas and peel (shred finely). Put the butter and sugar into a clean bowl, add the flavouring, and beat up to a light cream, beat in the eggs 1 at a time, beating well after each addition, and when all are in, add the flour and fruit, and mix. Prepare 2 or 3 square tins by papering them with greased white paper, and divide the mixture equally between them ; flatten down the top and cover with a sheet of white paper, then bake in a moderate oven from 1 to 1½ hours. When done, turn out on to a sieve, and leave the cake to get cold. Then strip off all the paper, and make up the almond paste (No. 3459), dividing it between the 3 cakes, keeping the paste perfectly level on top and flush with the sides. Then ice over the top of the almond-icing with some white water icing, and while that is wet sprinkle thickly with blanched and chopped pistachio kernels, then with some cake-icing pipe a couple of tennis-racquets crossed upon the centre, and also pipe a border round the edge with the same icing, to complete the cake.

Time.—To bake, from 1 to 1½ hours. **Average Cost,** 4s. 6d. **Sufficient** for a party of 30 or more persons.

3433.—THANKSGIVING CAKE.

Ingredients.—1 lb. of butter, 9 eggs, 1 lb. of castor sugar, 1¼ lbs. of flour, ½ a nutmeg, 1 teaspoonful of mixed cinnamon and mace, ground, 2 ozs. of candied lemon-peel, 2 ozs. of blanched and chopped almonds, 1½ lbs. of dried currants.

Method.—Beat the butter and sugar to a cream, add the eggs well beaten, mix in the flour, and add the other ingredients. Beat all thoroughly together, prepare a round tin by lining with paper, turn in the batter, flatten it out with the hand, and bake for 2 hours in a moderate oven.

Time.—2 hours. **Average Cost,** 3s. 6d. **Sufficient** for 1 cake. **Seasonable** on July 4th.

3434.—TIP TOP CAKES.

Ingredients.—Take 2 lbs. of flour, 1 lb. of butter, 1 lb. of castor sugar, 6 eggs, 2 teacupfuls of raisins chopped, or currants, 1 wineglass of sherry, clove, cinnamon, nutmeg.

Method.—Beat the butter and sugar to a cream ; add the eggs 1 at a time, beating well after each addition of eggs, and when all are in, add the flour, fruit and spice, and lastly the wine. Bake on tin sheets in small cakes dropped from a tablespoon. This recipe makes a large quantity, which will keep fresh for a long time.

Time.—10 minutes, to bake. **Average Cost,** 3s. **Sufficient** for about 5½ lbs. of cake.

3435.—A NICE USEFUL CAKE.

Ingredients.—¼ of a lb. of butter, 6 ozs. of currants, ¼ of a lb. of sugar, 1 lb. of dried flour, 2 teaspoonfuls of baking-powder, 3 eggs, 1 teacupful of milk, 2 ozs. of sweet almonds, 1 oz. of candied peel.

Method.—Beat the butter and sugar to a cream ; wash, pick and dry the currants, whisk the eggs, blanch and chop the almonds, and cut the peel into neat slices. When all these are ready, mix the dry ingredients together, then add the butter, milk and eggs, and beat the mixture well for a few minutes. Put the cake into a buttered mould or tin lined with paper, and bake it for rather more than 1½ hours in a moderate oven. The currants and candied peel may be omitted, and a little lemon or almond flavouring substituted for them ; made in this manner, the cake will be found very good.

Time.—Rather more than 1½ hours. **Average Cost,** 1s. 4d.

3436.—VANILLA CAKE.

Ingredients.—¼ of a lb. of butter, ½ a lb. of castor sugar, 3 eggs, ½ a teacupful of new milk, ¾ of a lb. of dry flour, 1 teaspoonful of baking-powder, essence of vanilla.

Method.—Beat the butter to a cream, add the sugar and beaten egg-yolks, beat the mixture for some minutes, then add the whites. Put the baking-powder in the flour, add it, and beat well, adding a few drops of essence of vanilla, and using the milk to bring it to proper consistency. Finely-cut candied peel may be added, or substituted for the vanilla, if preferred. Put the cake into a buttered tin, and bake for 1 hour.

Time.—1 hour. **Average Cost,** 9d. **Sufficient** for 1 cake.

3437.—VICTORIA SANDWICHES.

Ingredients.—6 ozs. of flour, 4 ozs. of castor sugar, 2 ozs. of butter, 3 eggs, 1 teaspoonful of baking-powder, a little milk, jam, salt.

Method.—Stir the sugar and yolks of eggs together until thick and creamy, then add the butter melted. Pass the flour, baking-powder and a good pinch of salt through a sieve, stir it lightly into the rest of the ingredients, and add milk by degrees until the mixture drops readily from the spoon. Now whisk the whites of eggs stiffly, stir them in as lightly as possible, and pour the preparation into a well-buttered Yorkshire pudding-tin. Bake in a moderately hot oven for about 20 minutes, let it cool, split in halves, spread thickly with jam, replace the parts, and press lightly together. Cut into finger-shaped pieces, arrange them in groups of 3, letting the layers cross each other, sprinkle liberally with castor sugar, and serve.

Time.—From 1¼ to 1½ hours, altogether. **Average Cost,** 9d. **Sufficient** for 1 large dish.

3438.—WAFFLES OR WAFERS.

Ingredients.—1 quart milk, 6 eggs, ¼ of a lb. of butter, 2 ozs. of distillery compressed yeast, salt, flour.

Method.—Beat the eggs, and melt the butter, then dissolve the yeast in a little of the milk, mix all together, then add in sufficient flour to make a nice, smooth, thin batter. Set this to rise, and bake in waffle-irons, which may be obtained at an ironmonger's.

Time.—10 to 15 minutes. **Average Cost,** 1s. 3d. **Sufficient** for about 3 dozen wafers or waffles.

3439.—WEBSTER CAKE.

Ingredients.—½ a cup of butter, ½ a cup of sugar, 2 eggs, 3 cups of flour, ½ a cup of milk, ½ a cup of currants, nutmeg, 2 teaspoonfuls of baking-powder.

Method.—Mix and beat the above ingredients till thoroughly blended, then put into a buttered mould, and bake for ½ an hour in a moderate oven.

Time.—½ hour. **Average Cost,** 8d. **Sufficient** for 1 cake.

3440.—WEDDING CAKE, VERY GOOD.

Ingredients.—2 lbs. of butter, 2 lbs of castor sugar, ½ a gill of caramel, 2½ lbs. of flour, 18 eggs, 3 lbs. of currants, 3 lbs. of sultanas, 1½ lbs. of mixed peel, ½ a lb. of blanched sweet almonds, the grated rind of 2 lemons, ½ a small nutmeg, 1 oz. of mixed spice, and ½ a pint of brandy.

Method.—After cleaning the fruit and grating the nutmeg, cream the butter and sugar together, and beat well till very light and smooth. Add a teaspoonful of salt, and work in the eggs 1 at a time. Work the flour in gradually, and then the remainder of the ingredients, but only beat in a little at a time. See that the whole is thoroughly mixed. Have ready a large cake tin, line it with brown paper, and allow at least 3 rounds of paper for the bottom; then put in the mixture, and bake in a moderately cool oven for 5 hours. When done allow it to stand for 1 or more days, then cover with almond icing, and coat with royal and transparent icing. Lastly pipe the cake with royal icing according to taste. (*See* No. 3463.)

Time.—6 hours. **Sufficient** for a moderate-sized cake. **Average Cost,** 1s. 6d. per lb.

3441.—WEDDING CAKE. (Another Method.)

See Bride or Christening Cake, No. 3354.

3442.—YEAST CAKE.

Ingredients.—1½ lbs. of flour, ½ a pint of milk, ¼ lb. of butter, 3 ozs. of distillery yeast, 3 eggs, ¾ of a lb. of currants, ½ a lb. of white moist sugar, 2 ozs. of candied peel.

Method.—Put the milk and butter into a saucepan and shake it round over the fire until the butter is melted, but do not allow the milk to become very hot. Put the flour and sugar into a basin, stir it to the milk and butter, the yeast dissolved in a little cold milk, and the eggs, which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and when sufficiently risen add the currants, and candied peel cut into thin slices. When all the ingredients are thoroughly mixed, line 2 moderate-sized cake-tins with greased paper, which should be put 6 inches higher than the tin ; pour in the mixture, let it stand to rise again for another ½ hour, and then bake the cakes in a brisk oven for about 1½ hours. If the tops of them become too brown, cover them with paper until they are done through. A few drops of essence of lemon, or a little grated nutmeg, may be added if this flavour is liked.

Time.—From 1¼ to 1½ hours. **Average Cost**, 1s. 6d. **Sufficient** make 2 moderate-sized cakes.

3443.—YORKSHIRE GINGER CAKE.

Ingredients.—3 eggs, ½ a pint of cream, 1 lb. of butter, ½ a lb. of castor sugar, 2½ ozs. of ground ginger, 2 lbs. of flour, a little salt.

Method.—Whisk the eggs thoroughly, add the cream, and beat these together. Put the mixture into a saucepan, stirring till warm ; add the butter, sugar and ginger, carefully stirring over a very moderate fire. When the butter has melted, stir in the flour, adding salt, and make into a paste (the flour must be fine). Roll out the paste and cut it out with a plain round paste cutter on to buttered flat tins, and bake in a moderate oven.

Time.—¾ hour. **Average Cost**, 2s. 10d. **Sufficient** for 3 to 4 dozen small cakes.

Muffins, Crumpets, Rolls and Toast

3444.—MUFFINS.

Ingredients.—1 quart of water, 2 ozs. of yeast, ¼ of a lb. of potatoes, ½ an oz. of salt, flour.

Method.—Wash, peel and boil the potatoes, rub through a colander, add the water (just warm enough to bear the hand in it without discomfort) ; then dissolve the yeast and salt in it, and stir in sufficient flour to make a moist paste. Beat it well in a deep bowl, and then clear off the paste from the hands ; cover over with a clean cloth, and leave it to rise in a warm place. When it has well risen, and is light and spongy, turn it out on the table, dredge over with flour, and then divide it off into pieces about 3 ozs. in weight, roll them up into round shapes, and set them on a wooden tray, well dusted with flour, to prove. When light enough, see that the hot plate is hot, and then carefully transfer the muffins from the tray, one at a time, using a thin tin slice for the purpose, taking particular care not to knock out the proof, or the muffins will be spoilt. When they have been properly cooked on one side, turn over with the slice and cook the other side. When the muffins are done brush off the flour, and lay them on a clean cloth or sieve to cool.

To toast them, divide the edge of the muffin all round, by pulling it open to the depth of about 1 inch with the fingers. Put it on a toasting fork, and hold it before a clear fire till one side is nicely browned, but not burnt ; turn, and toast it on the other. Do not toast them too quickly, otherwise the middle of the muffin will not be warmed through. When done, divide them by pulling them open ; butter them slightly on both sides, put them together again, and cut them into halves. When sufficient are toasted and buttered, pile them on a very hot dish, and send them very quickly to table.

Time.—From 25 to 30 minutes to bake them. **Average Cost,** 1d. each.

3445.—CHESTER MUFFINS.

Ingredients.—4 quarts of flour, 2 quarts of milk, 1 teacupful of sugar, 1 teacupful of butter, 1 teacupful of yeast, 4 eggs, a little salt.

Method.—Mix the butter and sugar together ; add the eggs, salt, milk, flour and yeast (dissolved); let it rise all night. Make up into shapes of even size. Bake for 20 minutes.

Time.—20 minutes to bake. **Average Cost,** 2d. each.

3446.—CRUMPETS.

Ingredients.—1 quart of water, 2 ozs. of yeast, ¼ of a lb. of potatoes, ½ an oz. of salt, flour.

Method.—Proceed exactly the same as directed for muffins, but stir in only half the quantity of flour used for them, so that the mixture is more of a batter than sponge. Cover over, and leave for ½ an hour. At the end of that time take a large wooden spoon and well beat up the batter, leave in the spoon, cover over, and leave for another ½ hour. Then give the batter another good beat up. This process must be repeated 3 times with the intervals. When completed, see that the hot plate is quite hot, lay out some crumpet rings rubbed over inside with a little clean lard on a baking tin, and pour in sufficient of the batter to make the crumpets. When cooked on one side, turn over with a palette knife, and when done take off on to a clean cloth to cool. Muffins and crumpets should always be served on separate dishes, and both toasted and served as quickly as possible.

Time.—20 minutes to cook. **Average Cost,** ½d. each.

3447.—EXCELLENT ROLLS. (*Fr.*—Petits Pains.)

Ingredients.—1 lb. of flour, 1 oz. of butter or lard, ½ an oz. of yeast, 1 pint of water, a little salt.

Method.—The process for making rolls is exactly the same as directed for bread, but the quantity being smaller, it requires more yeast, and wants nursing and keeping warm. When the dough is ready, turn it out on the board and knead it well over, then let it lie for a few minutes to recover itself, divide into small pieces, mould them up round, and set them on a clean flat tin that will fit the oven. Cover them over with a damp clean cloth, let them stand in a warm place to prove; when nice and light uncover, brush over with an egg beaten up in a cup, taking care not to knock out any of the proof, and then bake in a moderately heated oven for about 25 minutes.

If preferred, milk can be used instead of water. Almost all fermented dough will make a very satisfactory roll, but of course the dough is not always available. There is nothing, however, to prevent these rolls being made for breakfast, or hot tea bread upon baking days. It is quite optional whether fat is used in them or not; the principal advantage of the fat is that the rolls will be of a more even texture, and the crust will eat short and crisp instead of being tough.

Time.—2 hours. **Average Cost,** 4d. **Sufficient** for 12 rolls.

3448.—HOT ROLLS. (*Fr.*—Petits Pains.)

Ingredients.—These, although very unwholesome and indigestible, are nevertheless a great favourite, and are eaten by many persons. As soon as the rolls come from the baker's they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into 3, put some thin flakes of good butter between the slices, press the rolls together, and place them in the oven for 1 or 2 minutes, but not longer, or the butter will oil. Take them out of the oven, spread the butter equally over them, divide the rolls in half, put them on to a very clean hot dish, and send them instantly to table.

Time.—10 minutes. **Average Cost,** 1d. each.

3449.—NICE ROLLS. (*Fr.*—Petits Pains.)

Ingredients.—1 lb. of flour, 2 ozs. of butter, 4 ozs. of powdered lump sugar, 2 eggs, 1 teaspoonful of baking-powder, and a pinch of salt.

Method.—Mix all these ingredients well together, and work into a stiff dough with a little milk. Roll it out ¾ of an inch thick, and cut into rolls, throw them into a pan of boiling water on the fire, and directly they rise to the top, which will be in a minute or so, if the water is really boiling, take them out and put them into a pan of cold water for 1 or 2 hours, if not quite ready to bake them. Then bake the rolls for 20 minutes in a quick oven, a light brown.

Time.—20 minutes. **Average Cost,** 7d. **Sufficient** for 20 rolls.

3450.—DRY TOAST, TO MAKE. (*Fr.*—Pain Grillé.)

Method.—To make dry toast properly, a great deal of attention is required ; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it is moist and tough, and, in addition, is very extravagant. Procure a loaf of household bread about 2 days old ; cut off as many slices as may be required, not quite a ¼ of an inch in thickness ; trim off the crusts and ragged edges, put the bread on a toasting fork, and hold it before a very clear fire. Toast it carefully until the bread is nicely coloured ; then turn it and toast the other side, but do not hold it so close to the fire that it blackens. Dry toast should be made more gradually than buttered toast, as its best feature is its crispness, and this cannot be attained unless the process is slow, and the bread is allowed gradually to colour. Toast should never be made long before it is wanted, as it soon becomes tough unless placed on the fender in front of the fire. Directly each piece is ready, it should be put into a rack or stood upon its edges and sent quickly to table.

3451.—HOT BUTTERED TOAST, TO MAKE. (*Fr.*—Pain Rôti au Beurre.)

Method.—A loaf of household bread about 2 days old answers for making toast better than cottage bread, the latter not being a good shape and too crusty for the purpose. Cut as many nice even slices as may be required, rather more than a ¼ of an inch in thickness, and toast them before a very bright fire, without allowing the bread to blacken, which spoils both the appearance and flavour of toast. When both sides are nicely coloured, put the toast on a hot plate ; divide some good butter into small pieces, place these on the toast, set this before the fire, and when the butter is just beginning to melt, spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the pieces of toast across from corner to corner, thus making the pieces of a three-cornered shape. Soyer recommends that each slice should be cut into pieces as soon as it is buttered, and when all are ready, that they should be piled lightly on the dish they are intended to be served on. He says that by cutting through 3 or 4 slices at a time, all the butter is squeezed out of the upper ones, while the bottom one is swimming in fat liquid. It is highly essential to use good butter for making this dish.

Gingerbread and Rusks

3452.—GINGERBREAD, ANDREW'S. (*Fr.*—Pain de Gingembre.)

Ingredients.—1¼ lbs. of flour, ¼ of a lb. of sugar, 6 ozs. of butter, 4 eggs, 1 tablespoonful of ginger, 6 ozs. of golden syrup.

Method.—Beat the butter, sugar and golden syrup to a cream, and beat in the eggs one at a time : add the flour, mixed with the ginger, till the mixture is thick enough to roll out. Roll into thin sheets, cut out with a plain round cutter, and bake on flat baking tins.

Time.—To bake, 20 to 25 minutes. **Average Cost,** 1s. 4d. **Sufficient** for about 4 dozen cakes.

3453.—GINGERBREAD HONEYCOMB.

Ingredients.—½ a lb. of flour, ¼ of a lb. of the coarsest brown sugar, ½ a lb. of treacle, ¼ of a lb. of butter, 1 dessertspoonful of allspice, 2 tablespoonfuls of ground ginger, the peel of ½ a lemon grated, and the whole of the juice.

Method.—Mix all these ingredients together, forming a paste sufficiently thin to spread upon baking sheets. Beat it well, butter the tins, and spread the paste very thinly over them ; bake it in a rather slow oven, and watch it until it is done ; withdraw the tins, cut the gingerbread in squares with a knife to the usual size of wafer biscuits, about 4 inches square, and roll each piece round the fingers as it is raised from the tin.

Time.—½ an hour. **Average Cost,** 10d. **Sufficient** for 4 dozen squares.

3454.—GINGERBREAD, THICK.

Ingredients.—1 lb. of treacle, ¼ of a lb. of butter, ¼ of a lb. of coarse brown sugar, 1½ lbs. of flour, 1 oz. of ginger, ½ an oz. of ground allspice, 1 teaspoonful of carbonate of soda, ¼ of a pint of warm water, 3 eggs.

Method.—Put the flour into a basin, with the sugar, ginger, and allspice ; mix these together ; warm the butter, and add it with the treacle to the other ingredients. Stir well ; make the water just warm, dissolve the carbonate of soda in it, and mix the whole into a nice smooth dough with the eggs, which should be previously well whisked ; pour the mixture into a buttered tin, and bake it from ¾ to 1 hour, or longer should the gingerbread be very thick. Just before it is done, brush the top over with the yolk of an egg beaten up with a little milk, and put it back in the oven to finish baking.

Time.—¾ to 1 hour. **Average Cost,** 1s. 4d.

3455.—GINGERBREAD, WHITE.

Ingredients.—1 lb. of flour, ½ a lb. of butter, ½ a lb. of castor sugar, the rind of 1 lemon, 1 oz. of ground ginger, 1 nutmeg grated, ¼ of a teaspoonful of carbonate of ammonia, 1 gill of milk.

Method.—Rub the butter into the flour, add the sugar and minced lemon-rind, ginger and nutmeg. Mix these ingredients well together, make the milk just warm, stir in the ammonia, which should be in fine powder, and work the whole into a nice smooth paste. Roll it out with the rolling-pin, cut it into cakes, place these on to clean greased baking tins, and bake in a moderate oven from 15 to 20 minutes.

Time.—15 to 20 minutes. **Average Cost,** 1s. 3d.

3456.—RUSKS. (Suffolk Recipe.)

Ingredients.—1 lb. of flour, 2 ozs of butter, ¼ of a pint of milk, 2 ozs. of loaf sugar, 3 eggs, ½ an oz. of distiller's yeast.

Method.—Put the milk and butter into a saucepan, and keep stirring it round with a wooden spoon until the latter is melted. Put the flour into a basin with the sugar, mix these well together, and pour the beaten eggs into the centre. Add the yeast dissolved in a little tepid water to the milk and butter, and with this liquid work the flour into a smooth dough. Lay a cloth over the basin, and leave the dough to rise by the side of the fire ; then knead it and divide it into 12 pieces, mould up round, set on to a clean greased plate ; prove well ; then place them in a brisk oven and bake for about 20 minutes. Take the rusks out, break them into halves, and then set them in the oven to get crisp on the other side. When cold, they should be put into tin canisters to get dry. If the rusks are intended for the cheese course, the sifted sugar must be omitted.

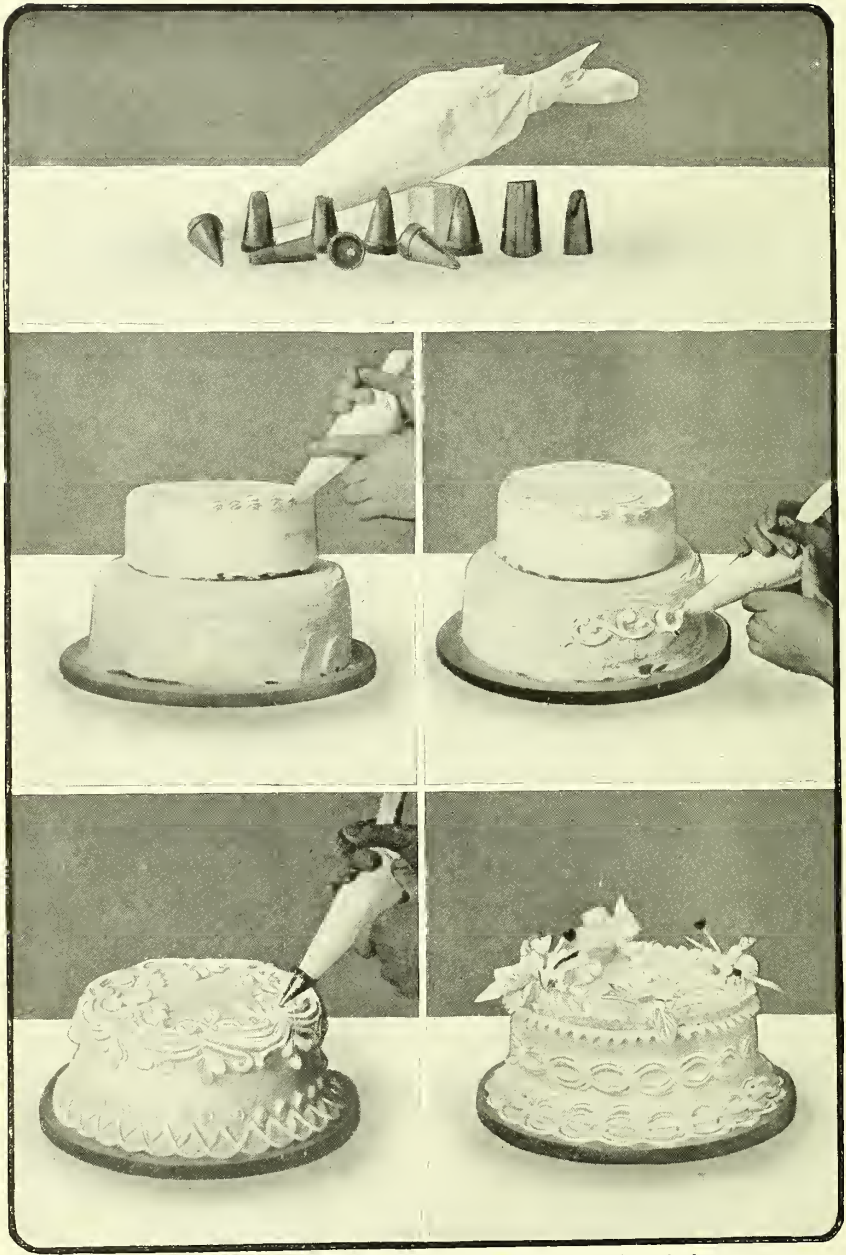
Time.—20 minutes, to bake the rusks; 5 minutes to render them crisp after being divided. **Average Cost,** 9d. **Sufficient** to make 2 dozen rusks.

3457.—RUSKS.

Ingredients.—4 ozs. of butter, 2 ozs. of castor sugar, 1 tablespoonful of brewer's yeast, 2 lbs. of flour, 4 eggs, 1 quart of milk.

Method.—Mix the yeast with the sugar and 1 teacupful of warm milk ; pour it into the centre of the flour in a deep bowl and let it rise for 1

PIPING OR FANCY CAKE ICING.



Make an ordinary grocer's paper bag, place one of the piping funnels at the bottom, pour the prepared sugar into the bag, and tear the paper off the point of it. Hold the bag in the right hand, and with the fingers of the left squeeze the sugar through the funnel. The piping tubes have teeth, and patterns of piping vary according to the "outlet."

hour in a warm place. The sponge should then be sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon ; then put it into a buttered tin, set it to rise for another hour, bake in a moderate oven, and, when cold, cut the cake into thin slices and dry them in a quick oven, having previously sprinkled them with pounded sugar. These rusks will be found a delicious substitute for toast for an invalid, and are appetising and nourishing.

Time.—1 hour. **Average Cost,** 1s. 6d.

3458.—ITALIAN RUSKS.

Ingredients.—A stale savoy or sponge cake may be converted into very good rusks, in the following manner. Cut the cake into slices, divide each slice in two ; put them on a baking-sheet in a slow oven, and when they are of a nice brown and quite hard the rusks are done. They should be kept in a closed tin canister in a dry place, to preserve their crispness.

PANNICLED MILLET.—This cereal has the smallest seeds of any of the corn plants, being a true grass ; but the number of seeds contained in each ear makes up for their diminutive size. It grows in sandy soils that will not sustain many other kinds of grain, and forms the chief sustenance of the population in the arid districts of Arabia, Syria, Nubia, and parts of India. Millet is not cultivated in England, being principally confined to the East. The nations who make use of it grind it in the primitive manner between two stones, and make it into a form of diet which cannot properly be called bread, but is rather a kind of soft, thin cake, half-baked.

Icing

3459.—ALMOND ICING FOR CAKES.

Ingredients.—To 1 lb. of castor sugar allow ¾ of a lb. of ground sweet almonds, 2 or 3 eggs, a little rose or orange-flower water.

Method.—Weigh the castor sugar and ground almonds into a clean basin, and mix them well together ; make a hole in the centre, break in the 2 eggs, add a little rosewater, and wet up into a firm paste, using another egg if necessary. Turn the mixture out of the pan on to the board, dusting it over with sugar to prevent it from sticking, then roll it out with a rolling pin to the size of the cake, place it on top and press smooth with the hand. This quantity of icing would be sufficient for a cake weighing from 2 to 3 lbs.

Time.—¾ of an hour. **Average Cost,** 1s. per lb.

3460.—ICING FOR MARBLE CAKE.

Ingredients.—1 teacupful of icing sugar, a little warm water.

Method.—Put some icing sugar into a clean basin, taking sufficient to ice the cakes, which of course will always depend upon the thickness put upon them, and pour upon the sugar sufficient boiling water to mix it up into rather a thick cream, beating it up well with a wooden spoon, adding the water gradually to the sugar until the proper consistency is obtained, then use as previously directed.

This icing will dry rather quickly, with a good gloss. It can be flavoured with any kind of essence, and coloured with vegetable colours as may be required.

Time.—½ an hour. **Average Cost,** icing sugar, 6d. per lb. **Sufficient** for 1 cake.

3461.—SUGAR ICING FOR CAKES.

Ingredients.—To every lb. of loaf sugar allow the whites of 4 eggs and 1 oz. of fine starch.

Method.—Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the starch is smooth ; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, the icing will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, etc., a layer of almond icing (No. 3458) is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

Average Cost, 1s. per lb.

3462.—TO ICE A CAKE.

Ingredients.—¾ of a lb. of icing sugar, the whites of 2 eggs, orange-flower water.

Method.—Beat these ingredients as in preceding recipe, and while the cake is still warm, pour and smooth the icing evenly over it ; then dry in a moderate heat to harden, but not to colour the icing.

Average Cost.—Icing sugar, 6d. per lb.

3463.—TO ICE A WEDDING CAKE.

Ingredients.—1½ lbs. of confectioner's icing sugar, the whites of 6 eggs, the juice of 1 lemon.

Method.—Icing sugar can now be obtained from almost every grocery store in the kingdom, or failing that, a pastrycook would supply the quantity required. Having procured the sugar, take a very clean basin and spoon, turn in the sugar, and carefully break in the whites of the eggs ; add a small pinch of blue, and then proceed to beat up the icing. When well beaten and smooth, add the strained juice of

1 lemon, then beat it up thoroughly until it will stand up in the pan. Now take the cake and set it on an inverted plate, or if you have it, a regular turn-table used by confectioners for the purpose. Take up sufficient icing to cover the top with a spoon, and lay it upon the centre of the cake. Now take a large pliable palette knife and spread the icing level on top. Then take up small portions of the icing with the point of the palette knife, spread it smoothly round the side, and when the cake is completely enveloped, stand it aside in a warm place to dry. During the time the cake is drying and as soon as it is hard enough, a thin sheet of paper should be lightly laid over to prevent the dust from spoiling the colour of the cake.

Average Cost.—Icing sugar, 6d. per lb.

3464.—TO ICE A WEDDING CAKE.

(Another Method.)

Ingredients.—Whites of 3 eggs, 1 lb. of icing sugar, lemon or vanilla flavouring.

Method.—Grind and sift the sugar, and add it to the well-beaten whites of eggs and the flavouring. Beat until the icing mixture is firm and stiff, then proceed as in preceding recipe.

Average Cost.—Icing sugar, 4d. to 6d. per lb.

Yeast

3465.—YEAST, TO MAKE.

Ingredients.—1½ ozs. of hops, 4 quarts of water, 1¼ lbs. of bruised or ground malt, ¾ of a lb. of flour, ½ a pint of liquid yeast.

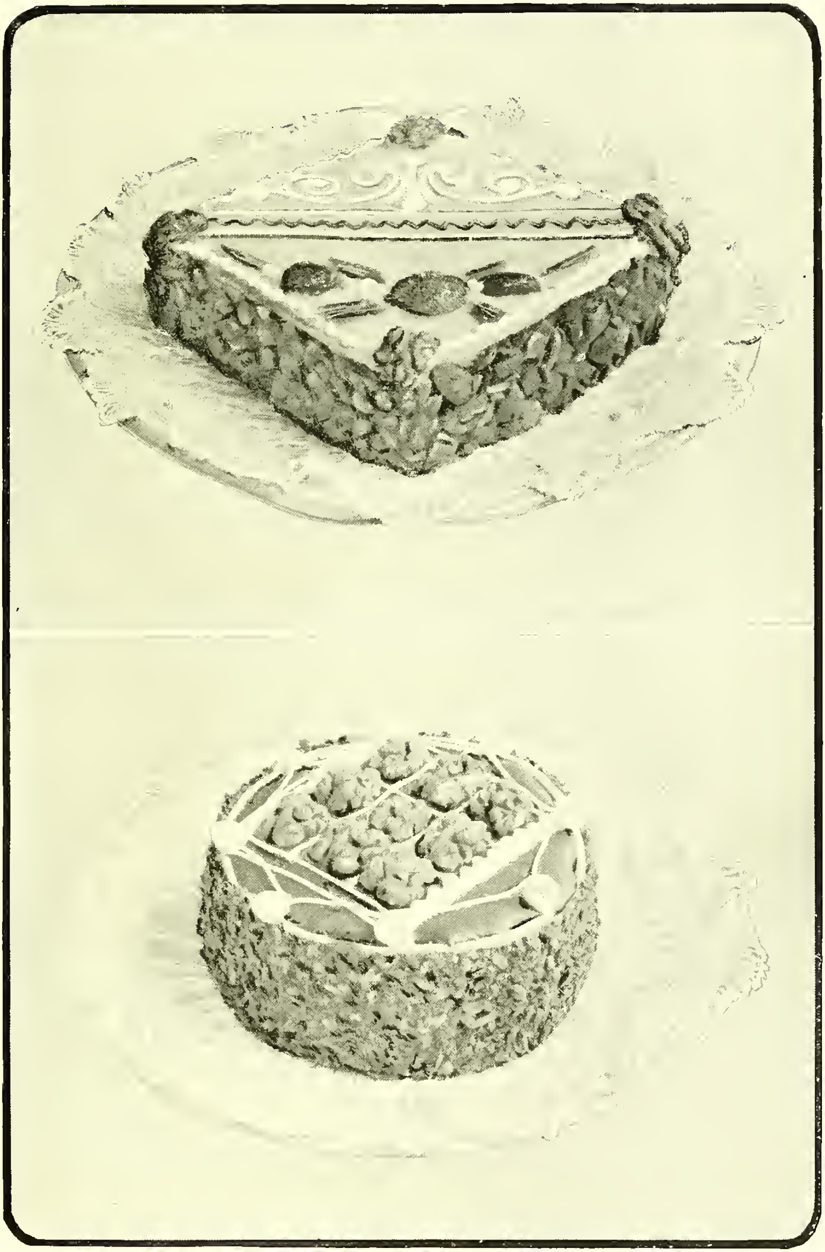
Method.—Put the hops into a boiler, add the water, put on the lid, and set them over the fire to boil for about ½ an hour, or until all the hops have sunk to the bottom. Then strain the liquor into a clean wooden bucket, squeeze out the hops and throw them away. Let the resultant liquor stand for 5 or 10 minutes, or until the face can be seen reflected in it, then turn in the malt, stir up well with a clean spoon, cover over, and let it stand until lukewarm, or about 70° Fahr. Then put in ½ a pint of yeast and the ¾ of a lb. of flour, stir it well up with the hand, cover over with a cloth, and let it remain in a warm corner undisturbed for at least 8 hours. At the end of that time give it a good stir up, and strain away the grains, squeeze them dry, and put the whole of the liquor into bottles; after stirring it well up, tie over with string, and keep it in a cool cellar. ½ a pint of this yeast will be sufficient for about 20 lbs. of flour. When required for use, it is usual to first set what is termed a ferment, as follows:—first wash, clean, and then boil about 2 lbs. of potatoes, without salt; when cooked strain off and turn them into a clean wooden bucket. Take a rolling-pin and pound the potatoes down with it; add about ½ a lb. of flour, and mix it well into the scalding hot potatoes with the rolling-pin; add 1 quart of water, and stir all the ingredients well up together, and when it has cooled down to 75° Fahr., shake well, and add ½ a pint of the previously made yeast. Stir well in with the hand, breaking up the potatoes, and then cover over with a clean cloth, and let it stand the same as the yeast, in a warm place to work or ferment. In about 3 hours it will have come up and dropped, and it is necessary, to ensure good bread, that it should drop. Prepare the flour in a large pan, or wooden trough; make a hole in the centre of the flour, if the pan is used, and if a trough, at one end, and strain in the ferment or "comp.," add about 3 ozs. of salt, or more if liked, and sufficient water to wet the 20 lbs. of flour into dough, knead it well, and leave it as dry as possible; cover over with a cloth, and leave it to prove in a warm place for about 3 hours, then give it another good kneading over with flour, cover, and prove for another hour. Then turn out to the board, divide into suitable-sized pieces, mould up into loaves, and when nicely proved bake in a moderate oven.

3466.—YEAST, TO MAKE. (Another Method.)

Ingredients.—2 ozs. of hops, 6 quarts of water, 1 lb. of ground malt, ½ a lb. of brown sugar, 1 lb. of flour, ½ a pint of yeast.

Method.—Proceed exactly in the same manner as directed in the previous recipe, but place the sugar and malt in the bottom of the tub, and strain the scalding-hot liquor from the hops upon it; then cover over, and when cooled down to 70° Fahr., stir in the yeast and flour, and leave it to work as before directed. It can be made into bread in exactly the same way as described, and will make most excellent bread; but during the process particular care must be taken to exclude all draughts, and all the utensils used must be scrupulously clean.

FANCY CAKES.



1. French Gâteau. 2. Walnut Cake.

GENERAL OBSERVATIONS ON BEVERAGES

CHAPTER XLVIII

BEVERAGES may be broadly divided into four classes: (1) Water and milk; (2) Beverages of a simple character, generally infusions or decoctions; (3) Beverages consisting of mineral waters drawn from natural springs, or water containing a considerable quantity of carbonic acid gas; (4) Beverages containing alcohol.

Water.—To whichever class our beverages belong, water is the basis of them all. Even our solid food contains a large proportion of water; and nothing is of more importance to the housekeeper than to obtain an ample supply of sufficiently pure water. We say "sufficiently pure," for absolutely pure water, consisting only of 2 parts of hydrogen to 1 of oxygen, does not exist in nature; and when it is obtained by the distiller's art, it is flat and distasteful to those who have not accustomed themselves to its use. Water, as we get it, is never pure; the important point is its freedom from impurities dangerous to health. Dissolved air and gases make it bright and sparkling; they are driven off by boiling, and hence the insipid taste and dull appearance of boiled water.

From whatever source water is obtained, it once existed in the form of rain. In the country it may pass through the air to the ground in a pure state, but in manufacturing towns considerable impurities are added to it in its passage. Whatever its condition as it falls upon the surface of the earth, it is rapidly changed in its passage through it. Some rocks, like granite, are insoluble, some, as for example chalk, are readily soluble, especially in water containing carbonic acid gas, which rain washes down out of the air. So, while one kind of water may contain only ½ a grain of mineral matter in a gallon, another has many grains in the gallon. We call the latter a "hard" water, and object to it for cooking purposes for several reasons. It tends to make the meat and vegetables cooked in it hard; it wastes soap; it deposits "fur" on saucepans and kettles. The "fur" is the mineral matter once dissolved in the water, now thrown down in the saucepan: (1) because the water has boiled away and gone off in steam, leaving behind it the mineral that could not be vapourized; (2) because carbonate of lime is dissolved only in water that contains carbonic acid gas, and the gas is driven off as soon as the water boils, and long before it has boiled away. It is upon this last reason that the softening of water by boiling depends. The harshness of water is also caused by sulphates. In the latter case boiling does not soften the water.

Organic impurities, by which is meant the animal and vegetable matter often present in water, are highly dangerous. Sewage contamination may exist in palatable sparkling water. This danger is increasing owing to the more and more prevailing custom of diluting sewage with water. The dangers and wastefulness of this system of drainage, especially when applied in country districts near the sources of our great water supplies, are clearly shown in the writings of those who have recently devoted considerable attention to this all-important subject.

Cisterns in which water is stored should be carefully cleansed at frequent intervals. Water brought on to premises in a pure condition may be contaminated by neglecting this precaution. Cisterns should also be provided with close-fitting lids ; this prevents small animals and much dust from falling into the water.

To Purify Water.—Water that is unfit to drink is not made in any way less harmful by the addition of spirits, wine, or any flavouring matter. It may be rendered harmless by boiling, which is the only practicable household means of purifying water. Most of the decoctions and infusions are useful in this respect, because the water of which they are made must be boiled, the flavouring matter afterwards being added to conceal the insipidity. Boiled water can be aerated by pouring it from one jug to another, if only a small quantity has to be dealt with.

Filters should not be resorted to instead of boiling as a means of purifying water. Many simple forms of filters may be usefully employed as a mechanical means of separating suspended matter, but few, if any, remove or destroy impurities in perfect solution. Spongy iron, carbon and sand are valuable filtering agents, but one of the best mediums is porcelain, the only objection to filters made of this substance being the slow passage of the water through them.

Tea.—The most popular non-alcoholic beverage in this country is tea, now considered almost a necessary of life. Previous to the middle of the seventeenth century it was not used in England. Pepys says in his Diary : "September 25th, 1661.—I sent for a cup of tea (a China drink), of which I had never drunk before." Four years later it was so rare a commodity in England that the English East India Company bought 2 lbs. 2 ozs. of it as a present for his Majesty. In 1666 it was sold in London for 60 shillings a pound. From that date the consumption has gone on increasing from 5,000 lbs. to 215,000,000 lbs., an annual consumption of about 6 lbs. per head of the population of Great Britain.

The Tea Plant.—The cultivation of the plant requires great care. It is raised chiefly on the sides of hills ; and, in order to increase the quantity and improve the quality of the leaves, the shrub is pruned, so as not to exceed the height of from 2 to 3 feet, much in the same manner as the vine is treated in France. They pluck the leaves, one by one selecting them according to the kind of tea required ; and, notwithstanding the tediousness of the operation, each labourer is able to gather from 4 to 15 lbs. a day. When the trees attain to 6 or 7 years of age, the produce becomes so inferior that they are removed to make room for a fresh succession, or they are cut down to allow of numerous young shoots. Teas of the finest flavour consist of the youngest leaves ; and as these are gathered at four different periods of the year, the younger the leaves the higher flavour the tea and the scarcer, and consequently the dearer the article.

Indian and Ceylon Teas.—Much Indian and Ceylon tea is now brought to this country, and is, as a rule, more highly flavoured than the Chinese, which it has displaced to so great a degree that now only about 10 per cent. of the tea consumed in this country comes from China, the remaining 90 per cent. being imported chiefly from Assam and Ceylon. The best tea is comparatively high priced, but not necessarily dear, as some tea is heavy and some light, so that a teaspoonful does not bear the same ratio to every pound, nor produce the same strength of infusion. "Strong, brisk, family tea" is generally warranted to produce the greatest quantity of the blackest liquid from a given number of spoonfuls, but the connoisseur does not need to be told that the best tea generally produces a pale-coloured infusion, and the depth of colour is not an invariable sign of strength. Orange, mandarin, imperial pekoe are used sparingly in this country, generally to mix with other qualities. Caravan tea comes overland to Russia, where it is sold at a high price, on the supposition that the sea voyage destroys the flavour. Some is brought to this country. Twankay, Hyson and Gunpowder are green teas ; their use in England, has, however, now practically ceased. Tea, when chemically analysed, is found to contain woody fibre, extractives, colouring matters, and mineral ash. A more important constituent is the tannin, or tannic acid, to which it owes its bitter taste, particularly noticeable when the tea has stood for a long time, or has been boiled. It is to the tannin that its decided and often baneful effects upon the digestive organs are ascribed, effects that are most noticeable in those persons who have the habit of drinking tea that has stood or "drawn" for a length of time.

The constituent theine is now found to be identical with caffeine in coffee, theobromine in cocoa, and with the vegetable alkaloid found in maté, the tea of Paraguay. It must be considered as something more than coincidence that men under widely different circumstances of life, and in widely removed countries, should have brought into universal use beverages of identical effect, obtained from plants of entirely different species. Tea cannot be regarded as an article of food, for the nourishment it contains is that of the milk and sugar mixed with it, and no more. Theine acts directly on the nervous system, and it is for the sake of this action as a mild stimulant that tea is habitually consumed.

Chinese Tea.—The various names by which Chinese teas are sold in the British market are corruptions of Chinese words. There are about a dozen different kinds ; but the principal are Bohea, Congou and Souchong, and signify respectively inferior, middling, and superior. Teas are often perfumed and flavoured with the leaves of different kinds of plants grown on purpose. Different tea-farms in China produce teas of various qualities, raised by skilful cultivation on various soils.

Chinese tea has frequently been adulterated in this country by the admixture of the dried leaves of certain plants. The leaves of the sloe, white thorn, ash, elder, and some others have been employed for this purpose, such as the leaves of the speedwell, wild germander, black currant, syringa, purple-spiked willow-herb, sweetbriar, and cherry tree. Some of these are harmless ; others are to a certain degree poisonous, as, for example, the leaves of all the varieties of the plum and cherry tribe, to which the sloe belongs.

Coffee.—It appears that coffee was first introduced into England in 1652 by Daniel Edwards, a merchant, whose servant, Pasqua, a Greek, understood the art of roasting and preparing it. This servant, under the patronage of Edwards, established the first coffee-house in London, in George Yard, Lombard Street. Coffee was then sold at 4 or 5 guineas a pound, and a duty was soon afterwards laid upon it of 4d. a gallon when made into a beverage. In the course of two centuries, however, this berry, unknown originally as an article of food, except to some savage tribes on the confines of Abyssinia, has made its way through the whole of the civilized world. Mohammedans of all ranks drink coffee twice a day ; it is in universal request in France, Germany, and the Continent generally, but the demand for it throughout the British Isles is daily decreasing ; the consumption of coffee within the last forty years steadily declined to less than one-half. The approximate annual consumption of coffee per head of the population is about 13 ozs., as against 6 lbs. of tea per head.

Various Kinds of Coffee.—The Arabian is considered the best. It is grown chiefly in the districts of Aden and Mocha ; whence the name of our Mocha coffee. Mocha coffee has a smaller and rounder bean than any other, and a more agreeable smell and taste. Very little, however, of the genuine Mocha coffee reaches this country. The next in reputation in quality is the Java and Ceylon coffee, and then the coffees of Bourbon and Martinique, and that of Berbice, a district of the colony of British Guiana. The Jamaica and St. Domingo coffees are less esteemed. The largest proportion of coffee consumed in England comes from Brazil, and is frequently sold under another name.

The Roasting of Coffee in the best manner requires great nicety, and much of the qualities of the beverage depends upon the operation. The roasting of coffee for the dealers in London and Paris has now become a separate branch of business, and some of the roasters perform the operation on a great scale, with considerable skill. Roasted coffee loses from 20 to 30 per cent. by sufficient roasting, and the powder suffers much by exposure to the air ; but while raw, it not only does not lose its flavour for a year or two, but improves by keeping. If a cup of the best coffee be placed upon the table boiling hot, it will fill the room with its fragrance ; but the coffee, when warmed again after being cold, will be found to have lost most of its flavour.

A considerable change takes place in the arrangement of the constituents of coffee by the application of heat in roasting it. Independently of one of the objects of roasting, namely, that of destroying its toughness and rendering it easily ground, its tannin and other principles are rendered partly soluble in water ; and it is to the tannin that the brown colour of the decoction of coffee is owing. An aromatic flavour is likewise developed during the process of roasting, which is not perceived in the raw berry, and which is not produced in the greatest perfection until the heat has arrived at a certain degree of temperature ; but if the heat be increased beyond this, the flavour is again dissipated, and little remains but a bitter and astringent matter, with carbon.

To have Coffee in Perfection it should be roasted and ground just before it is used, and more should not be ground at a time than is wanted for immediate use, or if it be necessary to grind more, it should be kept closed from the air. Coffee readily imbibes exhalations from other substances, and thus often acquires a bad flavour ; brown sugar placed near it will communicate a disagreeable aroma. It is stated that the coffee in the West Indies has often been injured by being laid in rooms near the sugar works, or where rum is distilled ; and the same effect has been produced by bringing over coffee in the same ships as rum and sugar. Dr. Moseley mentions that a few bags of pepper on board a ship from India spoiled a whole cargo of coffee.

With respect to the quantity of coffee used in making the decoction, much depends on the taste of the consumer. The greatest and most common fault in English coffee is the too small quantity of the ingredient. Count Rumford says that to make good coffee for drinking after dinner, a pound of good Mocha coffee, which, when roasted and ground, weighs only 13 oz., serves to make 56 full cups, or a little less than a quarter of an ounce to a coffee-cup of moderate size.

The use of chicory with coffee was originally a Dutch practice. The admixture was long kept a secret by the Dutch dealers, and only became known in other countries in the beginning of last century. For France alone the consumption now reaches 6,000,000 kilograms.

Cocoa.—The consumption of cocoa is yearly increasing in this country. It is prepared from the seeds of the Theobroma Cacao, a tree grown in South America, Asia, and Africa. Chocolate was introduced into Europe by the Spaniards, whose national beverage it still is, and it reached England during the latter half of the seventeenth century. Columbus brought it to Europe in 1520. Cocoa possesses to some extent the stimulating properties of tea and coffee, but it differs from them in that it contains also a considerable amount of fat and albuminous matter. It is, as its name implies, food as well as drink. Moreover, we drink not merely an infusion of cocoa, but the cocoa itself. The first step is to roast the nut and remove the husk.

The kernel, roughly ground, and usually with some of the fat removed, is sold as cocoa-nibs. Prepared cocoa is made by grinding the kernel to powder, removing some of the fat, and adding a certain proportion of starchy matter and sugar. To some of the cheaper cocoas the ground husk is added by way of adulteration. All these preparations are sweet, and thicken when mixed with boiling water and milk. The pure cocoa extracts and essences consist only of ground cocoa nibs with some of the fat removed ; they have a distinctly bitter flavour, and they do not thicken with boiling. Some few harmful substances are occasionally added as adulterants. The best prepared cocoas are wholesome and nourishing, and contain only cocoa, starch, and sugar. Chocolate is prepared by grinding the finer sorts of cocoa beans over warm rollers, with a suitable addition of sugar and vanilla or other flavouring. Much skill is employed in its preparation, and the best qualities are sold at a high price. It is used as a beverage, but more often in this country as a luxury or a food. It is very nourishing and sustaining, and is often carried by pedestrians and mountaineers.

Maté.—The tea of Paraguay, prepared from the Brazilian holly (Ilex Paraguayensis), is sold in this country, and has some few drinkers. The leaf is dried and pulverized, and the infusion is prepared in a dried gourd or calabash, out of which it is sucked through a straw or bombilla.

Coca.—The dried leaf of the Erythroxylon Coca is consumed in Bolivia, Peru, and the adjoining countries, where the inhabitants chew it as well as drink the infusion. In this country the leaves are chewed by pedestrians and cyclists as preventives of fatigue, or as restoratives after exertion. Used in the same way as Chinese tea, it has a pleasant flavour, and it does not appear to have the same ill effects upon digestion, though there is no evidence to show what the effect of its prolonged use would be. Coca is used in surgery to deaden pain and as a medicine to soothe the nerves and induce sleep.

These substitutes are in no wise imitations of tea and coffee, but are consumed for their own merits. Other substitutes are of the nature of adulteration, and contain no theine nor analogous alkaloids. Much of the prepared coffee drunk in England is merely an infusion of burnt rye, beans and chicory, with coffee to flavour, and its power as a stimulant is that possessed by any hot liquid with accompanying nourishment in the shape of milk or sugar, a power that is very often forgotten or overlooked.

Wines.—The wines of France are more highly esteemed than those of any other country, and of these, champagne takes the lead. Sparkling wine was first made in the neighbourhood of Epernay, and the methods employed then were practically the same as those of today. Both red and white grapes are grown in the Marne. The red gives a dryer wine, the white a softer one ; and the two are generally mixed together, so as to make a satisfactory average. Great care has to be exercised in the gathering of the red grapes, and much swiftness used in pressing them, so that none of the colouring matter contained in the skin be communicated to the juice. In hot years the grapes are so ripe that they easily burst when they are gathered, and during the pressing some of the pigments of colour from the skin communicate that light pink hue which distinguishes vintages of that year ; but on the other hand, hot seasons usually give an exceptionally good wine. Immediately after pressing, the juice is stored in casks and directly undergoes the first stage of fermentation, after which it is racked so as to be freed from the heavier lees. The area that can be planted as vineyards in the champagne district is rather limited, and as the demand has gone on increasing at a very rapid rate, prices have been forced up, and other districts of France have tried their hand at making sparkling wine. Thus we have now sparkling Burgundy, sparkling Chablis, sparkling Saumur, all excellent wines for the prices they command. The name of claret is practically given to all red wine coming from France, with the exception of Burgundy and Roussillon, which form small classes apart. The best clarets are those grown in the Gironde, but there are many other departments which furnish claret to Bordeaux, to Paris, and to foreign parts.

The wines of Germany are generally dearer than those of France, owing chiefly to the large proportion of bad seasons in the Rheingan. The best are the superior Hocks and Moselles, still and sparkling, known to consumers as Johannisberger, Steinberger, Marcobrünner, Hockheimer, Niersteiner, etc.

Storage of Wine.—Wine of every description should be stored in a cool, dry cellar. This is particularly necessary in the case of sparkling wines that have to be stored for a great length of time, for a damp atmosphere is apt to destroy the wire and strings which secure the corks.

Service of Wine.—Formerly it was considered necessary that a different kind of wine should accompany each course, and they were served in the following order:—

Chablis or Sauterne with hors d'œuvres; Sherry or Marsala with soup; Hock or Sauterne with fish; Claret or Burgundy with entrées; Champagne with roast and entremêts; Port, Claret or Madeira with the dessert. Now the number of wines introduced at one meal is considerably reduced. Sometimes a glass of good sherry or mineral waters with whisky is served with the soup, after which champagne is served until the dessert, when port and old claret take its place. Frequently one, or, at the most, two kinds of wine are served throughout the meal, and these are either claret or Burgundy and champagne, or champagne alone. The following table gives the correct temperatures at which various wines should be served:—

Champagne	35° deg. Fah.
Sherry	40 ,, ,,
Marsala	40 ,, ,,
Chablis and other wines of this class	45 ,, ,,
Sauterne and other wines of this class	50 ,, ,,
Port	55 ,, ,,
Madeira and claret	65 ,, ,,
Burgundy	70 ,, ,,

Ice should never be put into wine, but this does not of course apply to claret cup and similar mixtures which are dealt with hereafter. Champagne and similar wines should, of course, be served cold, but the temperature must be lowered in bottle. This may be done most expeditiously by surrounding the bottles with crushed ice, and allowing the whole to remain covered with a wet flannel for about an hour before being served. An agreeable fresh flavour may be given to all Rhine wine by cooling them slightly. Claret and Burgundy, on the contrary, should be drunk milk-warm; while port, if exposed to a low temperature, will acquire a harsh, thin, acid taste, which temporarily deprives it of all its characteristic qualities. The easiest method of raising the temperature of these wines is to place them near the fire or in a warm room for several hours; or it may be more speedily accomplished by surrounding the bottles with hot water.

Old wines that have been bottled for any length of time should be carefully decanted, for they nearly always have a crust or sediment which, if disturbed, may spoil the flavour of the wine. Decanting baskets are useful means of preventing this. Each bottle is transferred from the bin to a separate basket, lying therein in nearly the same position as that in which it was found in the bin, but with the neck a little higher.

Wineglasses.—It is usual to have various shapes of wineglasses for different wines. There is however one form which suits all wines, which is of the goblet or half globe shape. It is essential that the glass should be as thin as possible. Glasses running four or five to the reputed quart bottle are the best for size.

RECIPES FOR BEVERAGES

CHAPTER XLIX

Tea, Coffee, Cocoa, Home-made Wines, Liqueurs, Cups, Summer and Winter Drinks, and American Drinks.

Tea, Coffee, etc.

3467.—ALMOND MILK.

Ingredients.—2 ozs. of Jordan almonds, ½ an oz. of bitter almonds, 2 ozs. of castor sugar, 1 tablespoonful of orange-flower water, 1 pint of cold water.

Method.—Blanch the almonds, and pound them with the sugar and orange-flower water, adding a few drops of cold water occasionally, to prevent it getting oily. When quite smooth, turn the preparation into a basin, stir in the remainder of the water, allow it to remain covered for 2 hours, then strain, keep on ice or in a cool place until required, and serve diluted with an equal quantity of cold water.

3468.—CHOCOLATE, TO MAKE.

Ingredients. Plain chocolate. To ½ an oz. allow ½ a pint of water and ½ a pint of milk.

Method.—Make the milk and water hot, break the chocolate into small pieces, add it and stir until quite dissolved. Bring to boiling point, then strain, and serve with sugar.

CHOCOLATE AND COCOA.—Both these preparations are made from the seeds, or beans, of the cocoa-tree; it grows in the West Indies and South America. The Spanish and the proper name is cacao, not cocoa, as it is generally spelt. From this mistake, the tree from which the beverage is procured has often been confounded with the palm that produces the edible cocoa-nuts, which are the produce of the cocoa-tree (*Cocos nucifera*), whereas the tree from which chocolate is procured is very different, the *Theobroma cacao.* The cocoa-tree was cultivated by the aboriginal inhabitants of South America, particularly in Mexico, where, according to Humboldt, the cultivation was encouraged by Montezuma. It was transplanted thence into other dependencies of the Spanish monarchy in 1520; and it was so highly esteemed by Linnaeus as to receive from him the name now conferred upon it, of "Theobroma," a term derived from the Greek, and signifying "food for gods." Chocolate has always been a favourite beverage among the Spaniards and Creoles, and was considered as a great luxury here when introduced, after the discovery of America, but the high duties laid upon it confined it almost entirely to the wealthier classes. Before it was subjected to duty, Mr. Bryan Edwards stated that cocoa plantations were numerous in Jamaica, but that the duty caused their almost entire ruin. The removal of this duty has increased the cultivation.

3469.—COCOA, TO PREPARE.

Ingredients.—To 1½ teaspoonfuls of prepared cocoa, allow ¼ of a pint of milk, ¼ of a pint of water.

Method.—Mix the cocoa smoothly with a little cold water, boil the remainder of the water and the milk, and pour these on to the blended cocoa, stirring well meanwhile. Rock cocoa should be broken into small pieces, and simmered gently for a few minutes in the milk and water.

3470.—COCOA HUSKS

Ingredients.—1 cupful of husks, 3 cupfuls of cold water.

Method.—Simmer the husks very gently in the water for about 3 hours, then strain. When cold, skim off any fat there may be and re-heat when required.

3471.—COCOA HUSKS (Another Method.)

Ingredients.—1 cupful of cocoa husks, 4 cupfuls of water.

Method.—Soak the husks in the water for 12 hours, keeping the vessel closely covered; at the end of this time turn both husks and water into a stewpan, and cook gently for about 4 hours. When cold remove any fat there may be on the surface, and re-heat before serving.

3472.—COFFEE, TO ROAST. (A French Recipe.)

It is an acknowledged fact that French coffee is decidedly superior to that made in England, and as the roasting of the berry is of great importance to the flavour of the preparation, it will be useful and interesting to know how they manage these things in France. In Paris there are two houses justly celebrated for the flavour of their coffee—La Maison Corcellet and La Maison Royer de Chartres ; and this flavour is obtained by adding, before roasting, to every 3 lb. of coffee a piece of butter the size of a nut, and a dessertspoonful of powdered sugar. It is then roasted in the usual manner, and a tin in a slack oven, or a frying pan over the fire will serve, with care. A rotating coffee roaster is of course much better. The addition of the butter and sugar develops the flavour and aroma of the berry; the butter employed must, of course, be of the very best quality, and must be used only in very small quantities.

The Coffee Plant.—This plant (*Coffea arabica*) grows to the height of about 12 or 15 feet, with leaves not unlike those of the common laurel, although more pointed and not so dry and thick. The blossoms are white, much like those of the jasmine, and issue from the angles of the leaf-stalks. When the flowers fade, they are succeeded by the coffee-bean, or seed, which is enclosed in a berry of a red colour, when ripe, resembling a cherry. The coffee-beans are prepared by exposing them to the sun for a few days, that the pulp may ferment and throw off a strong acidulous moisture. They are then gradually dried for about 3 weeks, and put into a mill to separate the husk from the seed.

3473.—COFFEE, TO MAKE.

Method.—A cup of really good coffee is the exception rather than the rule, and yet the process of making it is so simple that it is not easy to understand why, granted the coffee is of good quality and unsparingly used, the beverage is so inferior to that prepared abroad. Hard water makes better coffee than soft water, because the latter extracts certain strong and bitter principles which overpower the delicate aroma and flavour of the coffee. Coffee quickly loses its flavour when ground, therefore it is better to buy the berries and grind them as required. When this is not practicable, it is advisable to buy pure coffee and chicory separately, and mix them in proportions palatable to those for whom the beverage is intended. When expense is not a point to be considered, coffee alone should be used, and from 2 to 2½ teaspoonfuls allowed for each breakfastcupful of water. Recent years have introduced numerous patent coffee apparatus, but nothing further is needed than a fireproof jug and a piece of muslin or flannel. The water added to the coffee, or to which the coffee is added, should be quite boiling; and much of the strength is wasted if the coffee is not brought just to boiling point, although strength will be gained at the sacrifice of flavour and aroma if the coffee be allowed to boil even for a short time.

3474.—COFFEE, TO MAKE.

Ingredients.—Allow 1 good tablespoonful of freshly ground coffee to each ½ pint of water.

Method.—Place the coffee in the coffee chamber of a cafétiere, and pour the boiling water through the distributor on to the coffee. When the boiling water has percolated through the fine strainer with which the coffee pot is provided, and has been allowed to stand for a few minutes, it will be found to be quite clear and ready to serve. Coffee may be allowed to just come to the boil, but boiling it, even for a short time, quite destroys its flavour and aroma.

3475.—COFFEE, TO MAKE. (Another Method.)

Ingredients.—Allow 2 good teaspoonfuls of freshly ground coffee to each ½ pint of water.

Method.—Make hot an ordinary china jug, put in the coffee, pour on to it the boiling water, and stir vigorously. Allow the jug to stand for 5 minutes, closely covered, where the contents will remain just below boiling point, then pour out a cup of coffee, and at once pour it back into the jug. Repeat this carefully 2 or 3 times, cover, let the coffee stand five minutes longer to settle, then pour, without disturbing the grounds, into a hot coffee pot or jug, and serve as hot as possible.

3476.—COFFEE, TO MAKE. (Another Method.)

Ingredients.—Allow 1 oz. of freshly ground coffee to each 1½ pints of water.

Method.—Tie the coffee loosely in a piece of strong muslin. Boil up the water in a saucepan, put in the coffee, and bring to boiling point. Now draw the pan aside, cover closely, and allow the coffee to remain undisturbed for 10 minutes. This method is suitable for making large quantities of the beverage.

3477.—COFFEE, BLACK. (*Fr.*—Café Noir.)

Ingredients.—To each ½ pint of water allow 1 heaped tablespoonful of coffee.

Method.—Black coffee is prepared in the ordinary way, and can be made successfully by any of the preceding methods. It should be made very strong, and strained free from grounds. Black coffee is generally taken alone without the addition of sugar.

3478.—COFFEE, BURNT.

Ingredients.—Strong coffee, brandy.

Method.—Allow 3 teaspoonfuls of good coffee to each ½ pint of water, and prepare according to any of the preceding methods. Sweeten it rather more than ordinarily, and strain it into small cups. Pour a little brandy into each over a spoon, set fire to it, and when the spirit is partly consumed, the flame should be blown out, and the coffee drunk immediately.

3479.—COFFEE WITH MILK. (*Fr.*—Café au Lait.)

This beverage is merely strong black coffee to which hot milk is added, generally in the proportion of 2 or 3 parts milk to 1 part coffee. It is usual to pour the two liquids into the cup at the same time.

3480.—MATÉ, OR PARAGUAY TEA.

The leaf of the Brazilian holly or maté is extensively employed in the South American States as a substitute for Chinese or Indian tea.

3481.—TEA, TO MAKE.

In order to make good tea it is necessary that the water should be quite boiling, but it must on no account be water that has boiled for some time, or been previously boiled, cooled, and then re-boiled. It is a good plan to empty the kettle and refill it with fresh cold water, and make the tea the moment it reaches boiling point. Soft water makes the best tea, and boiling softens the water, but after it has boiled for some time it again becomes hard. When water is very hard a tiny pinch of carbonate of soda may be put into the teapot with the tea, but it must be used very sparingly, otherwise it may impart a very unpleasant taste to the beverage. Tea is better made in an earthen than a metal pot. One good teaspoonful of tea will be found sufficient for two small cups, if made with boiling water and allowed to stand 3 or 4 minutes; longer than this it should never be allowed to stand. The delicate flavour of the tea may be preserved, and injurious effects avoided by pouring the tea, after it has stood 3 or 4 minutes, into a clean teapot which has been previously heated.

Home-made Wines, etc.

3482.—ALE AND GINGER. (*See* Mulled Ale, No. 3598.)

3483.—ALLAHABAD TANKARD.

Ingredients.—1 pint bottle of pale ale, 1 pint of white wine, ¼ of a pint of syrup, No. 2599, 1 or 2 sprigs of mint, 1 small slice of toast, ¼ of a teaspoonful of grated nutmeg.

Method.—Mix the ale, wine and syrup together. Cut the toast to fit a glass jug, or silver tankard, sprinkle on the nutmeg, and pour over the mixed ale, wine and syrup. Serve with mint leaves floating on the surface.

3484.—APPLE CUP.

Ingredients.—3 or 4 large apples, 1 pint of cider, sugar to taste, crushed ice.

Method.—Slice the apples, without paring, barely cover them with boiling water, and let the water stand covered until cold. Strain, add the cider, sweeten to taste, pour over the crushed ice, and serve.

3485.—APPLE WINE.

Ingredients.—5 gallons of good cider, 10 lb. of loaf sugar.

Method.—Put the cider into a cask it will about ¾ fill, add the sugar, and stir occasionally with a piece of wood or cane until the sugar is quite dissolved; at the end of 48 hours put in the bung, and place a small vent peg near the top of the cask. Allow the cask to remain for 12 months in a cool, dry place, when the wine will be ready for use.

3486.—APRICOT WINE.

Ingredients.—12 lbs. of sound but not over ripe apricots, 1 lb. of loaf sugar, 1 pint of white wine, 3 gallons of water, 1 tablespoonful of compressed yeast, or 1 tablespoonful of good brewer's yeast.

Method.—Remove the stones of the fruit, take out the kernels, and cut each apricot into 6 or 8 pieces. Put them into a preserving pan with the water, sugar, and about half the kernels, and simmer very gently for 1 hour. Turn the whole into an earthenware vessel, let it remain undisturbed until cool, then stir in the yeast; if compressed yeast is used it must previously be mixed smoothly with a little warm water. Cover the vessel with a cloth, let it remain undisturbed for 3 days, then strain the liquid into a clean, dry cask, add the white wine, and bung lightly. At the end of 6 months draw off the wine into bottles, cork them closely, store in a cool, dry place for about 12 months, and the wine will be then ready for use.

3487.—APRICOT WINE. (Another Method.)

Ingredients.—12 lbs. of firm, ripe apricots, loaf sugar, 2 gallons of water.

Method.—Prepare the fruit as directed in the preceding recipe, put it into a preserving pan with 2 gallons of cold water and half the kernels and boil gently for about 1 hour. Strain, return to the pan; to each quart of liquid add 6 ozs. of loaf sugar, bring to the boil, and remove the scum as it rises. Let the whole simmer gently for 10 minutes, then turn into an earthenware vessel. Allow it to remain covered until the following day, pour into dry bottles, to each one add a lump of sugar, and cork closely. Store in a cool, dry place for about 6 months, when the wine should be ready for use.

3488.—BIRCH BEER.

Ingredients.—½ a lb. of black birch bark, 1 oz. of hops, ¼ of a lb. of pimento, ¼ of a lb. of ginger, 6 pints of golden syrup, ½ a pint of yeast, or 2 ozs. of German yeast.

Method.—Boil the bark in 3 or 4 pints of water, and, when considerably reduced, strain and boil rapidly until the liquor is as thick as treacle. Meanwhile boil the hops, pimento and ginger in 6 quarts of water for 20 minutes, then strain it on to the bark extract. Stir until it boils, add the golden syrup, and, when quite dissolved, strain the whole into a cask. Add 10 gallons of water previously boiled and allowed to cool, and as soon as it becomes lukewarm stir in the liquid yeast. Let it remain loosely bunged for 2 or 3 days, or until fermentation has ceased, then strain into small bottles, cork them tightly, and store in a cool place.

3489.—BLACKBERRY SYRUP.

Ingredients.—To each lb. of fruit allow 1 lb. of loaf or preserving sugar, and 1 tablespoonful of cold water, brandy.

Method.—Place the fruit, sugar and water in a large jar with a close-fitting cover, stand the jar in a saucepan of boiling water, and cook gently for 2 hours. Strain the juice, measure it, put it into a preserving pan or stewpan (preferably an enamelled one), and boil gently for 20 minutes, skimming carefully meanwhile. To each pint of syrup add a small glass of brandy, let the whole become quite cold, then bottle for use.

3490.—CHERRY BOUNCE.

Ingredients.—12 lbs. of cherries; to each gallon of juice obtained from them allow 4 lbs. of sugar, ½ a teaspoonful of ground mace, ¼ of a teaspoonful of ground allspice, 1 quart of brandy, and 1 quart of rum.

Method.—Remove the stones, place the fruit in a large jar, and stand the jar in a saucepan containing boiling water. Cook gently until all the juice is extracted, strain it and measure it into a preserving pan. Add sugar, mace and allspice in the proportions stated above, and simmer the ingredients until the scum ceases to rise. When cold, add the spirits, and bottle for use.

3491.—CHERRY WINE.

Ingredients.—12 lbs. of cherries, preferably small black ones, either loaf or good preserving sugar.

Method.—Place the cherries on a large dish and bruise them well with a large wooden spoon. Allow them to remain until the following day, then drain them well on a hair sieve, and measure the juice into an earthenware vessel. To each quart of juice add ½ a lb of sugar, cover the vessel, let it stand for 24 hours, and strain the liquor into a clean, dry cask. Bung closely, but provide the upper part of the cask with a vent peg; let it remain undisturbed for about 6 months, then drain off into bottles. Cork closely, store in a cool, dry place, and use as required.

3492.—CHERRY WINE. (Another Method.)

Ingredients.—Ripe cherries. To each quart of juice extracted from them add a pinch each of ground mace, ground cloves and ground allspice, ½ a pint of brandy, and ½ a pint of rum.

Method.—Stone the cherries, put them into a large jar, place it in a saucepan of boiling water, and cook gently until the juice is all extracted. Then strain it into a preserving pan, add sugar and flavouring ingredients in the proportion stated above, and boil and skim until clear. Let it cool, add the spirits, pour into bottles, cork them closely, and use as required.

3493.—CHERRY BRANDY.

Ingredients.—Sound, not over ripe Morella cherries. To each lb. allow 3 ozs. of best castor, or pounded loaf sugar, good French brandy to cover them.

Method.—Cut off the stalks, leaving them about ½ an inch in length, wipe the cherries with a soft cloth, and put them into perfectly dry wide-necked bottles. Rather more than half fill the bottles, and place the fruit and sugar in alternate layers. Fill the bottles with brandy, cork them closely, and cover the tops with melted wax or bladder. Keep for at least 2 months before using.

3494.—CHERRY BRANDY. (Another Method.)

Ingredients.—Sound Morella cherries. To each lb. allow 3 ozs. of brown sugar candy, 12 apricot, peach, or plum kernels, ¼ of an oz of shredded bitter almond, ¼ of an inch of cinnamon, and good French brandy to cover.

Method.—Cut off the stalks, leaving them about ½ an inch in length, wipe the cherries with a soft cloth, and prick them well with a coarse darning needle. Half fill some wide-necked bottles with the prepared fruit; to each one add sugar candy, etc., in the above-stated proportions, and fill the bottles with brandy. Cork closely, cover the top with melted wax or bladder, and keep for at least 3 months before using.

3495.—CIDER.

Cider is the fermented juice of apples, and it is chiefly manufactured in Dorsetshire, Devonshire, Gloucestershire, Herefordshire, Norfolk and Worcestershire. The juice is extracted by first crushing the apples in a cider-mill, and afterwards subjecting the pulp to heavy pressure. The product is either diluted with water, and sold as *Sweet Cider*, or it is allowed to ferment in barrels, which in some districts are closed at the top, and in others open, and simply covered with a cloth. When active fermentation has subsided the cider is drawn off into casks, where it remains for several months before it is ready for bottling or drinking. Some varieties of effervescing cider almost approach champagne in character.

3496.—CIDER PUNCH.

Ingredients.—1 quart of cider iced, 1 bottle of iced seltzer or soda water, 1 wineglassful of brandy, 2 ozs. of sugar, or to taste, 1 lemon thinly sliced.

Method.—Mix all the ingredients together in a glass jug, and serve in small glasses.

3500.—CURRANT WINE, RED.

Ingredients.—Ripe red currants. To each gallon of fruit allow 1½ gallons of cold water, and 5 lbs. either loaf sugar or good preserving sugar, and ½ a pint of good brandy.

Method.—Remove the stalks from the currants, put them into an earthenware bowl, bruise them well with a wooden spoon, and drain off the juice. Put the juice aside, add the water to the berries, let it stand for 2 or 3 hours, stirring occasionally meanwhile. At the end of this time strain the liquid from the berries into the juice, add ¾ of the sugar, stir occasionally until dissolved, then pour the whole into a cask, filling it three parts full. Bung closely, but place a vent peg near the top of the cask, and let the cask remain for 1 month where a uniform temperature of about 65° Fahr. can be maintained. Dissolve the remainder of the sugar in the smallest possible quantity of warm water, mix it well with the contents of the cask, replace the bung, and allow the cask to remain undisturbed for 6 weeks longer. Now drain off the wine into a clean, dry cask, add the brandy, let the cask stand for about 6 months in a dry, warm place, then bottle and cork tightly. The wine may be used at once, but will be better if kept for 12 months at least.

3501.—CURRANT AND RASPBERRY WINE.

Ingredients.—5 gallons of red-currant juice, 1 pint of raspberry juice, 10 gallons of water, 10 lbs. of either loaf sugar or good preserving sugar.

Method.—Extract the juice as directed in the two preceding recipes. Add to it the water and sugar, stir until the latter is dissolved, then turn the whole into a cask, and bung closely, but provide the top of the cask with a vent peg. As soon as fermentation ceases, tighten the vent peg, and let the cask remain undisturbed in a moderately warm place for 12 months. At the end of this time rack off into dry bottles, cork them closely, and seal the top with melted wax. The wine should be ready for use in about 3 months.

3502.—DAMSON WINE.

Ingredients.—To each gallon of damsons add 1 gallon of boiling water. To each gallon of liquor obtained from these add 4 lbs. of loaf sugar, and ½ a pint of French brandy.

Method.—Remove the stalks, put the fruit into an earthenware bowl, pour in the boiling water, and cover with a cloth. Stir the liquid 3 or 4 times daily for 4 days, then add the sugar and brandy, and when the former is dissolved, turn the whole into a clean dry cask. Cover the bung-hole with a cloth, folded into several thicknesses, until fermentation ceases, then bung tightly, and allow the cask to remain undisturbed for 12 months in a moderately warm place. At the end of this time it should be racked off into bottles. The wine may be used at once, but if well corked and stored in a dry place it may be kept for years.

3503.—DANDELION WINE.

Ingredients.—4 quarts of dandelion flowers, 4 quarts of boiling water, 3 lbs. of loaf sugar, 1 inch whole ginger, 1 lemon, the thinly-pared rind of 1 orange, 1 tablespoonful of brewer's yeast or ¼ of an oz. of compressed yeast moistened with water.

Method.—Put the petals of the flowers into a bowl, pour over them the boiling water, let the bowl remain covered for 3 days, meanwhile stirring it well and frequently. Strain the liquid into a preserving pan, add the rinds of the orange and lemon, both of which should be pared off in thin fine strips, the sugar, ginger, and the lemon previously stripped of its white pith, and thinly sliced. Boil gently for about ½ an hour, and when cool add the yeast spread on a piece of toast. Allow it to stand for 2 days, then turn it into a cask, keep it well bunged down for 8 or 9 weeks, and bottle the wine for use.

3504.—EAST INDIA PUNCH.

Ingredients.—½ a pint of brandy, 1 pint of port wine, 1 pint of syrup, No. 2599, ½ a pint of lime-juice syrup, 1 bottle of seltzer water iced, ½ a gill of arrack, the thinly pared rinds of 2 lemons, 2 or 3 sprigs of syringa, 1 breakfastcupful of crushed ice, sugar to taste.

Method.—Soak the lemon-rind in the brandy for 3 hours, then strain, add the rest of the ingredients, and serve.

3505.—EGG FLIP. (*See* Sherry Egg Flip, No. 3626.)

3506.—ELDERBERRY WINE. (*See* Elder Wine, No. 3507.)

3507.—ELDER WINE.

Ingredients.—7 lbs. of elderberries, 3 gallons of water. To each gallon of liquid thus obtained add 3 lbs. of good loaf sugar, 1 lb. of raisins, ½ an oz. of ground ginger, 6 cloves, ¼ of a pint of brandy, ½ a teaspoonful of brewer's yeast.

Method.—Strip the berries from the stalks, pour the water, quite boiling, over them, let them stand for 24 hours, then bruise well and drain through a hair sieve or jelly bag. Measure the juice obtained, put it into a preserving pan with sugar, raisins, ginger, and cloves in above-stated proportions, boil gently for 1 hour, and skim when necessary. Let the liquid stand until milk-warm, then stir in the yeast and turn the whole into a clean, dry cask. Cover the bung-hole with a folded cloth, let the cask remain undisturbed for 14 days, then stir in the brandy and bung tightly. In about 6 months the wine may be drawn off into bottles, tightly corked, and stored for use.

ELDERBERRY WINE.—The elderberry is well adapted for the production of wine; its juice contains a considerable portion of the principle necessary for a vigorous fermentation, and its beautiful colour communicates a rich tint to the wine made from it. It is, however, deficient in sweetness, and therefore demands an addition of sugar. It is one of the best old English wines.

3508.—FLOSTER.

Ingredients.—1 gill of sherry, ½ a gill of noyeau, 1 oz. of loaf sugar, 3 or 4 thin slices of lemon, 1 bottle of iced soda-water, 1 lump of ice.

Method.—Mix all the ingredients together in a large tumbler, and imbibe through a straw.

3509.—GINGER BEER.

Ingredients.—5 quarts of boiling water, 1¼ lb. of sugar, 1 oz. of whole ginger bruised, 2 lemons, ¼ of an oz. of cream of tartar, 1 good tablespoonful of brewer's yeast.

Method.—Remove the rinds of the lemons as thinly as possible, strip off every particle of white pith, cut the lemons into thin slices, removing the pips. Put the sliced lemon into an earthenware bowl with the sugar, ginger, and cream of tartar, and pour in the boiling water. Allow it to stand until milk-warm, then stir in the yeast and let the bowl remain in a moderately warm place for 24 hours. Skim the yeast off the top, strain the ginger-beer carefully from the sediment, bottle, tie the corks down securely, and in 2 days it will be ready for use.

3510.—GINGER BRANDY.

Ingredients.—2 ozs. of Jamaica ginger, 1 quart of brandy, ½ a pint of water, 1 lb. of sugar, 2 ozs. of juniper berries (mixed black and white).

Method.—Crush finely the ginger and juniper berries, put them into a wide-necked bottle, and pour in the brandy. Cork securely, let the bottle stand in a warm place for 3 days, shaking it 3 or 4 times daily. On the third day boil the sugar and water to a thick syrup, and when cool add to it the brandy, which must previously be strained through fine muslin or filtering paper until quite clear. When quite cold, bottle, cork securely, and store for use.

3511.—GINGER WINE.

Ingredients.—3 gallons of cold water, 9 lbs. of loaf sugar, ¼ of a lb. of whole ginger, bruised, ¼ of a lb. of raisins, the strained juice and finely-pared rinds of 4 lemons, a good tablespoonful of brewer's yeast.

Method.—Stone and halve the raisins, put them into a large preserving pan, or perfectly clean copper, with the water, sugar, and ginger, bruised; boil for 1 hour, skimming frequently. Turn the whole into a large earthenware bowl or wooden tub, allow the liquid to stand until milk-warm, then stir in the yeast. On the following day put the preparation into a clean, dry cask, add the lemon-juice, and bung lightly. Stir the wine every day for a fortnight, then tighten the bung. Let the wine remain undisturbed for 3 or 4 months, when it may be bottled for use.

3512.—GINGER WINE. (Another Method.)

Ingredients.—6 gallons of water, 14 lbs. of loaf sugar, 6 ozs. of whole ginger, bruised, 2 lbs. of Muscatel raisins, 4 lbs. of Valencia raisins, ½ an oz. of isinglass, 6 lemons, 1 pint of brandy.

Method.—Remove the peel of the lemons as thinly as possible, and boil it with the water, sugar and ginger for ½ an hour. Meanwhile stone and halve the raisins, put them into an earthenware bowl, pour the liquid over them when nearly cold, add the lemon-juice and yeast. Stir it every day for a fortnight, then add the isinglass previously dissolved in a little warm water, and drain into a clean, dry cask. Let the wine remain closely bunged for about 3 months, then bottle for use.

3513.—GOOSEBERRY VINEGAR.

Ingredients.—14 lbs. of ripe green gooseberries, 12 lbs. of sugar, 6 gallons of water.

Method.—Bruise the gooseberries in a bowl or tub, and pour over them the water, which must previously be boiled and allowed to cool. Let them remain for 3 days, stirring frequently, then strain, add the sugar, and when dissolved pour the whole into a clean, dry cask. Bung loosely until fermentation has ceased, then tighten the bung, and let the cask remain in a dry, moderately warm place for 9 months. At the end of this time rack the vinegar into clean, dry bottles, store for 3 or 4 months longer, then use.

3514.—GOOSEBERRY WINE.

Ingredients.—20 lbs. of firm green gooseberries, 3 gallons of hot water, 15 lbs. of loaf sugar, 1½ ozs. of cream of tartar.

Method.—Top and tail the gooseberries, put them into an earthenware bowl or wooden tub, and pour over them the hot water. Let them soak for 24 hours, then bruise them well with a heavy wooden mallet or potato masher, and drain the juice through a fine hair sieve or jelly-bag. Replace the skins in the vessel in which they were soaked, cover them with boiling water, stir and bruise well so as to completely extract the juice, then strain through the sieve or bag. Mix this preparation with the juice, add the sugar, and boiling water to increase the liquid to 5 gallons. Replace in the bowl or tub, stir in the cream of tartar, cover with a heavy woollen cloth, and allow the vessel to stand in a moderately warm place for 2 days. Now strain the liquid into a small cask, cover the bung-hole with a folded cloth until fermentation ceases—which may be known by the cessation of the hissing noise—then bung closely, but provide the top of the cask with a vent-peg. Make this wine in the beginning of June, before the berries ripen; let it remain undisturbed until December, then drain it off carefully into a clean cask. In March or April, or when the gooseberry bushes begin to blossom, the wine must be bottled and tightly corked. To ensure its being clear and effervescing, the wine must be bottled at the right time and on a clear day.

3515.—GOOSEBERRY WINE. (Another Method.)

Ingredients.—Firm green gooseberries. To each lb. of fruit allow 2 pints of cold water. To each gallon of juice obtained from the fruit allow 3 lbs. of loaf sugar, ½ a pint of good gin, 4 ozs. of isinglass.

Method.—Top and tail the gooseberries, bruise them thoroughly, pour over them the cold water, and let them stand for about 4 days, stirring frequently. Strain through a jelly-bag or fine hair sieve, dissolve the sugar in the liquid, add the gin and isinglass dissolved in a little warm water, and pour the whole into a cask. Bung loosely until fermentation has ceased, then tighten the bung, and let the cask remain undisturbed for at least 6 months. At the end of this time the wine may be bottled, but it will not be ready for use for at least 12 months.

3516.—GRAPE WINE.

Ingredients.—Sound, not over-ripe grapes; to each lb. allow 1 quart of cold water. Add to each gallon of liquid obtained from the grapes 3 lbs. of loaf sugar, ¼ of a pint of French brandy, ¼ of an oz. of isinglass.

Method.—Strip the grapes from the stalks, put them into a wooden tub or earthenware bowl, and bruise them well. Pour over them the water, let them stand for 3 days, stirring frequently, then strain through a jelly-bag or fine hair sieve. Dissolve the sugar in the liquid, then pour the whole into a cask. Bung lightly for a few days until fermentation subsides, then add the isinglass dissolved in a little warm water, and the brandy, and tighten the bung. Let the cask remain undisturbed for 6 months, then rack the wine off into bottles, cork and seal them securely, and keep for at least a year before using.

3517.—HOP BEER.

Ingredients.—5 ozs. of hops, 8 gallons of water, 2½ lb. of brown sugar, 3 or 4 tablespoonfuls of yeast.

Method.—Boil hops and water together for 45 minutes, add the sugar, and, when dissolved, strain into a bowl or tub. As soon as it is lukewarm add the yeast, let it work for 48 hours, then skim well, and strain into bottles, or a small cask. Cork securely, and let it remain for a few days before using it.

3518.—HOPS AND SHERRY. (*See* Sherry Tonic, No. 3549.)

3519.—JOHN COLLINS.

Ingredients.—1 glass of gin, 1 bottle of iced soda water, 1 level teaspoonful of sugar, 1 tablespoonful of lemon-juice, 2 or 3 thin slices of lemon, crushed ice.

Method.—Half fill a tumbler with ice, pour over it the gin and lemon-juice, add the sugar, cover with a small plate, and shake well. Strain into another tumbler, add the soda water, 1 tablespoonful of crushed ice, and the sliced lemon, then serve.

3520.—LEMON FLIP.

Ingredients.—¼ of a pint of lemon-juice, the rind of 2 lemons, 5 or 6 ozs. of castor sugar, 4 eggs, 1 pint of boiling water, ¼ of a pint of sherry.

Method.—Take the rind off 2 lemons in the thinnest possible strips. Put them into a jug with the sugar, add the boiling water, and let it stand until cold. Now stir in the well-beaten eggs, the strained lemon-juice and the sherry, strain through a fine strainer, and use.

3521.—LEMON SYRUP.

Ingredients.—2 lbs. of loaf sugar, 2 pints of water, 1 oz. of citric acid, ½ a drachm of essence of lemon.

Method.—Boil the sugar and water together for 15 minutes, and put the liquid into a basin, where let it remain till cold. Beat the citric acid to a powder, mix with it the essence of lemon, then add these two ingredients to the syrup, mix well, and bottle for use. 2 tablespoonfuls of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

3522.—LEMON SYRUP. (Another Method.)

Ingredients.—1 lemon, 1 lb. of loaf sugar, ½ an oz. of tartaric acid, 1 pint of boiling water.

Method.—Take off the rind of the lemon in thin fine strips and place them in a jug. Remove the whole of the white pith, slice the lemon thinly, put it into the jug with the sugar and tartaric acid, pour in the water, and stir until the sugar is dissolved. When quite cold, strain the syrup into a bottle and cork tightly. A pleasant drink may be made by adding 1 part of this syrup to 6 parts of water.

3523.—LEMON WINE.

Ingredients.—10 lemons, 4 lbs. of loaf sugar, 4 quarts of boiling water, 1 tablespoonful of brewer's yeast.

Method.—Remove the rinds of 5 lemons in thin fine strips, and place them in a wooden tub or earthenware bowl. Boil the sugar and water together for ½ an hour, then pour the syrup over the lemon-peel. When cool, add the strained juice of the 10 lemons, stir in the yeast, and let the vessel stand for 48 hours. At the end of this time, strain into a cask, which the wine must quite fill, bung loosely until fermentation ceases, then tighten the bung, and allow the cask to remain undisturbed for about 6 months before racking the wine off into bottles.

3524.—LEMON WINE. (Another Method.)

Ingredients.—To 4½ gallons of water allow the pulp and juice of 50 and the rinds of 25 lemons, 16 lbs. of loaf sugar, ½ an oz. of isinglass, 1 pint of brandy.

Method.—Remove the rinds of 25 lemons in thin strips, remove from each lemon every particle of white pith, and cut them into slices. Put aside the pips, place the sliced lemon rind and lemons in a wooden tub or earthenware bowl, and pour over them the cold water. Stir frequently for 7 days, then strain into a cask and add the sugar. Bung loosely until fermentation ceases, then add the isinglass dissolved in a little water, and bung tightly for 6 months. At the end of this time add the brandy, and rack the wine off into bottles.

3525.—MALT WINE.

Ingredients.—5 gallons of water, 28 lbs. of sugar, 6 quarts of sweet-wort, 6 quarts of tun, 3 lbs. of raisins, ½ a lb. of candy, 1 pint of brandy.

Method.—Boil the sugar and water together for 10 minutes; skim it well, and put the liquor into a convenient sized pan or tub. Allow it to cool; then mix it with the sweet-wort and tun. Let the preparation stand for 3 days, then put it into a barrel, and let it ferment for another 3 days or more, then bung up the cask, and keep it undisturbed for 2 or 3 months. After this, add the raisins (whole), the candy and brandy, and in 6 months' time bottle off the wine. Those who do not brew may procure the sweet-wort and tun from any brewer.

Note.—Sweet-wort is the liquor that leaves the mash of malt before it is boiled with the hops; tun is the new beer after the whole of the brewing operation has been completed.

3526.—MEAD.

Ingredients.—3 lbs. of honey, 4 quarts of water, ¼ of a pint of brewer's yeast.

Method.—Dissolve the honey in the water, bring it slowly to the boil, and simmer gently until reduced to 3 quarts, skimming when necessary. Then turn it into an earthenware bowl or wooden tub, and when cool stir in the yeast, and let it remain covered for 3 days. At the end of this time strain the liquid into a cask, bung loosely until fermentation subsides, then tighten the bung, and allow the cask to remain undisturbed for 12 months before racking the mead into bottles.

3527.—MEAD. (Another Method.)

Ingredients.—5 lbs. of honey, 3 gallons of water, the whites of 2 eggs, 1 blade of mace, ½ an inch of cinnamon, 3 cloves, ½ an inch of whole ginger, 1 tablespoonful of brewer's yeast.

Method.—Beat the whites of eggs slightly, put them into a large pan with the water, honey, mace, cinnamon, cloves and ginger, whisk or stir frequently till boiling point is reached, then simmer gently for 1 hour. Let the preparation cool, strain it into a cask, stir in the yeast, cover the bung-hole with a folded cloth until fermentation ceases, then bung tightly, and let the cask stand in a cool, dry place for 9 months. At the end of this time rack the mead carefully into bottles, and cork them tightly. The mead may be used at once, but it will keep good for years, if stored in a cool, dry place.

3528.—MEAD WINE.

Ingredients.—5 gallons of water, 5 lbs. of honey, 2 ozs. of dried hops, 1 tablespoonful of yeast.

Method.—Dissolve the honey in the water, add the hops, and simmer very gently for 1 hour, turn into an earthenware bowl, let it become milk-warm, then stir in the yeast. Allow it to remain covered for 3 days, then strain the liquid into a cask, bung loosely until fermentation subsides, and afterwards tighten the bung. The wine should remain in the cask for 12 months, and then be racked off carefully into bottles.

3529.—METHEGLIN.

Ingredients.—3½ lbs. of honey, 1 quart of white-currant juice, 2 gallons of boiling water, ⅓ of an oz. of cream of tartar, 1 pint of brandy.

Method.—Mix all together but the brandy, and stir until the honey is dissolved. Let it remain until fermentation ceases, then strain, add the brandy, bottle, and cork securely.

Or dissolve 4½ lbs. of honey in 5 quarts of boiling water in which 1 oz. of hops has been simmered for 20 minutes, and, when cool, stir in 2 or 3 tablespoonfuls of yeast. When fermentation has ceased, strain into bottles and cork securely.

3530.—MULLED WINE. (*See* Mulled Claret, No. 3599, and Negus, No. 3600.)

3531.—ORANGE BRANDY.

Ingredients.—2 quarts of French brandy, ¾ of a pint of orange-juice, the rind of 6 oranges, 1¼ lb. of loaf sugar.

Method.—Remove the rinds of 6 oranges as thinly as possible, mix the strained orange-juice and brandy together, add the prepared rinds and sugar, and turn the whole into a wide-necked bottle. Cork closely, shake it 2 or 3 times daily for 10 days, then strain into small bottles, and store for use.

3532.—ORANGE WINE.

Ingredients.—The juice of 50 Seville oranges, 15 lbs. of loaf sugar, 4 gallons of water, the whites and shells of 3 eggs, 1 pint of French brandy, 3 tablespoonfuls of brewer's yeast.

Method.—Dissolve the sugar in the water, add the whites and crushed shells of the eggs, bring to the boil, and simmer gently for 20 minutes. Let it stand until nearly cold, then strain through a jelly-bag, add the strained orange-juice and yeast, and leave the vessel covered for 24 hours. Pour into a cask, bung loosely until fermentation subsides, then tighten the bung, and allow the cask to remain undisturbed for 3 months. At the end of this time rack it off into another cask, add the brandy, let it remain closely bunged for 12 months, then bottle for use.

3533.—ORANGE WINE. (Another Method.)

Ingredients.—90 Seville oranges, 32 lbs. of loaf sugar, cold water.

Method.—Remove the peel of 20 oranges as thinly as possible, put it into an earthenware bowl, and cover it with water. Extract as much of the juice as possible from all the oranges, and strain it over the sugar. Put the pulp into a separate vessel, and cover it with water. Let the whole stand for 48 hours, then put the sugar and orange-juice into a 9-gallon cask, strain, and add the liquid from the orange-rinds and pulp. Cover the rinds and pulp with more water, and repeat the same process every 48 hours until the cask is full. Bung loosely for 3 or 4 days, then tighten the bung, and after 9 months, bottle for use.

3534.—PARSNIP WINE.

Ingredients.—4 lbs. of parsnips, 3 lbs. of Demerara sugar, ¼ of an oz. of mild hops, 1 tablespoonful of fresh yeast, 1 slice of toasted bread, 4 quarts of boiling water.

Method.—Boil the parsnips gently in the water for 15 minutes, add the hops, and cook for 10 minutes longer. Strain, add the sugar, let the liquid become lukewarm, and put in the toast spread with the yeast. Let it ferment for 36 hours, then turn it into a cask, which it should fill. As soon as fermentation ceases, strain into small bottles, cork securely, and store for at least 1 month before using.

3535.—RAHAHOUT.

Ingredients.—1 teaspoonful of grated chocolate, 1 teacupful of castor sugar, 1 teacupful of rice-flour, 1 tablespoonful of arrowroot, 1 small vanilla pod.

Method.—Pound and sieve the vanilla, add the rest of the ingredients, and turn into an air-tight tin. When required for use, mix 1 dessertspoonful smoothly with a little cold milk or water, stir in $\frac{1}{3}$ of a pint of boiling milk, bring to the boil, cook for a few seconds, and serve.

3536.—RAISIN WINE.

Ingredients.—To each lb. of raisins allow 1 gallon of cold water, 2 lbs. of good preserving sugar, 1 tablespoonful of yeast.

Method.—Strip the raisins from the stalk, put them into a large boiler or clean copper with the water, simmer gently for about 1 hour, then rub them through a sieve. Dissolve the sugar in the liquid, and add the raisin-pulp and the yeast, let the vessel stand covered for 3 days, then strain the liquid into a cask. Bung loosely until fermentation ceases, then tighten the bung, and allow the cask to stand for at least 12 months before racking the wine off into bottles.

3537.—RAISIN WINE. (Another Method.)

Ingredients.—16 lbs. of raisins, 2 gallons of water.

Method.—Strip the raisins from the stalks, put them into an earthenware or wooden vessel, pour over them the water, and let them remain covered for 4 weeks, stirring daily. At the end of this time strain the liquid into a cask which it will quite fill, bung loosely until fermentation subsides, then tighten the bung, and allow the cask to remain undisturbed for 12 months. Now rack it off carefully into another cask, straining the liquid near the bottom of the cask repeatedly until quite clear, let it stand for at least 2 years, and then bottle for use.

3538.—RAISIN WINE WITH CIDER.

Ingredients.—8 gallons of good cider, 15 lbs. of Malaga raisins, 1 bottle of French brandy, 3 ozs. of sugar candy, the rind of 2 lemons.

Method.—Strip the raisins from the stalks, halve them, put them into a 9 gallon cask, and pour over them the cider. Bung lightly for 5 or 6 days, then tighten the bung and let the cask stand for 6 months.

Strain into another cask, passing the liquid near the bottom repeatedly through a jelly-bag or fine muslin until quite clear, add the brandy, the sugar-candy crushed to a powder, and the finely-pared rind of the lemons. Keep the wine well bunged for 2 years, then bottle, cork and seal securely, store it in a cool, dry place for one year longer, when it will be ready for use.

3539.—RASPBERRY BRANDY.

Ingredients.—1 pint of ripe raspberries, 1 quart of French brandy, ¼ of a lb. of loaf sugar, 2 tablespoonfuls of cold water.

Method.—Put the raspberries into a wide-necked bottle, pour the brandy over them, cork the bottle tightly, and let it stand in a moderately warm place for 14 days. Have ready a thick syrup, made by boiling together the sugar and water until the right consistency is obtained. Strain the liquor from the bottle repeatedly until quite clear, then mix it with the syrup, and pour the whole into small bottles. Cork them securely, and store for use.

3540.—RASPBERRY GIN.

Ingredients.—1 quart of ripe raspberries, 1 quart of good gin, 1 lb. of sugar-candy.

Method.—Break the sugar-candy in small pieces, put it into a jar with the raspberries and gin, cover closely, and let it remain thus for 12 months, shaking it daily for 3 or 4 weeks. At the end of the time strain or filter until clear, and bottle for use.

3541.—RASPBERRY VINEGAR.

Ingredients.—3 lbs. of ripe raspberries, 3 pints of white wine vinegar, loaf sugar.

Method.—Put 1 lb. of picked raspberries into a wide-necked glass bottle, pour over them the vinegar, and let them infuse for 3 days. Strain the liquid through a hair sieve, drain the fruit thoroughly, but do not squeeze it. Pour the liquid over another lb. of the raspberries, and after 3 days strain and drain as before. Repeat the process with the third lb. of raspberries. Measure the liquid; to each pint allow 1 lb. of sugar; put the whole into a saucepan (preferably an enamelled one), and boil gently for 10 minutes, skimming when necessary meanwhile. When quite cold strain into small bottles, cork securely, and store for use.

3542.—RASPBERRY VINEGAR. (Another Method.)

Ingredients.—2 quarts of raspberries, 2 quarts of white vine vinegar. To each pint of liquid obtained from these add 1 lb. of loaf sugar.

Method.—Put the raspberries into a wide-necked glass bottle, or an unglazed jar; pour over them the vinegar; cover, and let the liquid stand for 10 days, stirring it daily. Strain and measure the vinegar; to each pint allow 1b. of sugar, and stir occasionally till the sugar is dissolved. Pour the whole into a jar, place the jar in a saucepan of boiling water, and simmer gently for 1¼ hours, skimming when necessary. When cold, bottle for use.

3543.—RASPBERRY AND CURRANT WINE.

Ingredients.—6 quarts of raspberries, 4 quarts of red currants, 10 quarts of water, 10 lbs. of good preserving sugar, 1 pint of French brandy.

Method.—Strip the red currants from the stalks, put them into a large earthenware or wooden vessel, and pour over them the water (which must have been previously boiled, and allowed to become quite cold). On the following day crush the red currants with a wooden mallet or potato masher, add the raspberries, and allow the whole to stand until the following day. Strain the liquid through a jelly-bag or fine hair sieve, and drain the fruit thoroughly, but do not squeeze it. Stir in the sugar, and when quite dissolved turn the wine into a clean, dry cask. Bung loosely until fermentation has entirely subsided, then tighten the bung, and allow the cask to remain undisturbed for 3 months. At the end of this time rack the wine off carefully, straining that near the bottom of the cask repeatedly until quite clear. Scald and drain the cask, replace the wine, add the brandy, bung lightly, let it remain 2 months longer in the cask, and then bottle.

3544.—RASPBERRY WINE.

Ingredients.—10 quarts of ripe raspberries, 10 quarts of boiling water, 6 lbs. of good preserving sugar, 2 tablespoonfuls of brewer's yeast, 1 pint of French brandy, ¼ of an oz. of isinglass.

Method.—Prepare the fruit in the usual way, put it into an earthenware or wooden vessel, pour over it the boiling water, and let it remain covered until the following day. Pass both liquid and fruit through a fine hair sieve, let it stand for 24 hours, then strain it carefully, without disturbing the sediment, into another vessel. Add the sugar, stir in the yeast, and as soon as the sugar is dissolved turn the whole into a clean, dry cask. Cover the bung-hole with a folded cloth until fermentation subsides, then bung it closely. Let it stand for 1 month, rack it off into a clean cask, add the brandy, and isinglass dissolved in a little warm water, bung tightly, and allow it to remain undisturbed for 12 months. At the end of this time rack it off into bottles, cork them securely, store for 12 months longer, and the wine will be ready for use.

3545.—RASPBERRY WINE. (Another Method.)

Ingredients.—6 quarts of ripe raspberries, 6 quarts of water, loaf sugar.

Method.—Put the raspberries into an earthenware or wooden vessel, bruise them well with a heavy wooden spoon, and pour over them the cold water. Let them stand until the following day, stirring them frequently, then strain the liquid through a jelly-bag or fine hair sieve, and drain the fruit thoroughly, but avoid squeezing it. Measure the liquid; to each quart add 1 lb. of sugar; stir occasionally until dissolved, then turn the whole into a cask. Bung loosely for several days, until fermentation ceases, then tighten the bung, let it remain thus for 3 months, and bottle for use.

3546.—RHUBARB WINE.

Ingredients.—25 lbs. of rhubarb, 5 gallons of cold water; to each gallon of liquid thus obtained add 3 lbs. of either loaf or good preserving sugar, and the juice and very thinly pared rind of 1 lemon. To the whole add 1 oz. of isinglass.

Method.—Wipe the rhubarb with a damp cloth, and cut it into short lengths, leaving on the peel. Put it into an earthenware or wooden vessel, crush it thoroughly with a wooden mallet or heavy potato masher, and pour over it the water. Let it remain covered for 10 days, stirring it daily; then strain the liquor into another vessel, add the sugar, lemon-juice and rind, and stir occasionally until the sugar is dissolved. Now put it into a cask, and add the isinglass previously dissolved in a little warm water; cover the bung-hole with a folded cloth for 10 days, then bung securely, and allow it to remain undisturbed for 12 months. At the end of this time rack off into bottles, and use.

3547.—RHUBARB WINE. (Another Method.)

Ingredients.—20 lbs. of rhubarb, 5 gallons of cold water, 12 lbs. of loaf or good preserving sugar, 1 pint of French brandy, ½ a lb. of barley-sugar, ½ an oz. of isinglass, the rind of 2 oranges, the rind of 2 lemons.

Method.—Wipe the rhubarb with a damp cloth, slice it thinly, put it into a large earthenware or wooden vessel, pour over it the water, and let it stand closely covered for 4 days. Strain the liquid through a jelly-bag or fine sieve, pressing the pulp as dry as possible without allowing any of it to pass through the sieve. Add the sugar, stir occasionally until dissolved, then turn the preparation into a cask, and cover the bung-hole with a folded cloth. As soon as fermentation subsides add the brandy. Bung the cask securely, and allow it to remain undisturbed for 3 months. Rack the wine into a clean, dry cask, add the very finely-pared rind of the oranges and lemons, the barley-sugar finely-powdered, and the isinglass dissolved in a little warm water. Bung the cask securely, store in a cool, dry place for at least 12 months, then bottle, cork securely, store for 6 months longer, when the wine will be ready for use.

3548.—RUM PUNCH. (*See* Whisky Punch, No. 3612.)

3549.—SHERRY TONIC.

Ingredients.—Hops, sherry.

Method.—Strip the hops from the stalks, put them into wide-necked bottles, filling them to the neck, and cover with sherry. Let them infuse for 21 days, then strain into clean, dry bottles, cork securely, and store for use.

3550.—SHRUB.

Ingredients.—½ gallon of rum, ¾ of a pint of orange-juice, ½ a pint of lemon-juice, the peel of 2 lemons, 2 lbs. of loaf sugar, 2½ pints of water.

Method.—Slice the lemon-peel very thinly, and put it, with the fruit juice and spirit, in a large covered jar. Let it stand for 2 days, then pour over it the water in which the sugar has been dissolved, take out the lemon-peel, and leave it for 12 days before using.

3551.—SUBSTITUTE FOR MILK OR CREAM.

Ingredients.—Allow 1 new-laid egg to a breakfastcupful of tea or coffee.

Method.—Beat the egg well, strain it into the cup, and add the tea or coffee very gradually at first, stirring briskly meanwhile.

3552.—TURNIP WINE.

Ingredients.—Turnips; to each gallon of turnip juice extracted add 3 lbs. of loaf sugar, and ½ a pint of brandy.

Method.—Wash, pare and slice the turnips, put them into a cider press, and press out the juice. Measure the juice into a clean, dry cask, add the sugar and brandy, and bung loosely. As soon as fermentation ceases tighten the bung, let the wine remain undisturbed for 3 months, then bottle and cork securely. The wine should be ready for use in a year.

3553.—WEDDING PUNCH.

Ingredients.—1 quart of champagne, 1 bottle of claret, 1 bottle of seltzer water iced, 1 wineglassful of curaçoa, sugar to taste, ½ a pint of crushed ice, strips of cucumber, sprigs of young mint.

Method.—Mix all the ingredients together, and serve with the mint and cucumber floating on the surface.

3554.—WELSH NECTAR.

Ingredients.—½ a lb. of raisins, 1 lb. of loaf sugar, 2 small lemons, 4 quarts of boiling water.

Method.—Remove the rinds of the lemons as thinly as possible, and pour over them the boiling water. When cool, add the strained juice of the lemons, the raisins stoned and finely chopped, and the sugar. Cover; let the preparation remain for 5 days, stirring 3 or 4 times daily, then strain into bottles. This beverage will keep good only a short time.

Liqueurs

3555.—ANISE LIQUEUR.

Ingredients.—1 quart of good brandy, 1 oz. of anise-seed, 1 lb. of loaf sugar, 1 pint of water.

Method.—Put the anise-seed into the brandy, and let it stand, closely corked, for a fortnight, shaking it occasionally; boil the sugar and water to a syrup, and strain the brandy into it. When cool, bottle, cork securely, and store for use.

3556.—ARRACK LIQUEUR.

Ingredients.—1 quart of arrack, 1 quart of water, 1 lb. of sugar-candy, the rind of ½ a lemon.

Method.—Remove the outer part of the lemon rind as thinly as possible, add it and the sugar-candy to the water, and boil gently until a moderately thick syrup is formed. When cold, strain and add it to the arrack, bottle, cork securely, and store for use.

ARRACK.—This spirit is produced by fermenting the juice of the cocoa and other palms; it is extensively used in the East, but is little known in England.

3557.—BLACK CURRANT LIQUEUR.

Ingredients.—1 lb. of black currants, ¾ of a lb. of sugar-candy, 1½ pints of good gin.

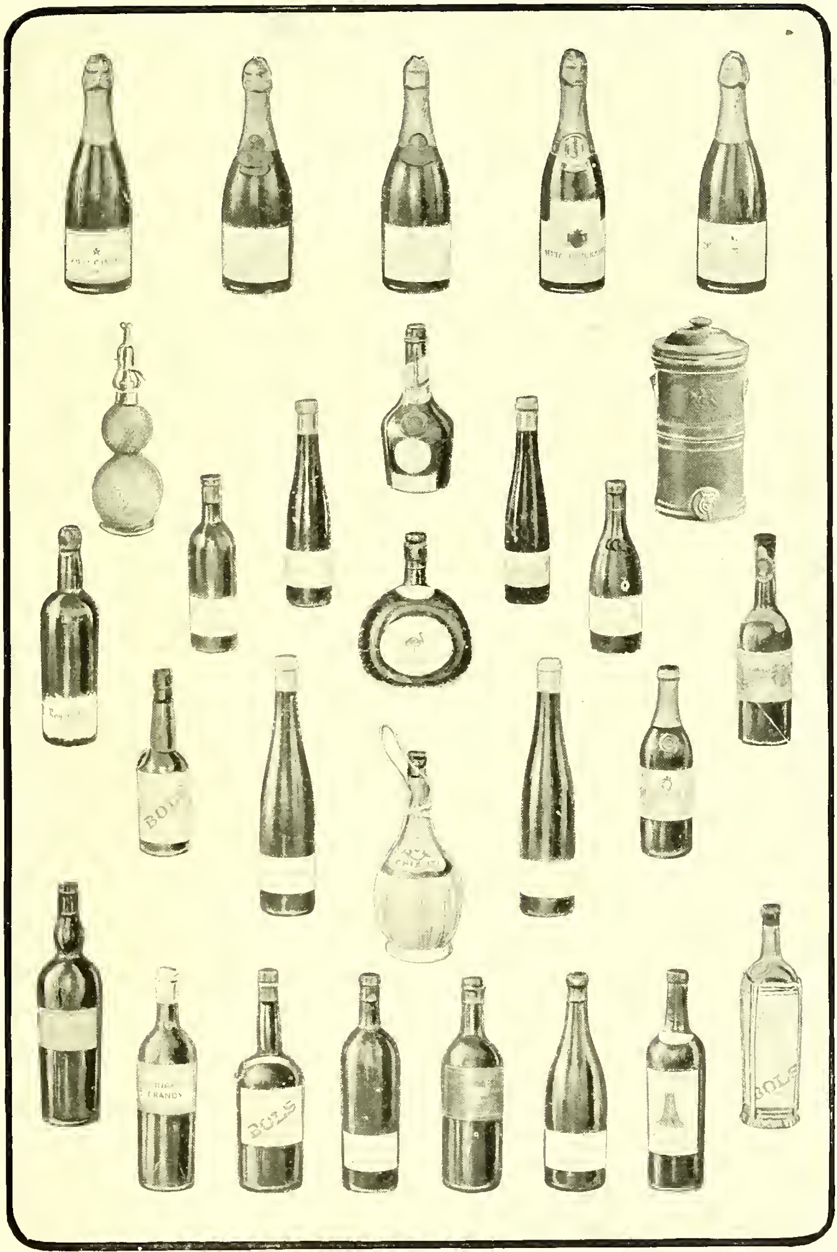
Method.—Strip the fruit from the stalks, put it into a wide-necked bottle, add the sugar-candy crushed to a fine powder, and pour in the gin. Let it stand for 2 months, then strain until it is quite clear, and bottle for use.

3558.—CARAWAY LIQUEUR.

Ingredients.—1 oz. of caraway seeds, ½ a lb. of loaf sugar, 1 quart of brandy, ½ a pint of water.

Method.—Boil the sugar and water to thin syrup, pour it, quite boiling, over the caraway seeds, let it cool slightly, and add the brandy. When quite cold pour the whole into a bottle, cork securely, allow it to stand for 10 days, then strain into small bottles, cork them tightly, and store for use.

BEVERAGES.



Moet & Chandon's White Dry Sparkling Sillery, Heidsieck & Co.'s Dry Monopole, Heidsieck & Co.'s Monopole, Deutz & Geldermann's Gold Lack Extra Quality, Egidio Vitali, Seltzogene, Benedictine, Filter, Royal Port, Chateau Lafite, Johannisberger, Berncastler Doctor Auslese, Chambertin, Kummel, Emu Brand Burgundy, Kummel, Johannisberger, Vitali's Chianti, Berncastler Doctor Auslese, Absinthe, Fabrique Chartreuse, Ginger Brandy, Dry Curaçoa, Chauteau Lafite, Emu Brand Cabernet, Burgundy, Californian Claret, Marasquin.

3559.—CHERRY LIQUEUR.

Ingredients.—1 lb. of Morella cherries, 1 lb. of black cherries, ½ a lb. of loaf or good preserving sugar, ¼ of an oz. of stick cinnamon, 12 cloves, brandy.

Method.—Remove the stalks and stones from the cherries, crush the stones and cherries, put them into a bottle with the sugar, cloves and cinnamon, and pour over them the brandy. Cork closely, let it stand for 14 days, then strain into small bottles, cork securely, and store for use.

3560.—CITRONEN LIQUEUR.

Ingredients.—4 lemons, 1 pint of spirits of wine, 1 pint of syrup, No. 2599.

Method.—Remove the rinds of the lemons as thinly as possible, pour over them the spirits of wine, cover and put aside for 10 days. On the tenth day make the syrup as directed, add the strained juice of 4 lemons, and, when quite cold, strain and mix in the spirits of wine. Bottle, cork securely, and store for use.

3561.—CLOVE LIQUEUR.

Ingredients.—¼ of a lb. of cloves, ¼ of a lb. of coriander seed, ½ a lb. of loaf sugar, 2 dozen large black cherries, 1 quart of gin or brandy.

Method.—Remove the stalks and stones from the cherries, bruise the stones, also the cloves and coriander seed. Put the whole into a wide-necked bottle, add the sugar, pour in the brandy, and cover closely for 1 month. When ready, strain the liquid into small bottles, cover closely, and store for use.

3562.—CURAÇOA.

Ingredients.—1 quart of brandy or rectified spirits of wine, 1 lb. of loaf sugar, ½ a pint of cold water, ½ a pint of boiling water, 2 ozs. of very thinly-pared orange rind.

Method.—Put the orange rinds into a jar, pour over them the boiling water; when cool, add the brandy. Cover closely, let the liquid stand for 10 days in a moderately warm place, and stir it 2 or 3 times daily. On the tenth day, boil the sugar and cold water together until reduced to a thick syrup, let this become quite cold, then add to it the liquid from the jar, previously strained through flannel or fine muslin until clear. Pour into small bottles, cork tightly, and store for use.

3563.—CURAÇOA. (Another Method.)

Ingredients.—3 pints of brandy or rectified spirits of wine, the rinds of 6 Seville oranges and 1 lemon, ½ of an oz. of stick cinnamon, ¼ of an oz.

of coriander seed, ½ a teaspoonful of saffron, 2 lbs. of loaf sugar, 2 pints of water.

Method.—Remove the rinds of the oranges and lemon as thinly as possible, put them into a jar with the cinnamon, coriander seeds, saffron and brandy, cover closely, and let the liquid stand in a warm place for 6 weeks. At the end of this time boil the sugar and water to a thick syrup ; when quite cold strain into it the liquid from the jar, bottle, and cork securely.

3564.—FOUR-FRUIT LIQUEUR.

Ingredients.—¾ of a lb. of strawberries, ¾ of a lb. of Kentish cherries, ½ a lb. of raspberries, ½ a lb. of black currants, loaf sugar, brandy.

Method.—Strip the fruit from the stalks, put it into a jar, stand the latter in a saucepan of boiling water, and cook gently for 1 hour. Strain the juice through a jelly-bag, being careful not to press the pulp, and to each pint of strained juice and ½ a pint of French brandy, 3 ozs. of loaf sugar, and half the cherry kernels. Cover closely, let the liquor stand for 3 days, then strain it into small bottles, and cork them securely.

3565.—HAWTHORN LIQUEUR.

Ingredients.—White hawthorn blossoms, good brandy.

Method.—Gather the blossoms on a dry day, put them into wide-necked bottles, shaking, but not pressing, them down. Fill the bottles with brandy, cork them securely, let them remain thus for 4 months, then strain the liqueur into small bottles, and cork tightly. This liqueur is used chiefly for flavouring creams, custards, etc.

3566.—NOYEAU, IMITATION OF.

Ingredients.—3 ozs. of apricot, nectarine, or peach kernels, 1 lb. of sugar-candy, 1 quart of French brandy.

Method.—Blanch the kernels, pound them in a mortar, or failing this, chop them very finely. Put them into a wide-necked bottle or jar, pour over them the brandy, and keep them in a warm place for 4 days, shaking them frequently. Crush the sugar-candy to a fine powder, add and stir occasionally until it is quite dissolved, then strain the liquid into small bottles and cork them tightly. The noyeau may be used at once, or it may be kept for some time in a cool, dry place.

3567.—NOYEAU, IMITATION OF. (Another Method.)

Ingredients.—3 ozs. of bitter almonds, 2 ozs. of sweet almonds, 1 lb. of loaf sugar, 1 quart of brandy or gin, 2 tablespoonfuls of honey.

Method.—Blanch the almonds, pound them well in a mortar, or chop them very finely, put them into a clean wide-necked bottle or jar, pour into them the spirit, and cover closely. Keep the jar in a moderately cool place for 3 days, shaking frequently, then add the honey and sugar, and stir occasionally until they are dissolved. Strain through very fine muslin into small bottles, and cork them securely.

3568.—NOYEAU, IMITATION OF. (Another Method.)

Ingredients.—3 pints of French brandy, ½ a pint of boiling milk, 1½ lbs. of loaf sugar, 4 ozs. of bitter almonds, ⅛ of an oz. of stick cinnamon, 1 lemon.

Method.—Remove the rind of the lemon as thinly as possible, put it into a wide-necked bottle, add the sugar, cinnamon, almonds blanched, and the juice of ½ the lemon. Shake occasionally until the sugar is dissolved, then add the milk, quite boiling, and when cold, add the brandy and cover closely. Shake the bottle 3 or 4 times a day for 3 weeks, then strain into small bottles, cork securely, and store for use.

3569.—ORANGE LIQUEUR.

Ingredients.—1 Seville orange, 4 cloves, a pinch of saffron, 1½ pints of gin or rectified spirits of wine, 1 lb. of loaf sugar, ½ a pint of water.

Method.—Stick the cloves into the orange, put it into a jar, add the spirit, cover closely so as to completely exclude the air, and let it remain thus for 1 month. At the end of this time boil the sugar and water together to a thick syrup ; when cool, mix it with the gin, etc., and cover closely for another month. When ready, strain the liquid into small bottles, cork securely, and store for use.

3570.—ORANGE LIQUEUR. (Another Method.)

Ingredients.—The peel of 3 Seville oranges 1½ pints of gin or rectified spirits of wine, 1 lb. of loaf sugar, ¼ of a pint of water.

Method.—Remove the rinds of the oranges in fine strips, and put them into a wide-necked bottle or jar, with the saffron and gin. Boil the sugar and water to a thick syrup, when cool add it to the contents of the bottle. Cover closely, and let it remain in a moderately warm place for a month. Then strain into small bottles, cork securely, and store for use.

3571.—RASPBERRY LIQUEUR.

Ingredients.—1 pint of ripe raspberries, 1 quart of brandy, gin, or rectified spirits of wine, 1 lb. of loaf sugar, ½ a pint of water.

Method.—Put the raspberries into a wide-necked bottle, pour over them the spirit, cover closely, and let the liquid stand for 1 month, shaking the bottle daily. When ready, boil the sugar and water to a thick syrup, add the liquid from the raspberries, previously strained until quite clear, and bottle for use.

3572.—RATAFIA.

Ingredients.—4 ozs. of cherry kernels, preferably those taken from Morella cherries, 1 oz. of apricot or peach kernels, 1 bottle of good brandy, ½ a lb. of sugar-candy, ¼ of a pint of cold water.

Method.—Pound the kernels until smooth, moistening them from time to time with a few drops of brandy. Put them with the remainder of the brandy into a wide-necked bottle, cover closely, and shake 2 or 3 times daily for 6 weeks. Strain the liquor first through fine muslin and afterwards through filtering paper, add to it the sugar-candy finely powdered and dissolved in cold water, bottle, cork tightly, and store for use.

3573.—STRAWBERRY LIQUEUR.

Ingredients.—6 lbs. of ripe strawberries, 2 lbs. of sugar-candy, good brandy.

Method.—Half fill wide-necked glass bottles with strawberries, put an equal portion of finely-crushed sugar-candy into each, and fill them with brandy. Cork tightly, allow them to stand in a warm place for 6 weeks, then strain the liquid into small bottles, cork securely, and store for use.

3574.—VANILLA LIQUEUR.

Ingredients.—2 Vanilla pods, 3 pints of brandy or gin, 1 lb. of loaf sugar, 1 pint of water.

Method.—Break the pods into short lengths, put them into the spirit, cork closely, and let it infuse for 14 days. On the last day boil the sugar and water to a thick syrup, strain the spirit into it, and when quite cold bottle for use.

Cups

3575.—BACCHUS CUP.

Ingredients.—½ a bottle of champagne, ½ a pint of sherry, ⅛ of a pint of brandy, 1 liqueur glass of noyeau, 1 tablespoonful of castor sugar, 1 bottle of seltzer or soda water, a few balm leaves, ice.

Method.—Put the champagne, sherry, brandy, noyeau, sugar and balm leaves into a jug, let it stand for a few minutes, then add a few pieces of ice and the mineral water, and serve at once.

3576.—BADMINTON CUP.

Ingredients.—1 bottle of red Burgundy, 2 bottles of seltzer water, the rind of 1 orange, the juice of 2 oranges, a few thin slices of cucumber, a dessertspoonful of castor sugar, 1 wineglassful of Curaçoa.

Method.—Place all these ingredients, except the seltzer water, in a large jug imbedded in ice for at least 1 hour, keeping the jug covered. When ready to serve, strain into a glass jug, add a few fresh slices of cucumber, and the seltzer water.

3577.—BURGUNDY CUP.

Ingredients.—1 bottle of Burgundy, ½ a bottle of port, 2 bottles of soda water, 1 liqueur glass of Chartreuse, the juice of 2 oranges, the juice of 1 lemon, a few thin slices of cucumber, 1 or 2 sprigs of fresh lemon thyme, 1 tablespoonful of castor sugar.

Method.—Put all the ingredients, except the port wine, into a large glass jug, surround it with rough pieces of ice, cover closely, and let it remain thus for 1 hour. Just before serving add the port wine.

3578.—CHAMPAGNE CUP.

Ingredients.—1 bottle of champagne, 1 liqueur glass of brandy, 2 bottles of seltzer or soda water, ½ a teaspoonful of Maraschino, a few fine strips of lemon peel.

Method.—When the time permits it is much better to ice the liquer which forms the basis of a " cooling cup " than to reduce the temperature by adding crushed ice. Place the champagne and seltzer water in a deep vessel, surround them with ice, cover them with a wet woollen cloth, and let them remain for 1 hour. When ready to serve, put the strips of lemon rind into a large glass jug, add the Maraschino and liqueur brandy, pour in the soda water and serve at once. If liked, a teaspoonful of castor sugar may be added, but it should be stirred in gradually, otherwise the wine may overflow.

3579.—CHAMPAGNE CUP, PARISIAN.

Ingredients.—1 bottle of champagne, 2 bottles of seltzer water, 1 tablespoonful of Swiss absinthe, 1 dessertspoonful of castor sugar, a few thin slices of cucumber, 2 or 3 sprigs of verbena, when procurable.

Method.—Cool the champagne and seltzer water as directed in the preceding recipe. Place the rest of the ingredients in a large glass jug, and when ready to serve add the iced champagne and seltzer water.

3580.—CLARET CUP.

Ingredients.—1 bottle of claret, 1 wineglassful of sherry, 1 liqueur glass of brandy, 1 liqueur glass of noyeau, 1 liqueur glass of Maraschino, the thin rind of 1 lemon, 2 or 3 sprigs of balm, borage or verbena when procurable, castor sugar to taste, 1 large bottle of seltzer or soda water.

Method.—Put the claret, lemon rind, and 1 or 2 tablespoonfuls of castor sugar into a large jug, cover, and let it stand imbedded in ice for 1 hour. Add the rest of the ingredients, and serve. A few strips of cucumber peel may be used instead of balm, borage or verbena.

3581.—CLARET CUP. (Another Method.)

Ingredients.—1 bottle of claret, 1 bottle of soda water, 2 glasses of Curaçoa, 1 dessertspoonful of castor sugar, or to taste, a few thin strips of lemon rind, a few thin strips of cucumber rind.

Method.—Put the claret into a glass jug, add the lemon rind and the cucumber rind, cover, and let the jug stand embedded in ice for 1 hour. Before serving, add the Curaçoa and the soda water, and sweeten to taste.

3582.—CIDER CUP.

Ingredients.—1 bottle of cider, 1 bottle of soda water, 1 liqueur glass of brandy, a few thin strips of cucumber rind, a few thin strips of lemon rind, a dessertspoonful of lemon-juice, a dessertspoonful of castor sugar, or to taste.

Method.—Surround the cider and soda water with rough ice, and let them cool for ½ an hour. Put the brandy, cucumber and lemon rind, lemon-juice and sugar into a large jug, add the iced cider and soda water, and serve at once.

3583.—HOCK CUP.

Ingredients.—1 bottle of hock, 1 liqueur glass of old brandy, ½ a liqueur glass of Curaçoa or Bénédictine, 2 bottles of seltzer or soda water, a few strips of lemon peel, a little borage.

Method.—Stand the wine, seltzer or soda water in a deep vessel, surround them with rough ice and let them remain for an hour. Have the rest of the ingredients ready, in a glass jug, pour in the wine, add the mineral water, and serve at once.

3584.—HOCK CUP. (Another Method.)

Ingredients.—1 bottle of hock, 1 bottle of seltzer or soda water, 1 glass of Curaçoa, 1 tablespoonful of lemon-juice, a few fine strips of lemon rind ; a few fine strips of cucumber rind, a teaspoonful of castor sugar, or to taste.

Method.—Put all these ingredients, except the mineral water, into a glass jug, surround it with ice, cover closely, and let it remain for ½ an hour. Just before serving add the mineral water, which must previously be iced.

3585.—LAGER BEER CUP.

Ingredients.—1 bottle of lager beer (Bass' ale may be substituted), ¼ of a pint of water, 1 glass of sherry, the juice of 2 lemons and the fine rind of 1, 1 tablespoonful of castor sugar, a few leaves of fresh mint, a pinch of grated nutmeg, crushed ice.

Method.—Remove the lemon rind in thin, fine strips, put them into a jug, add the water, sherry, lemon-juice, sugar, mint and nutmeg, cover and let the liquid stand for 20 minutes. Strain into a glass jug, add a few pieces of ice and the lager beer, then serve.

3586.—LIQUEUR CUP.

Ingredients.—1 pint of claret; 1 pint of water, 1 tablespoonful of Maraschino, 1 tablespoonful of kirsch, 1 orange cut in thin slices, the juice of 2 oranges, the juice of 3 lemons, 1 tablespoonful of castor sugar, broken ice.

Method.—Strain the orange and lemon-juice into a glass jug, and add the rest of the ingredients. Break the ice into small pieces, and put it into the cup just before serving.

3587.—LOVING CUP.

Ingredients.—1 bottle of champagne, ½ a bottle of Madeira, ¼ of a pint of French brandy, 1½ pints of water, ¼ of a lb. of loaf sugar, 2 lemons, a few leaves of balm, 2 or 3 sprigs of borage.

Method.—Rub the peel off one lemon with some lumps of sugar, then remove every particle of pith, also the rind and pith of the other lemon, and slice them thinly. Put the balm, borage, the sliced lemons and all the sugar into a jug, add the water, Madeira and brandy, cover surround with ice, and let the mixture remain thus for about 1 hour. Also surround the champagne with ice, and add it to the rest of the ingredients when ready to serve.

3588.—MOSELLE CUP.

Ingredients.—1 bottle of Moselle, 2 glasses of Curaçoa, 1 bottle of seltzer or soda water, the juice and thin rind of 1 lemon, a few thin slices of cucumber, 1 tablespoonful of castor sugar, or to taste, crushed ice.

Method.—Put the lemon rind and lemon-juice, the sugar, cucumber, Curaçoa and wine into a jug, let it stand covered for 15 or 20 minutes, then add the mineral water and a little crushed ice, and serve at once.

3589.—SAUTERNE CUP.

Ingredients.—1 quart bottle of Sauterne, 1 pint bottle of Apollinaris, 1 wineglassful of brandy, 1 wineglassful of Curaçoa, the juice of 1 lemon, 1 lemon thinly sliced, 1 orange thinly sliced, 2 pieces of cucumber rind, a few small sprigs of mint, crushed ice.

Method.—Put all the above-mentioned ingredients, except the mint and ice, into a large glass jug, surround it with ice, and let it stand for 1 hour. Serve with small sprigs of mint floating on the top. If liked, a little castor sugar may be added, and, if more convenient, the cup may be cooled by adding 2 or 3 tablespoonfuls of crushed ice, instead of surrounding it with ice.

3590.—WINE CUP.

Ingredients.—1 pint of champagne (iced), 1 pint of good claret, 1 pint of Apollinaris, 1 wineglassful of brandy, 1 wineglassful of Curaçoa, 1 orange sliced, 1 lemon sliced, 2 pieces of cucumber rind, green mint, ice.

Method.—Put all these ingredients into a large glass jug, adding 2 or 3 tablespoonfuls of crushed ice. If liked, a little castor sugar may be added. The cup is served with small sprigs of mint floating on its surface.

3591.—ZELTLINGER CUP.

Ingredients.—1 bottle of Zeltlinger, 1 glass of sherry or brandy, 1 bottle of soda or seltzer water, 3 or 4 slices of fresh or preserved pineapple cut into sections, the juice and thin rind of 1 lemon, 1 dessertspoonful of castor sugar, or to taste, ice.

Method.—Strain the lemon-juice into a large glass jug, add the sugar, lemon-rind, pineapple, wine, a few lumps of ice, and lastly the soda. water. Serve at once.

Summer and Winter Drinks, etc.

3592.—BISHOP.

Ingredients.—1 bottle of port or sherry, 2 lemons, 2 ozs. of loaf sugar, 1 tumbler of water, spice to taste.

Method.—Stick 1 lemon with cloves and roast or bake it, boil the spice in the water, boil up the wine, take off some of the spirit with a lighted paper, add the water and the roasted lemon, and let the preparation stand near the fire for a few minutes. Rub the sugar on the rind of the other lemon, put it into a bowl, strain, and add half the juice of the lemon, pour in the wine and serve as hot as possible.

3593.—LEMONADE.

Ingredients.—½ a pint of cold water, the juice of 1 lemon, ¼ of a teaspoonful of carbonate of soda, castor sugar to taste.

Method.—Strain the lemon-juice into the water, sweeten to taste, then stir in the carbonate of soda and drink while the mixture is in an effervescing state.

3594.—LEMONADE.

Ingredients.—1 oz. of tartaric acid, 4 ozs. of castor sugar, fine 1 drachm of essence of lemon.

Method.—Mix these ingredients well together, spread them on a plate, stir and turn over repeatedly until thoroughly dry. Divide into 20 equal portions, wrap them carefully in separate papers, and store for use in an air-tight tin. Each portion is sufficient for 1 glass of lemonade.

3595.—LEMONADE, EGG.

Ingredients.—1 egg, 1 dessertspoonful of lemon-juice, 1 teaspoonful of castor sugar, or to taste, nutmeg, cold water, ice.

Method.—Break the egg into a glass, beat it slightly, then add the lemon-juice, sugar, 1 tablespoonful of crushed ice and a little cold water. Shake well until sufficiently cooled, then strain into another glass, fill up with iced water, sprinkle a little nutmeg on the top, and serve.

3596.—LEMONADE, FRUIT.

Ingredients.—The juice of 1 lemon, 6 fine strawberries or raspberries, castor sugar to taste, cold water ice.

Method.—Crush the fruit well, add 1 teaspoonful of castor sugar, small or otherwise according to taste, the lemon-juice, a little cold water, and strain into a tumbler. Add a little crushed ice, fill up with cold water, and serve.

3597.—MAY DRINK.

Ingredients.—1 bottle of hock or other white wine, ½ a pint of water, 1 or 2 tablespoonfuls of castor sugar, the juice and thin rind of 1 lemon, a small handful of black currant leaves, a few sprigs of woodruff, crushed ice.

Method.—Put the sugar, lemon rind and lemon-juice, black currant leaves and woodruff into a jug, add the water and wine, and let it stand covered and surrounded with ice for at least ½ an hour. Strain into a glass jug, add a few sprigs of woodruff, then serve.

3598.—MULLED ALE.

Ingredients.—1 quart of good ale, 1 glass of rum or brandy, 1 tablespoonful of castor sugar, a pinch of ground cloves, a pinch of grated nutmeg, a good pinch of ground ginger.

Method.—Put the ale, sugar, cloves, nutmeg, and ginger into an ale warmer or stewpan, and bring nearly to boiling point. Add the brandy and more sugar and flavouring if necessary, and serve at once.

3599.—MULLED CLARET.

Ingredient.—1 pint of claret, ½ a pint of boiling water, sugar, nutmeg and cinnamon to taste.

Method.—Heat the claret nearly to boiling point, add the boiling water, sugar, nutmeg and cinnamon to taste, and serve hot. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose.

3600.—NEGUS.

Ingredients.—½ a pint of port wine, ½ a pint of boiling water, 2 or 3 thin slices of lemon, sugar and nutmeg to taste.

Method.—Heat the wine in a stewpan, but do not allow it to boil. Put the slices of lemon, a pinch of nutmeg, and 4 or 5 lumps of sugar into a jug, pour in the boiling water, stir gently until the sugar is dissolved, then add the hot wine and serve at once.

3601.—ORANGEADE.

Ingredients.—The juice of 15 oranges, the rind of 3 oranges, 2 quarts of water, ¾ of a lb. of loaf sugar, crushed ice.

Method.—Remove the peel of 3 oranges as thinly as possible, add it and the sugar to 1 pint of water, then simmer gently for 20 minutes. Strain the orange-juice into a glass jug, and add the remaining 3 pints of water. As soon as the syrup is quite cold strain it into the jug, add a handful of crushed ice, and serve at once.

3602.—PINEAPPLE SHERBET.

Ingredients.—1 pineapple, either fresh or preserved, 2 quarts of water, the juice of 4 lemons, ice, sugar to taste.

Method.—Cut the pineapple into slices, and chop it coarsely. Pour over it the cold water, add the lemon-juice, sweeten to taste, and strain into a large jug. Just before serving add a few pieces of ice.

3603.—PUNCH.

Ingredients.—½ a pint of brandy, ½ a pint of rum, 1 pint of boiling water, 2 or 3 ozs. of loaf sugar, 1 large lemon, a pinch of ground cinnamon, a pinch of grated nutmeg.

Method.—Remove the rind of the lemon by rubbing it with some of the sugar. Put the whole of the sugar, the cinnamon, cloves, brandy, rum and boiling water into a stewpan, heat gently by the side of the fire, but do not let it approach boiling point. Strain the lemon-juice into a punch bowl, add the hot liquid, and serve at once.

Punch is a beverage made of various spirituous liquors or wine, hot water, the acid juice of fruits, and sugar. It is more intoxicating in its effects than other alcoholic beverages, especially so when composed, as is usually the case, of several alcoholic liquids. Moreover, the strength of the spirit being partially disguised by the acid, sugar and flavouring ingredients, not only makes this beverage more palatable than it would otherwise be, but it probably causes the partakers thereof to unconsciously imbibe more alcohol than would be agreeable to them in another form. Punch was almost universally drunk among the middle classes until the latter half of the nineteenth century, but it has now almost disappeared. There are many different varieties; in the composition of "Regent's Punch," champagne, brandy and veritable *Martinique* are required; "Norfolk Punch" requires Seville oranges; "Milk Punch" may be extemporised by adding a little hot milk to lemonade, and then straining it through a jelly-bag. Then there are "Wine Punch," "Tea Punch," and "French Punch," made with lemons, spirits, tea and wine in fantastic proportions. But of all the compounds of these materials, *perhaps* for a *summer* drink, the North-American "mint julep" is the most inviting. Captain Marryat gives the following recipe for its preparation: "Put into a tumbler about a dozen sprigs of the tender shoots of mint; upon them put a spoonful of white sugar, and equal proportions of peach and common brandy, so as to fill up one-third, or, perhaps, a little less; then take rasped or pounded ice, and fill up the tumbler. Epicures rub the lips of the tumbler with a piece of fresh pineapple, and the tumbler itself is very often encrusted outside with stalactites of ice. As the ice melts, you drink." The Virginians, says Captain Marryat, claim the merit of having invented this superb compound, but, from a passage in the *Comus* of Milton, he claims it for his own country.

3604.—PUNCH. (Another Method.)

Ingredients.—1 quart of very old ale, 1 pint of boiling water, ¼ of a pint of rum, ¼ of a pint of whisky, ¼ of a pint of gin, 1 lemon thinly sliced, sugar to taste, a pinch of ground cinnamon, a pinch of ground cloves, a pinch of grated nutmeg.

Method.—Put all these ingredients into a large stewpan, and bring nearly to boiling point. Strain into a punch bowl, add a few fresh thin slices of lemon, and serve.

3605.—PUNCH, COLD.

Ingredients.—1 bottle of rum, 2 small glasses of Curaçoa, 1 bottle of white wine, ½ a lb. of powdered sugar, 1 large lemon, ½ a pint of water, ice.

Method.—Put the sugar and lemon-rind into a bowl with the water; when dissolved add the spirits, the wine and the juice of the lemon. Break some ice into the bowl before serving.

3606.—SHANDY GAFF.

Ingredients.—Equal quantities of good ale and ginger beer, with a dash of liqueur if liked, ice.

Method.—Empty the bottles into a jug in which some lumps of ice have been broken, add the liqueur and serve when quite cold.

3607.—SHERRY COBBLER.

Ingredients.—½ a pint of sherry, 1 bottle of soda water, 1 glass of Curaçoa, 1 tablespoonful of castor sugar, crushed ice.

Method.—Dissolve the sugar in the sherry, and add the liqueur and soda. Put the preparation into tumblers; to each add a few small pieces of ice, and serve. Beverages of this description are usually drunk through straws, but it is merely a matter of taste.

3608.—SLOE GIN.

Ingredients.—Sloes, gin, barley sugar, noyeau or essence of almonds.

Method.—Half fill clean, dry wine bottles with the fruit. Add to each 1 oz. of crushed barley sugar, a little noyeau, or 2 or 3 drops of essence of almonds. Fill the bottles with good unsweetened gin, cork them securely, and allow them to remain in a moderately warm place for 3 months. At the end of this time strain the liqueur through fine muslin or filtering paper until quite clear, then bottle it, cork securely and store for use.

3609.—SLOE GIN. (Another Method.)

Ingredients.—Sloes, good unsweetened gin, loaf sugar.

Method.—Fill a wide-necked bottle with sloes, pour over them as much gin as the bottle will hold, then cork securely, and allow the ingredients to stand for 10 days. Strain off the liquid, remove the fruit, replace with fresh sloes, and pour on the gin, adding more spirit if necessary. Let it stand for 10 days longer, then strain, add from 4 to 6 ozs. of sugar to each pint of liqueur, and bottle for use.

3610.—SODA WATER.

Soda Water as known in every-day life is a misnomer, as the fluid now contains really no soda, only carbonic acid gas. For medicinal purposes, however, the chemist still manufactures a water containing the amount of soda prescribed by the official *Pharmacopoeia Britannica.* But for ordinary drinking purposes a pure water is made to absorb carbonic acid gas, which gives it effervescence, a pleasantly piquant flavour, and a slightly laxative effect. Various means are adopted to permeate the water with the gas. For domestic purposes the gasogene is generally used. This takes the form of two glass globes covered with netting and connected by a metal neck, screwing in two parts, and provided with a tap. The lower globe is partly filled with chemicals, usually tartaric acid and bicarbonate, while the upper is filled with water. The water drips through a pipe into the lower globe, and on coming into contact with the chemicals, carbonic acid gas is gradually formed, and this is steadily taken up by the water as it falls slowly downwards. This water is removed by syphon action by means of the tap. Of recent years several other aerating devices have been manufactured for domestic purposes, and in which carbonic acid is used in a gaseous form. Another development is the provision of carbonic acid in liquid form, imprisoned in metallic capsules ; this liquid carbonic acid is passed into a bottle of water, wine, or other fluid through a patent tap, and the pressure being reduced is quickly converted into gas, aerating the fluid. Commercially, soda water is manufactured by admitting carbonic acid gas into a copper globe, into which water is run, and the whole thoroughly agitated. If desired, a dose of soda or other salts, such as seltzer, lithia, seidlitz, etc., may be added ; or, on drawing off the soda water from the agitator, lemonade or syrups can be mixed with it. Syrups consist of fairly thick boiled sugar and water, to which fruit juice or essence is added. A good recipe for lemonade is : sugar, 14 lbs. ; tartaric acid, 1 oz. ; citric acid, 1½ ozs. ; essence of lemon, 2 drachms, mixed with 1 gallon of water aerated with carbonic acid gas. This is sufficient for about 12 dozen bottles. Carbonic acid gas is supplied in heavy steel tubes, which are fitted with valve taps, to enable the gas to be admitted to any form of aerating machine.

3611.—SUMMER BEVERAGE.

Ingredients.—Tea, lemon, sugar, liqueur, ice.

Method.—Make some moderately-strong tea, let it stand for 5 minutes, then strain it into a jug. Sweeten to taste, add a lemon thinly sliced, cover, and let it stand until quite cold. Just before serving add a glass of any kind of liqueur, and a heaped tablespoonful of crushed ice.

3612.—WHISKY PUNCH.

Ingredients.—1 bottle of Scotch whisky, 1 quart of boiling water, ½ a lb. of loaf sugar, the juice and finely pared rinds of 3 lemons.

Method.—Pour the boiling water over the sugar, lemon rinds and juice, let it remain until cold, then strain into a punch bowl. Add the whisky, place the bowl in a large vessel, surround it with ice, cover, and let it stand thus for at least 1 hour before serving.

3613.—CURRANT WATER.

Ingredients.—1 lb. of red currants, ½ a lb. of raspberries, 1 lb. of castor sugar, 2½ pints of cold water.

Method.—Remove the stalks, crush the fruit well with a wooden spoon, then put it into a preserving pan with ½ a pint of water, and ½ the sugar. Stir occasionally until it reaches boiling point, then strain through muslin or a fine hair sieve. Dissolve the rest of the sugar in a little cold water, boil to a syrup, add it to the fruit syrup, and stir in the remainder of the water. Allow it to stand until quite cold, then serve.

3614.—PINEAPPLE WATER.

Ingredients.—1 pineapple, either fresh or preserved, 1 lb. of loaf sugar, 3 pints of water, the juice of 2 lemons.

Method.—Slice the pineapple, cut it into small dice, or chop it coarsely. Boil the sugar and 1 pint of water to a syrup, pour it over the prepared pineapple, strain into it the lemon-juice, and cover closely. When quite cold, add the remaining 2 pints of water, and serve.

3615.—STRAWBERRY WATER.

Ingredients.—1 lb. of ripe strawberries, 3 pints of cold water, ½ a lb. of castor sugar, the juice of 1 lemon.

Method.—Remove the stalks, crush the fruit with a wooden spoon, sprinkle over the sugar, and let it stand for 3 or 4 hours. Pass the pulp through a fine hair sieve, add to it the lemon-juice and water, let it stand 2 or 3 hours, stirring frequently, then strain and use.

American Drinks

Americans, although great consumers of iced water at meals, are very fond of composite drinks, mixed immediately before they are taken. Broadly speaking, these drinks are of two kinds : (1) the cocktails, or alcoholic fancy beverages, and (2) the soda drinks, flavoured with fruit syrups or semi-medicinal decoctions. The first class are chiefly remarkable for the many ingredients which enter into their composition, the use of various fresh fruits in addition to lemons and oranges, and the extraordinary names bestowed on many of these beverages. Recipes for a few of the most popular, and apparently permanent, drinks, are given. The soda drinks consist of fruit syrups (such as the French syrups or our raspberry vinegar), which are diluted with iced soda water. Sometimes instead of sweet syrups, druggists' decoctions containing phosphates or extracts of medicinal herbs are used. Syrups, if properly made, strongly flavoured, and added sparingly to plain aerated water (so that it should not be too sweet), make palatable, cooling, and thirst-quenching beverages. Syrups may be easily bought, and now manufacturers place on the market a great number of essences which only require diluting with soda water.

3616.—BRAIN DUSTER.

Ingredients.—½ a wineglassful of vermouth, ½ a wineglassful of absinthe, ¼ of a teaspoonful of sugar, crushed ice, a little seltzer.

Method.—Put the vermouth, absinthe and sugar into a glass, add a few small pieces of ice, and shake well. Strain into a small glass, add just a little seltzer water, and serve.

3617.—BRANDY MINT JULEP.

Ingredients.—1 wineglassful of brandy, 1 lump of sugar, 1 or 2 small sprigs of fresh mint, 1 thin slice of orange, 1 thin slice of pineapple, crushed ice.

Method.—Put the lump of sugar into a glass and dissolve it in a few drops of cold water. Add the brandy, mint, and a little crushed ice. On the top place a small piece of orange and a small piece of pineapple, and serve.

Note.—Gin or whisky mint julep may be made by substituting these spirits for the brandy.

3618.—GIN COCKTAIL.

Ingredients.—1 wineglassful of good unsweetened gin, 10 drops of rock candy syrup, 10 drops of orange bitters, a small piece of lemon-peel, crushed ice.

Method.—Half fill a tumbler with small pieces of ice, pour over it the gin, add the syrup and bitters, then cover and shake well. Strain into a small glass, place a small piece of lemon peel on the top, and serve.

3619.—GIN RICKEY.

Ingredients.—1 wineglassful of gin, 1 dessertspoonful of lemon or lime-juice, seltzer water, ice.

Method.—Place a small block of ice at the bottom of a deep champagne glass, strain over it the lemon-juice, add the gin, fill up with seltzer water, and serve.

Note.—Any other spirit may be used instead of gin, and would, of course, give its name to the compound.

3620.—MANHATTAN.

Ingredients.—½ a wineglassful of vermouth, ½ a wineglassful of whisky, 30 drops of green syrup, 10 drops of Angostura bitters, 6 drops of Curaçoa, a little shaved ice, 1 small strip of lemon-peel.

Method.—Put all the ingredients except the lemon-rind into a large tumbler, cover the top closely, shake well, and strain into a wineglass, Place the strip of lemon-peel on the top, and serve.

3621.—MARTINI COCKTAIL.

Ingredients.—½ a wineglassful of good unsweetened gin, ½ a wineglassful of Italian vermouth, 6 drops of rock candy syrup, 12 drops of orange bitters, 1 small piece of lemon-peel, crushed ice.

Method.—Half fill a tumbler with crushed ice, pour over it all the liquids, shake well, then strain into a glass, and serve with a small piece of lemon-peel floating on the surface.

3622.—MILK SHAKE.

Ingredients.—New milk, 1 egg, castor sugar to taste, ice, nutmeg.

Method.—Break the egg into a large glass, beat it slightly, add 1 tablespoonful of crushed ice, sugar to taste, and rather more than ¼ of a pint of milk. Shake well, then strain into a smaller glass, sprinkle a little nutmeg on the top, and serve.

3623.—PINEAPPLE JULEP.

Ingredients.—1 pineapple, either fresh or preserved, 1 bottle of sparkling Moselle, 1 gill of gin, 1 gill of raspberry syrup, ½ a gill of Maraschino, the juice of 2 oranges, 1 lb. of crushed ice.

Method.—Slice the pineapple rather thinly, and divide each slice into 8 sections. Put all the liquids into a glass jug or bowl, add the ice and prepared pineapple, and serve.

3624.—SARATOGA.

Ingredients.—1 wineglass of old brandy, 20 drops of pine-apple syrup, 20 drops of Maraschino, 12 drops of Angostura bitters, ½ a glass of champagne, 2 or 3 ripe strawberries, shaved ice, lemon-peel.

Method.—Nearly fill a large tumbler with shaved ice, and pour all the liquids, except the champagne, over it. Shake well, strain into another tumbler in which the strawberries and lemon-peel have been placed, add the champagne, and serve at once.

3625.—SHERRY COBBLER.

Ingredients.—¼ of a pint of sherry, 1 teaspoonful of orange-juice, 1 teaspoonful of fine white sugar, crushed ice.

Method.—Half fill a large tumbler with ice, pour over it the sherry and orange-juice, cover, and shake well. Strain into another tumbler containing the sugar, stir well, and serve with straws.

3626.—SHERRY EGG FLIP.

Ingredients.—1 glass of sherry, 1 egg, 1 teaspoonful of castor sugar, or to taste, nutmeg, crushed ice.

Method.—Beat the egg well, add the sugar, sherry, and a little crushed ice, shake well until sufficiently cooled, then strain into a small glass, and serve.

Note.—Port wine or any spirit may replace the sherry, and the liquor used would, of course, give its name to the "flip."

3627.—SILVER DREAM.

Ingredients.—1 wineglassful of gin, the white of 1 egg, the juice of ½ a lemon, 1 teaspoonful of sugar, crushed ice, a little seltzer water.

Method.—Beat the white of egg well, add to it the gin, lemon-juice sugar, and 1 tablespoonful of crushed ice. Shake well until sufficiently cooled, then strain into a deep champagne glass, fill up with seltzer water, and serve.

3628.—SILVER FIZZ.

Ingredients.—1 wineglass of gin, the juice of ½ a lemon, the white of 1 egg, 1 teaspoonful of icing sugar, a pinch of carbonate of soda, pounded ice.

Method.—Fill a tumbler 3 parts full with pounded ice, pour over this the gin and lemon-juice, then add the white of egg beaten to a stiff froth. Shake well, then strain into another tumbler containing the icing sugar, and carbonate of soda, and serve at once.

3629.—SILVER SOUR.

Ingredients.—1 dessertspoonful of lemon-juice, 1 wineglassful of unsweetened gin, the white of 1 egg, 1 teaspoonful of castor sugar, crushed ice.

Method.—Put the white of an egg into a tumbler, beat it slightly, then add the lemon-juice, gin, sugar and a heaped tablespoonful of crushed ice. Cover and shake well until sufficiently cooled, then strain into a small glass, and serve.

3630. SLOE GIN COCKTAIL.

Ingredients.—½ a wineglassful of sloe gin, ½ a wineglassful of good unsweetened gin, 10 drops of orange bitters, a small piece of lemon-peel, crushed ice.

Method.—Half fill a tumbler with broken ice, pour over it the sloe gin, gin and bitters, cover the top of the glass, and shake it well. When sufficiently cooled strain it into a small glass, and serve with a small piece of lemon-peel floating on the top.

3631.—SNOW BALL.

Ingredients.—1 bottle of ginger ale, 1 wineglassful of brandy, 1 egg, 1 teaspoonful of castor sugar, crushed ice.

Method.—Break the egg into a glass, beat it well, then add the brandy and sugar, and strain into a large glass. Add a tablespoonful of crushed ice and the ginger ale, stir well, and serve.

3632.—STRAWBERRY FIZZ.

Ingredients.—3 or 4 fine strawberries, 3 slices of lemon, 1 teaspoonful of castor sugar, 1 wineglassful of unsweetened gin, crushed ice, Johannis or other mineral water.

Method.—Mix together and crush well the strawberries, lemon and sugar, add the gin and a heaped tablespoonful of broken ice, shake until sufficiently cooled, then strain into a champagne glass. Fill the glass with mineral water, and serve at once.

3633.—SUNRISE.

Ingredients.—⅔ of a wineglass of sherry, ⅓ of a wineglass of brandy, 30 drops of vanilla syrup, 10 drops of Angostura bitters, pounded ice, a small piece of lemon-peel.

Method.—Half fill a tumbler with pounded ice, pour over it all the liquids, and shake well. Strain into another tumbler, add the lemon-peel, and serve.

3634.—WHISKY COCKTAIL.

Ingredients.—1 wineglassful of whisky, 15 drops of rock candy syrup, 10 drops of Angostura bitters, a small piece of lemon-peel, crushed ice.

Method.—Half fill a tumbler with crushed ice, pour over it the whisky, syrup and bitters, cover and shake well, then strain into a small glass. Place a very small piece of lemon-peel on the top, and serve.

Note.—Brandy cocktail may be made by substituting a wineglassful of good French brandy for the whisky.

3635.—WHISKY PUNCH.

Ingredients.—1 wineglassful of whisky, 1 dessertspoonful of lemon-juice, 1 teaspoonful of castor sugar, 1 thin slice of orange, 1 thin small piece of pineapple, crushed ice.

Method.—Put a heaped tablespoonful of crushed ice into a glass, pour over it the whisky and lemon-juice, add the sugar, and shake well until sufficiently cooled. Strain into a small glass, and serve with the orange and pineapple floating on the surface.

3636.—WHISKY SOUR.

Ingredients.—1 dessertspoonful of lemon-juice, 1 dessertspoonful of rock, candy syrup, 1 wineglassful of whisky, 1 thin slice of orange, 1 thin small piece of pineapple, crushed ice.

Method.—Strain the lemon-juice into a tumbler, add the syrup, whisky, and a heaped tablespoonful of crushed ice, and shake well. Strain into a small glass, and serve with the orange and pineapple floating on the top.

Note.—Brandy or any other spirit may be substituted for the whisky, the name being changed accordingly.

3637.—YANKEE INVIGORATOR.

Ingredients.—¼ of a pint of strong, clear, cold coffee, ½ a glass of good port wine, 1 liqueur glass of old brandy, 1 egg, sugar to taste, ice.

Method.—Break the egg into a large glass, beat it well, then add the coffee, wine and brandy, and sweeten to taste. Put in a heaped tablespoonful of crushed ice, shake well, then strain into a smaller glass, and serve.

CHAFING DISH AND CASSEROLE COOKERY

CHAPTER L

The Chafing Dish.

The Chafing Dish, which exemplifies the earliest known method of cooking, has lately become very popular for cooking supper dishes, for use in the sick room, and amongst bachelors and Bohemians. It is a portable utensil, costing from £1 to £3, is usually made of silver or electro-plated metal, and is placed upon and used at the table at which the meal is to be served. Food can be either cooked, re-heated, or kept hot in it, and one of the chief advantages of the Chafing Dish is that the meal is served quite hot immediately the cooking is finished. The Chafing Dish is really a species of *bain marie* or double boiler, but the whole process of cooking may be performed in it without the aid of any other utensil or appliance.

A Chafing Dish is composed of four parts : the spirit lamp ; the frame or stand in which the lamp is set, and on top of which the Chafing pan rests ; the hot water pan, which is provided with two handles, and serves the same purpose as the lower part of the double boiler ; and the blazer or pan in which the food is cooked.

The lamp is the most important part, and is furnished with either a cotton or an asbestos wick. When the wick is of cotton, it is regulated in the same manner as an ordinary lamp ; but when of asbestos, the lamp is filled with porous stone, and covered with wire netting, like the old-fashioned spirit lamp, and the flame is regulated by a couple of slides which cover the netting and are made to shut off and let on the flame at will. Spirit is the fuel commonly used, but only the very best should be purchased, as the cheaper kinds are often very troublesome, and sometimes dangerous. The lamp holds about two gills of spirit, and that quantity will burn for about half an hour.

The Chafing Dish should always rest upon a metal tray, for a slight draught may cause the flame to flare outwards and soil, or even set fire, to the table-cloth.

All food cooked in the Chafing Dish has, of course, to be prepared in the same manner as if it were to be cooked at the kitchen range, and though many hostesses like to show their deftness in the preparation of the food, the utensils and measures that are frequently necessary for that purpose would so crowd a supper table that the materials are best brought to hand ready for cooking, i.e. the lamp filled, eggs already beaten, oysters washed and drained, butter measured out, etc.

Cooking by the aid of the hot-water pan is the distinctive feature of Chafing Dish Cookery, and dishes like Creams, Sauces, and Rarebits, that need slow cooking, always require the use of this pan. Frying and sautéing can, of course, be accomplished in the blazer of the Chafing Dish without the aid of the hot water pan ; but those methods of cooking are obviously not adaptable to the dining-room where the Chafing Dish is mostly used.

The Casserole.

Casserole Cookery is the most wholesome of all methods of cooking. The word " Casserole " is the French name for " stew pan," but *en casserole* is now applied to all styles of cooking performed in stone or fireproof earthenware vessels, and implies that the food is served at the table in the vessel in which it has been cooked, a method that, of course, ensures the meal being served quite hot. All styles of cooking, and especially brazing, stewing, and boiling may be accomplished in casserole pots, and differently shaped vessels are sold for each purpose. Fireproof casseroles made of brown earthenware are the best, but there are many varieties of make. Some are of buff earthenware, others are lined with white enamel.

The Casserole possesses many advantages over the ordinary iron and copper cooking utensils, for the pots always look clean ; they will impart no disagreeable flavour to the most delicate foods ; they will not rust or tarnish, and if properly kept will not stain ; they cook the food evenly and slowly, and consequently less fuel is required and the contents are not liable to burn. Moreover, they are inexpensive, and with careful management will prove cheaper than metal pots.

Chafing Dish Cookery

3638.—BROILED OYSTERS. (*Fr.*—Huîtres frites.)

Ingredients.—1 dozen large oysters, finely crushed shredded wheat biscuits, 2 ozs. of butter, oiled butter, salt and pepper, lemons.

Method.—Remove the beards from the oysters, cut them in halves, wipe and season with salt and pepper, and dip them in oiled butter.

Drain again, and roll them in the shredded wheat biscuits, finely crushed. Heat up the butter in the chafing dish, when quite hot drop in the crumbed oysters, cook and serve with quarters of lemon.

Time.—5 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 3 persons. **Seasonable,** September to April.

3639.—BUTTERED EGGS. (*Fr.*—Oeufs brouillés au beurre.)

Ingredients.—6 eggs, 2 tablespoonfuls of milk or cream, 1½ ozs. of butter, buttered toast.

Method.—Beat up the eggs and add the milk or cream, season to taste. Melt the butter in the chafing dish, and, when hot, pour in the eggs and stir quickly until the eggs commence to set. Have some pieces of toast made, butter them, and place them on a hot dish, pile the mixture upon it, and serve hot.

Time.—5 or 6 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3640.—CREAMED LOBSTER. (*Fr.*—Homard à la Crême.)

Ingredients.—1 medium-sized boiled lobster, 1 oz. of butter, 1 tablespoonful of flour, ½ a pint of milk, salt, pepper, nutmeg, lemon juice, cream, brown bread.

Method.—Pick the meat from the claws and body of the lobster, and chop it rather small. Melt the butter in the chafing dish, stir in the flour, cook a little without browning, then moisten with the milk, and boil up whilst stirring. Season with salt, pepper and nutmeg. Put in the lobster mince, and let simmer whilst stirring for about 10 minutes. Now add 1 teaspoonful of lemon juice and 2 tablespoonfuls of cream. Re-heat, but do not let it boil again. The dish is then ready to serve, and should be accompanied with thinly cut buttered brown bread.

Time.—20 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** all the year.

3641.—CREAMED PEAS. (*Fr.*—Petits Pois à la Crême.)

Ingredients.—1 pint of cooked green peas, salt, green mint, 3 or 4 tablespoonfuls of cream, pepper, castor sugar, finely-chopped parsley, butter.

Method.—Take the green peas (preserved ones may be used when fresh peas are not obtainable), heat them in boiling water containing salt and a sprig of green mint. Drain off the water and put the peas into the chafing dish with the cream. Season with salt and pepper, also a good pinch of castor sugar. Add a dessertspoonful of finely-chopped parsley, and stir carefully over the spirit flame until the peas and cream are thoroughly hot; the cream must not be allowed to boil. A little fresh butter may be added to the peas if liked.

Time.—10 minutes. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3642.—CURRIED TOAST. (*Fr.*—Pain grillé en Kari.)

Ingredients.—1 sandwich loaf, curry or mulligatawny paste, and anchovy or bloater paste.

Method.—Cut 4 slices from the sandwich loaf, not too thin, and toast them in front of a clear fire; trim off the crusts and butter each slice; then spread with a mixture composed of equal proportions of curry or mulligatawny and anchovy or bloater paste. Cut the prepared toast into fingers, place it in a hot chafing dish to heat it: the toast is then ready to serve.

Time.—10 minutes. **Average Cost,** 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3643.—DEVILLED LOBSTER. (*Fr.*—Homard à la Diable.)

Ingredients.—1 medium-sized lobster, Béchamel sauce, pepper, salt, 1 dessertspoonful of mustard, brandy, bread and butter.

Method.—Remove the meat from the lobster and chop it finely; put it in a chafing dish with enough Béchamel or other white sauce to moisten, season with pepper and salt. Re-heat and add the mustard, mixed with a little brandy or sherry. Have ready some rounds of toasted bread, butter them, and spread them thickly with the hot lobster mixture and serve.

Time.—10 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** all the year.

3644.—FRICASSEED OYSTERS. (*Fr.*—Fricassé aux Huitres.)

Ingredients.—1 dozen large oysters and their liquor, ½ an oz. of butter, ½ an oz. of flour, 1 gill of milk, 1 egg, milk and cream.

Method.—Blanch the oysters, drain and beard them. Melt the butter in a chafing dish, to this add the flour, stir for a few minutes, and moisten with milk and the strained oyster liquor. Bring to the boil, and simmer for ten minutes. Cut the oysters in halves, add them to the sauce, let them get very hot together without boiling, then add the beaten yolk of the egg and a little cream. Season to taste and serve.

Time.—25 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 2 persons. **Seasonable,** September to April.

3645.—FRIED SCALLOPS. (*Fr.*—Escaloppes frites.)

Ingredients.—4 or 5 fresh scallops, finely crushed shredded wheat biscuits, 2 ozs. of butter, oiled butter, salt and pepper, parsley, lemon.

Method.—Cut the scallops in halves, wipe them, and season with salt and pepper, then dip them in oiled butter. Drain again, and roll them in the shredded wheat biscuit. Heat up the butter in the chafing dish, when quite hot drop in the crumbed scallops, and fry to a golden colour. Take up, drain, dish up and garnish with slices of lemon and parsley, and serve hot.

Time.—7 minutes. **Average Cost,** 1s. 1d. to 1s. 6d. **Sufficient** for 3 persons. **Seasonable,** January to June.

3646. — OYSTER OMELET. (*Fr.* — Omelette aux Huîtres.)

Ingredients.—1 dozen oysters, 6 eggs, 1 tablespoonful of milk, 1 tablespoonful of oyster liquor, salt, pepper, 1 oz. of butter.

Method.—Blanch the oysters in their own liquor, drain them and remove the beards, and cut into small dice. Beat up the eggs in the milk and oyster liquor, season to taste with salt and pepper, and add the oysters. Melt the butter in a chafing dish, pour in the mixture, and stir over a quick fire until the eggs begin to set. Fold over and shape neatly (oval cushion shape), allow the omelet to take colour, and serve.

Time.—4 or 5 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 3 persons. **Seasonable,** September to April.

3647.—SALMON OMELET. (*Fr.* — Omelette de Saumon.)

Ingredients.—4 ozs. of salmon, 6 eggs, 1 tablespoonful of milk, 1 oz. of butter, white sauce, salt and pepper.

Method.—Free the salmon from skin and bones and flake it finely ; heat it up in just enough butter and white sauce to moisten. Season with salt and pepper, and keep hot. Beat up the eggs with 1 tablespoonful of milk ; melt the butter in the chafing dish, pour in the egg mixture, and stir over a quick fire until the eggs begin to set. When ready to fold, put in the hot salmon mixture, fold in the ends and shape neatly. Serve hot.

Time.—5 or 6 minutes. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 3 persons. **Seasonable,** from February to October.

3648.—SCRAMBLED EGGS WITH OYSTERS. (*Fr.*—Oeufs brouillés aux huîtres.)

Ingredients.—1 dozen oysters, 6 eggs, 1 oz. of fresh butter, 1 teaspoonful of anchovy paste, salt and pepper.

Method.—Mix the butter with the anchovy paste. Beat up the eggs, and season with salt and pepper. Melt the anchovy butter in the chafing dish, when hot pour in the eggs, stir lightly until the mixture begins to thicken, then add quickly the oysters, previously bearded and cut into halves or dice. Serve from the chafing dish with fingers of toasted bread, buttered and lightly spread with anchovy paste.

Time.—10 minutes. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 3 or 4 persons. **Seasonable,** from September to April.

3649.—SHRIVELLED OYSTERS. (*Fr.* — Huîtres Etouffés.)

Ingredients.—1 dozen oysters and their liquor, ½ an oz. of fresh butter, salt, pepper, lemon juice and parsley.

Method.—Put the oyster liquor in the chafing dish over the lamp, allow it to boil, and remove the scum from the surface. Add the fresh butter, and put in the oysters, previously bearded. Season with salt and pepper, a few drops of lemon juice and a little parsley. Cook for 5 minutes, and serve plain or on toast.

Time.—5 minutes. **Average Cost,** 1s. 6d. to 2s. 6d. **Sufficient** for 2 persons. **Seasonable,** September to April.

3650.—STEWED CHICKEN WITH RICE. (*Fr.*—Ragout de Poulet en Riz.)

Ingredients.—1 boiled or roast chicken, 3 to 4 tablespoonfuls of white sauce, 1 cupful of cooked rice, salt, pepper, grate of a nutmeg, white stock.

Method.—Cut the remains of the chicken from bones and then into large dice shapes. Put this into a chafing dish with the white sauce and the cooked rice. Moisten further with a little white stock, cover the dish and let it simmer gently for about 25 minutes, stirring occasionally. Serve hot.

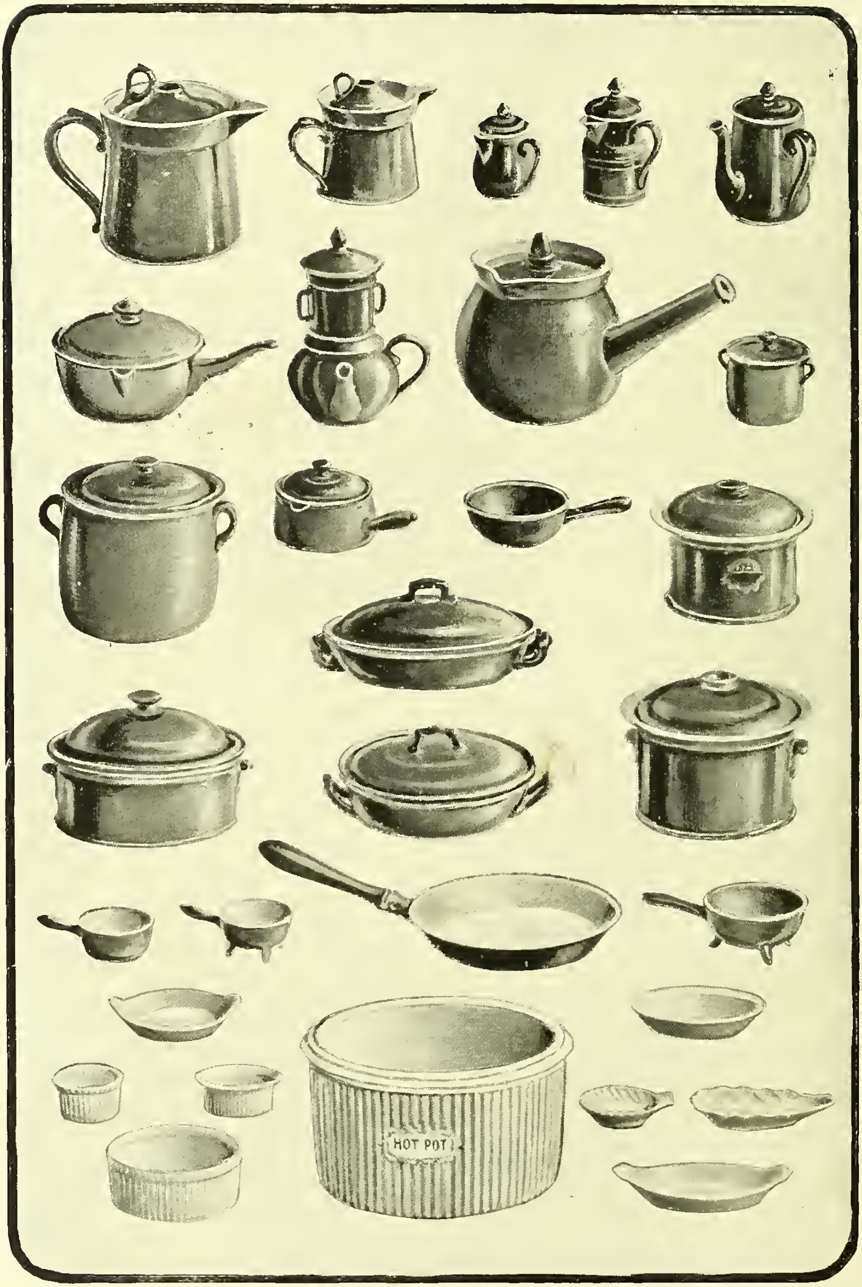
Time.—25 minutes. **Average Cost,** 3s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3651.—WOODCOCK TOAST. (*Fr.*—Pain grillé à l'Ecossaise.)

Ingredients.—½ a lb. of chicken or duck livers, 2 small Gorgona anchovies, ½ a teaspoonful of castor sugar, 1 oz. of butter, 3 yolks of eggs, ½ a gill of cream, ¼ teaspoonful of spiced pepper (Paprika or Krona pepper), a pinch of salt.

Method.—Wash and clean the livers, removing carefully any gall that may be left on. Drain them in a cloth, and pound in a mortar until quite fine ; bone and skin the anchovies, and pound them to a

EARTHENWARE COOKING UTENSILS.



Green Milk Boiler, Milk Boiler, Maraboat, Coffee Jug, Coffee Pot, Sauce Pan, Cafètiere, Covered Pipkin, Red Marmite, Red Marmite, Sauce Pan and Cover, Egg Poacher, Pie Dish and Cover, Entrée Dish and Cover, Pie Dish and Cover, Breakfast Dish, Pie Dish and Cover, Egg Poacher, Egg Poacher, Frying Pan, Egg Poacher, Eared Dish, Ramakin Case, Quail Case, Soufflé Dish, Hot Pot, Pie Dish, Shell, Radish Shell, Eared Dish.

paste. Mix all thoroughly, and add the butter, sugar, and seasoning. Rub through a fine sieve and incorporate the egg yolks and half the above-mentioned quantity of cream. Stir this in a chafing dish until it is sufficiently cooked. Have ready a plate with a piece of buttered toast just before serving, add a little more cream and seasoning if needed, pour the mixture over the toast, garnish with fried bread croutons, and serve.

Time.—15 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

Casserole Cookery

3652.—ASPARAGUS AU GRATIN.

Ingredients.—1 bundle of asparagus, 1 gill of Béchamel sauce (Nos. 177 to 179), grated cheese, breadcrumbs, butter, salt, a grate of nutmeg, and a pinch of cayenne.

Method.—Clean the asparagus, cut off the tender portion, and tie up in small bundles. Cook for about 20 minutes in fast boiling water slightly salted, then drain and let cool. Arrange the cooked asparagus in layers on a greased baking or gratin dish, placing layers of the prepared sauce between the layers of asparagus. Spread some of the sauce over the top, and sprinkle with grated cheese and breadcrumbs. Place a small piece of butter here and there on the surface, and bake in a sharp oven for about 20 minutes. The top should then acquire a golden brown. Place the gratin dish on another plain dish, cover with a folded napkin, and send to table.

Time.—40 minutes. **Average Cost,** 3s. 6d. to 10s. per 100. **Sufficient** for 8 persons. **Seasonable,** January to July.

3653.—BRAISED PARTRIDGES WITH CABBAGE.
(*Fr.*—Perdreaux Braisés aux Choux.)

Ingredients.—1 brace of partridges, 3 slices of fat bacon, 2 peeled shallots, 1 bay leaf, 1 small bouquet garni, 1 blade of mace, 1 sliced carrot, 1 pint of good stock, 2 small cabbages, ½ a pint of well-reduced brown sauce, 1 sausage, salt and pepper.

Method.—Pick, draw, and truss the partridges for boiling. Line the bottom of an earthenware braising pan with the slices of fat bacon, the shallots, bay leaf, bouquet garni, mace and sliced carrot. Put in the partridges, and cook over a brisk fire for about 10 minutes—long enough to brown the birds a little. Then moisten with the stock. Trim and wash the cabbages, cut them into quarters, and cook them in salted water till half done, drain them well, press in a cloth, and tie up each with string. Put them in the pan with the birds, season with salt and pepper, and cook the whole in the oven for about an hour. Strain the liquor or stock, and return it to the braising pan with the brown sauce. Boil up and skim, now place in the partridges, the portions of cabbage and a few pieces of sausage, cover the pan, let it cook gently for another 10 minutes, and serve.

Time.—About 2 hours. **Average Cost,** 7s. to 8s. 6d. **Sufficient** for 4 persons. **Seasonable,** September to February.

3654.—CURRIED RABBIT. (*Fr.*—Lapin à l'Indienne.)

Ingredients.—1 rabbit, seasoned flour (flour mixed with salt and pepper to taste), 2 ozs. of butter or dripping, 1 finely-chopped onion, 1 tablespoonful of mild curry powder (Madras or Laxami), 1 clove of crushed garlic, ½ a teaspoonful of ground cinnamon, ½ a teaspoonful of ground ginger, a little ground mace, 1½ pints of brown stock, 6 button mushrooms, plain boiled rice.

Method.—Cut the skinned rabbit into neat joints, dip each piece into the seasoned flour. Fry the rabbit in a large casserole, containing the butter or dripping. When nicely browned, remove the rabbit, add a finely-chopped onion to the fat in the pan, fry this with the mild curry powder and add also the clove of crushed garlic. Fry for a few moments more, then put in the pieces of rabbit, the ground cinnamon, ground ginger, and a little ground mace. Moisten with the brown stock, and boil, stirring occasionally. Skim well, add the mushrooms, peeled, and let the whole simmer gently, with the lid on the casserole, for 1½ hours or less. Have ready some plain boiled rice to be handed round as the curry is served.

Time.—From 1½ to 2 hours. **Average Cost,** about 2s. **Sufficient** for 3 or 4 persons. **Seasonable,** from September to February.

3655.—EGG COQUILLES WITH SPINACH. (*Fr.*—Oeufs aux Epinards en Coquilles.)

Ingredients.—½ a lb. of prepared and seasoned spinach, 1 breakfast-cupful of cream, 6 fresh eggs, pepper and salt.

Method.—Have 6 very small coquille or marmite pots, or china soufflé cases, butter them, and put 1 tablespoonful of the spinach in each. Upon this put about 1 dessertspoonful of cream. Break 1 egg in each, season with salt and pepper, and bake carefully in a moderately-heated oven for 8 minutes. Dish up, and serve quickly.

Time.—To cook, about 8 minutes. **Average Cost,** 1s. 9d. to 2s. 6d. **Sufficient** for 6 persons. **Seasonable** at any time.

3656.—HOT POT OF HODGE PODGE.

Ingredients.—1½ lbs. of neck or loin of mutton, 1 lb. of potatoes, 1 good-sized onion, 1 oz. of dripping, ½ pint of good stock, chopped parsley, dried savoury herbs, salt and pepper.

Method.—Wash, peel, and slice the potatoes, peel and cut into slices the onion, par-fry both potatoes and onion separately. Trim the mutton, and cut into conveniently-sized pieces, lightly fry them in a pan containing the dripping. Line a hot-pot jar with alternate layers of potatoes, meat and onion. Season each layer with salt and pepper and a pinch of dried savoury herbs. Moisten with the stock, cover the jar and place it to cook in a fairly hot oven for about 1½ hours. The stew must cook slowly, and the fat must be carefully removed before the dish is sent to the table. When ready for serving, sprinkle a little chopped parsley on top.

Time.—To cook, about 1½ hours. **Average Cost,** 1s. 8d. **Sufficient** for 4 persons. **Seasonable** at any time.

Note.—If liked, a handful of cooked peas or a few mushrooms can be added to the stew about ten minutes before serving it. This is an exceedingly popular luncheon or supper dish for those who appreciate an old-fashioned stew. Either mutton, beef or pork can be used for it, the method of preparation being the same.

3657.—MUSHROOM PURÉE IN CASES.

(*Fr.*—Purée de Champignons en caisses.)

Ingredients.—½ a lb. of fresh-cut mushrooms, 1 oz. of butter, 2 tablespoonfuls of rich brown sauce, 2 eggs, salt and pepper.

Method.—Wash and peel the mushrooms, chop them very finely, and fry in butter over the fire for a few minutes. Then add the brown sauce, stew the purée for 10 minutes, season with salt and pepper, and stir in the yolks of 2 eggs. Lastly, add the stiffly-whisked white of 1 egg, blend the whole well, and fill into buttered ramakin cases. Bake in a moderately heated oven for 15 minutes.

Time.—To bake, 5 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 6 or 8 persons. **Seasonable,** March to October.

3658.—QUAILES EN CASSEROLE.

Ingredients.—6 quails, 1 gill of milk, 2 ozs. of butter, 1 handful of breadcrumbs, salt, pepper, nutmeg, 2 yolks of eggs, parsley, shallot, 3 to 4 chicken livers, 6 slices of bacon, 1 gill of Madeira sauce, No. 255, 1 bay leaf.

Method.—Prepare the quails as for stuffing. Put the milk in an earthenware stewpan, add the butter, a small bay leaf, salt, pepper, and a little grated nutmeg, and boil. Stir in the breadcrumbs, and let simmer for 10 minutes. Remove the bay leaf, and stir in the egg yolks. Cut the chicken livers up small, sauté them in butter in which the finely chopped shallot has been blended, season with pepper and salt, and rub through a sieve. Mix the purée with the breadcrumbs, etc., and stuff the bird with this. Wrap each quail in a thin slice of bacon, place them in an earthenware pan (casserole) with the remainder of butter, and cook over a slow fire for ½ an hour. Pour off the fat, add the sauce, and finish cooking.

Time.—About 1 hour. **Average Cost,** 9s. to 10s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable,** from October to February.

3659.—RABBIT EN CASSEROLE.

Ingredients.—1 good-sized rabbit, 4 strips of fat bacon, butter, 2 onions sliced, bacon (cut into cubes), salt, pepper, 1 heaped teaspoonful of flour, 1 glass of white wine (Chablis or Sauterne), 1 small bouquet garni, 1 pint of stock.

Method.—Wash and wipe the rabbit, divide it into joints, lard the legs and breast portion with the strips of bacon fat, and fry in an earthenware casserole containing butter, sliced onions, and bacon cut into cubes. When a nice light brown colour, season with salt and pepper, and besprinkle with the flour. Stir over the fire until the flour has acquired a chestnut tint, then moisten with the white wine; add the bouquet garni and the stock. Boil up, place the lid on the pan, and cook in the oven or over a slow fire until the meat is quite tender. Remove the bouquet of herbs, and any scum from the surface of the stew, and serve in the casserole.

Time.—1½ to 2 hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable,** September to February.

3660.—SPINACH RAMAKINS. (*Fr.*—Ramaquins aux Epinards.)

Ingredients.—1 lb. of spinach, ½ an oz. of butter, ½ an oz. of flour, ¼ of a gill of cream, ¼ of a gill of stock, 2 eggs, salt, pepper and nutmeg.

Method.—Pick and wash the spinach and cook it with very little water, slightly salted, till quite tender. Then squeeze out the moisture, and drain thoroughly, and rub through a fine sieve. Melt the butter in a stewpan, add the flour, cook a little, and moisten with the cream and stock; boil up and add the spinach, season to taste with salt, pepper and nutmeg, and cook for 10 minutes. Incorporate 2 yolks of eggs. Whisk to a stiff froth 2 whites of eggs; add this to the mixture. Nearly fill 6 or 8 well-buttered china ramakin cases, and bake in a moderately heated oven for about 20 minutes.

Time.—To bake, 20 minutes. **Average Cost,** 8d. to 10d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

FRENCH COOKERY

CHAPTER LI

General Observations on French Cookery, and Recipes for Typical French Dishes

The First Cookery Book in a Modern Language was published in Madrid in 1521. Spain has therefore the honour of being the pioneer in this direction, while France ranks next to Spain for developing the culinary art. France, although now the nurse of all modern cooks, was in a state of comparative darkness with regard to cookery until 1580, when the delicacies of the Italian table were introduced into Paris, and from that time the French made rapid progress in the culinary art, and soon surpassed their Italian masters. Now French cookery ranks deservedly high, perhaps higher than any other : and the land that gave birth to a Caréme, a Savarin, a Soyer, and other distinguished chefs, is justly proud of having raised the culinary art to a high standard of perfection. In France cookery began to be recognized as an important art in the reign of Louis XIV, whose great fêtes were always accompanied by sumptuous banquets. In the following reign the *Cordon bleu*, the order of knighthood of the Saint Esprit, instituted by Henry III, became the recognized definition of a skilful female cook. It is recorded that the distinction was first bestowed by Louis XV on the female cook of the celebrated Madame de Barry, as a mark of His Majesty's high appreciation of the excellent and elaborate repast prepared in his honour. In England refinement had not yet set its seal on even the most advanced branches of cookery, for instead of the "coulis de faisan," "salmis de becassines," "volaille à la Suprème," and other dainty dishes which are said to have earned the coveted "Cordon blue," we find included in English menus of that period such coarse preparations as black pudding, and the homely, savoury, but by no means delicate viand, roast goose.

Considering the rapid advance in other directions, it is an amazing fact that France, the culinary nation *par excellence*, ignored the existence of the potato until the year 1787, although it had been generally known and appreciated as an article of diet in England and Spain for upwards of 150 years. Ultimately, Parmentur, a French cuisinière, introduced this edible root into his native land, and he not only induced his countrymen to accept it as a food, but at the same time he taught them more than fifty ways of preparing it for the table.

Apart from the simple processes of roasting, baking, boiling, and stewing, nearly all our cookery has been introduced from foreign sources. The French methods of dressing fish and vegetables, are now largely introduced into English kitchens, and French *borugeoise* dishes have become quite popular. Greater difference, however, exists between the diet of the French *bourgeoise* and the corresponding class in England, for while the former live principally on well-cooked, palatable, yet inexpensive soups, vegetables, and fruits, the latter eat more and better kinds of meat, yet fail to obtain a proper amount of nourishment from the same, by reason of the wasteful culinary methods employed. The French *bourgeoise* cookery is an essentially slow process, by which the natural flavours of the substances are extracted by gentle means, and at the same time other flavours are blended so artfully with them that no particular one predominates. Stews, ragoûts, and braises largely replace the joint which appears almost daily on our tables. In this lies the secret of the French skill in economy, for while only the prime parts can be roasted, and always at a considerable loss in weight, owing to evaporation and melting of the fat, the inferior parts may, by a long, slow process of stewing, be converted into easily digested, palatable, and nourishing food.

The prejudice against soup existing among the lower classes in England will not be readily dispelled, for it is too satisfying for the moment, and too quickly followed by a feeling of hunger, in consequence of being so readily digested. The English housewife of a humble class makes the mistake of dispensing soup in bowlfuls, and frequently in place of more solid food, whereas the French people simply have a ladleful of hot, palatable, but not always nourishing or satisfying soup, which instead of impairing the appetite, serves to prepare the stomach for the reception of more solid food, thereby aiding digestion.

As regards the food of the upper classes, the cookery of France is now almost identical with that of England. For many years French chefs have been employed in the kitchens of large establishments in England, consequently high-class cookery has become almost entirely French in character. This to a very large extent can be said of the best class household cookery, which is termed and known as Bourgeoise Cookery in France.

Food Supply.—The many rivers of France, as well as the seas that lave its shores, yield a plentiful supply of fish, all the varieties known to us being found there, as well as the delicious sardine, which forms a staple branch of industry on the western coast. On the south coast the sturgeon is in everyday use ; a huge slice of it, larded and covered with herbs, may be frequently seen carried through the streets to the baker's oven, and when cooked it very much resembles a fillet of veal both in taste and appearance. Another fish in general use is the skate, which is usually served with its quaint wings smothered in white sauce.

France is abundantly supplied with Game, and the pheasant and partridge stand as high in favour there as in England.

Roast kid, unknown, or nearly so, in England, is a favourite dish, more especially in the south, where it is so plentiful that it is frequently cried in the streets. It is dressed like lamb, or, when very young, stuffed with breadcrumbs and herbs, and roasted whole.

Poultry feeding is quite an art in France, and every French cook knows how to cram a fowl, duck, or goose. To watch them, they would appear to go at the process with a will. Seizing the unfortunate bird three or four times a day, they open its bill and stuff a quantity of warm meal and potato down its throat, caressing it and talking to it the while, and when they consider it has had food enough, wind up by giving it a very small walnut by way of a digestive.

Nature supplies the whole of France very generously with everything that can further good cooking, while the south simply abounds in fruit and vegetables, large importations of which daily find their way to our shores

Typical French Dishes

3661.—BRUSSELS SPROUTS SAUTÉS. (*Fr.*—Choux de Bruxelles Sautés.)

Ingredients.—2 lbs of sprouts, 2–3 ozs. of butter, 1 dessertspoonful of chopped parsley, 1 teaspoonful of finely-chopped shallots, 1 tablespoonful of flour, lemon-juice, nutmeg, salt and pepper.

Method.—Trim and wash the sprouts, put them into a saucepan of slightly-salted boiling water, cook for 15 minutes, then drain them thoroughly. Melt 2 ozs. of butter in a stewpan, fry the shallots slightly, then add the parsley and sprouts, and fry gently until the whole is lightly browned. Meanwhile heat the remaining butter in a smaller stewpan, add the flour, mix smoothly with a little milk or cream, lemon-juice, nutmeg, salt and pepper to taste, and cook gently for about 10 minutes. Pile the sprouts on a hot dish, pour the sauce over, and serve.

Time.—About ½ an hour. **Average Cost,** 8d. **Sufficient** for 4 or 5 persons. **Seasonable** in winter.

3662.—CARROT SOUP. (*Fr.*—Potage à la Crécy, or Purée de Carottes.)

Ingredients.—10 fresh carrots, 1 onion, 1 leek, 3 ozs. of butter or 2 ozs. of dripping, 3 pints of boiling stock or water, a few rinds of bacon, sugar, salt and pepper, fried croûtons.

Method.—Prepare the vegetables and cut them into small pieces. Melt the butter or fat in a stewpan, put in the vegetables, cover with a close-fitting lid, and cook gently for 1 hour. Add the boiling water or stock and the bacon rinds, and continue the gentle cooking until the vegetables are reduced to a pulp. Pass the whole through a sieve or colander, then add sugar, salt and pepper to taste, re-heat and serve. The croûtons should be handed separately.

Time.—2 hours. **Average Cost,** 5d. to 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3663.—CAULIFLOWER FRITTERS. (*Fr.*—Beignets de Chouxfleur.)

Ingredients.—2 large cauliflowers, salt, water (1 tablespoonful of salt to 2 quarts of water), 2 ozs. of butter, 1 teaspoonful of olive oil, 8 dessertspoonfuls of flour, a bunch of parsley, ¼ of a pint of vinegar.

Method.—Trim and cleanse the cauliflowers in the usual way, and half boil them in salt and water. Melt the butter in a little hot water, stir in the flour, oil and salt, making a batter which will run from the spoon; mix lightly with it the whites of 2 eggs well beaten up. Drain the cauliflowers thoroughly, divide them into branches, and shake the branches well in the vinegar, seasoned with salt and pepper; then dip them in the batter, and fry in deep fat, taking care that they do not stick to each other. Serve in pyramidal shape, and garnish with some sprigs of parsley.

Time.—½ an hour. **Average Cost,** 1s. **Sufficient** for 8 persons. **Seasonable** in summer.

3664.—CROÛTE AU POT.

Ingredients.—2 quarts of stock (see Pot-au-Feu, No. 3674), 2 carrots, ½ a turnip, 2 or 3 strips of celery, ¼ of a small cabbage, 1 or 2 ozs. of butter, small stale French rolls, 1 teaspoonful of chopped parsley, a pinch of grated nutmeg, salt and pepper.

Method.—Wash and prepare the vegetables, cut the carrots, turnip and celery into thin slices, and the cabbage into small pieces, and fry them in the butter for 10 minutes. Add the hot stock, nutmeg, salt and pepper to taste, and simmer gently for ½ an hour. Meanwhile, cut the French roll into thin slices, and bake these in a moderate oven until browned on both sides. Place them in a soup tureen, moisten them with a little soup to prevent their floating, and pour the rest of the soup over them. Sprinkle the parsley on the top, and serve.

Time.—¾ of an hour. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficent** for 9 or 10 persons. **Seasonable** at any time.

3665.—FRENCH COCK-A-LEEKIE SOUP. (*Fr.*—Potage aux Poireaux.)

Ingredients.—2 sets of fowl giblets, 6 leeks, 3 ozs. of butter, a few rinds of bacon, 3 pints of boiling water, salt and pepper.

Method.—Wash the giblets and cut them into small pieces. Trim the leeks, cut them lengthwise into quarters, and then across into pieces 1 inch long. Melt the butter in a stewpan, put in the prepared leeks, cover closely, and let them steam in the hot butter for ½ an hour. Add the boiling water, bacon rinds, a little salt and pepper, and continue to cook slowly for at least 2 hours. When ready remove the bacon rinds, season to taste, and, if necessary, improve the colour by adding a few drops of caramel.

Time.—From 2½ to 3 hours. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3666.—HARICOT MUTTON. (*Fr.*—Ragoût or Navarin de Mouton.)

Ingredients.—2 lbs. of neck of mutton, 6 rather small turnips peeled and cut into thick slices, 2 ozs. of butter or good dripping (about), 1 dessertspoonful of flour, a bouquet-garni (parsley, thyme, bay-leaf), a small clove of garlic, ½ a pint of boiling water, salt and pepper.

Method.—Divide the mutton into cutlets, and if very fat remove some of it. Heat about ½ the butter or fat in a stewpan, fry the meat quickly until the entire surface is lightly browned; meanwhile sprinkle it with flour so as to make it brown more quickly. When ready, add the boiling water, garlic, bouquet-garni, and a little salt and pepper, cover with a close-fitting lid, and cook very slowly for 1 hour. In the meantime heat the remaining butter, fry the turnips brown, then drain them and put them into the stewpan containing the meat. Continue to cook slowly until both meat and turnips are tender, then pile the meat in the centre of a hot dish, and arrange the pieces of turnip round the base. Skim well to remove some of the fat, then strain the gravy over the meat, and serve.

Time.—About 2 hours. **Average Cost,** 1s. 10d. to 2s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3667.—LAMB CUTLETS À LA CONSTANCE. (*Fr.*—Côtelettes d'Agneau à la Constance.)

Ingredients.—8 or 9 lamb cutlets, 3 ozs. of butter, 18 button mushrooms, 4 fowls' livers, 4 cocks' combs, ⅓ of a pint of Béchamel sauce (*see* Sauces, No. 177), salt and pepper.

Method.—Clean and blanch the cocks' combs, rub off the outer skin, let them lie in cold water for 3 or 4 hours, then cut each one into 3 or 4 pieces. Wash and dry the livers, cut them into quarters, and toss them with the mushrooms and cocks' combs in a little hot butter for a few minutes. Add the Béchamel sauce, season to taste, and let the stewpan remain closely covered on the stove while the cutlets are being cooked. Heat the remaining butter in a sauté-pan or frying-pan, fry the cutlets lightly on both sides, then arrange them in a close circle on a hot dish with or without a potato border, as may be preferred. Serve the ragoût in the centre, and strain the sauce round.

Time.—From 3½ to 4½ hours. **Average Cost,** 5s. to 6s. **Sufficient** for 7 or 8 persons. **Seasonable** from January to October.

3668.—LEG OF MUTTON À LA PROVENCALE. (*Fr.*—Gigot de Mouton à la Provençale.)

Ingredients.—A leg of mutton of 7 or 8 lbs., lardoons of fat bacon and of ham, a few anchovies, parsley, blanched tarragon, 2 cloves of garlic, thyme, chopped onions, 2 or 3 bay-leaves, coarse pepper, salt, ½ a pint of olive-oil, 2 tablespoonfuls of vinegar.

Method.—Take a leg of mutton that has hung sufficiently long to make it quite tender, cut off the shank bone, lift the skin partly without injuring it, and lard the leg with the lardoons of bacon and ham, some strips of anchovies, and bits of parsley and blanched tarragon, and, if not objected to, a few strips of garlic. Place in an earthenware pan some thyme, parsley, chopped onions, 2 or 3 bay-leaves, coarse pepper and a little salt, pour over it ½ a pint of olive-oil and the vinegar. Allow the leg of mutton to lie in this marinade 2 or 3 hours, turning it frequently. Then take it out, spread over it the herbs, etc., of the marinade, covering them over with the skin. Wrap up in buttered paper, and roast in front of a brisk fire. Remove the paper, and serve.

Time.—5 to 6 hours. **Average Cost,** 7s. 6d. to 8s. 6d. **Sufficient** for 10 or 11 persons. **Seasonable** at any time.

3669.—MIROTON OF APPLES. (*Fr.*—Miroton de Pommes.)

Ingredients.—12 medium-sized apples, ½ a lb. of apple marmalade, ½ a lb. of apricot marmalade, ¼ of a lb. of castor sugar, 1 teaspoonful of grated cinnamon, the juice of 2 lemons, 1 wineglassful of brandy.

Method.—Peel, core and slice the apples, sprinkle over them the sugar and cinnamon, pour over the brandy and lemon-juice, and let them soak for 4 hours. When ready, mix the apple and apricot marmalade together, and pile in the centre of a fireproof dish. Drain the slices of apple, arrange them in a pyramidal form round and above the mound of marmalade. Bake in a moderate oven for ½ an hour, then sprinkle liberally with castor sugar, and serve.

Time.—5 hours. **Average Cost,** 2s. 3d. to 2s. 9d. **Sufficient** for 10 persons. **Seasonable** from September to April.

3670.—ONION SOUP, BROWN. (*Fr.*—Potage Soubise Brune.)

Ingredients.—4 medium-sized onions cut into dice, 2 ozs. of butter or 1½ ozs. of good dripping, a few scraps of stale bread cut into small pieces, a few rinds of bacon, the water in which a cauliflower has been cooked.

Method.—Melt the butter in a stewpan, put in the onions, cover closely, and let them cook very slowly for 1 hour. Meanwhile, boil the cauliflower in slightly salted water, drain it, and pour the water over the onions when they are sufficiently cooked. Add the bacon rinds, bread and a little pepper, cover and cook gently for 1 hour, then press the whole through a fine sieve. Replace the soup in the stewpan; if too thin, let it boil rapidly until sufficiently reduced; or if too thick, add a little milk. Re-heat, season to taste, and serve.

Time.—2¼ to 2½ hours. **Average Cost,** 4d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3671.—ONION SOUP, WHITE. (*Fr.*—Potage Soubise Blanche.)

Ingredients.—4 medium-sized onions cut into dice, 2 ozs. of butter, 1 pint of milk, ½ a pint of white stock or water, the crumb of 1 or 2 slices of bread, salt and pepper.

Method.—Heat the butter in a stewpan, put in the onions, cover closely, and cook very gently for 1 hour, taking care that they do not acquire the least colour. Then add the bread, milk, stock or water, continue the slow cooking for about ¾ of an hour longer, and rub the whole through a fine sieve. Re-heat, season to taste, and serve.

Time.—From 2 to 2¼ hours. **Average Cost,** 7d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3672.—ONION SOUP WITH CHEESE. (*Fr.*—Soupe à l'Oignon au Fromage.)

Ingredients.—4 medium-sized onions cut into dice, 2 ozs. of butter, 2 tablespoonfuls of grated gruyère cheese, 1 pint of milk, ½ a pint of white stock or water, the crumb of 1 or 2 slices of bread, salt and pepper.

Method.—Prepare the soup as directed in the preceding recipe. Re-heat after sieving, add seasoning to taste, and sprinkle in the cheese, a little at a time, stirring briskly meanwhile. This soup is in great favour with sportsmen in France.

Time.—From 2 to 2¼ hours. **Average Cost,** 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3673.—PARTRIDGE, STEWED. (*Fr.*—Perdreaux Étuvés.)

Ingredients.—2 partridges, slices of fat bacon, 4 slices of lemon, 2 small or 1 large carrot sliced, 1 onion sliced, bouquet-garni, 1 glass of white wine, ¾ of a pint of stock, butter, salt and pepper. For the sauce: ¾ of an oz. of butter, ¾ of an oz. of flour.

Method.—Place a piece of butter the size of a small walnut inside each bird, truss them, and cover the breast first with 2 slices of lemon and then with bacon. Have the stock ready heated in a stewpan, put in the prepared birds, vegetables, bouquet-garni, wine and a seasoning of salt and pepper. Cover closely, cook very gently for 1 hour, then remove the bacon and slices of lemon, and brown the breasts of the birds in a moderately hot oven. Meanwhile, the flour should have been cooked in ¾ of an oz. of butter until it acquires a nut-brown colour; now add the strained stock from the stewpan, and stir until it boils. If liked, the birds may be served garnished with crisply-fried straws or thin slices of potato, or a purée of mushrooms or green peas. Serve the sauce separately.

Time.—1½ hours. **Average Cost,** from 5s. 6d. **Sufficent** for 2 persons. **Seasonable** from September to February.

3674.—POT-AU-FEU. (French Family Soup.)

Ingredients.—4 lbs. of brisket of beef, ½ a cabbage, 2 leeks, 1 large onion, 2 carrots, a bouquet-garni (parsely, thyme, bay-leaf), 1 dessertspoonful of chopped parsley, 4 cloves, 12 peppercorns, 1 tablespoonful of salt, ½ a lb. of French bread, 6 quarts of cold water.

Method.—Put the meat and water into a stock pot or boiling pot, let it come gently to boiling point, and skim well. Wash and clean the vegetables, stick the cloves in the onion, tie up the cabbage and leeks, and put all in with the meat. Add the carrots cut into large pieces, the bouquet-garni, peppercorns and salt, and let the whole simmer gently for 4 hours. Just before serving cut the bread into thin slices, place them in a soup tureen, and add some of the carrot, leeks and onion cut into small pieces. Remove the meat from the pot, season the broth to taste, and strain it into the soup tureen. Sprinkle the chopped parsley on the top and serve. The meat and remaining vegetables may be served as a separate course; they may also be used up in some form for another meal. Or the meat and vegetables may be served and the broth put aside and used on the following day as "Croute-au-pot."

Time.—4 hours. **Average Cost,** 2s. 4d. to 2s. 6d. **Sufficient** for 10 or 12 persons. **Seasonable** at any time.

3675.—PUMPKIN SOUP. (*Fr.*—Potage au Potiron.)

Ingredients.—1 lb. of ripe juicy pumpkin, 2 ozs. of butter, 1 pint of boiling milk, 1 small stale French roll very thinly sliced, a pinch of sugar, salt and pepper.

Method.—Cut the pumpkin into rather small pieces, barely cover them with slightly-salted boiling water, boil for 6 or 7 minutes, then drain well, and pass through a sieve or colander. Heat the butter in a stewpan, stir in the pumpkin purée, and let it remain for about 10 minutes. Now add the boiling milk, a pinch of sugar, and salt and pepper to taste, then simmer gently for a few minutes. Place the slices of roll in the soup tureen, pour in the soup, and serve.

Time.—40 minutes. **Average Cost,** 7d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3676.—SOLE, BAKED. (*Fr.*—Sole au Gratin.)

Ingredients.—1 rather large plump sole, 1 tablespoonful of breadcrumbs, 1 tablespoonful of finely-chopped mushrooms, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped fat bacon, 1 finely-chopped shallot, 1 glass of white wine, and an equal quantity of good stock, butter, brown breadcrumbs, salt and pepper.

Method.—Trim and skin the sole. Mix the breadcrumbs, mushrooms, parsley, bacon, shallot, and a good seasoning of salt and pepper well together. Cover the bottom of a flat silver or fireproof dish rather thickly with butter, over which sprinkle ½ the prepared seasoning, and place the fish on the top of it. Cover with the remainder of the seasoning, sprinkle lightly with brown breadcrumbs, and add a few drops of oiled butter. Pour the wine and stock round the fish, and bake from 15 to 20 minutes in a moderate oven. Serve in the dish in which it has been cooked.

Time.—To cook, 15 to 20 minutes. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3677.—SOLE À LA BLANCHAILLE.

Ingredients.—1 sole, milk, flour, seasoning, frying fat.

Method.—Skin and fillet the fish, cut the fillets into very fine shreds, dip them into milk and then into seasoned flour. Fry in hot fat to a golden brown. Drain and serve.

Time.—20 minutes. **Cost,** 1s. 3d. to 1s. 9d. **Sufficient** for 2 persons. **Seasonable** at any time.

GERMAN AND AUSTRIAN COOKERY

CHAPTER LII

General Observations on German and Austrian Cookery, and Recipes for Typical German and Austrian Dishes.

Cookery in Germany.—In no other country does cookery form so much a part of advanced education as in Germany and Austria, where every girl, whatever her position, learns how to cook, and not superficially, as is too often the case in England, for until she has mastered every branch of the subject her education is not considered complete. This useful preparation, aided by a complete course of instruction in the general principles of domestic economy, has naturally developed the practical side of their character, and won for almost every German and Austrian woman a well-deserved reputation of being a good housewife or *hausfrau.*

For some reason the general reputation of German cookery is not very high in this country : in fact, not a few think that the German diet consists chiefly of boiled beef and dumplings, milk soup, peas pudding, sauerkraut, and sausages. The recipes given in the following chapter should disabuse the mind of the reader of such an erroneous idea, for many useful dishes are included which might be advantageously employed to vary the somewhat monotonous diet of the English middle classes.

The salads, of which the Germans possess an even greater variety than the French, are extremely good, especially the salads made of fish, either freshly cooked, or previously smoked or marinaded. In addition to an almost endless variety of salads of cold cooked meat, poultry, game, etc., they have innumerable salads made of almost every kind of known vegetables, which include artichokes, beans, beetroot, celery, peas, potatoes, usually plainly boiled and served with a good dressing. Many others not generally used in England find favour in Germany, such as succory, dandelion, corn, salmagundi, young hops, and pickled red and white cabbage.

With the exception of potatoes and asparagus, plainly dressed vegetables are rarely served. The numerous vegetable preparations are known under the name of Genüse, and many of them are altogether unknown to us. The German cuisine includes many original methods of dressing potatoes. French beans are usually boiled, sautéed, and served with a rich brown gravy. Both white and red cabbage are shredded finely, tossed in butter or lard until partially cooked, and afterwards stewed very gently in a small amount of rich stock. The German and Austrian asparagus is somewhat different from the English and the French, a considerable portion of the stem being edible, although this may be in some measure due to the removal of the stringy fibres from the stalks before cooking.

German housewives exercise as much care in preserving vegetables for winter use as in preparing them for the table. French beans and scarlet runners are closely packed in jars : potatoes, turnips, and other root plants are carefully packed in sand in a cool cellar, and if not allowed to touch each other may be kept for months. The Germans, like the French, would not consider a dinner complete without soup : no matter how humble the meal may be, soup nearly always forms a part of it. They have, besides the ordinary meat and vegetable soup, a sweet milk soup thickened with flour and flavoured with apples, almond soup, chocolate soup, wine soup flavoured with vine leaves, potato soup flavoured with prunes or apples, and a variety of fruit soups altogether unknown to us. Of beef soups they have no less than 8 varieties, the most popular kind being thickened with bread and flavoured with caraway seeds.

Puddings are not much in vogue in Germany : in fact, a boiled pudding is seldom seen, and baked ones are almost unknown. Their plainer kind of sweets consist chiefly of boiled custard or a mixture of cake or bread and fruit, invariably served cold in special china dishes. Of creams, jellies, ice-puddings and ices they have an almost endless variety, and in this particular branch of cookery they may be said to excel. Fruit pies and tarts, such as we have here, are altogether unknown in Germany, but instead of these they have many curiously prepared sweets and innumerable fancy cakes not included in the English cuisine, such as " Sandtorte," " Gugelhopf," " Waffeln," " Krachtorte," etc. Their bread also comprises many kinds, from the nourishing black bread, " Schwarz brod " or " Pumpernickel," to the delicious little fancy breads. They have also milk rolls in great varieties, the stringel, long sticks and long twists, the surface of these being usually sprinkled with coarse salt, or a mixture of salt and caraway seeds.

Fruit of every kind is both cheap and plentiful, and usually of excellent quality. Every housewife understands the art of preserving fruit in jars, bottles, or tins for winter use, but curiously enough they seldom make it into jam.

The German Middle Classes rise much earlier than the corresponding class in England, and usually breakfast between 7 and 8 o'clock. This simple, informal meal consists of rolls and coffee, the family seldom sit down together, each member partaking of the meal as he or she makes his or her first appearance.

At 11 o'clock there is a sort of snatch repast, which consists of white or brown bread, smoked sausages or cheese, and a glass of wine or lager beer.

The principal meal of the day is the *Mittagessen* or dinner, which is usually served between 12 and 1 o'clock. It consists of soup, meat, either roasted, boiled, or braised, accompanied by vegetables or salad, and is followed by a compôte of fruit or some other sweet, or, failing these, a little cheese. Light wine or beer is nearly always served with the midday repast.

The middle classes have, instead of our "afternoon tea," the *caffee-klatsche* or coffee gossip, a light, informal meal of coffee and cakes, which any number of uninvited guests may share; although many housewives of a humbler class provide coffee between ½ past 3 and 4 o'clock, this meal is by no means general with them: in fact, as a rule, nothing is served between dinner and supper.

The Supper, "Nachtessen" or "Abendmahl," is served between 7 and 8 o'clock in the evening, and may, in summer time, consist principally of the famous Teutonic dish "*dicke Milch*" and fruit, and at other times of a soup or an omelet, a dish of cold meat and salad, or some kind of dressed vegetable. Except among the upper classes, late dinners are not the rule in Germany, although the elaborate meals provided when friends are invited are identical with the English dinner in all but name.

The Austrian-German Cuisine has many broad features in common, although in many respects Austria is far in advance of Germany and other neighbouring countries. Providing well-cooked food for the masses became a national question many years ago, when self-supporting "People's Kitchens" were started in Vienna and other parts of the country, whereby good and wholesome food was brought within the reach of the poor and labouring classes at the lowest possible prices.

A knowledge of cookery runs through all classes, and is an essential part of education. This knowledge, however, is not as a rule acquired either at home or at a cookery school—for these latter institutions, which abound in England and Germany, are almost unknown in Austria—but under the guidance of chefs or cooks in hotels and private families. It is customary for most Austrian cooks to be allowed to receive one or more pupils, and although this may to us appear a peculiar practice, it is nevertheless a fact that any one desirous of learning the culinary art must necessarily resort to this means to obtain what they desire.

The food materials employed by the middle classes of Austria are generally of an inexpensive description, the excellence of their cooking being chiefly due to the care bestowed on the preparation of the most simple substances. They, like the Germans, rarely serve meat plainly dressed, their savoury roasts being a national institution, like the roast and baked meats of England. These roasts, which are identical with the braisées of France, may consist of meat cooked whole, meat thickly sliced, or meat stuffed and rolled.

Typical German Dishes

3678.—APFEL TORTE. (German Apple Tart.) (*Fr.*—Tourte de Pommes.)

Ingredients.—10 or 12 apples, 4 ozs. of butter, 3 ozs. of almonds, 3 eggs, the finely-grated rind of 1 small lemon, 2 or 3 tablespoonfuls of moist sugar, ¼ of a pint of cream, good short crust (*see* Pastry, No. 1667).

Method.—Pare, core and slice the apples. Put the sugar into a basin, add the cream, lemon-rind, the butter melted, and the eggs previously well beaten. Mix well together, stir in the sliced apples, and let the mixture stand while the almonds are being blanched and cut lengthwise into strips. Line 2 large plates with paste, place a narrow rim of the same round the edge, and fill the centre with the mixture. Sprinkle the almonds on the top, bake in a moderate oven from 35 to 45 minutes, and when done dredge liberally with castor sugar. Serve either hot or cold.

Time.—About 1 hour. **Average Cost**, 2s. 3d. **Sufficient** for 2 tarts. **Seasonable** at any time.

3679.—BAYRISCHE KNÖDEL. (Bavarian Dumplings.) (*Fr.*—Quenelles Bavaroise.)

Ingredients.—8 ozs. of finely-chopped raw or cooked meat, 2 ozs. of breadcrumbs, ½ a teaspoonful of powdered mixed herbs, 1 or 2 eggs, nutmeg, salt and pepper, 2 ozs. of butter oiled.

Method.—Mix the meat, breadcrumbs, herbs, a pinch of nutmeg, and a good seasoning of salt and pepper well together, and moisten thoroughly with beaten egg. Form the mixture into balls of moderate size, drop them into boiling stock or slightly salted water, cook gently from 10 to 15 minutes, then remove the balls carefully and drain well. Serve with the oiled butter poured over them, or, if preferred, pour a little good gravy round them. The excellency of this dish depends on the mixture being of proper consistency, therefore an inexperienced cook would do well to test a little of the mixture, by dropping it into boiling water before forming the whole of it into balls.

Time.—½ an hour. **Average Cost,** 9d. to 1s. **Sufficient** for 6 or 8 persons.

3680.—BIERSUPPE. (Beer Soup.)

Ingredients.—2 pints German beer, 2 slices of bread, 1 oz. butter, 2 eggs, ginger, caraway seeds, and salt to taste.

Method.—Remove the crust of the bread, and divide the crumbly part into small pieces. Put them into a stewpan, add the beer, boil up, whisking meanwhile, and stir in the ginger. In the meantime the caraway seeds should have been fried gently in the butter; now drain them well and add them, with a seasoning of salt to the contents of the stewpan. Cook slowly for about 15 minutes, then pour over the yolks of eggs, which should be previously well beaten and placed in the soup tureen.

Time.—½ an hour. **Average Cost,** 10d. to 1s.

3681.—FLADCHEN MIT SPINAT. (Pancakes with Spinach). (*Fr.*— Crépes aux épinards.)

Ingredients.—Spinach, 1 oz. of butter, 1 finely-chopped small onion, 1 tablespoonful of cream, 1 tablespoonful of flour, 1 pint of milk, 3 eggs, pancakes (*see* No. 3693).

Method.—Boil as much spinach as will, when finely-chopped or passed through a sieve, produce 1 pint of purée. Melt the butter in a stewpan, fry the onion lightly, put in the spinach and cream, sprinkle in the flour, season to taste, and stir over the fire for a few minutes. Have ready some thin pancakes, made as directed in No. 3693, spread each one with the spinach preparation, roll them up and place them in an earthenware baking-dish or large pie-dish. Beat the eggs well, stir in the milk, add salt and pepper to taste, and pour over the pancakes. Bake in a moderately hot oven until the custard is set, then serve.

Time.—1½ hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3682.—FLEISCHKUCHEN. (Meat Pancakes.) (*Fr.*—Omelette Allemande.)

Ingredients.—½ a lb. of finely-chopped cold meat, 1½ ozs. of butter, 2 finely-chopped shallots, ½ a gill of gravy or stock, 1 dessertspoonful of flour, salt and pepper, batter (*see* Pancakes No. 3693), lard.

Method.—Fry the shallots lightly in the hot butter, sprinkle in the flour, add the stock, and boil well. When the flour is sufficiently cooked, add the meat and seasoning to taste, and stir over the fire for a few minutes. Make the batter as directed in the recipe for pancakes, and pour a thin layer of it into an omelet-pan in which a little lard has been previously heated. As soon as it is set spread over it about 2 tablespoonfuls of the meat preparation, and cover with another layer of batter. Now place the omelet-pan in a hot oven, bake until the batter is set and lightly browned, then cut into convenient portions, and serve as hot as possible. This will be found an excellent way of disposing of cold meat. To be served in true German fashion, it should be accompanied by some kind of green salad.

Time.—40 minutes. **Average Cost,** 1s. 2d., exclusive of the batter. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3683.—GEFÜLLTE LEBER. (Stuffed Liver.) (*Fr.*—Foie farcie.)

Ingredients.—1½ lbs. of calf's liver, 1 calf's caul, 4 ozs. of fat bacon, 4 ozs. of crumb of bread, 3 eggs, 1 level tablespoonful of finely-chopped onion, stock, milk, dripping, nutmeg, salt and pepper.

Method.—Wash and dry the liver thoroughly, and chop it finely. Cut the bacon into dice and fry it lightly, then add the onion and fry until slightly browned. Put in the liver, add nutmeg, salt and pepper to taste, stir over the fire until the liver changes colour, then turn the preparation into a basin, and let it remain until cool. Meanwhile, soak the bread in a little milk until soft, then squeeze it as dry as possible, and add it to the liver preparation. Beat the eggs well, and stir them well into the other ingredients. Wash and dry the caul thoroughly; with it line an earthenware casserole, or, failing this, a stewpan, put in the mixture, and fold the caul so as to envelop it completely. Add a little dripping, and bake in a moderate oven for about ¾ of an hour. 15 minutes before serving drain off the fat, add a little strong stock, and baste well. Serve hot.

Time.—1½ to 2 hours. **Average Cost,** 2s. 2d. to 2s. 6d. **Sufficient** for 4 or five persons. **Seasonable** at any time.

3684.—GEHIRNSCHNITTEN. (Brain Toast.) (*Fr.*—Cervelles sur Croûtes.)

Ingredients.—2 calves' brains, 1½ ozs. of butter, 1 heaped tablespoonful of fine breadcrumbs, oiled butter, croûtes of fried or toasted bread, grated cheese, salt and pepper. For garnishing : slices of lemon and crisp green parsley.

Method.—Wash the brains in several waters, blanch them, and when cold divide each one into 4 or more pieces. Heat the butter in a sauté-pan or frying-pan, fry the brains lightly, then place them on the prepared croûtes, which should nearly correspond in size. Season them with salt and pepper, sprinkle thickly with mixed cheese and breadcrumbs, and pour over a few drops of oiled butter. Place them on a baking sheet in a hot oven for about 10 minutes, then serve garnished with parsley and slices of lemon.

Time.—1½ hours. **Average Cost**, 1s. 6d. to 2s. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

3685.—HACHIS UND REIS RULLETTEN. (Meat and Rice Rissoles.)

Ingredients.—½ a lb. of rice, ½ a lb. of finely-chopped cold meat, 1½ ozs. of butter, the yolks of 2 eggs, 2 finely-chopped shallots, ½ a gill of gravy, 1 dessertspoonful of flour, nutmeg, salt and pepper, egg and breadcrumbs, frying-fat, stock.

Method.—Wash and drain the rice, put it into a stewpan with sufficient stock to cover it, and cook until tender, adding more stock when necessary, but not more than the rice will completely absorb. When ready season to taste with nutmeg, salt and pepper, and spread in a thin layer on a large dish. Fry the shallots lightly in the hot butter, sprinkle in the flour, add the stock, and boil well. Put in the meat and 2 yolks of eggs, season to taste, stir over the fire for a few minutes, then turn the mixture on to a plate to cool. Cut the rice into round or oval shapes, spread the centre of half of them thickly with the meat mixture, and cover with the other portions of rice. Seal the edges carefully, coat them completely with egg and breadcrumbs, and fry in hot fat. Dish up and serve hot.

Time.—2 hours. **Average Cost,** 1s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3686.—HERING SALAT. (*Fr.*—Salade de Harengs.)

Ingredients.—2 good smoked or salted herrings, 2 hard-boiled eggs, 1 cold boiled potato, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped onion, 2 tablespoonfuls of salad-oil, 1½ tablespoonfuls of vinegar, salt and pepper, slices of beetroot and capers for garnishing.

Method.—Put the herrings in a moderate oven for 2 or 3 minutes, so as to enable the skins to be easily removed. Cut off the heads, split the fish in halves, and divide into small pieces, carefully removing the bones. Place the onion, parsley, and a seasoning of salt and pepper in a salad bowl, stir in the oil and vinegar, and mix well. Cut the eggs and potato into small dice, mix them and the flaked fish lightly but thoroughly with the salad dressing, and decorate with the sliced beetroot and capers.

Time.—15 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3687.—KARTOFFELN MIT KÄSE. (Potatoes with Cheese.) (*Fr.* — Pommes de terre au Fromage.)

Ingredients.—Cold potatoes, 1 or 2 tablespoonfuls of grated cheese, 2 eggs, ¾ of a pint of milk, salt and pepper.

Method.—Beat the eggs well, stir in the milk, and season the custard to taste with salt and pepper. Butter a deep fireproof dish, put in a layer of slices of cooked potato, season with salt and pepper, sprinkle over some grated cheese, and add 2 tablespoonfuls of the prepared custard. Repeat until the dish is full, and making the last layer of cheese. Bake in a moderate oven for about ½ an hour, and serve in the dish.

Time.—¾ of an hour. **Average Cost,** 8d. to 10d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3688.—KARTOFFELSALAT. (Potato Salad.) (*Fr.*—Salade de Pommes de terre.)

Ingredients.—8 or 9 potatoes, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped chives, ½ a teaspoonful of finely-chopped onion, ½ a gill of hot stock, 2 tablespoonfuls of salad-oil, 1 tablespoonful of wine vinegar, salt and pepper, slices of pickled beetroot or cucumber.

Method.—Boil the potatoes in their skins, peel and slice them thinly, and place them in layers in a salad bowl, sprinkling each layer with parsley, onion, chives, salt and pepper. Mix the oil and vinegar together, add the hot stock, and pour it over the salad. Mix lightly, garnish with beetroot and cucumber, and serve before the potatoes are quite cold. Variety may be introduced by adding a finely-shredded marinaded herring, or a few sardines or anchovies.

Time.—About ½ an hour. **Average Cost,** 4d. to 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3689.—KIRSCHEN SAUCE. (Black Cherry Sauce.) (*Fr.*—Sauce aux Cerises.)

Ingredients.—Dried black cherries (about ⅓ of a pint), ½ a pint of red wine, a thin strip of lemon-rind, 2 cloves, a small piece of cinnamon, ½ a gill of gravy, 1 dessertspoonful of cornflour, salt.

Method.—Soak the cherries in lukewarm water for 1 hour, then drain and dry them well, and pound them with the stones. Place the pounded preparation in a stewpan, add the wine, lemon-rind, cloves, cinnamon, with a little salt, and boil for 2 or 3 minutes. Mix the cornflour and gravy smoothly together, add it to the sauce, boil gently for 3 or 4 minutes, stirring meanwhile, then strain and serve.

Time.—About 1½ hours. **Average Cost,** 1s. **Sufficient** for ¾ pint. **Seasonable** at any time.

3690.—LEBERKLOESSE. (Liver Dumplings.) (*Fr.*—Quenelles de Foie de Veau.)

Ingredients.—½ a lb. of liver, preferably calf's, 2 ozs. of butter, 1 tablespoonful of flour, 2 eggs, 1 small onion finely-chopped, the finely-grated rind of ½ a lemon, 1 good teaspoonful of finely-chopped parsley, 1 dinner roll, or other bread, soaked in milk, nutmeg, salt and pepper.

Method.—Wash and dry the liver thoroughly, chop it finely, and mix with it the bread, previously squeezed as dry as possible, lemon-rind, onion, parsley and flour. Season to taste with nutmeg, salt and pepper, and moisten thoroughly with beaten egg. Add the egg by degrees, testing the mixture by dropping a little of it into boiling water. When the proper consistency is obtained, form into balls of moderate size, drop them into boiling stock or salted water, and cook gently from 15 to 20 minutes. Serve with the butter melted and poured over them.

Time.—From 30 to 40 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3691.—LINZERTORTE. (German Gâteau.)

Ingredients.—7 ozs. of fine flour, 6 ozs. of pounded or ground almonds, 6 ozs. of castor sugar, 6 ozs. of butter, ¼ of an oz. of powdered cinnamon, 2 eggs, fruit, jam or marmalade.

Method.—Rub the butter into the flour, add the almonds, sugar and cinnamon, and mix into a stiff paste with the well-beaten eggs. Roll out, cut into 2 rounds about the size of a dessert plate, place them on a greased baking-sheet, and spread the centres rather thickly with jam, marmalade or stewed fruit, leaving the edges free. Moisten the edges, and put on them a border made out of the paste-trimmings, place a few strips across to form a lattice work, brush lightly over with milk, and sprinkle liberally with sugar. Bake in a moderate oven from 20 to 25 minutes, and serve cold.

Time.—About 45 minutes. **Average Cost,** 1s. 8d. to 2s. **Sufficient** for 2 tarts. **Seasonable** at any time.

3692.—MILCHBROD SUPPE. (Milkbread Soup.) (*Fr.*—Soupe au Pain de Lait.)

Ingredients.—2 or 3 stale milk rolls, 2 quarts of stock, 2 eggs, nutmeg, salt and pepper.

Method.—Grate the crusts of the rolls into a stewpan, pour in the boiling stock, and let it simmer for 15 minutes, stirring frequently. Beat the eggs until light, stir them into the soup, add nutmeg, salt and pepper to taste, and whisk by the side of the fire until the soup thickens, but do not allow it to boil after adding the eggs, or they may curdle.

Time.—½ an hour. **Average Cost,** 4d., exclusive of the stock. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3693.—PFANKUCHEN. (Pancakes.)

Ingredients.—4 ozs. of flour, 2 eggs, 1½ gills of milk, a pinch of salt, lard or butter for frying.

Method.—Sieve the flour and salt into a basin, beat up the eggs and stir them gradually into the flour ; add half the milk and beat until smooth, add the remainder of the milk, and allow the batter to stand. To fry the pancakes, place a small piece of butter or lard in an omelet pan ; when hot, pour in sufficient batter to cover the bottom of the pan. Fry until one side is coloured, then toss and fry the other side a golden brown. Turn on to a sugared paper, sprinkle over with lemon juice, roll up and dish on hot dish on a lace paper.

Time.—1 hour. **Average Cost,** 4½d. **Sufficient** for 4 persons. **Seasonable** at any time.

3694.—POLNISCHER BOCK. (Braised Veal.) (*Fr.*—Veau braisé.)

Ingredients.—3 lbs. of lean veal, 2 ozs. of butter, 6 ozs. of fat bacon cut into dice, the rind of ½ a lemon cut into dice, 6 boned anchovies divided into short pieces, ½ a pint of stock (about), meat glaze, salt and pepper.

Method.—The meat should be cut into one flat piece, and must be well beaten with a cutlet-bat. Make small incisions on the upper surface of the meat, and insert the dice of bacon, onion, lemon-rind and anchovies. Season liberally with salt and pepper, roll up tightly, and tie securely with twine. Heat the butter in a braising-pan, fry the prepared meat until lightly browned, then add any trimmings of bacon, lemon-rind and onion there may be, and the stock, and cover closely. Cook gently in the oven from 2 to 2½ hours, basting frequently, and when ready remove the twine and brush over with meat glaze. Serve with good brown gravy.

Time.—To cook, from 2 to 2½ hours. **Average Cost,** 4s. 6d. to 5s. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

3695.—SACHER TORTE. (German Chocolate Tart.)

Ingredients.—8 ozs. of butter, 6 ozs. of castor sugar, 4 ozs. of fine flour, 4 ozs. of vanilla chocolate, finely-grated, 8 eggs, the finely-grated rind of ½ a lemon, ½ a gill of whipped cream, apricot marmalade.

Method.—Beat the butter to a cream, stir in the yolks of eggs separately, add the sugar, grated chocolate, lemon-rind, and lastly the flour, and beat briskly for at least 20 minutes. Whisk the whites of eggs to a very stiff froth, stir them into the rest of the ingredients as lightly as possible, pour the mixture into round shallow tins, and bake in a moderate oven from 40 to 45 minutes. When quite cold spread the surface rather thickly with apricot jam, and decorate tastefully with whipped cream.

Time.—1½ to 2 hours. **Average Cost,** 2s. to 2s. 6d. **Sufficient** for 2 or 3 tarts. **Seasonable** at any time.

3696.—SANDTORTE. (Sandy Cake.) (*Fr.*—Tourte Sablée.)

Ingredients.—7 ozs. of potato flour or cornflour, 1 oz. of Vienna flour, 8 ozs. of butter, 6 ozs. of castor sugar, 1 oz. of ground almonds, the whites of 3 eggs, the yolks of 2 eggs, 1 teaspoonful of finely-grated lemon-rind, the juice of ½ a lemon.

Method.—Clarify the butter and put it aside until lightly set, then add the sugar and beat until creamy and white. When the proper consistency has been obtained, beat in the yolks of eggs, add the ground almonds, lemon-rind and lemon-juice, and lastly the flour and potato flour. Whip the whites of eggs to a very stiff froth, add them as lightly as possible to the rest of the ingredients, then pour the mixture into a flat cake tin, which must be previously well buttered and lightly covered with cake crumbs. Bake in a moderate oven from 35 to 40 minutes, and when cold, glaze with fondant or other icing (*see* No. 3461), and decorate to taste.

Time.—About 1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 1 cake. **Seasonable** at any time.

3697.—SCHLACHTBRATEN OR SAUERBRATEN. (A Sour Roast.) (*Fr.*—Rôti de Boeufaigre.)

Ingredients.—3 lbs. of beef, fillet or any lean tender meat, 2 ozs. of butter, larding bacon, 1 onion sliced, 1 lemon thinly sliced, the juice of ½ a lemon, 1 tablespoonful of flour, 1½ gills of vinegar, 1 gill of sour cream or milk, ½ a gill of stock or water, 1 oz. of loaf sugar, 2 bay-leaves, salt and pepper.

Method.—Trim the meat, skewer it into a good shape, and lard one side of it rather closely. Heat the butter in a large stewpan, add any trimmings of bacon there may be, and fry the meat until the entire surface is lightly browned. Now sprinkle the flour over the side that is not larded, and continue the process a little longer, frying the onion at the same time. Add the stock or water, vinegar, cloves and bay-leaf, bring to the boil, stirring well from the bottom of the pan meanwhile, then remove the stewpan to a moderate oven, and cook gently for about 1½ hours, or until the meat is quite tender. Place the sugar with a few drops of water in a small stewpan, and cook over a slow fire until it acquires a deep brown colour, then add the sour cream or milk, and stir until well mixed. Take up the meat, keep it hot, strain the liquor, and add it to the cream and sugar, season to taste, put in the lemon-juice, boil for a few minutes, then pour it over and round the meat. Garnish with slices of lemon, and serve with stewed macaroni or semolina.

Time.—2¼ to 2½ hours. **Average Cost,** 4s. 6d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

3698.—SUPPE MIT SCHINKENKLOESCHEN. (Soup with small Ham Dumplings.)

Ingredients.—6 ozs. of finely-chopped lean ham, 3 ozs. of butter, 1 oz. of flour, 2 eggs, 2 quarts of clear stock, 1 heaped tablespoonful of breadcrumbs (about), ¼ of a teaspoonful of finely-chopped parsley, nutmeg, salt and pepper.

Method.—Melt the butter in a small stewpan, add the flour, stir over the fire for 3 or 4 minutes, then put in the ham and the breadcrumbs. Beat the eggs in separately, add nutmeg, salt and pepper to taste, and as many breadcrumbs as will form the whole into a stiff mixture. Let the mixture cool, then shape it into very small dumplings, drop them into the stock when quite boiling, and cook gently for about 15 minutes. Place both soup and dumplings in a soup tureen, sprinkle on the parsley, and serve.

Time.—1¼ hours. **Average Cost,** 10d., exclusive of the stock. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

3699.—WASSERSUPPE. (Water Soup.) (*Fr.*—Soupe à l'eau.)

Ingredients.—3 pints of boiling water, 2 eggs, 2 dessertspoonfuls of flour, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped chives, nutmeg, salt and pepper.

Method.—Beat the eggs well, stir them into the flour, add the butter, previously oiled, and beat until smooth. Have the water ready boiling in a stewpan, add the onion, pour in the batter, and whisk vigorously until boiling. Simmer gently for 10 minutes, then sprinkle in the parsley, season to taste, and serve.

Time.—25 minutes. **Average Cost,** 3d. to 4d. **Sufficient** for 6 persons. **Seasonable** at any time.

3700.—WEISS-KOHL MIT WURST. (Cabbage with Sausages.) (*Fr.*—Choux au Sausisse.)

Ingredients.—1 large white cabbage, 3 ozs. of butter, 1 small onion finely-chopped, salt and pepper, sausages either boiled or fried.

Method.—Trim, wash and boil the cabbage, drain and press it well to extract as much moisture as possible, then chop it finely on a board or in a chopping-bowl. Heat the butter in a stewpan, fry the onion lightly, then put in the cabbage with a seasoning of salt and pepper. Fry without browning until the butter is absorbed, then pile the cabbage in a pyramidal form on a hot dish, slice the sausages and arrange them round the base. If liked, a little gravy or brown sauce may be poured round the dish. Neatly-trimmed poached eggs are sometimes put in the centre of the cabbage.

Time.—1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3701.—ZWETSCHEN SAUCE. (Prune Sauce.) (*Fr.*—Sauce aux Prunes.)

Ingredients.—½ a lb. of prunes, 1 glass of port or claret, the juice of 1 lemon, the thinly-pared rind of ½ a lemon, ½ a teaspoonful of powdered cinnamon.

Method.—Simmer the prunes in just sufficient cold water to cover them until quite soft, then remove and crack the stones and preserve the kernels. Replace the prunes and kernels in the stewpan, add the lemon-rind and lemon-juice, the wine and cinnamon, simmer gently for 10 minutes, and rub through a sieve. If necessary, dilute with a little more wine or water, and serve with any kind of plain pudding.

Time.—½ an hour. **Average Cost,** 7d. or 8d. **Sufficient** for ½ pint of sauce. **Seasonable** at any time.

Typical Austrian Dishes

3702.—BAUMWOLLENSUPPE.

Ingredients.—1 quart of good brown stock, 2 eggs, 1 tablespoonful of fine flour, 1 tablespoonful of oiled butter, a pinch of salt, a pinch of nutmeg.

Method.—Mix the flour, salt, nutmeg, butter and eggs into a smooth batter. Have the stock ready boiling, strained and free from fat; let the batter run through a pointed strainer or colander, into the soup, holding it high above the stewpan, meanwhile stirring the soup slowly with a whisk. Simmer gently for about 10 minutes, then season to taste and serve.

Time.—About 10 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 5 or 6 persons.. **Seasonable** at any time.

3703.—GULLASH (GULIAS-HUS.) (An Austro-Hungarian Dish.)

Ingredients.—1 lb. of lean tender beef or veal, 2 potatoes peeled and cut into dice, 3 ozs. of butter, 4 ozs. of bacon cut into dice, ½ a small onion finely-chopped, 1 dessertspoonful of flour, ½ a teaspoonful of caraway seeds, 1 gill of brown stock, ½ a wineglassful of Madeira wine, Paprika pepper, pepper and salt.

Method.—Remove all fat and skin from the meat, cut it into dice, and season lightly with salt and pepper. Heat ½ the butter in a sauté-pan or frying-pan, fry the onion slightly, add the meat and cook gently on the stove or in the oven from 10 to 15 minutes. Now sprinkle on the flour, add the wine, stock and caraway seeds, and continue to cook slowly. Heat the remaining butter, fry the bacon lightly, then add the prepared potatoes, and fry them until they acquire a deep golden-brown colour. Drain well, add to the contents of the sauté-pan, and cook gently until both meat and potatoes are done. Stir occasionally, but gently so as not to break the potatoes, and when ready season to taste, and serve.

Time.—½ an hour. **Average Cost,** 1s. 10d. **Sufficient** for 6 persons. **Seasonable** at any time.

3704.—KAHAB. (*Fr.*—Sauté de Veau.)

Ingredients.—1 lb. of fillet or neck of veal, 2 ozs. of butter, 1 very small onion thinly-sliced, ½ a lemon thinly-sliced, ½ a pint of sour cream, ¼ of a teaspoonful of caraway seeds, salt and pepper. For garnishing: slices of lemon and tufts of parsley.

Method.—Cut the meat free from skin and bone into pieces about 2 inches square and about ½ an inch in thickness. Heat the butter in a fireproof earthenware cooking pot, put in the meat, season to taste with salt and pepper, add the caraway seeds, sliced onion and lemon, and fry gently for 10 minutes. Now add the cream, cover closely, and cook gently in the oven for about ¾ of an hour, or until tender. Serve garnished with thin slices of lemon and tufts of parsley.

Time.—1 hour. **Average Cost,** 1s. 9d. to 1s. 11d. **Sufficient** for 5 persons. **Seasonable** at any time.

3705.—KAISERSUPPE. (Emperor Soup.)

Ingredients.—2½ pints of white stock, 1½ ozs. of butter, 1 oz. of rice, 2 tablespoonfuls of grated cheese, ¼ of a cabbage, 1 leek, 1 carrot, ½ a turnip, ½ an onion, ½ a teaspoonful of sugar, salt and pepper.

Method.—Prepare the vegetables, shred the cabbage coarsely, and cut the rest into dice. Heat the butter in a stewpan, fry the vegetables slowly for 15 or 20 minutes, but do not let them brown. Wash and drain the rice, add it to the contents of the stewpan, also add the sugar, and shake the stewpan over the fire until nearly all the butter is absorbed. Now add the stock, cover closely, and simmer gently for ½ an hour. Season to taste, sprinkle in the cheese, and serve. If preferred, the grated cheese may be handed round separately.

Time.—About 1 hour. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

3706.—KALBSVOEGEL. (A Variety of Veal Olives.) (*Fr.*—Olives de Veau.)

Ingredients.—1½ lbs. of lean veal, a few thin slices of streaky bacon, 1½ ozs. of butter, 1½ ozs. of flour, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-grated lemon-rind, 1 gill of white stock, ½ a gill of white wine, meat glaze, mashed potato, salt and pepper.

Method.—Cut the meat across the grain into thin slices, flatten them with a cutlet-bat, and sprinkle liberally with salt, pepper and lemon-rind. Place a thin slice of bacon on each piece of meat, roll up tightly and secure with twine. Heat the butter in a sauté-pan, fry the rolls until their entire surface is lightly browned, then remove them from the pan. Stir in the flour, fry until lightly browned, add the wine, stock, parsley, and the remaining lemon-rind, and boil up. Replace the meat in the pan, cover, and simmer gently for 20 minutes. When ready remove the strings, arrange the rolls on a bed of mashed potato, add the meat glaze to the sauce, boil up, and then strain over and round the meat.

Time.—1¼ hours. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

3707.—KÄSEGEBÄCK. (Hot Cheese Fritters.) (*Fr.*—Beignets de Fromage.)

Ingredients.—¼ of a lb. of Gruyère cheese, ¼ of a lb. of choux paste (*see* p. 882), Nepaul pepper or cayenne, salt, egg and breadcrumbs, frying-fat.

Method.—Cut the cheese into slices about ¼ of an inch thick, and stamp them in round or oval shaped pieces. Coat one side of each piece of cheese rather thickly with choux paste, and smooth the surface with a knife. Season the breadcrumbs liberally with salt and Nepaul pepper or cayenne, coat each prepared slice of cheese carefully with egg and breadcrumbs, and as soon as the coating is dry repeat the process. Fry in hot fat, drain well, and serve as a savoury.

Time.—40 minutes. **Average Cost,** 1s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

3708.—NUDELSUPPE. (Ribbon Macaroni Soup.)

Ingredients.—1 quart of good clear brown stock, 4 ozs. of flour, 2 yolks of eggs.

Method.—Add a pinch of salt to the flour, mix into a stiff paste with the yolks of eggs, and knead thoroughly for not less than 15 minutes. Put the paste aside for ½ an hour, then roll it out as thinly as possible, divide into oblong pieces, place these on the top of each other, and cut into strips like matches. Shake well to separate the strips, spread them on white paper, and let them remain until dry. Have ready the stock boiling, strained, and free from fat, drop in the nudels a few at a time, boil them rapidly for about 10 minutes, then season the soup to taste, and serve.

Time.—1¼ hours. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3709.—WIENER SCHNITZEL. (*Fr.*—Tranches Viennoise.)

Ingredients.—2 lbs. of lean veal, eggs for frying, 1 or 2 lemons, clarified butter, fillets of anchovies, gherkins, capers, egg and breadcrumbs, brown sauce, pepper and salt.

Method.—Cut the meat across the grain into thin slices, beat with a cutlet bat, trim them neatly, and season them with salt and pepper. Coat the slices carefully with egg and breadcrumbs, and fry in hot clarified butter until lightly browned on both sides. Fry the eggs in clarified butter, or, if liked, good salad-oil, then drain them well, and trim them neatly. Heat the sauce, season to taste, and add a little lemon-juice. Dish the meat either in a circle or lengthwise on a potato border, place the eggs on the meat, and on each egg arrange 2 or 3 small fillets of anchovies. Garnish the dish with slices of lemon, fancifully cut gherkin, and capers. Serve a little sauce on the dish, and the remainder in a sauce-boat.

Time.—¾ of an hour. **Average Cost,** 3s. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

3710.—WIENER STEAKS. (*Fr.*—Filets Viennoise.)

Ingredients.—2 lb. of lean beef, 3 ozs. of butter, 1 tablespoonful of flour, 2 eggs, 2 onions, 1 teaspoonful of chopped parsley, 1 teaspoonful of powdered savoury herbs, nutmeg, salt and pepper, brown sauce (*see* Sauces, No. 233).

Method.—Chop the meat finely or pass it twice through a mincing machine. Add the parsley, herbs, a little nutmeg, salt and pepper, mix well, and moisten with 1 whole egg and 1 yolk. Divide the preparations into equal portions, and shape them neatly, giving them the appearance or rather large fillets of beef, and roll them lightly in flour. Peel and slice the onions, divide the larger slices into rings, and if onions are liked, cut the smaller slices into large dice, fry them in a little hot butter, and when well drained add them to the brown sauce. Fry the prepared fillets in a little hot butter until nicely browned and sufficiently cooked, then drain and keep them hot. Coat the onion rings with flour, dip them into white of egg, then again into flour, and fry in a wire basket in hot fat until crisp and lightly browned. Serve the steaks garnished with the onion rings, pour a little sauce round, and send the remainder to table in a sauce-boat.

Time.—1 hour. **Average Cost,** 3s. 6d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

ITALIAN COOKERY

CHAPTER LIII

General Observations on Italian Cookery, and Recipes for Typical Italian Dishes.

Cookery in Italy.—The Italians claim to have inherited their taste and capabilities for good cooking from the luxurious Romans, who were content to confer high honours, and give what appears to us extravagantly high remuneration to those who could gratify their inordinate and fantastic appetites. As a matter of fact, many dishes favoured by the Romans are still common in Italy, where the culinary art is said to have attained a high degree of perfection in the sixteenth century. As regards high-class cookery, the reputation has to some extent been maintained, but in other respects Italy has not kept pace with France, Austria, Germany, and many other countries.

Travellers who gain their knowledge solely from hotels and restaurants note little difference between Italian and French cookery, simply because the Italians, like ourselves, have not only borrowed and adapted much of the French cuisine, but also largely employ cooks of that nation. Italian and French cooks alike are skilful in providing a variety of vegetables in many tempting forms unknown to us. In this branch of cookery the Italians may be said to excel, the delicious flavour which characterises many of their vegetable preparations being largely due to the introduction of cheese. The Italians alone appear to rightly understand the use of cheese. A dinner of many courses may have in each course a dish of which cheese forms a part, yet though the palate is pleased by the flavour it imparts, its presence is not suspected. The Parmesan cheese, which the Italians principally use, takes its name from the town of Parma, where it is made most extensively. The dryness, the peculiar feature of Parmesan cheese, is secured by removing every particle of cream from the milk before converting it into cheese.

Polenta, risotto, and such farinaceous preparations as macaroni and spaghetti, may be said to be national foods. Polenta in its most simple form consists of milk thickened with Indian corn or maize meal, seasoned with salt, and cooked, frequently by baking, until firm. It may be served sliced or neatly arranged on a dish, but the Italians, nearly all of whom below a certain class have little regard for the niceties of life, frequently serve the polenta on a wooden platter, upon which it is turned when cooked. From this slices are cut off with a string; for it is as much against etiquette to use a knife to polenta as it is in England to use a steel knife for fish.

Risotto forms part of the daily fare of many Italians. Rice is its principal ingredient, as will be seen from the recipe for Risotto alla Milanese, No. 3744. Needless to say, the risotto of the poorer Italians is a much more simple preparation than the one referred to, for it often consists simply of well-cooked rice flavoured with a little onion browned in oil or butter, and a good sprinkling of cheese.

Simple as the process is, it would appear that macaroni, spaghetti, and similar preparations can only be cooked to perfection by the Italians. The respective pastes are cooked to a certain point, then drained, and thickened with white or tomato sauce, or a mixture of the two, with the addition of a little cream and a touch of cheese. Prepared by a skilful Italian cook, these dishes are perfect, and might with advantage be more frequently employed to vary the monotony of the English fare.

Their sauces, although distinctly flavoured with garlic, are delightful, for the Italians alone appear to rightly understand the use of this bulb. Tomato sauce made by an English cook, although it may be excellent in many respects, always lacks that indescribable "something" which the Italians impart to it.

Meals in Italy.—The brightness of the sun calls the Italians from their rest at an early hour. Like the French, their early repast generally consists simply of coffee or chocolate and rolls.

The Collazione, the midday meal of the upper classes, is almost identical with the English luncheon or the French déjeuner à la fourchette, while the simple meal of the poorer Italians frequently consists of nothing more substantial than chocolate or fruit and bread.

Afternoon Tea, the dainty meal that is purely English, and which seldom reaches perfection in any other country, is not unknown in Italy, but it is rarely provided except for English friends or English visitors.

The hour of serving **Pranzo**, the evening meal, varies just as it does in England or France, the masses partaking of it when their day's work is done, and the leisured classes at their convenience and pleasure.

Food Supply.—The Italian lakes and rivers abound in almost every variety of fish known to us, while on the south coast many kinds of shell-fish peculiar to the country are found, and are usually eaten raw, or cooked much in the same way as we do oysters.

The supply of game is both abundant and good. The Italians, like ourselves, are very fond of pheasants, partridges, grouse, woodcock, etc., but they have also a great weakness for small birds, a taste probably hand d down from remote ages.

The kid, as in France, is very popular; it is dressed like lamb, the brains, sweetbread and tongue all constituting delicate dishes.

Of fruit and vegetables there is an abundance. Grapes, peaches, apricots, etc., may be had at a trifling cost, but although freshly gathered, they possess little flavour, probably because they ripen more rapidly than English-grown fruit.

Typical Italian Dishes

3711.—ARTICHOKES "ALLA MILANAISE."

(*Fr.*—Artichauts à la Milanaise.)

Ingredients.—Globe artichokes, Parmesan cheese, butter.

Method.—Remove the stalks and hard leaves, place the artichokes in slightly salted boiling water, boil gently until half cooked, and drain them well. Arrange them in a single layer in a fireproof baking-dish, pour over them some oiled butter, sprinkle liberally with grated cheese, and cover closely. Cook very gently in the oven until done, then serve with oiled butter, or any suitable sauce.

Time.—About 1 hour. **Average Cost,** 4d. to 6d. each. **Sufficient,** allow 1 to each person. **Seasonable** from January to April.

3712.—ASPARAGUS "ALLA CASALINGA."

Ingredients.—Asparagus, fresh eggs, butter, grated Parmesan cheese, salt and pepper.

Method.—Wipe, wash and trim the asparagus, boil it gently until three-quarters cooked, and drain well. When ready, place it in an earthenware dish, pour over it 2 or 3 tablespoonfuls of oiled butter, and sprinkle thickly with grated Parmesan cheese. Season with a little salt and pepper, and cook in a moderately hot oven until well browned. Meanwhile, separate the yolks of eggs from the whites, taking care to keep them whole, and fry them in hot butter, drain free from fat, place them round the asparagus, and serve.

Time.—About 45 minutes. **Average Cost,** asparagus 4s. to 10s. per 100. **Sufficient,** allow 1 egg and 10 heads of asparagus to each person. **Seasonable** from January to July.

3713.—AUBERGINE "AL FORNO."

Ingredients.—2 aubergines (egg-plant), butter, breadcrumbs, salt and pepper.

Method.—Boil the aubergine from 25 to 30 minutes, or until tender, then halve them lengthwise and remove the pulp carefully, so as not to break the skin. Pass the pulp through a fine sieve, season to taste with salt and pepper, and stir in a little oiled butter. Replace in the skins, sprinkle lightly with breadcrumbs, add a few bits of butter, and bake in a moderate oven until nicely browned.

Time.—About 1 hour. **Average Cost,** 4d. each. **Sufficient** for 4 persons. **Seasonable** from July to October.

3714.—BROAD BEANS "ALLA ROMANA."

Ingredients.—1 quart of young shelled broad beans, 4 or 5 tomatoes or ½ a tin of tomato purée, 1 small onion finely-chopped, 4 or 5 sage leaves finely-chopped, 2 ozs. of butter, salt and pepper.

Method.—Fry the onion and sage leaves in hot butter for a few minutes, then put in the beans with just sufficient boiling water to cover them, add a little salt and pepper, and cook gently until tender. When about half cooked add the tomato purée, fresh tomatoes being passed through a fine sieve to reduce them to a pulp, and stir frequently towards the end of the cooking process, to prevent the beans sticking to the bottom of the pan. Dish up and serve hot.

Time.—About ½ an hour. **Average Cost,** 1s. 1d. to 1s. 6d. **Sufficient** for 6 persons. **Seasonable,** July to August.

3715.—BROCCOLI "ALLA PARMIGIANA."

Ingredients.—Broccoli, 1 small onion finely-chopped, 4 ozs. of grated Parmesan cheese, ½ an oz. of butter, ½ a pint of white sauce (*see* Sauces, No. 221), 1 yolk of egg, breadcrumbs, cayenne, pepper and salt.

Method.—Boil the broccoli in salted water until tender, then drain them well. Fry the onion in the butter without browning, add the white sauce, and when boiling stir in ½ the cheese and the yolk of egg. Season to taste with cayenne, pepper and salt, and stir over the fire for a few minutes. Spread a little of the sauce on the bottom of a fire-proof baking-dish, arrange the broccoli compactly on the top of it, cover with the remaining sauce, sprinkle on the rest of the cheese mixed with a few white breadcrumbs, and bake in a moderate oven until lightly browned.

Time.— 40 to 60 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 4 or 5 persons. **Seasonable,** October to March.

3716.—BRUSSELS SPROUTS "AL SIMONE."

(Fr.—Choux de Bruxelles.)

Ingredients.—1½ to 2 lbs. of sprouts, 3 ozs. of butter, 1½ ozs. of flour, ½ a pint of stock or milk, 2 tablespoonfuls of lemon juice, 1 dessert-spoonful of grated Parmesan cheese, salt and pepper.

Method.—Trim and wash the sprouts, boil them in salted water until tender, and drain well. Heat the butter in a stewpan, fry the flour for a few minutes without browning, then add the stock and stir until boiling. Season to taste with salt and pepper, add the cheese and lemon juice, put in the sprouts, and shake over the fire until thoroughly hot.

Time.—20 to 25 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 5 or 6 persons. **Seasonable,** September to February.

3717.—CABBAGE "AL FORNO."

Ingredients.—1 large or 2 small cabbages, ½ a pint of white sauce (*see* Sauces, No. 221), 1 or 2 tablespoonfuls of grated cheese, breadcrumbs, butter, salt and pepper.

Method.—Boil the cabbage until tender, then chop it coarsely. Place a layer at the bottom of a fireproof baking-dish, cover lightly with white sauce, sprinkle liberally with cheese, and season rather highly with salt and pepper. Repeat until the dish is full, cover the top with a thin layer of breadcrumbs, and add a few bits of butter. Bake in a moderate oven for ½ an hour. Dish up and serve hot.

Time.—1 to 1¼ hours. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3718.—CABBAGE "FARCITO ALL' AMERICANA."

Ingredients.—1 large fresh cabbage, ½ a lb. of cooked rice, ½ a lb. of finely-chopped cooked meat, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of finely-grated lemon-rind, salt and pepper, ½ a pint of brown sauce (*see* Sauces, No 233).

Method.—Thoroughly wash the cabbage, put it into a saucepan of boiling salted water, boil for 15 minutes, then change the water, and continue to boil for about ½ an hour longer. Mix the boiled rice and prepared meat together, add the parsley, herbs, lemon-rind, and a good seasoning of salt and pepper, and mix well, moistening with a little stock or milk if necessary. Dry the cabbage thoroughly, open the leaves, and press a little of the preparation into each space. Enclose the stuffed cabbage in a large sheet of greased paper, and bake in a moderate oven from 35 to 45 minutes, basting from time to time with hot fat. Serve with brown sauce.

Time.—About 1½ hours. **Average Cost,** 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3719.—CAULIFLOWER "IN STUFATO."

(*Fr.*—**Choufleur farci.**)

Ingredients.—1 large or 2 small cauliflowers, 6 finely-chopped mushrooms, 2 ozs. of butter, 1 oz. of flour, 3 yolks of eggs, 1 tablespoonful of lemon-juice, $\frac{3}{4}$ of a pint of stock or milk, nutmeg, salt and pepper, rounds of buttered toast.

Method.—Break the cauliflower into medium-sized sprays, boil them in salted water until tender, and drain well. Meanwhile heat the butter in a stewpan, fry the flour for 3 or 4 minutes, then add the stock or milk, and stir until boiling. Season to taste with nutmeg, salt and pepper, add the mushrooms, and simmer gently for a few minutes. Beat the yolks of eggs slightly, add the strained lemon-juice, mix with the contents of the stewpan, and stir by the side of the fire until the sauce thickens, but do not allow it to reboil, or the eggs may curdle. Arrange the sprays of cauliflower compactly on the prepared toast, pour the sauce over, and serve.

Time.—About $\frac{1}{2}$ an hour. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable,** March to November.

3720.—CELERY "AL FRITTO." (*Fr.*—Céleri frit.)

Ingredients.—1 head of celery, egg and breadcrumbs, frying-fat.

Method.—Remove the outer stalks, wash the remainder of the celery, and cut it into pieces about 1 inch square. Place in boiling salted water, cook for $\frac{1}{2}$ an hour, then drain well. Coat carefully with egg and breadcrumbs, fry in hot fat until lightly browned, drain well, and serve.

Time.—About 40 minutes. **Average Cost,** 5d. to 6d. **Sufficient** for 2 or 3 persons. **Seasonable,** September to February.

3721.—CELERY "ALLA PARMIGIANA." (*Fr.*—Céleri au Fromage.)

Ingredients.—4 heads of celery, stock, grated Parmesan cheese, breadcrumbs, butter, salt and pepper.

Method.—Remove the outer stalks and the green part of the inner ones, divide each head into quarters, and wash them well. Cover with boiling stock, or failing this, boiling water and a little ham or lean bacon, season to taste, boil until tender, and drain well. Place a single layer of celery at the bottom of a fireproof baking-dish, sprinkle liberally with cheese, add a little seasoning, and repeat until the dish is full. Sprinkle the surface thickly with equal parts of cheese and breadcrumbs, and pour over 2 or 3 tablespoonfuls of oiled butter. Bake in a moderate oven until well browned, then serve.

Time.—About 1 hour. **Average Cost,** celery 3d. per head. **Sufficient** for 8 or 10 persons. **Seasonable,** September to February.

3722.—COD, ALLA NAPOLETANA. (*Fr.*—Cabillaud à la Napolitaine.)

Ingredients.—6 slices of small cod, 4 ozs. of butter, 12 button mushrooms, preferably fresh ones, a bouquet of mixed herbs, $\frac{1}{4}$ of a pint of

Marsala. For the sauce : 2 ozs. of finely-chopped raw ham, ¾ of an oz. of butter, 2 shallots finely-chopped, 4 button mushrooms finely-chopped, 1 clove, 1 bay-leaf, ¼ of a pint of Marsala, ¼ of a pint of good stock, ¼ of a pint of brown sauce, ¼ of a pint of tomato sauce (*see* Sauces, Nos. 233 and 282).

Method.—Let the slices of cod lie in salt and water for 1 hour, then drain and dry well. Heat the butter in a large stewpan, fry the cod until lightly browned on both sides, add the 12 mushrooms, the herbs, and the ¼ of a pint of Marsala, cover, and cook gently from 15 to 20 minutes, or until the fish is sufficiently cooked. Meanwhile, fry the ham, shallots and mushrooms in ¾ of an oz. of butter slowly for 10 minutes, then add the Marsala, stock, clove and bay-leaf, and boil rapidly. When reduced to about half the original quantity add the brown and tomato sauces, make thoroughly hot, then strain and serve in a sauce-boat. Dish up the fish and serve with the sauce.

Time.—About 2 hours. **Average Cost,** 4s. to 4s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** from September to February.

3723.—CROQUETTES OF CHESTNUTS. (*Fr.*—Croquettes de Marrons.)

Ingredients.—1 lb. of chestnuts, ¼ of a pint of cream, ¼ of a pint of crème patisserie (*see* No. 1738), essence of vanilla, castor sugar, egg and breadcrumbs, frying-fat.

Method.—Peel and scald the chestnuts, take off the inside peel, boil them until tender, and pass through a sieve. Put the chestnut purée into a small stewpan, stir in the cream and crème patisserie, mix well over the fire, then add vanilla essence to taste, and turn the preparation on a plate to cool. When firm enough to handle, form into cork-shaped croquettes, coat carefully with egg and breadcrumbs, and fry in hot fat. Drain well, and serve sprinkled with castor sugar.

Time.—About 1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3724.—CUCUMBERS "FARCITI." (Fr.—Concombres ferais.)

Ingredients.—2 medium-sized cucumbers, 2 tablespoonfuls of finely-chopped cooked chicken or veal, 1 tablespoonful of finely-chopped cooked ham, 1 tablespoonful of breadcrumbs, 1 egg, salt and pepper, brown breadcrumbs, stock, brown sauce (*see* Sauces, No. 233).

Method.—Remove the peel as thinly as possible, divide the cucumbers in halves, and scoop out the seeds. Mix the meat, ham, breadcrumbs and a little salt and pepper well together, moisten with 1 egg, and fill the cavities of the cucumbers with the preparation, piling it rather high in the centre. Sprinkle thickly with brown breadcrumbs, place them in a baking-tin, surround them to half their depth with stock, and bake until tender, adding more stock from time to time. Serve with brown sauce.

Time.—About 1 hour. **Average Cost,** 2s. to 2s. 3d. **Sufficient,** 6 to 8 persons. **Seasonable,** May to September.

3725.—FRENCH BEANS "ALLA CREMA."

(*Fr.*—Haricots verts à la Crême.)

Ingredients.—2 lbs. of French beans, 2 ozs. of butter, 1 egg, $\frac{1}{4}$ of a pint of cream or milk, 1 dessertspoonful of lemon-juice, grated cheese, nutmeg, salt and pepper.

Method.—String the beans, cover them with boiling slightly-salted water, boil until three-quarters cooked, and drain well. Heat the butter in a stewpan, add the beans and let them cook slowly until done, shaking frequently meanwhile. Beat the egg, stir in about 1 dessertspoonful of cheese, nutmeg, salt and pepper to taste, and the lemon-juice. Stir or shake over the fire for a few minutes, then serve.

Time.—20 to 30 minutes. **Average Cost,** beans 6d. per lb. **Sufficient** for 6 persons. **Seasonable,** July to October.

3726.—HARICOT BEANS "ALLA MILANESE."

(*Fr.*—Haricots à la Milanaise.)

Ingredients.—1 quart of green haricot beans, 3 ozs. of butter, 1 dessertspoonful of finely-chopped parsley, 1 tablespoonful of lemon-juice, salt and pepper.

Method.—Boil the beans in salted water until tender, and drain them well. Heat the butter in a stewpan, add the parsley, lemon-juice and a good seasoning of salt and pepper, put in the beans, and shake them over the fire until thoroughly hot. Dried beans may be used instead of fresh ones, in which case they must be soaked for at least 12 hours.

Time.—30 to 40 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable,** May to August.

3727.—HARICOT BEANS "ALLA ROMANA."

(*Fr.*—Haricots blancs à la Romaine.)

Ingredients.—1 quart of small dried haricot beans, 3 ozs. of butter, 1 tablespoonful of finely-chopped lean ham or bacon, either raw or cooked, 1 large onion cut into small dice, $\frac{1}{4}$ of a pint of stock or milk, 1 tablespoonful of lemon-juice, nutmeg, salt and pepper.

Method.—Soak the beans for at least 12 hours, cook them in salted water until tender, then drain well. Heat the butter in a stewpan, fry the onion until lightly browned, then add the ham or bacon, and cook for 2 or 3 minutes longer. Now put in the stock or milk, add a good pinch of nutmeg, salt and pepper to taste, and stir in the beans. Shake over the fire until thoroughly hot, then serve.

Time.—From 1 to 1¼ hours. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 5 or 6 persons. **Seasonable,** May to August.

3728.—ITALIAN MACARONI PIE.

Ingredients.—¾ of a lb. of cold beef, or mutton, ½ an onion, 3 or 4 tomatoes, ¼ of a lb. of macaroni, breadcrumbs, grated cheese, stock, salt, pepper, nutmeg.

Method.—Cut the beef or mutton into thin slices, peel the onion and slice it thinly, slice the tomatoes, and boil the macaroni in slightly salted water until tender. Cool and drain the macaroni, and cut it up into small pieces. Line a buttered baking dish with macaroni and arrange the meat, onion and tomato slices in layers on the baking dish. Season with salt, pepper and nutmeg, pour over a little stock, and cover the top with macaroni. Sprinkle over some breadcrumbs and grated cheese, and bake for about 30 minutes in a hot oven.

Time.—To bake, 20 minutes. **Average Cost,** 2s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3729.—LARKS IN ONIONS.

(*Fr.*—Mauviettes aux Oignons.)

Ingredients.—12 larks, 6 Spanish onions of equal size, ½ a lb. of veal forcemeat (*see* Forcemeats, No. 413), 2 or 3 fowls' livers, 3 or 4 slices of bacon, 1 pint of stock (about), ¼ of a teaspoonful of powdered mixed herbs, salt and pepper, brown sauce (*see* Sauces, No. 233), glaze.

Method.—Blanch the fowls' livers, chop them finely, add the herbs, season to taste with salt and pepper, and moisten with a little stock. Clean and bone the larks, and stuff them with the prepared forcemeat. Cover the bottom of a stewpan with slices of bacon, place the larks on them, just cover with stock, and cook gently for about 15 minutes. Meanwhile peel and blanch the onions, dry them thoroughly, and cut them in halves across. Remove the greater part of the inside, spread a good layer of the forcemeat, and place 1 lark in each case thus prepared. Cover with a buttered paper, and bake in a moderate oven for about ½ an hour, then glaze and serve with brown sauce.

Time.—About 1½ hours. **Average Cost,** 4s. 6d. to 5s. 6d. **Sufficient** for 10 or 12 persons. **Seasonable** at any time.

3730.—LEEKS "AL FORNO." (*Fr.*—Poireaux.)

Ingredients.—From 12 to 18 leeks, 2 ozs. of butter, 1 dessertspoonful of grated cheese, 1 yolk of egg, ½ a pint of hot white sauce (*see* Sauces), salt and pepper.

Method.—Trim the leeks, divide them into pieces about 2 inches long, and let them remain in cold water for 1 hour. Have ready a saucepan of salted boiling water, cook the leeks until tender, and again immerse them in cold water. Let them remain for at least 1 hour, then drain and dry thoroughly, and place them in an earthenware baking-dish. Heat the butter in a stewpan, drain and add the leeks, cook gently for 10 minutes, then add the hot white sauce, cheese, yolk of egg, and a good seasoning of salt and pepper. Mix well, pour over the leeks, and bake in a moderate oven until brown.

Time.—3½ hours. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 6 to 9 persons. **Seasonable** at any time.

3731.—LETTUCE SOUP. (*Fr.*—Soupe aux Laitues.)

Ingredients.—3 pints of stock, 1 or 2 heads of lettuce, according to size, 2 tablespoonfuls of rice, 1 dessertspoonful of grated Parmesan cheese, salt and pepper.

Method.—Remove the outer leaves, separate the rest, wash them well, and shred them finely. Wash the rice, put it into the stock when boiling, and season to taste. Boil gently for 10 minutes, then add the prepared lettuce gradually, so as not to reduce the temperature of the stock below boiling point, and continue to cook slowly for 20 minutes longer. Add the cheese, and serve.

Time.—About ½ an hour. **Average Cost,** 4d., exclusive of the stock. **Sufficient** for 5 or 6 perons. **Seasonable** at any time.

3732.—LOMBARD SOUP. (Zuppa Lombarda.) (*Fr.*—Potage à la Lombardoise.)

Ingredients.—2 ozs. of finely-chopped suet, 2 ozs. of fowl's liver, 2 ozs. of lamb's sweetbread, 2 ozs. of mushrooms, 1 teaspoonful of finely-chopped truffle, 1 egg, spinach purée, lobster spawn, 2 tablespoonfuls of cooked tips of asparagus, 2 tablespoonfuls of cooked green peas, 2 quarts of boiling consommé, salt and pepper.

Method.—Pound the liver, suet, sweetbread, and mushrooms until smooth, adding the egg gradually, season to taste, and pass through a sieve. Add the truffle, divide the forcemeat into 3 equal portions, add a little lobster spawn to one, colour the second green with spinach purée, and leave the third plain. Form into small quenelles, and poach in a little boiling stock until firm. Drain and place in a soup tureen, put in the asparagus tips and the peas, pour in the consommé, and serve.

Time.—¾ of an hour. **Average Cost,** 2s. to 2s. 6d., exclusive of the consommé. **Sufficient** for 10 or 12 persons. **Seasonable** at any time.

3733.—MACARONI "AL LATTE." (*Fr.*—Macaroni au Fromage.)

Ingredients.—¾ of a lb. of macaroni, 3½ ozs. of butter, ½ an oz. of flour, 1½ ozs. of grated Parmesan cheese, 1 oz. of grated Gruyère cheese, 1¼ pints of milk, breadcrumbs, salt and pepper.

Method.—Parboil the macaroni in salted water, then drain it well. Melt 2 ozs. of butter in a stewpan, stir and cook the flour for 3 or 4 minutes, add the milk, and stir until boiling. Season to taste, put in the Gruyère cheese and macaroni, cook gently until the milk is nearly absorbed, then stir in the grated Parmesan cheese and the remaining butter. Turn into a well-buttered baking-dish, cover lightly with breadcrumbs, add a few bits of butter, and bake in a moderate oven until nicely browned.

Time.—About 45 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 or 3 persons. **Seasonable** at any time.

3734.—MACARONI "ALLA NAPOLETANA." (*Fr.*—Macaroni à la Napolitaine.)

Ingredients.—¾ of a lb. of macaroni, ¼ of a lb. of grated Parmesan cheese, ½ an oz. of tongue shredded, 6 mushrooms shredded, 2 truffles shredded, ½ a pint of tomato sauce, ½ a pint of white sauce (*see* Sauces, Nos. 282 and 222).

Method.—Boil the macaroni in salted water until tender, and drain it well. Place it in a stewpan with the white and tomato sauces, add the prepared cheese, truffles and mushrooms, shake over the fire for about 10 minutes, then serve.

Time.—About ½ an hour. **Average Cost,** 2s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3735.—PEAS "ALL' ANTICA." (*Fr.* — Pois aux Laitues.)

Ingredients.—1 quart of young shelled peas, 1 head of crisp lettuce, 4 ozs. of butter, 1 yolk of egg, ½ a pint of water, ¼ of a pint of cream or milk, castor sugar, salt.

Method.—Wash and tie up the lettuce, put it into a stewpan with the peas, butter, water and a little salt, cook from 15 to 20 minutes, or until the peas are tender, then remove the lettuce and keep it hot. Mix the yolk of egg and cream together, add the preparation to the contents of the stewpan, season to taste with salt and pepper, and put in a good pinch of sugar. Stir over the fire for 2 or 3 minutes, then pour over the lettuce, and serve.

Time.—About ½ an hour. **Average Cost,** 1s. 9d. to 2s. 6d, **Sufficient** for 5 or 6 persons. **Seasonable,** August to September.

3736.—PEAS "AL BUON GUSTO." (*Fr.*—Petits Pois au Beurre.)

Ingredients.—1 quart of shelled peas, 1½ ozs. of butter, ½ an oz. of flour, 3 slices of onion, ¼ of a pint of stock, salt and pepper.

Method.—Parboil the peas in salted water, and drain them well. Fry the slices of onion in the butter until brown, then take them out and stir in the flour. Cook gently for 3 or 4 minutes, then put in the peas, add a seasoning of salt and pepper, and stir gently for about 10 minutes. Add the stock, cover closely, and let the pan stand by the side of the fire until the peas are tender, stirring occasionally, but very gently, as the peas should be kept whole.

Time.—30 to 40 minutes. **Average Cost**, 1s. 3d. to 2s. **Sufficient** for 5 or 6 persons. **Seasonable**, August to September.

3737.—PHEASANT ALLA NAPOLETANA. (*Fr.*—Faisan à la Napolitaine.)

Ingredients.—1 pheasant, larding bacon, 8 ozs. of macaroni, 6 ozs. of grated Parmesan cheese, 2 ozs. of butter, 2 tablespoonfuls of tomato purée, ½ a pint of good gravy (*see* Gravies), Napolitana sauce (*see* Cod, alla Napoletana, No. 3722), salt and pepper.

Method.—Parboil the macaroni, drain it well, replace it in the stewpan with the butter and gravy, and cook slowly until tender. Season to taste, add the tomato purée and cheese, and make thoroughly hot. Meanwhile lard the breast of the pheasant in close rows, roast it in front of the fire from ¾ to 1¼ hours, according to size, then divide it into neat joints. Turn the macaroni on to a hot dish, arrange the pheasant on the top of it, and serve the sauce separately.

Time.—To cook, from ¾ to 1¼ hours. **Average Cost**, pheasant, from 3s. 6d. **Sufficient**, 4 to 6 persons. **Seasonable**, October to February.

3738.—POLENTA "ALLA BOLOGNA."

Ingredients.—3 or 4 sausages, 1 lb. of Indian corn meal, 1 pint of boiling water, ¼ of a pint of tomato purée, grated Parmesan cheese, butter, salt and pepper, breadcrumbs.

Method.—Stir the polenta gradually into the boiling water, add salt to taste, stir until smooth, and let it cool. Put the sausages into boiling water, cook them for 10 minutes, and when cool, remove the skins and cut them into slices. Place a layer of polenta at the bottom of a fireproof baking-dish, cover with a layer of sausages, add a little tomato purée, a good sprinkling of cheese, and a seasoning of salt and pepper. Repeat until the dish is full, cover lightly with breadcrumbs, add a few bits of butter, bake in a moderate oven for about ½ an hour, and serve hot.

Time.—From 50 to 60 minutes. **Average Cost**, 1s. to 1s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3739.—POLENTA "ALLA PARMIGIANA."

Ingredients.—1 lb. of Indian corn meal, 1 pint of boiling water, grated Parmesan cheese, oiled butter, salt.

Method.—Stir the meal, a little at a time, into the boiling water, add salt to taste, cook over the fire until perfectly smooth, then spread on a dish in a layer about ½ an inch thick. When quite cold cut into strips or small squares, pile in layers on a buttered baking-dish, sprinkle each layer liberally with cheese, pour 2 or 3 tablespoonfuls of oiled butter over the whole, and bake for about ½ an hour in a moderate oven. Serve hot.

Time.—About 2 hours. **Average Cost,** 6d. to 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3740.—POLENLINA "ALLA VENEZIANA."

Ingredients.—2 tablespoonfuls of Indian corn meal, 3 ozs. of butter, 2½ pints of milk, salt and pepper, fried croûtons.

Method.—Mix the meal smoothly with a little cold milk, stir it into the rest of the milk when quite boiling, and continue to stir and cook for 20 minutes. Add salt and pepper to taste, stir in the butter, a small piece at a time, and serve with the fried croûtons.

Time.—About ½ an hour. **Average Cost,** 10d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3741.—PURÉE "ALLA SOUBISE." (*Fr.*—Purée d'Oignons.)

Ingredients.—4 Spanish onions, ½ a pint of haricot beans, 3 ozs. of butter, stock, nutmeg, salt and pepper, fried croûtons.

Method.—Boil the haricot beans until tender, and rub them through a fine sieve. Cut the onions into dice, fry them in butter until soft, but without browning, then pass them through a sieve. Place both onion and haricot purées in a stewpan, add a pinch of nutmeg, a seasoning of salt and pepper, and dilute gradually with stock until the desired consistency is attained. Boil gently until quite smooth, then serve with croûtons of fried bread.

Time.—About 1½ hours. **Average Cost,** 10d. to 1s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3742.—RICE "ALLA CASALINGA." (*Fr.*—Riz au Jambon.)

Ingredients.—½ a lb. of rice, ¼ of a lb. of lean ham or bacon cut into dice, 1 oz. of butter, 1½ pints of stock, ¼ of a pint of tomato purée, sausages.

Method.—Wash the rice, put it into salted boiling water, boil rapidly for 7 minutes, then strain and let it cool. Heat the butter in a stewpan, fry the ham or bacon slightly, then add the stock and bring to boiling point. Season to taste, put in the rice, cook gently until the stock is absorbed, then stir in the tomato purée, make thoroughly hot, and serve garnished with fried sausages.

Time.—About 20 minutes. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3743.—RICE "ALLA TOMATO." (*Fr.*—Riz aux Tomates.)

Ingredients.—8 ozs. of rice, ½ a pint of tomato purée, 2 tablespoonfuls of breadcrumbs, 1 small onion finely-chopped, 2 ozs. of butter, 1 egg, 1 yolk of egg, 1 pint of milk, salt and pepper.

Method.—Wash the rice, put it into a large saucepan of salted boiling water, boil rapidly for 6 or 7 minutes, then strain. Have the milk ready boiling in a stewpan, put in the rice, season to taste with salt and pepper, and cook gently until the milk is absorbed. Mix in half the butter and the egg, stir over the fire for a few minutes, then pile on a dish in the form of a circular or oval border. Smooth with a hot wet knife, brush over with yolk of egg, and brown in a moderate oven. In the meantime heat the remaining butter, fry the onion until lightly browned, add the tomato purée and breadcrumbs, and season to taste. Stir over the fire until thoroughly hot, and serve in the centre of the rice border.

Time.—About 1 hour. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3744.—RISOTTO "ALLA MILANESE." (*Fr.*—Riz à la Milanaise.)

Ingredients.—6 ozs. of rice, 2 ozs. of butter, 1½ ozs. of grated Parmesan cheese, 1 small onion finely-chopped, 6 button mushrooms finely-chopped, 3 pints of stock, salt and pepper.

Method.—Wash, drain and thoroughly dry the rice. Heat the butter, fry the onion brown, add the rice and stir over the fire for a few minutes. Add half the stock, boil quickly for 20 minutes, then cover the pan closely and let the contents cook slowly. Add the remaining stock by degrees, and when nearly the whole of it is absorbed, stir in the cheese, and season to taste. Stir over the fire for a few minutes, then serve. If liked, grated cheese may be served separately.

Time.—About 1 hour. **Average Cost,** 8d., exclusive of the stock. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3745. SALAD "ALLA FRANCESE." (*Fr.*—Salade Française.)

Ingredients.—9 small firm tomatoes, ½ a head of celery, 2 tablespoonfuls of stiffly-whipped cream, 1 tablespoonful of tomato purée, 1 tablespoonful of lemon-juice, a pinch of castor sugar, lettuce.

Method.—Pour boiling water over the tomatoes, let them remain for 2 minutes, then remove the skins, and scoop out the seeds. Place them on ice or in a cool place until quite cold, and meanwhile shred the celery finely, and mix with it the lemon-juice, sugar, tomato purée and cream. Fill the centre of each tomato with this preparation, piling it rather high, arrange the tomatoes on a dish on a bed of shredded lettuce, then serve.

3746.—SALAD "ALL' ITALIANA." (*Fr.*—Salade Italienne.)

Ingredients.—1 large carrot sliced, 1 turnip sliced, 2 large cold boiled potatoes sliced, 1 beetroot cut into strips, 1 finely-chopped shallot, ¼ of a pint of mayonnaise sauce, No. 201, or stiffly-whipped cream flavoured with lemon-juice or vinegar, watercress.

Method.—Cook the slices of carrot and turnip in a little stock until tender, drain them well, and when quite cold mix with the prepared potato and beetroot. Add the shallot, stir in the mayonnaise of cream, garnish with watercress, then serve.

Time.—From 1 to 1¼ hours. **Average Cost,** 9d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3747.—SALAD "ALLA MACEDONE." (*Fr.*—Salade à la Macédoine.)

Ingredients.—1 cooked beetroot cut into dice, 3 tablespoonfuls of cooked French beans, 3 tablespoonfuls of cooked peas, 1 cooked carrot shredded, ½ a head of celery shredded, 1 tablespoonful of lemon-juice, mayonnaise sauce.

Method.—Cook the vegetables separately, taking care to keep them unbroken. When quite cold mix them well together, sprinkle in the lemon-juice, stir in the mayonnaise as lightly as possible, then serve.

Time.—20 minutes. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons. **Seasonable,** July to October.

3748.—SPINACH CROQUETTES. (*Fr.*—Croquettes d'Épinards.)

Ingredients.—4 or 5 lbs. of spinach, 3 ozs. of butter, 2 eggs, nutmeg, salt and pepper, frying batter (*see* Apple Fritters, p. 979), frying-fat.

Method.—Wash and pick the spinach, put it into a saucepan with just sufficient water to prevent it burning at the bottom, and cook until tender. Drain well, chop finely, and if convenient, pass it through a sieve. Place it in a stewpan with the butter, add a good pinch of nutmeg, and salt and pepper to taste. Stir over the fire until hot, then add the eggs previously beaten, and continue to stir and cook until the purée thickens. When quite cold, form the preparation into cork-shaped pieces, dip them into the prepared batter, and fry in hot fat until crisp and lightly browned. Drain well, and serve as hot as possible.

Time.—From 2½ to 3 hours. **Average Cost,** 1s. 3d. **Sufficient** for 5 or 6 persons. **Seasonable,** March to December.

3749.—SPINACH "IN RICCIOLI." (*Fr.*—Rissolettes d'Épinards.)

Ingredients.—3 eggs, spinach purée (*see* Spinach Croquettes, No. 3748), olive-oil, butter, grated Parmesan cheese, salt and pepper.

Method.—Beat the eggs well, mix with them enough spinach to make them green, and season to taste. Heat a little oil in a small frying-pan, cover the bottom with a very thin layer of the egg preparation, fry lightly, then toss or turn and cook the other side. Repeat, and when all is fried, place the pancakes one above the other, and cut them into sections or wide strips. Fry them lightly in hot butter, and serve sprinkled with cheese.

Time.—½ an hour. **Average Cost,** 1s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable**, March to December.

3750.—SPINACH PUDDING. (*Fr.* — Pouding aux 'Épinards.)

Ingredients.—2 lbs. of spinach, ½ a lb.of veal forcemeat, 2 ozs. of butter, 3 yolks of eggs, ¼ of a pint of Béchamel sauce, No. 177, salt and pepper, brown sauce (*see* Sauces, No. 233).

Method.—Pick and wash the spinach, boil until tender in a saucepan with just sufficient water at the bottom to prevent it burning, then chop finely, and pass through a sieve. Heat the butter in a stewpan, add the spinach purée, yolks of eggs and Béchamel sauce, and season to taste. Stir over the fire until the mixture thickens slightly, then let it cool, and add the forcemeat. Turn into a well-buttered mould, cover with a buttered paper, and steam gently from 35 to 45 minutes. Unmould, and serve with good brown sauce.

Time.—About 1½ hours. **Average Cost,** 1s. 9d. to 2s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable,** March to December.

3751.—SPINACH SOUFFLÉ. (*Fr.*—Soufflé d'Épinard.)

Ingredients.—½ a pint of spinach purée, 3 whites of eggs, 2 yolks of eggs, salt and pepper.

Method.—Prepare the purée as directed in the recipe for Spinach Croquettes, No. 3748. After passing through the sieve, place it in a small stewpan, season to taste, then add the yolks of eggs, and stir over the fire until the purée thickens. Let it become quite cold, add the whites of eggs stiffly-whisked, stir them in as lightly as possible, and half fill china or paper ramakin cases with the preparation. Bake in a hot oven until set, then serve as quickly as possible.

Time.—To bake, about 10 minutes. **Average Cost,** 8d. **Sufficient** for 6 or 8 ramakins. **Seasonable,** March to December.

3752.—TOMATOES "ALL' INDIANA." (*Fr.*—Tomates à l'Indienne.)

Ingredients.—10 ozs. of rice, ¾ of a pint of tomato purée (either tinned or made by passing tomatoes through a fine sieve), breadcrumbs, butter, salt and pepper.

Method.—Wash the rice, put it into a large saucepan of salted boiling water, boil rapidly for 10 minutes, then drain well. Put a layer of rice at the bottom of a well-buttered baking-dish, cover with tomato purée, and season with salt and pepper. Repeat the layers, cover the surface rather thickly with breadcrumbs, and add a few bits of butter. Bake in a moderate oven for 40 minutes, and serve in the dish.

Time.—About 1 hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3753.—TOMATOES "AL PANE." (*Fr.*—Baked Tomates.)

Ingredients.—6 or 8 firm tomatoes, breadcrumbs, butter, salt and pepper.

Method.—Slice the tomatoes rather thickly, place them in a fireproof dish with alternate layers of breadcrumbs, each layer being liberally seasoned with salt and pepper, and the breadcrumbs well moistened with oiled butter. Let the top layer consist of breadcrumbs moistened with butter. Bake in a moderately hot oven from 35 to 40 minutes, and serve in the dish.

Time.—About 1 hour. **Average Cost,** 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3754.—TOMATOES "CON NOVA." (*Fr.*—Tomates au, Fromage.)

Ingredients.—4 firm tomatoes, an equal number of fresh eggs, cooked spaghetti, white sauce, grated Parmesan cheese, salt and pepper.

Method.—Cut off the tops of the tomatoes, scoop out the greater part of the pulp, season well with salt and pepper, and break 1 egg into each.

Replace the tops, place the tomatoes in a baking-dish, and cook gently until the eggs are set. Heat the white sauce, add the cooked spaghetti, cheese, salt and pepper to taste, and make thoroughly hot. Place the spaghetti in a hot dish, dish the tomatoes on the top, then serve.

Time.—About 20 minutes. **Average Cost,** 1s. 4d. **Sufficient** for 4 persons. **Seasonable** at any time.

3755.—TURBOT "ALL' ITALIANA."

(*Fr.*—Turbot à l'Italienne.)

Ingredients.—1 medium-sized turbot, button mushrooms cooked and glazed, prawns, truffles, 1 pint of Allemande sauce (*see* Sauces, No. 174), 2 tablespoonfuls of purée of tomatoes, 1 teaspoonful of finely-chopped parsley, 1 dessertspoonful of lemon-juice, butter, salt and pepper.

Method.—Let the turbot lie for 1 hour in salt and water, then rub the white side with cut lemon, put it in a pan with seasoned water, and cook gently till done. Make the Allemande sauce as directed, add the tomato purée, parsley and lemon-juice, and stir in a few bits of butter just before serving. When ready, drain the fish well, serve garnished with mushrooms, prawns and slices of truffle, and hand the sauce separately.

Time.—From 35 to 45 minutes. **Average Cost,** 1s. 6d. per lb. **Sufficient** for 12 persons **Seasonable** at any time.

3756.—TURKEY "ALLA MILANESE."

(*Fr.*—Dinde à la Milanaise.)

Ingredients.—1 turkey, ½ a lb. of sausages, ½ a pint of chestnuts boiled and peeled, 8 French prunes scalded, halved and the stones removed, 4 pears pared and quartered, 1 glass of white wine, slices of bacon, butter, pepper and salt.

Method.—Parboil the sausages, and when cool remove the skins and cut into slices. Heat from 1½ to 2 ozs. of butter in a stewpan, put in the chestnuts, prunes and pears, and add the liver of the turkey, previously blanched and coarsely chopped. Fry gently for a few minutes, then drain well from the butter, add the wine, and stuff the breast of the turkey with this preparation. Cover the breast with slices of hot bacon, baste well with hot butter or fat, and cook in a moderate oven for about 2 hours, basting frequently.

Time.—To cook, from 1½ to 2 hours. **Average Cost,** Turkey, from 6s. 6d. **Sufficient,** a small turkey, 8 persons. **Seasonable** from September to February.

3757.—VENETIAN SOUP. (Brodetto Veneziano.)

This is a rich beef broth, mixed with beaten yolks of eggs, lemon-juice and served with thinly cut slices of French rolls, previously baked.

Spanish Cookery

CHAPTER LIV

General Observations on Spanish Cookery, with Recipes for typical Spanish Dishes.

THE food supply of Spain as regards meat and fish is less abundant than that of many other European countries. Little pasturage is to be found in the entire breadth of the country, consequently dairy products are scarce and butter is almost unknown. The flesh of cattle two years old, which is something between veal and beef, but tougher than either, is the most common meat. Poultry is very lean, rather tough and very expensive. Such vegetables as cabbage, marrows, beans, peas, and lettuce are plentiful, but carrots, parsnips and broad beans are only grown in private gardens and are more or less regarded as luxuries.

In southern Spain, where women live in almost Oriental seclusion, men sell the produce, and the markets are filled with their loud voices as in excitable tones each man offers grapes, figs, pomegranates, olives and oranges at a lower price than his neighbour.

In the north the markets are more picturesque, for the produce is sold by the straight-featured Basque women who come in from the neighbouring farms. The produce consists principally of fruit and vegetables, which they pile in long rows and decorate with flowers. The little bunches of pink, yellow, purple and red flowers are arranged without the least regard to colour, yet, nevertheless, have a bright and pleasing effect.

Housekeeping in Spain is primitive and cooking a very simple affair. Every family buys just enough potatoes or beans each day for one dinner, cooks and eats them all, and the next day does the same thing over again. The kitchens are almost bare of utensils with which to cook. Even rolling pins and bread boards are unknown, for both bread and pastry are obtained from the bakery. The bread, by the way, is close grained, its almost solid condition being due to the excessive kneading it receives.

Notwithstanding the limited markets and the primitive methods of cooking many of their frugal national dishes are extremely palatable. The most distinctively Spanish dish, "berga," appears as the first course of every dinner, and for the poor comprises the entire meal. It is made of corned beef, sausage, or pork boiled with peas, beans, cabbage and squash, or indeed any other vegetable in season, and stewed all together in one vessel, usually an earthenware pipkin. Amongst the wealthy, carrots, turnips and tomatoes are added to the meat, or game and poultry, whilst the peas and lentils give place to rice. This stew is almost identical with Olla, the daily stew of the Portuguese.

3758.—ESTOFADO. (Stewed Chicken.)

Ingredients.—The remains of cooked chicken cut into dice (about 2 heaped tablespoonfuls), 2 large potatoes cut into dice, 1 slice of toasted bread cut into dice, 1 tablespoonful of raisins, 2 tomatoes, 1 green pepper finely shredded, ¼ of a pint of wine or vinegar, 1 oz. of lard, salt.

Method.—Halve the tomatoes, squeeze out all the juice and cut them into dice. Place the chicken, potatoes, toast, raisins, tomatoes and green pepper in a stew-jar, add a good seasoning of salt, the wine or vinegar, and as much water as is needed to barely cover the whole.

Place the lard on the top in small pieces, cover closely, and stew gently for about 1½ hours. Serve hot.

Time.—To cook about 1½ hours. **Average Cost,** 1s. 3d. **Sufficient** for 2 persons. **Seasonable** at any time.

3759.—TOREGAS PAR EL DES AYUNO. (Spanish Fritters.)

Ingredients.—4 tablespoonfuls of flour, 3 eggs, ½ a pint of milk, syrup (*see* p. 1059), cinnamon, salt, lard.

Method.—Mix the flour, eggs, milk and a good pinch of salt to a smooth batter, and let it stand for an hour. Make a syrup as directed, and to it add a liberal flavouring of cinnamon. Heat the lard, put in the batter a spoonful at a time and fry gently until crisp and lightly browned. The syrup is usually poured over before serving, but if preferred it may be handed separately.

Time.—Altogether, about 2 hours. **Average Cost,** 1s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3760.—TORTILLA BUNURLOS. (Spanish Wafers.)

Ingredients.—½ a lb. of flour, water, syrup (*see* p. 1059), cinnamon, salt.

Method.—Make the syrup as directed, and add a liberal flavouring of cinnamon. To the flour add a good pinch of salt and cold water gradually until a smooth rather soft dough is formed. Take a piece of dough about the size of a small egg and slap it from hand to hand until as thin as a wafer. Bake in a moderately cool oven until crisp, pour the syrup over and serve.

Time.—About 1 hour. **Average Cost,** 5d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3761.—TORTAS DE HUENO. (Egg Savoury.)

Ingredients.—5 eggs, 1 tablespoonful of grated cheese, 1 oz. of lard, 10 red peppers, salt.

Method.—Scrape the fibres from the peppers, boil the peppers in a little water for 15 minutes or until soft, then drain and chop them finely. Separate the yolks from the whites of eggs, and whip the latter to a stiff froth. Heat the lard, add the chopped peppers and a tablespoonful of the water in which they were boiled, cheese, yolks of eggs, and salt to taste. Stir over the fire for 2 or 3 minutes, then add the whites a spoonful at a time and stir very gently until cooked. To be eaten with meats.

Time.—about 40 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3762.—COLACHE. (Vegetable Stew.)

Ingredients.—1 green squash, 6 tomatoes, 1 large onion cut into dice, 1 green pepper finely shreded, 1 oz. of lard, salt.

Method.—Cut the squash into pieces about one inch square. Halve the tomatoes, squeeze from them all the juice and cut them into dice. Place the squash, tomatoes, onion, green pepper, lard, and a good seasoning of salt in a stew-jar, and add water to barely cover the whole. Cover closely and cook gently for about one hour.

Time.—To cook, about 1 hour. **Average Cost,** 1s. to 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3763.—TORTAS DE LANGOSTA. (Lobster Fritters.)

Ingredients.—1 lobster (or a tin of lobster of a good brand), 4 eggs, 1 heaped tablespoonful of flour, cayenne, salt, lard for frying.

Method.—Divide the lobster into very fine flakes. Beat the eggs lightly, add them gradually to the flour, season liberally with salt and cayenne and stir in the lobster. Have the lard ready heated, put in the preparation a tablespoonful at a time, and fry slowly until crisp and lightly browned.

Time.—About 1 hour. **Average Cost,** 1s. 6d. to 2s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3764.—CERBOLLA CON TOMATE. (Stewed Tomatoes.)

Ingredients.—6 large tomatoes sliced, 2 large onions cut into dice, 1 green pepper finely chopped, 1 oz. of lard, salt.

Method.—Heat the lard, fry in it the onion and pepper until the onion is lightly browned and add the tomatoes. Season to taste with salt, cover closely and cook gently for about ½ hour.

Time.—To cook, about 1¼ hours. **Average Cost,** 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

JEWISH COOKERY

CHAPTER LV

General Remarks and Recipes for Passover Dishes

As a race the Jews have derived an incalculable benefit from the remarkable and wisely conceived hygienic code which formed an essential part of the religious life of the Hebrew nation. This comprehensive scheme for the regulation of social and domestic affairs includes rules for the selection and preparation of food, which is divided into two classes, " clean " and " unclean," the latter being prohibited. Among the " unclean " foods are pork, eels, and mud-loving fish : the pig from its indiscriminate feeding being liable to internal and external parasitical diseases, especially in warm climates. Fish also suffer from parasites and rapidly decompose, particularly the fat, indigestible mud-fish.

The Mosaic code takes cognizance of the danger to health which arises from the consumption of unsound food, and minute regulations are laid down for the examination and slaughtering of animals, it being required that the butcher should be a priest, a trained expert, whose duty it is to this day to examine all cattle before they are slaughtered and reject the " unclean." The animals are killed in accordance with a strict ritual, one of the chief points being the removal of the blood, which modern science has shown often contains malignant microbes, and a potent cause of corruption and disease. Certain parts of the carcass, chiefly the digestive organs, which are commonly eaten, the Jews reject, losing indeed some gastronomic pleasure, but escaping risks which in hot climates are very real. Not only the carcasses, but the various joints are stamped by the priest with his official seal before they are delivered for consumption.

Apart from these precautions for the safety of the general public, there are various domestic rules designed to secure the wholesomeness of the food eaten by the Jews. For example, certain joints are soaked in cold water to extract all traces of blood : fish must be cleansed with the most scrupulous care both inside and outside. Methods of cooking are also prescribed in certain cases. Fish and other classes of food must be fried in oil—a sound gastronomic and hygienic rule, for the oil before being fit for use must be raised to a high temperature to ensure thorough cooking and the retention of the savour of the viand, which thus becomes completely sterilized. The Jewish smoked beef is most excellent and useful, for it keeps good so long, and is a capital store for gravies and soups.

There are many interesting dishes peculiar to special feasts and fast-days, but in all the directions given for these, it will be noticed that cleanliness and health are regarded as the essential.

Passover Dishes.

3765.—AMNASTICH.

Ingredients.—1 chicken, veal forcemeat, No. 413, 1 quart of white stock, 1 lb. of Carolina rice, 1 Spanish onion stuck with 3 or 4 cloves, a bouquet-garni (parsley, thyme, bay-leaf), 4 yolks of eggs, the juice of 1 large lemon, salt and pepper.

Method.—Stuff the chicken with forcemeat and truss it for boiling. Wash and well drain the rice, put it into a large stewpan with the stock, bring it slowly to boiling point, and add the onion, bouquet-garni, salt and pepper to taste. Cook slowly until the rice begins to soften, then add the chicken, cover it well with rice, and continue to cook slowly until done. Remove the chicken and keep it hot, take out the onion and bouquet-garni, and add the beaten yolks of eggs and the lemon juice. Stir over the fire for a few minutes, then serve the rice, etc., piled round the chicken.

Time.—About 2 hours. **Average Cost,** 3s. 9d. to 4s. 3d., exclusive of the stock. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3766.—FILLETS OF SALMON FRIED IN BUTTER.

Ingredients.—1½ lbs. of salmon, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, flour, frying-batter (*see* No. 1647), frying-oil, salt and pepper.

Method.—Divide the salmon into slices about 2 inches square and rather more than ½ an inch in thickness, and roll them in flour seasoned with a little salt and pepper. Make the batter, add to it the onion, parsley, herbs, and a good seasoning of pepper, and dip in the pieces of fish. If available, fry them in a deep pan of oil ; if not, heat a good layer of oil in a sauté-pan or a good sized frying-pan, and cook the fish until well browned on both sides. Serve cold.

Time.—40 minutes. **Average Cost,** 2s. to 3s. **Sufficient** for 4 or 5 persons. **Seasonable** from February to August.

3767.—FISH, STEWED.

Ingredients.—2 or 3 lbs. of white fish, 1 onion finely-chopped, 2 tablespoonfuls of oil, 1 pint of water, 1 tablespoonful of finely-chopped parsley, ground ginger, nutmeg, salt and pepper. For the balls : ½ a lb. of fish liver (or equal parts of liver and fish) finely chopped, 2 ozs. of breadcrumbs, 1 tablespoonful of finely chopped parsley, 1 egg, ginger, nutmeg, pepper and salt to taste. For the sauce : the juice of 3 lemons, 2 eggs, a pinch of saffron.

Method.—Cook the onion in the oil without browning, drain off the oil, leave three parts of the onion in the stewpan, and put aside the rest. Mix together the ingredients for the balls, add the onion taken out of the stewpan, ginger, nutmeg, pepper and salt to taste, form into small balls, and roll them lightly in flour. Divide the fish into conveniently shaped pieces, place them in the stewpan, add the water, parsley, and a good sprinkling of ginger, nutmeg, salt and pepper. Lay the balls on the top, cover closely, and stew very gently until the fish is done. Beat the 2 eggs, strain over them the lemon-juice, pour this over the fish a few minutes before serving, and afterwards stir occasionally, but do not let it actually boil, else it will curdle. When ready, transfer the fish to a hot dish and garnish, then place the balls round the base, stir the saffron into the sauce, and serve strained over the fish.

Time.—About 50 minutes. **Average Cost,** 6d. to 9d. per lb. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3768.—FISH STEW, BROWN.

Ingredients.—3 lbs. of salmon, mackerel or any other oily fish, 3 medium-sized sliced onions, 6 ozs. of golden syrup, 2d. worth of gingerbread, ½ a pint of cold water, 1½ gills of vinegar, cayenne, salt.

Method.—Cook the onions in the water until barely tender, then add the fish, cayenne and salt to taste. Crumble the gingerbread, pour over it the vinegar, stir until smooth, and add the golden syrup. When the fish is about half-cooked add the above mixture, and continue to cook slowly until done, stirring frequently meanwhile. Serve hot or cold.

Time.—About 1 hour. **Average Cost,** 6d., exclusive of the fish. **Sufficient** for 6 or more persons.

3769.—FISH, TO FRY.

Ingredients.—2 or 3 lbs. of fish (haddock, cod, or whiting), 1 egg, 2 tablespoonfuls of flour, salt, frying-oil, fried parsley.

Method.—Wash and dry the fish (bone it if liked), and cut it into pieces convenient for serving. Sprinkle liberally with salt, let it remain for 15 minutes, then dry well on a cloth, and dip it first into flour, and afterwards into beaten egg. Fry in a deep pan of hot oil until nicely browned, or, if more convenient, in a frying-pan containing sufficient oil to half cover the fish, which must be turned when the under side is brown. Drain well, and serve garnished with parsley.

Time.—To fry the fish, from 6 to 10 minutes, according to its size and thickness. **Average Cost,** 4d. to 8d. per lb. Allow 2 lbs. for 5 or 6 persons. **Seasonable** all the year.

3770.—FRIED SALMON.

Ingredients.—2 slices of salmon, about 1¼ inches thick, 1 egg, flour, salt and pepper, salad oil.

Method.—Wash the fish in cold water, dry it well on a cloth, sprinkle both sides of each slice with salt, let them remain for ½ an hour, then fold them in a clean cloth and press gently to remove all moisture. Season 1 good tablespoonful of flour with salt and pepper, coat the fish completely, and dip it into beaten egg. During this process heat some salad oil in a sauté or frying-pan and then put in the fish, and fry it until well browned on both sides. Drain thoroughly, and serve cold.

Time—1 hour. **Average Cost,** 2s. to 3s. **Sufficient** for 4 persons. **Seasonable** from February to August.

3771.—FRIMSEL SOUP.

Ingredients.—1 quart of best stock, 1 egg, flour, salt.

Method.—Add a little salt to the egg, and stir in as much flour as possible. Knead well, roll out as thin as a wafer, and divide it into three strips. Put these aside until thoroughly dry, then place the strips one above the other, and shred finely. Then put them into the stock when boiling, simmer from 20 to 25 minutes, remove the scum, and serve.

Time.—To cook the paste, from 20 to 25 minutes. **Average Cost,** from 2d. to 3d.. exclusive of the stock. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3772.—GRIMSLICHS.

Ingredients.—2 motzas (Passover cake), 4 ozs. of meal (motza), 2 ozs. of ground almonds, 2 ozs. of stoned raisins, 2 ozs. of sultanas, 4 ozs. of brown sugar, 2 eggs, cinnamon, nutmeg, frying-oil.

Method.—Soak the motzas while the rest of the ingredients are being prepared, then squeeze them dry, and stir in the meal and 1 egg. Beat the remaining egg, and add to it the almonds, raisins, sultanas, sugar, and a little cinnamon and nutmeg. Take up a little of the motza paste with a spoon, form it into an oval shape, add a little of the fruit mixture, and cover with paste. Smooth it carefully, roll lightly in the motza meal, and fry in hot oil until nicely browned. Serve with fruit syrup.

Time.—To fry the Grimslichs, from 8 to 10 minutes. **Average Cost,** 10d. **Sufficient** for 4 or 5 persons.

3773.—INVALID'S JELLY.

Ingredients.—½ a pint of lemon or orange juice (or half of each), ½ a pint of cold water, 2 yolks of eggs, 6 ozs. of castor sugar, ½ an oz. of vegetable isinglass (Iceland moss may be substituted).

Method.—Dissolve the isinglass in the water, add the sugar and lemon-juice, and let the mixture cool slightly. When ready, add the yolks of eggs well-beaten, pour into a mould previously rinsed with cold water, and put aside until firm. When a less acid jelly is required, equal parts of lemon and orange juice may be preferred to lemon-juice, or, water may replace a part of the lemon-juice.

Time.—To make the jelly, 20 minutes. **Average Cost,** 1s. 3d. to 1s. 6d. **Sufficient** for a pint mould. **Seasonable** at any time.

3774.—JACOB PUDDING.

Ingredients.—4 ozs. of fruit jam or marmalade, 3 or 4 slices of bread and butter, 2 eggs, 1 pint of milk, salt.

Method.—Cut the bread and butter into fingers, spread them thickly with jam or marmalade, and place them lattice-fashion in a buttered pie-dish. Beat the eggs well, add a pinch of salt, and the milk, and pour the whole slowly over the bread, etc. Let the dish stand covered for at least 1 hour, then bake in a moderate oven for about 40 minutes, and serve.

Time.—About 2 hours. **Average Cost,** 7d. to 9d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3775.—MEAT BAKED WITH RICE AND POTATOES.

Ingredients.—3 lbs. of beef or mutton, 4 lbs. of potatoes, ½ a lb. of rice, dripping, salt and pepper, 1 pint of boiling water.

Method.—Wash the rice, put it into a baking-tin with the boiling water, add 1 teaspoonful of salt, and cook in the oven until nearly all the water is absorbed. Wash, peel and halve the potatoes, place them on top of the rice, sprinkle with salt and pepper, and add a little dripping. Place the meat on a trivet in the tin, sprinkle with salt and pepper, replace in the oven, and cook gently until done. The rice may be served on the dish with the meat, but the potatoes should be served in a vegetable dish.

Time.—To cook the meat, about 1 hour. **Average Cost,** 7½d. to 10d. per lb. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

3776.—MEAT, TO PREPARE FOR COOKING.

Cover the meat with cold water, let it remain for ½ an hour, then wash it well, to remove as much of the blood as possible. Place it on a koshering board, or, if the perforated wooden draining board known by this name is not available, use a basket-lid, placed in a slanting position, to allow the water to drain away more freely. When sufficiently drained, sprinkle every part of the meat with coarse salt, let it remain for 1 hour, then remove the salt by washing the meat 3 times under the tap. Drain it thoroughly on a clean cloth, and afterwards cook in the usual manner.

Liver must be cut open and well washed in cold water, and may be fried on a shovel over the fire. Before being cooked, it must be again washed and sprinkled with salt.

Hearts, before being placed in the water, must be cut, to allow the blood to flow out easily.

Fat for clarifying, or Suet, must first have the skin removed, and then be subjected to the same washing, salting and drying processes described for preparing meat.

3777.—MOTZA KLEIS (FOR SOUP).

Ingredients.—1 motza (Passover cake), 2 tablespoonfuls of meal (motza), 1 onion coarsely chopped, 1 egg, ½ a teaspoonful of ground ginger, butter or dripping, salt and pepper.

Method.—Soften the motza in cold water, then squeeze dry. Brown the onion in a little hot butter or fat, stir it into the motza, add the egg well beaten, ginger, also salt and pepper to taste, and lastly the meal. Shape into small balls, roll them lightly in meal, and add them to the soup when boiling. Boil gently from 20 to 25 minutes, then serve.

Time.—To cook the balls, from 20 to 25 minutes. **Average Cost,** 6d. **Sufficient** for about 1 quart of soup.

3778.—MOTZA PUDDING.

Ingredients.—2 motzas (Passover cakes), 2 tablespoonfuls of meal (motza), 4 ozs. of finely-chopped suet, 4 ozs. of stoned raisins, 4 ozs. of sultanas, 2 ozs. of sugar, 2 eggs, ½ a teaspoonful of powdered mixed spice, 2 or 3 tablespoonfuls of rum, if liked.

Method.—Mix the dry ingredients well together, beat and add the eggs, and stir in the rum. Turn into a greased basin, and steam or boil from 3 to 4 hours. Or, turn the mixture into a greased pie-dish, and bake gently for about 40 minutes.

Time.—To steam or boil the pudding, from 3 to 4 hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 3 or 4 persons.

3779.—PANCAKES.

Ingredients.—1 teacupful of meal (motza), 3 ozs. of sugar, 2 eggs, the rind of 1 lemon finely grated, 1 pint of milk, ½ a teaspoonful of ground cinnamon, butter or frying-oil, salt.

Method.—Break the eggs into the flour, mix well, adding the milk gradually until about half of it is used, then beat well. Stir in the sugar, lemon-rind, cinnamon and salt to taste, add the rest of the milk, and put aside for at least 1 hour. Fry in hot butter or oil, then serve plainly, or with lemon and sugar.

Time.—To fry each pancake, from 2 to 3 minutes. **Average Cost,** 8d. **Sufficient** for 4 or 5 persons.

3780.—PEAS AND KLEIS.

Ingredients.—½ a peck of green peas, 2 ozs. of butter, ¼ of a teaspoonful of sugar, 1 pint of thick batter (*see* "Yorkshire Pudding," No. 1930), ½ a teaspoonful of chopped parsley, ginger, pepper and salt to taste.

Method.—Make the batter as directed, and when ready to use, add the parsley and ginger, pepper and salt to taste. Shell the peas, put them into a saucepan containing sufficient boiling water to cover them, add the sugar and a little salt, boil gently until soft, then pour away nearly all the water. Add the butter, pour the batter on the peas in tablespoonfuls, bring gently to boiling point, then simmer from 25 to 30 minutes.

Time.—To cook the batter, from 25 to 30 minutes. **Average Cost,** peas, 9d. to 1s. 6d. per peck. **Sufficient,** allow ½ a peck to 2 or 3 persons. **Seasonable,** English peas from June to August

3781.—ROSINA PUDDING.

Ingredients.—4 ozs. of suet finely chopped, 4 ozs. of peeled and chopped apples, 4 ozs. of sultanas or currants cleaned, 4 ozs. of breadcrumbs, 2 ozs. of sugar, the rind of ½ a lemon finely chopped or grated, 2 eggs, 1 quince finely chopped (this may be omitted), a good pinch of salt.

Method.—Mix all the dry ingredients well together, moisten them with the eggs (previously beaten), and turn the whole into a well-greased basin. Cover with a buttered paper, and steam from 2½ to 3 hours. If more convenient the pudding may be covered with a cloth and be boiled or steamed.

Time.—From 3 to 4 hours. **Average Cost,** 9d. to 10d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3782.—SASSAFRAS.

Ingredients.—2d. of sassafras, ¼ of a teaspoonful of aniseed, ½ an inch of stick liquorice, ½ a pint of boiling water.

Method.—Put all the ingredients into a jug, cover, let it stand for 1 hour, then strain. When a fine strainer is not available the liquorice and aniseed should be tied in a piece of muslin and afterwards removed.

Time.—1 hour. **Average Cost,** 3d. **Sufficient** for 1 pint.

3783.—STEWED STEAK WITH RICE AND TOMATOES.

Ingredients.—1 lb. of beefsteak, ¾ of a lb. of tomatoes (preserved ones will serve), ½ an oz. of butter or fat, 2 ozs. of rice, 1 large onion sliced, 1 pint of boiling water, salt and pepper.

Method.—Fry the onion in the butter or fat until lightly browned. Cut the steak into pieces convenient for serving, fry them slightly and add the boiling water, a small teaspoonful of salt, and a little pepper. Cover closely, and cook as gently as possible from 2½ to 3 hours. Wash and drain the rice, and add it to the preparation, about 1 hour before serving. Raw tomatoes should be halved and added ½ an hour before serving, but preserved ones require rather less cooking. The stewpan should be shaken occasionally, or its contents stirred to prevent burning.

Time.—From 2½ to 3 hours. **Average Cost,** 1s. 6d. to 1s. 8d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3784.—VANILLA BREAD PUDDING.

Ingredients.—Stale bread, 1½ ozs. of sugar, 2 large or 3 small eggs, 1 pint of milk, vanilla essence, salt.

Method.—Remove the crust from a thick slice of bread, which should weigh about 4 ozs. when trimmed. Beat the eggs, add the sugar and a pinch of salt, and vanilla essence to taste. Boil the milk, pour it over the eggs, etc., and stir until the sugar is dissolved. Place the bread, cut into thin slices, in a well-buttered pie-dish, pour the preparation over it, cover, let it remain for at least 1 hour, then bake in a moderately hot oven until it is set and the surface nicely browned. The pudding may be served either hot or cold, and may be easily turned out if this method of serving is desired.

Note.—If milk bread is available this pudding will be much lighter and more tasty.

Time.—About ½ an hour **Average Cost,** 6d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

AUSTRALIAN COOKERY

CHAPTER LVI

The Cookery in Australia is of course English in character, while in the hotels the French cuisine plays a prominent part just as it does here. The various dishes which are peculiar to the country are those obtained from animals and fruits indigenous to the soil, such as Kangaroo-tail Soup.

The Food Supply of Australia is excellent and abundant. In the towns the price of mutton varies from 3d. to 4d. per lb., and beef from 4d. to 6d. Up country it is cheaper, so cheap, indeed, that the skin is the more valuable part of the animal, and much of the meat is wasted or given to the dogs, the best parts alone being eaten.

Australian Fish is plentiful and good, and includes nearly all the varieties esteemed in England except the sole, which is not found in any Australian waters; but there are many other varieties unknown in England, such as trumpeter, schnapper, flathead, barracouta, etc. Although the coast and rivers abound in fish, the supply in the market is not plentiful, consequently fish is very expensive, a fact which no doubt explains the excessive use of meat in a climate where a diet comprised almost entirely of such food is undesirable. Fresh water fish are most abundant in both creeks and rivers ; fresh water cod especially, a delicately-flavoured fish, generally considered superior to the cod fish found on our coasts. Oyster beds are abundant in many parts of Australia, consequently this highly-esteemed bivalve is too cheap to be considered a luxury as it is in England.

Vegetables grow abundantly in most parts of Australia, and in addition to the varieties common in England, there are many unknown to us. Sour sop, a fruit which in its ripe condition resembles the custard apple, may in its green state be cooked and served as a vegetable. Paw paw also serves the double purpose of fruit and vegetable, for it is equally excellent boiled while in a green, unripe condition and served with white sauce, or eaten when ripe with wine and sugar. The choko is a vegetable little known, although it grows freely in many parts of Australia. It is excellent plainly boiled and served with white sauce.

Fruit is so plentiful in many parts of Australia that many varieties may there be had for the picking. In addition to apples, apricots, peaches, bananas, figs, melons and other well-known fruit, there are others almost unknown in England, such as gramma, granadilla, loquat, Passion fruit, etc.

Typical Australian Dishes

3785.—APRICOT JAM.

Ingredients.—To every lb. of stoned apricots allow the juice of 1 lemon, 1 pint of water, and ¾ of a lb. of sugar.

Method.—Remove the stones, crack half of them, and add the kernels to the fruit. Boil the water, sugar, and lemon juice together for 20 minutes, skim well, put in the fruit and kernels. Boil gently for about an hour, or until a little of the syrup quickly jellies when poured on to a cold plate. Turn into dry glasses or pots, cover immediately, and store in a dry place. Peaches may be substituted for apricots.

Time.—To boil the jam, about ¾ of an hour. **Average Cost,** 4d. per lb.

3786.—APRICOT MOULD.

Ingredients.—2 dozen apricots, ½ a pint of custard No. 2104 or 2105, jelly No. 1991 or 2004, lemon juice, castor sugar, ½ an oz. of gelatine, 4 ozs. of loaf sugar, ¼ of a pint of water.

Method.—Halve the apricots and remove the stones. Boil the 4 ozs. of loaf sugar in the ¼ of pint of water to a syrup, put in the apricots, remove six halves when partially cooked, and the remainder when quite soft, and pass the latter through a fine sieve. Line a mould with jelly (*see* page 985), and decorate it with the partially-cooked apricots. Dissolve the gelatine in a little hot water. Mix the apricot pulp and custard together, add sugar and lemon juice to taste, and strain in the gelatine. Mix quickly and thoroughly, turn into the prepared mould, and keep on ice until firm.

Time.—About 2 hours. **Average Cost,** 1s. **Seasonable** in summer.

3787.—APRICOTS AND RICE.

Ingredients.—2 dozen fresh ripe apricots, 3 tablespoonfuls of apricot marmalade, 1 quart of milk, 1 breakfastcupful of rice, 1 breakfastcupful of sugar, 3 eggs, the rind of 1 lemon, the juice of 2 lemons.

Method.—Simmer the rice and lemon-rind in the milk until the rice is tender, adding more milk if the rice becomes too dry before it is sufficiently cooked. Take out the lemon-rind, stir in 2 tablespoonfuls of sugar and the eggs, and cook gently by the side of the fire for a few minutes longer. Place a jar in the centre of a glass dish, and pile the rice round it, sloping it towards the edge of the dish, and put aside until cold. Strain the lemon-juice over the rest of the sugar, boil the syrup, put in the apricots previously peeled, halved and stoned, and a few of the kernels blanched and shredded, and boil gently until cooked, but not broken. Remove the jar, and place the apricots carefully in the space it occupied, piling them high in the centre, add the apricot marmalade to the syrup, and strain it over the apricots. Garnish with the remainder of the kernels, and serve when quite cold.

Time.—About 2 hours. **Average Cost,** 1s. 9d. to 2s.

3788.—CHOKO, TO BOIL.

Ingredients.—Choko, salt, white sauce or melted butter (*see* Nos. 223 and 202).

Method.—Peel the choko, let it remain in salt and cold water for about 1 hour, then drain well. Place in a saucepan containing salted boiling water, boil from 1 to 1¼ hours, and serve with the sauce poured over.

Time.—2½ hours.

3789.—COD STEAKS.

Ingredients.—3 or 4 slices of fresh-water cod, 2 yolks of eggs, capers, salad-oil, vinegar, pepper and salt.

Method.—Wash, dry the fish thoroughly, and brush each slice over with salad-oil. Add a good seasoning of salt and pepper to the yolks of eggs, stir them with a wooden spoon in a small basin until thick, then add salad-oil, a few drops at a time, until the preparation has the consistency of very thick cream. Cut the capers in halves, and add them with a few drops of vinegar to the sauce. Grill the cod steaks over or in front of a clear fire, and serve hot. The sauce should be served separately.

Time.—To grill the fish, from 20 to 25 minutes. **Average Cost,** 1s. 6d. to 1s. 9d.

3790.—FISH KLOSH.

Ingredients.—½ a lb. of cold trumpeter or other fish, 1 oz. of ham or bacon coarsely chopped, 1 shallot, or 1 small onion finely chopped, 1 oz. of butter, 1 oz. of flour, ¼ of a pint of milk, 1 egg, ½ a pint of anchovy sauce No. 288, salt, pepper.

Method.—Mince the ham or bacon, and the shallot or onion, and fry in the butter for a few minutes; stir in the flour, add the milk, and boil gently for 5 minutes. Mix in the egg, and fish finely flaked, season to taste, spread on a plate, and put aside. When cold, form into small balls, poach in boiling fish stock or water for 5 or 6 minutes, and serve with a little sauce poured over, and the remainder in a sauce-boat.

Time.—Altogether about 2 hours.

3791.—FLATHEAD, BAKED.

Ingredients.—1 flathead, forcemeat Nos. 394 or 396, dripping, anchovy Sauce No. 289, or piquant sauce No. 265.

Method.—Empty, wash, and dry the fish, make the forcemeat as directed, press it lightly into the opening made in cleaning the fish, which secure by means of string or cotton and a needle. Bake gently from 35 to 45 minutes, basting frequently with hot dripping, and when done, remove the string. Serve the sauce separately. The fish may be trussed in the form of the letter S, and the appearance further improved by a coating of egg and lightly browned breadcrumbs applied before baking.

Time.—Altogether about 1 hour.

3792.—GRAMMA PIE OR TART.

Ingredients.—2 lbs. of grammas, ½ a lb. of sugar, ¼ of a lb. of currants, 1 dessertspoonful of lemon juice, short crust No. 1668.

Method.—Remove the peel and seeds, cut the fruit into small pieces, place in a stewpan with 3 or 4 tablespoonfuls of cold water and the lemon juice. Cook gently until soft, add the currants and sugar, and turn the whole into a pie-dish. Cover with paste, bake in a moderately hot oven, and serve either hot or cold. Custard or junket will be found an agreeable addition.

Time.—About 2 hours. **Average Cost,** about 1s.

3793.—GRANADILLA CREAM.

Ingredients.—1 granadilla, ½ a pint of cream, 2 ozs. of gelatine, 1 tablespoonful of castor sugar, 1 teaspoonful of lemon juice (about).

Method.—Extract the juice and pulp from the granadilla, and to it add the sugar and lemon juice, let the whole remain covered in a basin for about 40 minutes, then pass through a fine sieve. Whip the cream stiffly, and stir it lightly into the fruit pulp. Dissolve the gelatine in a little hot water, strain, and stir it into the preparation. Turn into a mould, and keep on ice or in a cool place until firm.

Time.—About 2 hours. **Average Cost,** 1s. 3d.

3794.—GREEN FIG JAM.

Ingredients.—To 2 lbs. of figs allow 1½ lbs. of sugar, ½ a pint of water, the juice of 1 lemon.

Method.—Boil the water, sugar, and lemon juice together for 10 minutes, then wipe and slice the fruit, and add it to the syrup. Boil gently for about 1 hour, or until a little of the syrup poured on to a cold plate quickly jellies. Turn into pots, cover quickly, and store in a dry place.

Time.—To boil the jam, about 1 hour. **Average Cost,** 4d. to 5d. per lb.

3795.—GUAVA JELLY.

Ingredients.—3 quarts of red guavas, the juice of 1 or 2 lemons, loaf sugar.

Method.—Slice the fruit, cover with cold water, and simmer gently for 2 hours, then strain through a jelly bag or fine sieve. Measure the syrup when cold, and to each pint allow 12 ozs. of sugar and 1 tablespoonful of lemon juice. Return to the preserving pan, boil gently for about 1½ hours, or until a little of the syrup poured on to a cold plate jellies quickly. Turn into pots, cover quickly, and store in a dry place.

3796.—KANGAROO TAIL, CURRIED.

Ingredients.—1 tail, 2 ozs. of butter, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 2 onions sliced, 1 sour apple cut into dice, 1 dessertspoonful of lemon-juice, ¾ of a pint of stock, salt.

Method.—Wash, blanch and dry the tail thoroughly, and divide it at the joints. Fry the tail lightly in hot butter, take it up, put in the sliced onions, and fry them for 3 or 4 minutes without browning. Sprinkle in the flour and curry-powder, and cook gently for at least 20 minutes, stirring frequently. Add the stock, apple, salt to taste, bring to the boil, stirring meanwhile, and replace the tail in the stewpan. Cover closely, and cook gently until tender, then add the lemon-juice and more seasoning if necessary. Arrange the pieces of tail on a hot dish, strain the sauce over, and serve with boiled rice.

3797.—KANGAROO TAIL, FRICASSEE OF.

Ingredients.—1 tail, 2 ozs. of butter, 1 oz. of flour, 1 onion sliced, 1 carrot sliced, ½ a small turnip sliced, 2 or 3 sprigs of parsley, 1 bay-leaf, 2 cloves, 1 blade of mace, 1 dessertspoonful of lemon-juice, salt and pepper, stock or water.

Method.—Divide the tail at each joint, cover with cold water, bring to the boil, then drain and dry well. Fry the joints lightly in hot butter, then take them up and stir in the flour. Fry until well browned, add the stock and stir until it boils, then put back the tail, and add the vegetables, herbs and spices. Season to taste, cover closely, and simmer gently until tender. Arrange the pieces of tail neatly on a hot dish, strain the sauce over, and serve.

Time.—3 hours.

3798.—KANGAROO TAIL SOUP.

Ingredients.—1 tail, 2 lb. of gravy beef, 4 ozs. of butter, 1½ ozs. of flour, 3 quarts of water, 1 carrot, 1 onion, 2 or 3 sprigs of parsley, 1 bay-leaf, salt and pepper.

Method.—Prepare and slice the vegetables, wash the tail and divide it at the joints. Heat the butter in a stewpan, fry the tail until well browned, then remove it and fry the meat, previously cut into rather thin slices. Strain off the butter and put it aside until required. Replace the tail in the stewpan, add the water and ½ a teaspoonful of salt, and bring to the boil. Skim well, put in the prepared vegetables, parsley, bay-leaf, and a good seasoning of pepper, cover closely, and simmer gently for 4 hours, skimming when necessary. Strain; if convenient let the liquor stand until quite cold and remove every particle of fat from the surface. Re-heat the butter used for frying, adding more if necessary, stir in the flour, and cook for 3 or 4 minutes. Add the stock, bring to the boil, put in a few pieces of the tail, season to taste, make thoroughly hot, and serve.

3799.—LOQUAT JELLY.

May be made as directed for Guava Jelly (No. 3795) but a little less sugar should be used.

Time.—Altogether 5 or 6 hours. **Average Cost,** 9d. per pint.

3800.—LOQUAT PIE OR TART.

Ingredients.—1 quart of loquats, 1 tablespoonful of lemon juice, 3 ozs. of loaf sugar, ½ a pint of cold water, short crust No. 1668.

Method.—Wash and halve the fruit, remove the stones, and place them in a stewpan with the sugar, water, and lemon juice. Simmer gently for 10 minutes, then strain, replace the liquor in a stewpan, add the fruit, and cook gently until tender. Turn the whole into a pie-dish, cover with paste, bake in a moderately hot oven, and serve either hot or cold.

Time.—About 2 hours. **Average Cost,** about 1s.

3801.—MELBOURNE PANCAKES.

Ingredients.—2 breakfastcupfuls of flour, 2 breakfastcupfuls of sour milk, 2 breakfastcupfuls of ripe fruit mashed and sweetened, 2 ozs. of butter melted, 2 eggs, 1 good teaspoonful of carbonate of soda, sugar, lard, ½ a level teaspoonful of salt.

Method.—Mix the flour, milk, eggs, and salt into a smooth batter, and let stand for 1½ hours. Then add the melted butter and the carbonate of soda previously dissolved in a little hot water. Fry the pancakes in hot lard, pile them one above another with a thick layer of fruit between them. Sprinkle with sugar, and serve.

Time.—Altogether about 2½ hours. **Average Cost,** 10d. to 1s.

3802.—PARROT PIE.

Ingredients.—1 dozen paraqueets (a small, long-tailed tropical parrot), 6 thin slices of lean beef, 4 rashers of bacon, 3 hard-boiled eggs, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-peel, salt and pepper, puff-paste No. 1665, flour.

Method.—Prepare the birds, and truss them like a quail or any other small bird. Line a pie-dish with the beef, over it place 6 of the paraqueets, intersperse slices of egg, parsley and lemon-rind, dredge lightly with flour, and season with salt and pepper. Cover with the bacon cut into strips, lay the rest of the birds on the top, intersperse slices of egg, season with salt and pepper, and sprinkle with parsley and lemon-rind as before. Three-quarters fill the dish with cold water, cover with puff-paste, and bake in a quick oven.

Time.—2½ hours. **Cost,** uncertain.

3803.—PAW PAW, GREEN, TO BOIL.

Ingredients.—Green paw paw, salt, white sauce or melted butter (*see* Nos. 223 and 202).

Method.—Boil gently in salt and water until soft, and serve covered with sauce.

3804.—PEACH AND PINEAPPLE MARMALADE.

Ingredients.—7 lbs. of peaches, 1 large ripe pine, 3 lemons, 6 lbs. of sugar.

Method.—Pare and slice the pine, peel and stone the peaches, crack half the stones and remove the kernels. Put the peaches and pine into a preserving-pan with just a little water to protect the bottom layer, heat slowly to simmering boil, and afterwards cook gently for about ½ an hour. Add the sugar gradually, so as not to reduce the temperature below simmering point, the strained juice of the lemons and the kernels, and boil gently for 20 minutes, skimming when necessary. Pour into earthenware or glass jars, cover closely, and store in a cool dry place.

3805.—PUMPKIN PIE.

Ingredients.—½ a pint of pumpkin pulp, ¾ of a pint of milk, 2 eggs, 2 ozs. of sugar, mace or nutmeg, short crust No. 1667, or 1668.

Method.—Take a ripe pumpkin, pare off the skin, halve it, remove the seeds, and cut it into thick slices. Put it into a lined stewpan or earthenware jar with a small quantity of water, and stew gently until tender. Pass through a fine sieve, measure the pulp, add the sugar, yolks of eggs, milk, and a little mace or nutmeg, and lastly the whites of eggs previously whisked to a stiff froth. Have a pie-dish ready lined round the edges with paste, put in the preparation, cover with paste, and bake in a quick oven. Serve either hot or cold.

3806.—PUMPKIN PIE. (Another Method.)

Ingredients.—1 ripe pumpkin, 2 tablespoonfuls of sugar, ½ a teaspoonful of powdered allspice, short paste No. 1667, or 1668.

Method.—Pare the pumpkin, halve it, remove the seeds, and slice it thinly. Put it into a pie-dish, sprinkling each layer with sugar and a little allspice, cover with paste, and bake in a brisk oven. Serve with thick cream and sugar.

3807.—SCHNAPPER, BAKED.

Ingredients.—1 schnapper, 1 tablespoonful of chopped mushroom, 1 teaspoonful of finely chopped parsley, 1 saltspoonful of finely chopped onion, browned crumbs, butter, salt, pepper, lemon juice.

Method.—Wash, dry, and fillet the fish ; place the fillets on a well-greased baking dish or tin, and sprinkle them with lemon juice. Mix the mushroom, parsley, and onion together, season liberally, and spread the mixture on the fish. Cover rather thickly with browned breadcrumbs, add a few bits of butter, and bake in a moderately hot oven from 20 to 30 minutes. The fish should be served on the dish on which it was baked.

Time.—To bake, from 20 to 30 minutes.

3808.—SCHNAPPER, WITH TOMATO SAUCE.

Ingredients.—1 schnapper, 1½ lbs. of tomatoes, 1½ ozs. of butter, 1½ ozs. of flour, sugar, salt, pepper.

Method.—Wash and dry the fish, bake it gently for about ½ an hour, and then remove the skin and fins. Meanwhile, pass the tomatoes through a fine sieve. Heat the butter in a stewpan, stir in the flour, add the tomato pulp, cook gently for 10 to 15 minutes, season liberally with salt and pepper, and add sugar to taste. Transfer the fish to a hot dish, pour the sauce over, and serve.

Time.—About 45 minutes.

3809.—SOUR SOP, TO BOIL.

Ingredients.—Unripe sour sop, salt, white sauce or melted butter (*see* Nos. 223 and 202).

Method.—Boil very gently in salted water until tender, and serve with the sauce poured over.

3810.—WALLABY, ROASTED.

Ingredients.—1 wallaby, veal forcemeat No. 396, milk, butter.

Method.—In winter the animal may hang for some days, as a hare, which it resembles, but in summer it must, like all other flesh, be cooked very soon after it is killed. Cut off the hind legs at the first joints, and after skinning and paunching, let it lie in water for a little while to draw out the blood. Make a good veal forcemeat, and after well washing the inside of the wallaby, stuff it, and sew it up. Truss as a hare, and roast before a bright, clear fire, from 1¼ to 1¾ hours, according to size. It must be kept some distance from the fire when first put down, or the outside will be too dry before the inside is done. Baste well, first with milk and then with butter, and when nearly done dredge with flour and baste again with butter till nicely browned.

Time.—2 hours.

3811.—WATER MELON, PRESERVED.

Ingredients.—1 water melon, 1 lb. of loaf sugar, ½ a pint of water, lemon-juice, ginger, vine leaves.

Method.—Pare and halve the melon, remove the soft part, and cut the outer part into small but rather thick slices. Place them in a preserving-pan between layers of vine leaves, barely cover with cold water, and cook, keeping the preparation just below simmering point, until half cooked. Drain, cover with cold water and let it remain thus for 3 hours, changing the water twice. Boil the sugar and ½ a pint of water to a syrup (more may be required for a large melon, but the quantity should be increased without altering the proportions), place the slices of melon carefully in it, and simmer gently for 15 minutes. Drain the melon from the syrup, spread it on a dish in the sun for 3 hours, then repeat the process. The process is repeated for the third time after another interval of 3 hours, but before putting the melon into the syrup for the last time it should be flavoured to taste with ground ginger and lemon-juice, and boiled for a few minutes. Lift the slices of melon carefully into pots, pour the syrup over, cover closely, and store in a dry cool place.

Time.—About 12 hours.

SOUTH AFRICAN COOKERY

CHAPTER LVII

The food supply of South Africa varies considerably, according to locality. Corn, wines and fruit are cultivated in the neighbourhood of the Cape ; up country the settlements are grazing farms. Much of the country is eminently suited for the cultivation of cereals, yielding two annual crops and producing some of the finest wheat in the world.

Meat Supply.—The supply of meat is plentiful. The Cape sheep is a peculiar breed, with a broad flat tail composed almost entirely of fat, which when melted often yields 5 or 6 lbs. This fat supplies the Cape housekeeper with a very good substitute for lard and frying oil. It also makes an excellent Savoury, when melted and spread on toast like marrow. " Biltong " is the provender of the Boers on the Veldt, and the most sustaining form of dried meat ever invented. The beef, or venison, is cut from the hind leg of the animal, from the thigh-bone down to the knee joint. After being salted and saltpetred, and pressed, it is dried in the sun, and may afterwards be kept for any length of time ; for eating it is shredded with a pocket knife.

Game and Poultry.—Quails and many other birds are plentiful in South Africa, but partridges and pheasants are confined to the more northern regions. Deer are numerous, and are highly valued as food. The South African method of cooking venison in a baking pot, which no doubt was introduced by the old Dutch settlers, has much to recommend it. Fowls, ducks, turkeys, pigeons and hares are all abundant.

Fish.—The supply of fish is abundant in some parts and scarce in others. In addition to sole, turbot, salmon, mackerel, haddock and other fish known to us, there are varieties peculiar to the country ; of these, the " silver fish " resembles whitebait, although larger, and is cooked in the same way. Cape Harders are almost identical with our herrings, while the Cape Creef may be described as crawfish. The Zulus look upon fish as a species of snake, and consequently impure, and unfitted for human food. Many South African colonists consider the iguana—a large kind of amphibious lizard—a very welcome addition to the bill of fare, and say that the flesh of this reptile is anything but unpalatable.

Fruit and Vegetables.—There is an abundance of fruit, while some vegetables are plentiful, others are very scarce. In addition to the varieties of fruit common in England, there are loquat, tamarinds, guava, medlar, quince and the Cape gooseberry.

Cooking in South Africa.—The instinct of good feeding is inherent in the Boer character, and the better-class Boer housewives are capital cooks. They are very fond of sweetmeats in every shape and form, and are exceedingly clever in making home-made preserves. " Mebos " is a very common and universally appreciated preparation of dried and salted apricots, while " honing kock " and " koe-sisters " are typical old Dutch sweetmeats. " Bobotee," " Sasatees or Kubobs," and " Gesmoorde Noender " all owe their origin to the same source, and should, as well as many other recipes not named, prove most useful.

Typical South African Dishes

3812.—ALMOND CAKE. (An old Dutch Recipe.)

Ingredients.—1 lb. of Jordan or Valencia almonds, 1 oz. of bitter almonds, 1 lb. of castor sugar, 12 eggs, 4 heaped tablespoonfuls of pounded cracknel biscuits, rosewater.

Method.—Blanch and pound the almonds, adding from time to time a little rosewater to prevent them oiling. Beat the sugar and yolks of eggs together until smooth and light. Whisk the whites of eggs, add them alternately with spoonfuls of the prepared almonds to the yolks and sugar, stir in the powdered biscuits, and beat lightly until well mixed. Turn into a well-buttered cake tin, and bake gently from 1½ to 1¾ hours.

Time.—To bake, from 1½ to 1¾ hours. **Average Cost,** 2s. 6d. to 3s. 6d. **Sufficient** for 1 large cake. **Seasonable** at any time.

3813.—BOBOTEE. (A Favourite Dish.)

Ingredients.—2 lbs. of meat finely chopped, 1 thick slice of bread, 2 medium-sized onions sliced, 2 eggs, 2 tablespoonfuls of curry powder, 1 dessertspoonful of sugar, 1 tablespoonful of lemon juice or two tablespoonfuls of vinegar, 1 oz. of butter or fat, ½ a pint of milk, 8 almonds finely chopped, salt.

Method.—Soak the bread in the milk, drain away all that remains unabsorbed, and beat out the lumps with a fork. Fry the onion in the butter or fat, add the curry powder, ½ a teaspoonful of salt, the sugar, almonds, lemon juice, meat, bread and 1 egg. Mix well and turn the whole into a buttered pie-dish or into little cups. Beat the remaining egg, add the milk strained off the bread (not less than a good ¼ of a pint), add a little salt and pepper, and pour over the mixture. Bake gently until the custard is set. When possible, juice obtained by soaking tamarinds in water should replace the lemon juice.

Time.—15 minutes when using cooked meat, otherwise about 40 minutes. **Average Cost,** 2s. 6d. to 2s. 10d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

3814.—BREDEE. (A Meat Stew.)

Ingredients.—2 lbs. of neck of mutton, 2 lbs. of tomatoes sliced, 2 medium-sized onions cut into dice, a small piece of red chilli finely shredded, sugar, salt and pepper to taste, 1½ ozs. of butter or fat.

Method.—Cut the meat into small pieces, discarding any superfluous fat. Heat the butter or fat, fry the onions until lightly browned, put in the meat, fry quickly for a few minutes, turning repeatedly. Add the tomatoes, chilli, salt and pepper to taste, barely cover with water, cover closely, and cook gently for 2 hours. Before serving add a little sugar.

Time.—About 2½ hours. **Average Cost,** 2s. 6d. to 2s. 9d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3815.—BROOD KHUTJES (BREAD DUMPLINGS).
(An old-fashioned Dutch Recipe.)

Ingredients.—3 thick slices of white bread, 1 pint of broth (about), 1 tablespoonful of butter, 1 teaspoonful of finely chopped parsley, ¼ of a nutmeg grated, salt and pepper to taste, flour.

Method.—Soak the bread in the broth, squeeze it dry, and beat out the lumps with a fork. Heat the butter, put in the bread, mix well over the fire and season to taste. When cool, stir in the eggs, add the parsley and nutmeg, mix well and form into small balls. Roll lightly in flour, boil them in stock or broth for 2 minutes, and serve at once.

Time.—To cook, about 2 minutes. **Average Cost,** 5d. to 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3816.—CAPE GOOSEBERRY JAM.

Ingredients.—6 lbs. of gooseberries, 4½ lbs. of preserving sugar, 1 pint of cold water.

Method.—Prick the berries with a darning needle, place them in alternate layers with the sugar in a preserving pan, add the water, and boil gently until a little of the syrup quickly jellies when poured on to a cold plate. Turn into pots, cover at once, and store in a dry place.

Time.—From 1¾ to 2 hours. **Average Cost,** uncertain. **Sufficient** for 6 or 7 lbs. of jam. **Seasonable** when the gooseberries are ready.

3817.—CHEESE PUDDING. (An old Dutch Recipe.)

Ingredients.—½ a lb. of grated cheese, ½ an oz. of butter oiled, ¼ of a pint of cream or milk, 1 teaspoonful of made mustard, salt, cayenne pepper, 1 egg.

Method.—Beat the egg, add to it the mustard, cream or milk, butter, cheese, and a liberal seasoning of salt and cayenne, and mix well. Turn into a buttered dish, and bake gently from 20 to 25 minutes.

Time.—To bake, from 20 to 25 minutes. **Average Cost,** 9d. to 1s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3818.—CHICKEN MOULD. (A South African Luncheon Dish.)

Ingredients.—1 lb. of cooked chicken, 4 ozs. of ham or lean bacon, 2 ozs. of butter, ¼ of a pint of cream, 3 eggs, nutmeg, cayenne, salt, ¾ of a pint of Béchamel, oyster or other suitable sauce (*see* Sauces).

Method.—Melt the butter, beat the eggs until light, and mix the two together. Chop the chicken and ham finely, pound them well, adding a little of the mixed egg and butter to moisten. When smooth add the cream stiffly whipped, the remainder of the egg mixture, and season to taste. Turn into a well-buttered mould or basin, steam gently from 30 to 35 minutes, and serve with a little sauce poured round and the remainder in a sauceboat.

Time.—To cook, from 30 to 35 minutes. **Average Cost,** 5s. 6d. to 6s. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3819.—DELICIOSA CAKES.

Ingredients.—4 ozs. of Jordan or Valencia almonds, 8 ozs. of castor sugar, 3 stale 1d. sponge cakes, the white of 3 eggs, ¼ of a teaspoonful of finely-grated orange rind, ¼ of a teaspoonful of powdered cinnamon, whipped cream, jam.

Method.—Pound or finely chop the almonds, and pass the sponge-cakes through a fine sieve. Mix the two together, add the orange rind and cinnamon, and stir in the whites of egg. Bake in well-buttered small patty pans for about 15 minutes, turn out, and when cold garnish with a small pyramid of cream with a little jam or preserved fruit in the centre of it.

Time.—To bake, from 10 to 15 minutes. **Average Cost,** 1s., in addition to cream and jam. **Sufficient** for 10 or 12 cakes. **Seasonable** at any time.

3820.—DUTCH KABOBS (SASATIES).

Ingredients.—1 small leg of mutton, 2 ozs. of butter, 2 ozs. of curry powder, 3 onions cut into dice, 1 tablespoonful of sugar, ½ a pint of milk, ¼ of a pint of vinegar (or the juice of 3 lemons), 6 lemon or orange leaves coarsely chopped.

Method.—Cut the meat into slices about ½ an inch thick, place them in an earthenware vessel, add the sugar, milk, vinegar or lemon juice, and the lemon or orange leaves. Fry the onions in the butter, sprinkle on the curry powder, and add the whole to the contents of the other vessel. Stir in a liberal seasoning of salt, leave it for at least 12 hours, and when wanted, place fat and lean pieces alternately on skewers, sprinkle with salt, and grill over the fire. The liquor in which the meat soaked should be strained, heated and served as gravy.

Time.—To grill the meat, about 20 minutes. **Average Cost,** 10d., exclusive of the meat. **Sufficient** for 12 persons. **Seasonable** at any time.

3821.—DUTCH KOCKIES. (An old Recipe for Tea Cakes.)

Ingredients.—2 lbs. of fine flour, 1½ lbs. of good brown sugar, ½ a lb. of butter, ¼ of a lb. of sheep-tail fat, ½ a lb. of almonds pounded, 2 eggs, 2 teaspoonfuls of carbonate of soda, 2 teaspoonfuls of ground cloves, 2 teaspoonfuls of ground cinnamon, ¼ of a pint of claret.

Method.—Rub the butter and fat into the flour, add the sugar, almonds and spices. Dissolve the soda in a little warm water. Beat the eggs, add the dissolved soda and wine to them, mix with the flour and knead well. Roll out thinly, stamp into small rounds, and bake gently until crisp. The old Dutch people put a small piece of citron preserve in the centre of each cake.

Time.—To bake the cakes, about 20 minutes. **Average Cost,** 3s. to 3s. 6d. **Sufficient** for 3 cakes. **Seasonable** at any time.

3822.—DUTCH WAFERS, OR WAFELS.

Ingredients.—½ a lb. of flour, ¼ of a lb. of sugar, 2 ozs. of butter, 4 eggs, 2 level teaspoonfuls of ground cinnamon, ¼ of a pint of wine.

Method.—Beat the butter and sugar together until creamy, beat the eggs in separately, adding a tablespoonful of flour between each one, and, lastly, stir in the cinnamon and wine. Cook over the fire in well-greased waffle irons, and serve dredged with cinnamon and fine sugar.

Time.—To cook the wafers or waffles, about 8 minutes. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 1 lb. of wafers. **Seasonable** at any time.

3823.—FISH MOULD. (An old Dutch Recipe.)

Ingredients.—½ a lb. of cooked fish coarsely-chopped, 1 good teacupful of breadcrumbs, 2 ozs. of butter melted, 2 eggs, 1 teaspoonful of anchovy essence, cayenne, pepper, salt, white sauce, oyster, or other fish sauce.

Method.—Mix the fish, breadcrumbs, and a good seasoning of pepper, cayenne, and salt well together, and moisten with the eggs, butter, and anchovy essence. When well mixed, turn into a buttered mould; steam gently for about 1¼ hours, and serve with a little sauce poured round and the remainder in a sauceboat.

Time.—To cook, about 1¼ hours. **Average Cost,** 10d., exclusive of the sauce. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3824.—FISH STEW.

Ingredients.—A large sole, or any nice Cape fish, 1 oz. of butter, 1 oz. of flour, 1 medium-sized onion sliced, 2 tablespoonfuls of ketchup, 1 small blade of mace, 2 cloves, salt, pepper, stock, egg and breadcrumbs, fat for frying.

Method.—Fillet the fish, trim neatly, chop the trimmings finely, and put them aside. Coat the fillets with egg and breadcrumbs, fry them until nicely browned, also fry the sliced onion, which should preferably be done in a separate frying-pan with very little fat. Place both fish and onion in a cooking vessel with a closely-fitting lid, barely cover with stock, add the ketchup, mace, cloves, and a good seasoning of salt and pepper, cover closely and cook gently for an hour. Knead the butter and flour smoothly together and add it to the contents of the stewpan ½ an hour before serving. Season the chopped trimmings of the fish, moisten them with beaten egg, fry them lightly, and serve as a garnish to the fish.

Time.—1¾ hours. **Average Cost,** 2s. 6d. to 3s. **Sufficient** for 3 persons. **Seasonable** at any time.

3825.—GESMOORDE HOENDER. (Stewed Fowl.)

Ingredients.—1 young fowl, 2 large white onions sliced, 1 green chilli shredded, 2 ozs. of butter, nutmeg, salt, pepper.

Method.—Divide the fowl into neat joints, fry them lightly in the butter, remove and keep them hot. Fry the onion until lightly browned, replace the fowl, add rather more than ¼ of a pint of water, a good pinch of nutmeg and salt and pepper to taste. Simmer gently for one hour, and a few minutes before serving stir in the chilli.

Time.—About 1½ hours. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3826.—GRAPE JAM.

Ingredients.—6 lbs. of grapes, 2 lbs. of cooking apples pared and sliced, 3 lbs. of preserving sugar, 2 pints of water.

Method.—Remove the grapes from the stalks, and prick them with a darning needle. Boil the sugar and water to a syrup (*see* page 1125), and put in the grapes and apples, and boil gently until a little of the syrup quickly jellies when poured on to a cold plate. Turn into pots, cover quickly, and store in a dry place.

Time.—About 2 hours. **Average Cost,** 3s. **Sufficient** for 8 lbs. of jam. **Seasonable** when grapes are nearly ripe.

3827.—GREEN TOMATO PRESERVE.

Ingredients.—6 lbs. of green tomatoes, 8 lbs. of preserving sugar, 4 lemons, 2½ doz. peach leaves, 3 pieces of ginger, 3 tablespoonfuls of brandy.

Method.—Cover the tomatoes with water, put in the peach leaves, and boil very gently until the tomatoes are quite soft, but unbroken. Drain the water into another pan, add to it the sugar, and boil to a syrup (*see* page 1125). Strain, when cold replace in the pan, put in the thinly-pared lemon rind and ginger tied together in muslin, the lemon juice, and the tomatoes. Boil gently until a little of the syrup jellies quickly when poured on to a cold plate, then stir in the brandy. Turn into pot, cover at once, and store in a dry place.

Time.—Altogether, 6 or 7 hours. **Average Cost,** 6s. **Sufficient** for 12 lbs. of jam. **Seasonable** when tomatoes are green.

3828.—HONEYCOMB CREAM.

Ingredients.—1 quart of milk, 1 oz. of castor sugar, ½ an oz. of gelatine, 3 eggs, vanilla to taste.

Method.—Dissolve the gelatine in a little hot water. Beat the yolks of the eggs until light, and whisk the whites to a stiff froth. Boil the milk, stir in the sugar, add the yolks of eggs and dissolved gelatine, and boil up. Stir in the whites of eggs as lightly as possible, add vanilla to taste, and turn into a mould previously rinsed with cold water. Turn out when firm, and serve with boiled custard or compôte of fruit.

Time.—About 20 minutes. **Average Cost,** 8d. or 9d. **Sufficient** for 1 large mould. **Seasonable** at any time.

3829.—HONING KOCK (HONEY CAKE).

Ingredients.—3 lbs. of flour, 1 lb. of sugar, 1½ pints of honey, 2 teaspoonfuls of ground cinnamon, 1 teaspoonful of ground cloves, ½ a wineglassful of brandy, 1 oz. of potash (bare weight), 1 teaspoonful of carbonate of soda.

Method.—Boil the honey and sugar together, stir in the cinnamon, cloves and potash, remove from the fire and add the brandy. Mix the flour and soda together in a basin, add the contents of the stewpan, and knead well. Roll out thinly, put into buttered tins, and bake in a slow oven for one hour. Cut into squares and keep in an air-tight tin. Candied citron peel, shredded, will be found an improvement.

Time.—To bake, about 1 hour. **Average Cost,** 3s. **Sufficient** for about 3 cakes. **Seasonable** at any time.

3830.—KOESISTERS. (An old Recipe for a Dutch Sweetmeat.)

Ingredients.—3 breakfastcupfuls of flour, 1 breakfastcupful of moist brown sugar, ½ a breakfastcupful of oiled butter or fat, 1 good tablespoonful of yeast, 2 level teaspoonfuls of ground cinnamon, 1 level teaspoonful of mixed spices, 4 eggs, frying fat.

For the syrup : 3 breakfastcupfuls of white sugar, 1 teaspoonful of cinnamon, 2 breakfastcupfuls of water.

Method.—Mix all the materials together, knead well, let the dough remain in a warm place for about ½ an hour, then roll it out to about ¾ of an inch in thickness. Cut into 1½ inch squares, and cook them in hot fat until crisp and nicely brown. Meanwhile boil the sugar, cinnamon, and water together (*see* page 1125), and dip the cakes into this prepared syrup. May be kept for months.

Time.—About 2 hours. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 2 to 2½ lbs. of cakes. **Seasonable** at any time.

3831.—MACARONI PIE.

Ingredients.—¼ of a lb. of macaroni, ¼ of a lb. of grated cheese, 1 oz. of butter, 1 teaspoonful of made mustard, salt, pepper, paste Nos. 1652 or 1666, ⅓ pint of milk.

Method.—Break the macaroni into short lengths, throw them into rapidly-boiling salted water, cook until tender, and drain well. Replace in the stewpan, stir in the cheese, milk, butter and a good seasoning of salt and pepper. Turn the preparation into a pie-dish lined with paste, bake in a moderate oven for about 20 minutes, and serve hot.

Time.—About 1 hour. **Average Cost,** 5d. to 6d., exclusive of the paste. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3832.—MUTTON CHOPS IN BATTER. (A Colonial Recipe.)

Ingredients.—6 or 8 small moderately-thin slices cut from a well-hung leg or loin of mutton, 1 egg, 3 tablespoonfuls of flour, ½ a pint of milk, salt, pepper, nutmeg, frying fat.

Method.—Mix the egg, flour and milk to a smooth batter, and add a good seasoning of salt and pepper. Sprinkle each slice of meat with salt, pepper, and a little nutmeg, dip them into the batter, and fry gently in hot fat until crisp and nicely browned. Batter may also be made of the above quantities of flour and milk with the addition of about ½ a teaspoonful of carbonate of soda, the egg of course being omitted. A tablespoonful of oiled butter, fat, or salad oil will greatly improve the batter.

Time.—To fry the chops, from 10 to 15 minutes. **Average Cost,** 2s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3833.—OBLETJES OR OUBLIÉS. (An old Recipe for Oubliés, Waffles or Wafers.)

Ingredients.—1 lb. of fine white flour, ½ a lb. of castor sugar, 6 ozs. of butter, 2 eggs, 1 teaspoonful of ground cinnamon, ¼ of a pint of wine, salt.

Method.—Beat the butter and sugar to a cream, add and beat in the yolks of eggs and the wine, and stir in as lightly as possible the stiffly-whisked whites of the eggs. Pass the flour, cinnamon, and a pinch of salt through a fine sieve, and add lightly to the other ingredients. Put about 1 tablespoonful of the batter into the oublié or wafer pan, over the surface of which it should spread easily, otherwise the batter must be thinned by adding more wine; cook quickly over the fire, remove, and roll while hot.

Time.—To cook each oublié, about 2 minutes. **Average Cost,** 1s. 9d. to 2s. **Sufficient** for about 2 lbs. **Seasonable** at any time.

3834.—PEACH PICKLE.

Ingredients.—2 lbs. of dried peaches, ½ a lb. of brown sugar, ½ a lb. of salt, 2 ozs. of curry powder, 6 large onions sliced, 6 chillies shredded, 6 large pieces of ginger, 1 tablespoonful of pepper, 1 tablespoonful of mustard seeds, 1 tablespoonful of coriander seeds, 3 quarts of vinegar, salad oil.

Method.—Pour the vinegar over the peaches and let them soak for at least 12 hours. Fry the sliced onions in salad oil until well browned and drain well. Pound or crush the spices. Boil all together until the peaches are quite soft but unbroken, then turn into jars or pots, cover closely, and store for use.

Time.—About 15 hours. **Average Cost,** 3s. 6d. to 4s. **Sufficient** for about 5 quarts. **Seasonable** at any time.

3835.—PICKLED STEAK.

Ingredients.—2 lbs. of steak, 2 onions sliced, 2 or 3 tablespoonfuls of tarragon vinegar, 1 tablespoonful of salad oil, 24 white peppercorns, 6 cloves, 1 teaspoonful of finely-chopped mixed parsley, thyme and marjoram.

Method.—Place the steak in a deep dish, cover with slices of onions, add the rest of the ingredients, and let the steak remain in the marinade for about 12 hours. Drain and wipe well, and grill quickly over a clear fire. Strain the marinade into a stewpan, boil up, season to taste, put in the steak and let it cook very gently for about 20 minutes.

Time.—To grill the steak, 7 or 8 minutes. **Average Cost,** 2s. 6d. to 3s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3836.—POFFERTJES. (Dutch Fritters.)

Ingredients.—6 ozs. of flour, 4 ozs. of butter, 3 eggs, ½ a pint of milk or water, about ½ a lb. of lard.

Method.—Boil the milk or water, then add the butter, stir the flour in gradually, and cook over the fire until it ceases to adhere to the stewpan or spoon. Turn on to a dish; when cool stir in the yolks of the eggs, beat stiffly, and add lightly the whites of the eggs. Heat the lard, put in the dough a teaspoonful at a time, fry gently until nicely browned, turning frequently meanwhile. Dredge liberally with fine sugar and serve hot.

Time.—To fry, about 15 minutes. **Average Cost**, 1s. to 1s. 3d. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

3837.—SAVOURY RISSOLES. (Frickadels.) (An old Dutch Recipe.)

Ingredients.—½ a lb. of finely-chopped raw mutton, 2 tomatoes, 2 rather thick slices of stale bread, 1 very small onion finely chopped, 2 eggs, nutmeg, salt and pepper to taste, breadcrumbs, ¾ of a pint of curry sauce (No. 241), milk, fat for frying.

Method.—Soak the bread in milk, squeeze and drain away all that remains unabsorbed, and beat out the lumps with a fork. Pass the tomatoes through a fine sieve. Mix the meat, bread, tomato pulp and onion together, add nutmeg, salt and pepper to taste, and stir in 1 egg. Shape into small round cakes, coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Have the curry sauce ready, put in the rissoles, stew very gently for ½ an hour, and serve.

Time.—About 1½ hours. **Average Cost,** about 1s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3838.—SAVOURY RISSOLES. (Frickadels.) (Another Method.)

Ingredients.—½ a lb. of finely-chopped cooked mutton, 2 slices of bread, 1 small onion finely chopped, 2 eggs, breadcrumbs, salt, pepper, and nutmeg to taste, ½ a lb. of mushrooms, 2 ozs. of butter, 1 medium-sized onion sliced, ¾ of a pint of brown sauce made from bones and trimmings of meat (*see* Sauces), milk, fat for frying.

Method.—Soak the bread in milk, squeeze and drain, and then beat out the lumps. Mix the meat, bread and finely-chopped onion together, season liberally, and stir in an egg. Form into small cakes, coat with egg and breadcrumbs, and fry in hot fat. Heat the butter, fry the sliced onion until lightly browned, put in the mushrooms, and when they have cooked gently for 20 minutes add the prepared brown sauce. Stir until boiling, put in the rissoles, let all stew gently for about ½ an hour, and serve.

Time.—About 2 hours. **Average Cost,** 1s. 6d. to 1s. 9d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3839.—SWARTZUIR. (An old Cape Recipe.)

Ingredients.—2 or 3 lbs. of neck of mutton, 1 onion, 1 breakfastcupful of white flour, 2 ozs. of tamarinds, 1 pint of boiling water, 6 cloves, 1 teaspoonful of brown sugar, salt, pepper, 2 eggs.

Method.—Remove the meat from the bones and cut it into rather small pieces. Place it in a stewpan with the onion and 1 pint of cold water. To the pint of boiling water add the tamarinds, cloves, sugar, and a good seasoning of salt and pepper. Cook the meat gently for 1 hour, and then strain a breakfastcupful of the liquor into another stewpan, and to this add salt and pepper and the cupful of flour. Stir over the fire until the dough is well cooked, and when cold work in the eggs and form into dumplings no larger than a walnut. To the meat add the tamarinds, water and spices, let it boil well, add the dumplings, and cook gently for 10 minutes longer.

Time.—About 2 hours. **Average Cost,** 2s. 6d. to 3s. 6d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

INDIAN COOKERY

CHAPTER LVIII

General Observations on Cookery in India, and Recipes for Typical Indian Dishes

Housekeeping in India is totally different from housekeeping here. The mistress cannot undertake the personal supervision of her kitchen, which is not in the house or bungalow, but outside, and often some distance away. She will also soon learn (that is supposing she has been accustomed to English housekeeping) that it is impossible to treat Indian servants in the same manner as those on whom she has been accustomed to depend for daily service. Indian servants are good, many of them: but they cannot be trusted and will cheat if they have a chance, and it is absolutely necessary to look after the cook (Khansa-man), who will probably be the marketer.

It is best to give him his orders overnight, that he may go early to the bazaar to buy. There is a tariff of all articles sold at the bazaar, regulated by the bazaar master and cantonment magistrate: therefore, having mastered the value of the various coins and a few words for everyday wants in the way of food, it should be difficult for your Khansa-man to exercise his proclivities for defrauding you.

Drink is the greatest expense in housekeeping. The climate is a thirsty one, and the water is bad, and so filled with animalculæ that it cannot be drunk with safety unless it is boiled and filtered. Then it is so flat and unpalatable that it is necessary to add something to make it more pleasant to the taste.

One of the most refreshing drinks is lime-juice and water, and iced tea is another very pleasant beverage. Bottled beer is a favourite drink, but this, as well as draught beer, is expensive. Still, drinking is, after all, more of a habit than a necessity: and those in India who wish to preserve their constitutions should drink as few "pegs" (as the brandies and sodas and other drinks are generally denominated) as possible.

Food in India is not dear, and the fact of only having to provide for the family and not for any servants makes a very great difference in the trouble of housekeeping. Indian cooks are clever, and will turn out a good dinner with simple materials which an ordinary English cook would waste or convert into the plainest meal.

Meat being eaten so soon after it is killed, even if for no other reason, is not good : the beef is coarse, sinewy, and tasteless, and the mutton decidedly inferior in quality. Fortunately Indian cooks are so clever in disguising the insipidity of both, otherwise meat would be very unpalatable. English ham is considered a delicacy : other pork is not eaten in India. Goat's flesh is sometimes cooked, but it is anything but pleasant to English tastes.

Poultry.—Chickens are plentiful and cheap, but inferior in quality to well-fed French and English birds. Notwithstanding this they play an important part in the Indian diet, and the native cooks are very skilful in preparing them for the table.

Game and Poultry.—Generally speaking, India abounds with game. Deer of many species are to be found in different parts of the country, and most of them afford excellent venison. High up in the Himalayas the ibex (a wild goat) and the ovis ammon (a wild sheep) are to be found, but their flesh is rarely tasted, except by sportsmen, though sometimes seen in the hill summer stations. Wild boar are found in most parts of the peninsula. The bison is also shot, and affords beef. Bears in great variety are found in the hills, and hunters appreciate the hams and stewpans prepared in the Russian fashion. Hares and rabbits are also abundant in some parts of the country : the Himalayas afford pheasants, partridges are abundant in the plains, snipe are plentiful and well flavoured, while quails and teal are better in India than almost anywhere else. Swampy districts abound with waterfowl, including wild geese.

Fish in the mountain streams are both plentiful and excellent in quality, but those found in the rivers of the plains are lightly esteemed. The murrel, which somewhat resembles the English pike or carp, provides a palatable dish. The native cook generally fills them with stuffing and either bakes or stews the fish over a slow fire. The sea affords an abundant supply ; the seer is not unlike the salmon, and is usually dressed in the same way. The pomplet resembles turbot or brill, the hilsa is almost identical with our mackerel, while the Calcutta becktie, in size and appearance, is similar to the cod.

Vegetables.—Most parts of India are well provided with vegetables. Many European varieties are grown specially for the markets of big towns, and the hill stations are well supplied in this respect. Apart from these, there are many native varieties, such as the bringales or egg plants, maize, pumpkins, yams, sweet potatoes, and mollay which yields leaves that may be treated like our young greens or spinach. Yams and sweet potatoes may be baked, boiled or stewed, and served in that condition, or they may be converted into purées : the yam sliced also makes delicious sweet fritters. Horseradish is grown, but not abundantly, and very frequently the root of the moringa or drumstick tree is scraped and used in its place.

Fruit is well known to be plentiful in India, but many varieties cultivated there lack the fine flavour that characterizes the English fruit of the same class. Peaches are poor and not well flavoured, grapes are thick skinned and have a strong muscat flavour, plantains are insipid, and a taste for the turpentine flavour of the mango is not easily acquired, although most people who have lived long in India are fond of them. Amongst the best of the fruits indigenous to the country are bananas, dates, melons, and cocoanuts. English vegetables, with proper care, grow well, and Indian cooks, properly instructed, will cook them, as well as anything else, in the way we are accustomed to have them cooked at home.

The culinary arts followed by the Hindus and Mohammedans of Asia differ considerably, for while meat is rigidly excluded from the diet of the former, the Mohammedan indulges in it freely. The Hindu delights in farinaceous foods such as cakes of wheat and other grain, rice variously dressed, also curries prepared from vegetables, ghee, oil, acid vegetables or fruit, the whole flavoured with spices ; and the piquancy is further heightened by the chutneys and pickles served with them. The principal dishes of the Mohammedan are curries, pilleaus, brianes, hashes, and cakes.

A glance at the Oriental recipes for curries at once explains why those served in England differ so widely from the preparations in India. Some of the ingredients employed are unknown to us, all of them are used in a green state, and consequently impart a better flavour to the dish of which they form a part. Ghee, a substance largely used in making curries, differs from ordinary clarified butter, inasmuch as it is flavoured with ground cloves and green mint, cooked in the butter while it is being clarified. Curries are best when made in an earthenware vessel like the natives' "chattie," or the French casserole, and stirred with a wooden spoon. When making a curry in a stewpan, great care must be taken that the metal is well tinned. In India curries are very generally served with thin wafer-like cakes, called Papodums, and thin strips of dried fish, known as Bombay Ducks.

The pilleau is a purely Oriental dish, and may consist of meat, venison, poultry, or kid. Frequently the principal substance is stewed down, and the gravy containing the essence used to flavour the rice, the articles themselves seldom appearing in their original state. Sometimes the inferior parts of the meat, or whatever is being used, is reduced to a strong gravy, and mixed with parboiled rice, and the prime parts either roasted, grilled, or boiled separately. When the rice has absorbed the gravy, the prepared meat is placed in the centre of it in a closed stewpan, and cooked very gently for a considerable time. Rice not only forms part of the dish, but it is sometimes served as an accompaniment, being previously plainly boiled and mixed with a little butter or ghee.

Rice also enters into the composition of "brianes," which are highly spiced and seasoned dishes, resembling a mixture of curry and pilleau. The meat, game, fish, etc., is lightly fried, then put into a stewpan with rice, stock, various seasoning and flavouring ingredients, covered closely, and cooked very gently until done.

Except that the meat is thinly sliced, the Oriental hash bears not the least resemblance to the English production so named. The numerous spices, vegetables, and condiments which enter largely into their composition naturally produce a more palatable dish than a hash that simply consists of slices of cold meat warmed in a thin, insipid liquid, which frequently represents an amateur cook's idea of a brown sauce. As regards culinary apparatus, the native cook's requirements are extremely simple. With the aid of a fireplace made of clay, a few earthen dishes, and other utensils of a primitive description, he will produce excellent results.

The following recipes will be more generally useful in India, where all the materials contained in them are easily obtained. As a matter of convenience, the quantities are expressed in the commercial weights of this country, but the appended table of equivalents will enable the reader to easily convert Avoirdupois into Indian weight—

1 seer	2 lb.
1 chittack	2 oz.
2½ tolahs	1 oz.
1 masher	19 grains (or about ⅛ of a teaspoonful).

Typical Indian Dishes

3840.—BRIANE MAHEE.

Ingredients.—2 lbs. of white fish, 1 lb. of rice, ¼ of a lb. of ghee, or butter, 2 ozs. of roasted chennah, or other ground meal, 2 ozs. of green ginger, 2 ozs. of coriander seeds, 1 oz. of anise, ⅛ of a teaspoonful each of ground cloves, cardamoms, cinnamon, cumin seeds and saffron, 2 or 3 tablespoonfuls of gingly oil, 2 onions sliced, ¾ of a pint of buttermilk, salt.

Method.—Wash and clean the fish, cut it into pieces convenient for serving, dry thoroughly, pour over it the gingly oil, and let it stand for ½ an hour. Wash off the oil, dry the fish well, rub it all over with the chennah and anise pounded or ground, allow it to stand for a few minutes, then wash it again. Now pour over it the buttermilk, add the cardamoms and cloves, a teaspoonful of salt, the juice of the green ginger, and let it soak for 1 hour. Fry the onions in a little hot ghee, add the ginger, coriander, cinnamon, cumin and saffron, put in the fish, and cover with the rice, previously parboiled. Add a little of the buttermilk, pour over the whole the melted ghee, cover closely, and cook as slowly as possible for about 1 hour, serve hot.

Time.—1½ hours. **Sufficient** for 6 or 7 persons. **Cost,** 1s. 9d. to 2s. 3d.

3841.—BRIANE NOORMALEE.

Ingredients.—2 lbs. of lean mutton, 2 lbs. of rice, ¼ of a lb. of ghee or other fat, ¼ of a lb. of green chumah dhall, 2 onions sliced, ½ an oz. of green ginger, ⅛ of a teaspoonful each of coriander seeds, cinnamon, cloves, cardamoms, cumin seeds and saffron, ¼ of a pint of good gravy, salt.

Method.—Slice the meat, sprinkle it liberally with salt and pounded ginger, let it remain for about ½ an hour, then pour over it the gravy. Allow the meat to soak for 1 hour, turning it 2 or 3 times, and adding a little more gravy if necessary, then drain it well, and dip each slice in flour seasoned with salt. Heat a little ghee in a stewpan, fry the onions until well browned, then add the meat, and fry it also. As soon as the meat is lightly browned, sprinkle in the coriander seeds, previously ground, pour in the gravy in which the meat was soaked, and cook gently until it has become evaporated or absorbed. Meanwhile, parboil the rice in water, then drain it well, and stir in the saffron. As soon as the meat is sufficiently dry add the coriander, cinnamon, cloves, cardamoms and cumin seeds, all previously pounded or ground, mix well together, place the rice on the top, over which spread the green chumah dhall, and pour upon it the remaining ghee previously melted. Cover closely, and cook as slowly as possible for about 40 minutes, then serve.

Time.—2 hours. **Sufficient** for 6 persons. **Cost,** 2s. 3d.

3842.—BURLAS.

This term is applied to a mixture of vegetables, fried in ghee (frying fat or butter). A favourite mixture is cabbage and potato, known to us as "Coleanum."

3843.—CALCUTTA BECTIE, TO COOK.

This fish may be cooked according to the numerous recipes for dressing cod (*see* Nos. 428–447), a fish it somewhat resembles.

3844.—CEYLON LOBSTER CURRY.

Ingredients.—1 large lobster, 1 large cucumber, 1 small cocoanut, 2 ozs. of butter, 3 ozs. of chopped onions, or shallots, 1 clove of garlic very finely chopped, 1 dessertspoonful of thinly-sliced green ginger, 1 dessertspoonful of rice flour, 1 teaspoonful of ground turmeric, 1 teaspoonful of salt, ½ a teaspoonful of sugar, ½ a teaspoonful of ground cloves, ½ a teaspoonful of ground cinnamon, ¼ of a pint of fish stock, lemon-juice.

Method.—Peel the cucumber, cut it lengthwise into quarters, across into pieces 2 inches long, and carefully remove the seeds. Have ready a saucepan of salted boiling water, put in the cucumber, cook gently until three-quarters done, then drain well. Break the cocoanut in half, saving the milk from the inside, and scrape or chop the white part of the nut finely. Pour ⅓ of a pint of boiling water over the cocoanut, let it stand for 20 minutes, then strain off the liquid, and put it aside. Cover the grated nut again with ⅓ of a pint of boiling water, let it remain for at least ½ an hour, then strain through fine muslin 2 or 3 times, squeezing the nut well each time. Fry the onions and garlic lightly in hot butter, add the rice flour, turmeric, cinnamon, cloves, sugar and salt, stir and cook very slowly for 15 minutes, then put in the pieces of lobster and cucumber, cover closely, and let the stewpan stand away from the fire for ½ an hour, in order that the contents may become thoroughly impregnated with the flavour of the curry sauce. At the end of this time, re-heat, add the first infusion of the cocoanut and 1 teaspoonful of lemon-juice, bring to boiling point, and serve.

Time.—1½ hours. **Sufficient** for 3 or 4 persons. **Cost,** 1s. 9d. to 2s.

3845.—CHILWARS, TO COOK.

See directions for dressing whitebait (No. 687). They are served with fresh cut limes instead of lemons.

3846.—CHITCHKEE CURRY.

Ingredients.—2 onions sliced, 1½ pints of cooked vegetables, 1 tablespoonful of curry powder, rice.

Method.—The vegetables should comprise cauliflower, turnip, carrot, French beans, potato and any others in season, all of which should be cut into dice or small pieces. Heat the ghee, fry the onions, sprinkle in the curry powder, cook for about 20 minutes, and add the vegetables. Toss over the stove until thoroughly hot, adding a little gravy if too dry, and serve with boiled rice.

Time.—½ an hour. **Sufficient** for 3 or 4 persons.

3847.—CURRY OF FISH.

Ingredients.—2 lbs. of fish, ½ a lb. of onions sliced, 2 ozs. of ghee or butter, ½ an oz. each of green chillies, dried chillies, green ginger, turmeric, cumin seeds, coriander seeds, ¼ of an oz. of fenugreek, 1 clove of garlic finely-chopped, ½ a pint of fish stock or milk, salt, the juice of 2 tamarinds.

Method.—Put ½ the onions into a mortar, add the dried chillies, ginger, turmeric, cumin, coriander, fenugreek, garlic and a dessertspoonful of salt, and pound until smooth. Fry the remaining onions in hot ghee until lightly browned, add the fish, previously washed, well-dried and cut into small slices, fry lightly, then add the stock or milk, the pounded ingredients, the juice of the tamarinds, and the green ginger, and cover closely. Cook slowly for 20 minutes, then serve with plainly boiled rice.

Time.—45 minutes. **Cost,** 1s. 10d. to 2s. **Sufficient** for 5 persons.

3848.—CURRY OF FOWL.

Ingredients.—1 fowl, 2 ozs. of ghee or butter, ½ a lb. of Kabool chennah or Indian corn, ½ a lb. of onions sliced, ½ an oz. of green ginger, ½ an oz. of coriander seeds, ⅛ of a teaspoonful each of black pepper, ground cinnamon, cloves and cardamoms, salt.

Method.—Cut the fowl into neat joints, place them in a stewpan barely covered with cold water, add the sliced onions, coriander seeds, green ginger, pepper, 1 dessertspoonful of salt and the Kabool chennah previously well washed, and cook until the fowl is tender. Mix the ground cinnamon, cloves and cardamom together, moisten with a little cold stock or water, add the strained liquor from the fowl, stir until it boils, and simmer gently for 20 minutes. Fry the fowl in hot ghee until nicely browned, put it into the stewpan containing the curry sauce, and let it stand for 20 minutes where it will keep hot. Serve with plainly boiled rice.

Time.—1½ hours. **Sufficient** for 3 or 4 persons. **Cost,** 3s. 6d. to 3s. 10d.

3849.—CURRY OF MUTTON.

Ingredients.—2 lbs. of lean mutton, 2 ozs. of ghee or butter, ½ a lb. of onions (sliced), ½ a lb. of pounded almonds, ¼ of an oz. of green ginger, ½ a teaspoonful of saffron, ⅛ of a teaspoonful of ground cloves, ⅛ of a teaspoonful of ground cardamoms, the juice of 5 limes, 1 clove of garlic, ⅓ of a pint of cream, ½ a teaspoonful of black pepper, salt.

Method.—Pound the green ginger with a little ghee, season it well with salt, and rub it into the meat, previously cut into small thin slices. Let it stand for ½ an hour, and meanwhile fry the onions in hot ghee until lightly browned. Put the meat into the stewpan, add the garlic very finely-chopped, ground cloves, cardamom seeds and pepper, and fry until the meat is cooked, taking care the onions do not become burnt. Now add the cream, ground almonds, saffron, the juice of the limes, and salt to taste, cover closely, and cook as slowly as possible for 20 minutes. Serve with plainly boiled rice.

Time.—2¼ hours. **Sufficient** for 5 or 6 persons. **Cost,** 2s. 2d.

3850.—CURRY POWDER.

Ingredients.—8 ozs. of turmeric, 6 ozs. of coriander seeds, 3 ozs. of cardamoms, 3 ozs. of cumin, 3 ozs. of fenugreek, 1 oz. of cloves, 1 oz. of white peppercorns, ¼ of an oz. of cayenne.

Method.—Thoroughly dry and pound the above ingredients, first separately, then all together. When well mixed, pass the whole through a fine sieve, put the preparation into dry bottles, cork tightly, and store for use.

Time.—1 hour. **Sufficient** for 1½ lbs. of powder. **Cost,** 1s. to 1s. 2d.

3851.—CUTHEEREE.

Ingredients.—½ a lb. of rice, ½ a pint of split dhall or dried peas, ¼ of a teaspoonful of ginger, ⅛ of a teaspoonful of mace, salt, 4 hard-boiled eggs, 2 small boiled onions, or onions sliced and fried.

Method.—Soak the dhall or peas in water overnight, then wash them well, and also wash the rice. Cover the dhall or peas with water, add the ginger, mace and salt to taste, cook until half done, then add the rice. Cover closely, and cook slowly until the rice is swollen and tender, stirring very frequently towards the end of the process, when nearly all the water should have evaporated. Serve garnished with hard-boiled eggs cut in half, and surrounded by either small boiled onions, or slices of fried onion.

Time.—1½ hours. **Sufficient** for 1 dish. **Cost,** 11d. to 1s. 1d.

3852.—DÂL.

Ingredients.—½ a pint of lentils, ¾ of a pint of stock, 2 ozs. of ghee, 1 tablespoonful of curry powder, 3 onions sliced, rice.

Method.—Wash and dry the lentils, cover them with stock, simmer gently until tender, adding more stock gradually, but when finished they should be quite dry. Heat the ghee, fry the onions until lightly browned. Sprinkle on the curry powder, stir for a few minutes, and add the lentils. Cook gently for about 20 minutes and serve with well boiled rice.

Time.—1½ hours. **Sufficient** for 1 dish. **Cost,** 7d. to 9d.

3853.—DÂL POOREE.

Ingredients.—½ a pint of lentils, ¾ of a pint of stock, 4 medium-sized onions coarsely chopped, ¼ of a teaspoonful of ground chillies, ¼ of a teaspoonful of ginger and turmeric mixed, ¼ of a teaspoonful salt, 1 clove of garlic, 2 ozs. of butter paste, ghee.

Method.—Cook the lentils in the stock (*see* preceding recipe). Fry the onions in the butter, stir in the dry prepared lentils, add the chillies, ginger, turmeric, salt, and garlic and mix well. Roll the paste out thinly, cut into rounds, place a little of the mixture on one-half of the rounds, and cover with the remainder. Press and secure the edges, drop the rounds into hot ghee, and fry until nicely browned. Either plain flour and water or puff paste may be used.

Time.—1½ hours. **Sufficient** for 1 dish. **Cost.** 11d. to 1s.

3854.—DUMPOKE.

Ingredients.—1 boned chicken, 6 or 8 ozs. of rice, 3 ozs. of ghee or butter, 2 hard-boiled eggs cut into dice, 2 onions cut into dice, stock, cayenne, salt and pepper.

Method.—Wash, drain, and dry the rice, fry it in 1½ ozs. of hot ghee or butter until lightly browned, cover with stock and cook till soft, adding more stock when necessary; but when ready the rice should be rather dry. Fry the onions in the remainder of the ghee, add the rice, eggs, and seasoning to taste, and stuff the chicken with the preparation. Braise gently and serve coated with a good white sauce.

Time.—2¾ hours. **Sufficient** for 5 persons. **Cost,** 3s. 10d. to 4s.

3855.—HASH BOGURRAH.

Ingredients.—2 lbs. of mutton, ½ a lb. of flour, ½ a lb. of ghee, or other fat, 2 ozs. of onions, ½ an oz. of ginger, cinnamon, cloves and cardamoms, ¼ of an oz. of salt, ¼ of an oz. of coriander seeds, ⅛ of a teaspoonful each of saffron and capsicum pepper, 1 yolk of egg.

Method.—Cut the meat and onions into small thin slices, reduce all the flavouring ingredients to a fine powder, and mix to a smooth paste with a little cold water. Fry the whole in hot ghee until well browned, then barely cover with water, and cook as slowly as possible until the meat is tender. Meanwhile knead the flour to a smooth paste with the yolk of egg, roll it out thinly, and cut it into strips about 2 inches in length and ½ an inch in breadth. Throw the strips into boiling salted water, cook until done, then drain them well and add them to the contents of the stewpan about 10 minutes before serving. Serve with the saffron sprinkled over the hash.

Time.—2 hours. **Sufficient** for 5 or 6 persons. **Cost,** 2s.

3856.—HASH SUNGSHERE.

Ingredients.—2 lbs. of mutton, 2 ozs. of ghee or other fat, 1½ ozs. of white chennah flour, 4 ozs. of rice, ¼ of a lb. each of onions, carrots, paluk, soya greens, 1 oz. each of blanched almonds and green ginger, ¾ of an oz. of salt, ½ an oz. of coriander seeds, ¼ of a teaspoonful of cinnamon, ⅛ of a teaspoonful each of cardamoms and cloves, 1 pint of stock, 1 pint of milk.

Method.—Cut the meat and onions into thin slices, and fry them in hot ghee until lightly browned. Add the flour, stir over the fire until it acquires a nut-brown colour, then cover with stock and simmer very slowly until the meat is half cooked. Strain off the gravy, and again fry the meat in hot ghee or fat with the cloves and coriander seeds previously ground to a fine powder. Replace in the stewpan, add the strained gravy, stock and milk, bring to the boil, and thicken with ground rice. Stir over the fire for a few minutes, then add the salt, spices, carrots, soya and paluk cut into small pieces. Fry the almonds in hot ghee until well browned, add them to the contents of the stewpan, add also the previously well washed and soaked rice, cover closely, and cook gently for about 1 hour. Serve hot.

Time.—1¼ hours. **Sufficient** for 5 or 6 persons. **Cost,** 2s. 3d.

3857.—HILSA, TO COOK.

See recipes for dressing Mackerel (Nos. 544–9), which fish the Hilsa resembles.

3858.—KIDGEREE.

Ingredients.—4 ozs. of rice, 4 ozs. of dâl, 4 ozs. onions, 4 ozs. ghee, a few slices of green ginger, peppercorns, cloves, cardamoms, cinnamon, salt.

Method.—Cut the onions across into rings, fry them in the hot ghee until nicely browned, then remove them and keep them hot and crisp. Add the dâl and rice, previously washed and dried, to the ghee, cook gently until all the ghee is absorbed, then barely cover with stock or water and add the ginger and peppercorns, cloves, etc., to taste. Cook very slowly until quite dry, and serve garnished with the fried onions.

Time.—45 minutes. **Sufficient** for 1 dish. **Average Cost,** 1s.

3859.—KUBÁB FOWL.

Ingredients.—1 fowl, 2 ozs. of ghee or other fat, 2 ozs. of coriander seeds, 2 ozs. of green ginger, ¼ of a teaspoonful of green cloves, ¼ of a teaspoonful of ground cardamoms, ½ a teaspoonful of turmeric, ½ a teaspoonful of salt, ¼ of a teaspoonful of black pepper, 2 onions sliced, ¼ of a pint of stock, ¼ of a pint of cream.

Method.—Prepare the fowl, truss it for roasting and prick it all over with a steel skewer or fork. Roast the coriander seed, crush it with the cloves, cardamoms, ginger, pepper and salt to a fine powder, and rub the mixture well into the fowl. Heat the ghee in a stewpan, fry the onions until lightly browned, then sprinkle in the turmeric, add the cream and stock, and stir until it boils. Place the fowl in the stewpan, baste it well, cover closely, and cook slowly until tender, basting it frequently. Serve with the sauce strained over and round.

Time.—2 hours, **Sufficient** for 5 persons, **Cost,** 3s. 10d. to 4s. 3d.

3860.—KULLEAH YEKHANEE.

Ingredients.—2 lbs. of lean mutton, ½ a lb. sliced onion, 2 tablespoonfuls of lime juice, 1 tablespoonful of castor sugar, ½ a teaspoonful each of curry powder, ginger and cloves, salt, rice.

Method.—Slice the meat thinly, barely cover it with warm water, add the onion, lime juice, sugar, curry powder, ginger, cloves and salt to taste. Simmer very gently from 2¼ to 3 hours, and serve with well boiled rice.

Time.—3 hours. **Sufficient** for 6 persons. **Cost,** 2s. 3d.

3861.—LIMES, PICKLED.

Ingredients.—25 limes, 4 ozs. of salt, 4 ozs. of green chillies, 4 ozs. of green ginger, 2 ozs. of mustard seed freed from husks, 1 oz. of ground turmeric, 1½ pints of good vinegar.

Method.—Cut the limes across in halves, squeeze out all the juice, add 2 ozs. of salt, and cover closely. Sprinkle the remaining salt over the rinds, let them remain for 6 hours, then dry them in the sun for 3 days, or until hard. Boil the chillies, green ginger, mustard seed and turmeric in the vinegar for 20 minutes. Let the preparation cool, mix with it the lime juice, and strain it over the lime rinds previously laid compactly in wide-necked bottles or jars. Cover closely, place them in the sun for 3 or 4 days, then store for use.

Time.—5 days. **Sufficient** for 1 or 2 jars. **Cost,** uncertain.

3862.—LIME SAUCE.

Ingredients.—Fresh limes, loaf or castor sugar.

Method.—Squeeze the juice from the limes, strain it, and add sugar to taste. Serve diluted with iced water.

3863.—MANGO CHUTNEY.

Ingredients.—30 green mangoes, 2 lbs. of sugar, ½ a lb. of salt, 2 lbs. of raisins stoned, 1 lb. of green ginger, 1 lb. of dried chillies, 4 ozs. of garlic, 3 pints of good vinegar.

Method.—Peel and slice the mangoes, chop them finely, also chop finely the raisins, green ginger and garlic. Pound the chillies in a mortar until smooth, then mix them with the rest of the prepared ingredients. Dissolve the sugar and salt in the vinegar, bring to the boil, then let it become quite cold, and mix it with the mangoes, etc. Turn into wide-necked bottles or jars, cover closely, let them remain in the sun for 3 or 4 days, then store for use.

Time.—5 days. **Sufficient** for 3 jars. **Cost,** uncertain.

3864.—MANGO PICKLE.

Ingredients.—50 green mangoes, 1 lb. of dried chillies, 1 lb. of green ginger finely sliced, ½ a lb. of mustard seed, 2 ozs. of garlic, 2 ozs. of turmeric, vinegar, and salt.

Method.—Peel the mangoes, and partly divide them through the shell, so as to remove the seed from the inside. Sprinkle them with salt, and let them remain for 24 hours. Meanwhile boil the turmeric in 2 quarts of vinegar for 20 minutes, and let it become quite cold. Pound the chillies until smooth, add the ginger, the mustard seed freed from husks, the garlic finely-chopped, and mix well together. Fill the inside of the mangoes with this preparation, place them in jars, sprinkle over them any of the seasoning preparation that remains, and cover with vinegar.

Time.—30 hours or longer. **Sufficient** for 3 or 4 jars. **Cost,** uncertain.

3865.—MOLE.

Ingredients.—Cooked fish, chicken or meat, 1 small cocoanut, 2 ozs. of butter, 2 ozs. of finely-chopped shallots, 1 clove of garlic finely-chopped, 1 dessertspoonful of rice flour, 1 teaspoonful of finely-sliced green ginger, the skin of 1 red chilli, the skin of 1 green chilli, both finely-shredded, 1 teaspoonful of lemon-juice, salt.

Method.—Break the cocoanut, remove and preserve the milk, and scrape or chop the white part of the nut finely. Cover with ⅓ of a pint of boiling water, let it stand for 20 minutes, then strain off the liquid and put it aside. Again cover the nut with the same quantity of boiling water, let it stand for at least ½ an hour, then strain 2 or 3 times through fine muslin, squeezing the nut well each time. Fry the shallots and garlic in hot butter without browning, stir in the rice flour, add the second infusion of cocoanut, and boil well. When ready, add the first infusion of cocoanut, boil up, add lemon-juice and salt to taste, put in the green ginger, shredded chillies, prepared fish, chicken or meat, make thoroughly hot, and serve.

Time.—1½ hours. **Sufficient** for 1 dish. **Cost,** 10d. to 1s. 4d.

3866.—PILAU or PILLOFF.

Ingredients.—1 chicken, 4 ozs. of butter or ghee, 4 ozs. of rice, 2 green mangoes sliced, 4 or 5 onions sliced, 2 doz. stoned raisins, 1 doz. almonds coarsely shredded, 3 hard-boiled eggs, salt, cloves.

Method.—Truss the chicken as for boiling, fry it in 3 ozs. of butter or ghee until the whole surface is lightly browned, then add the mangoes and onions. Fry gently for 10 or 15 minutes longer, barely cover with white stock or water, add 6 cloves and salt to taste. Simmer gently for ¾ of an hour, then transfer to a baking vessel, baste with hot ghee, and roast gently for nearly an hour. Meanwhile boil the rice in the stock until tender, then strain and reduce the stock by rapid boiling. Place the rice in a small pan, add 1 oz. of butter, the raisins and almonds, and make thoroughly hot. Serve the rice round the chicken, garnish with sections of egg, and serve some of the well reduced sauce separately.

Time.—2 hours. **Sufficient** for 4 or 5 persons. **Cost,** 3s. 6d.

3867.—PILAU OF FOWL.

Ingredients.—1 fowl, 1 lb. of lean mutton, ½ a lb. of rice, 6 onions, ¼ of a lb. of ghee or butter, 12 black peppercorns, 10 cloves, 10 cardamoms, 2 blades of mace, 3 currypak leaves, ¾ of an oz. of green ginger, 5 quarts of cold water, 1 dessertspoonful of salt, hard-boiled eggs.

Method.—Slice the mutton, put it into a stewpan with 4 onions cut in halves, the water and salt, and bring to the boil. Skim if necessary, put in the fowl, cook gently until tender, then put aside until required. Let the contents of the stewpan continue to simmer until the liquor is reduced to ⅓ its original quantity, then strain and press the meat well so as to extract all the juices. Slice the remaining onions, fry them brown in ghee previously heated in a stewpan, then drain them from the fat. Re-heat the fat and fry the fowl, turning it frequently to equalize the cooking. When well browned remove it and fry the rice, which must be previously washed and thoroughly dried. Add the peppercorns, cloves, cardamoms, mace, currypak leaves, green ginger thinly sliced, a little salt if necessary, and as the butter becomes absorbed add gradually the liquor in which the fowl and meat were cooked. When the rice is tender, draw the stewpan aside, put in the fowl with the rice piled over and round it, and let it remain until some of the moisture has evaporated, leaving the rice swollen and moderately dry. Serve the fowl imbedded in rice, and garnished with hard-boiled eggs cut in quarters.

Time.—3 hours. **Sufficient** for 7 or 8 persons. **Average Cost,** 4s. 6d.

3868.—PILAU OF MUTTON.

Ingredients.—2½ lbs. of lean mutton, 2 lbs. of rice, ½ a lb. of onions sliced, ¼ of a lb. of ghee or butter, 1 oz. of raisins stoned, 1 oz. of almonds blanched, 1 oz. of pistachio nuts blanched, 1 oz. of dried apricots sliced, ½ an oz. of green ginger thinly sliced, ¼ of a teaspoonful of ground cinnamon, ⅛ of a teaspoonful each of ground cloves, ground cardamoms, cumin seeds, and black pepper, 6 eggs, salt.

Method.—Mince ¼ of the meat finely, and cut the rest into slices convenient for serving. Put the sliced meat into a stewpan, add the onions and ginger, the coriander and 1 teaspoonful of salt, cover with cold water, cook very gently until the meat is tender, then strain off the stock. Meanwhile the rice should have been well washed, parboiled and drained; now put it into the stewpan with the stock and simmer until the rice is tender, and the stock has become evaporated or absorbed. Heat ⅓ of the ghee in another stewpan, put in the slices of meat, sprinkle over them the ground cloves, cumin seeds, and a little cinnamon and cardamom, then toss over the fire for a few minutes. Spread the prepared rice over the meat, pour on a little melted ghee, cover closely, and cook very gently for ½ an hour. Heat the remaining ghee in another pan, put in the minced mutton with a little salt, and toss it over the fire until lightly browned. Add the rest of the flavouring ingredients, the raisins, almonds, pistachios, apricots, and a well-beaten egg, and stir by the side of the fire for a few minutes. Serve the slices of meat imbedded in the rice, spread the minced preparation on the top, and garnish with the remaining eggs either fried or poached.

Time.—2½ hours. **Sufficient** for 5 to 8 persons. **Cost,** 3s. 2d.

3869.—POMEGRANATE JUICE.

Ingredients.—6 pomegranates, ½ a lb of castor sugar, the juice of 3 limes, 1 pint of water.

Method.—Press the pulp of the pomegranates through a very fine sieve, add the sugar and lime-juice, and dilute with the water. Strain several times through muslin, then bottle for use.

Time.—1 to 2 hours. **Sufficient** for 1 bottle. **Cost,** uncertain.

3870.—POMPLET, TO COOK.

This fish is not unlike turbot or brill, and may be treated according to the directions given for dressing turbot and brill (*see* Fish Section).

3871.—POOLOOT.

Ingredients.—1 fowl, 1 lb. of rice, 4 ozs. of butter, 1 oz. of green ginger finely-sliced, 3 onions sliced, 3 onions finely-chopped, ¼ of a teaspoonful of black pepper, ⅛ of a teaspoonful of ground cardamom seeds, 1 quart of stock, 6 hard-boiled eggs, rolls of fried bacon, the juice of 1 lemon, salt.

Method.—Wash, parboil and drain the rice. Truss the fowl for boiling, place it in a stewpan with the rice under and round it, add the chopped onions, green ginger, lemon-juice, 1 teaspoonful of salt, and a little stock. Cover closely, and cook as gently as possible, adding more stock from time to time. When the fowl is sufficiently cooked take it up and cut it into neat joints, keep it hot and dry by the side of the fire. Heat the butter in a stewpan, fry the remaining onions until lightly browned, then drain them and keep them hot. Fry the fowl in the same butter, turning it frequently that all parts may be equally browned. Pile the rice in the centre of a hot dish, arrange the pieces of fowl on the top with the fried onions interspersed, and garnish the base with quarters of hard-boiled eggs and rolls of fried bacon.

Time.—2¼ hours. **Sufficient** for 5 or 6 persons. **Average Cost,** 4s.

3872.—QUOORMA CURRY.

Ingredients.—1 lb. of lean mutton, 2 ozs. of butter, 3 ozs. of shallots or onions finely-chopped, 1 clove of garlic very finely chopped, 1 dessertspoonful of finely-grated green ginger, 1 dessertspoonful of rice flour, 1 teaspoonful of ground coriander seed, 1 teaspoonful of ground black pepper, ½ a teaspoonful of ground cardamoms, ½ a teaspoonful of ground cloves, 1 teaspoonful of ground turmeric, 1 saltspoonful of sugar, 1 pint of mutton stock, ½ a pint of milk, 2 ozs. of ground almonds, the juice of 1 lemon, salt.

Method.—Cut the meat into ½ inch squares, sprinkle over them the ginger and a good seasoning of salt, and let them remain for 1 hour. Melt the butter in a stewpan, fry the shallots and garlic until lightly browned, then add the rice flour, coriander, pepper, cardamoms and cloves, and cook gently for 10 minutes. Add the stock, boil up and simmer gently for 15 minutes, then pour over the meat, and let it stand covered for ½ an hour. When ready, turn the whole into a stewpan, boil up, and cook as slowly as possible for ½ an hour, or until the meat is quite tender. Meanwhile soak the pounded almonds in the milk, and when the meat is tender, strain the milk 2 or 3 times through fine muslin, pressing the almonds well each time, then add it to the contents of the stewpan. Mix the turmeric smoothly with a little stock or water, stir it in, add the sugar and salt to taste, and continue to cook as slowly as possible for 20 minutes longer. Add the lemon-juice just before serving.

Time.—2 hours. **Sufficient** for 4 persons. **Average Cost,** 1s. 7d. to 1s. 9d.

3873.—SEER OR SEIR-FISH, TO COOK.

This fish inhabits the seas of the West Indies, and is one of the most valuable products of those parts. In size and form it is not unlike the salmon, but its flesh is white, although similar in point of firmness and flavour. Many of the recipes for cooking salmon which are included in the section devoted exclusively to fish, are applicable to the dressing of seer.

3874.—TAMARIND SAUCE.

Ingredients.—Ripe tamarinds, castor sugar.

Method.—Pack the fruit compactly in a fireproof jar, sprinkling each layer lightly with sugar, and cover closely. Cook in a cool oven until tender, then rub through a fine sieve, and put into jars. Fasten securely so as to completely exclude the air, and store for use.

Time.—2 to 3 hours. **Sufficient** for 1 jar. **Cost,** uncertain.

AMERICAN AND CANADIAN COOKERY

CHAPTER LIX

Cookery in the cities of America and Canada differs very little if at all from cookery in England. If Caneton à l'Aylesbury were substituted for the Canvas-back Duck, which appears in the menu of a banquet recently given at the White House, in every other respect—as regards materials employed and arrangement of service—it would correspond with similar functions at the Mansion House. Evidently the French cuisine is as much appreciated and as much sought after in America and Canada as in England: although, like every other nation, Americans and Canadians have several dishes prepared from fish, animals, and fruits which are common to the country.

Fish.—The employment of fish in America as a diet is exceptionally large, the immense extent of the American coasts, both Atlantic and the Pacific, being still further supplemented by the resources of the large rivers and great lakes, so that a constant supply is obtainable of not only most of the varieties esteemed in England, but of others unknown to us. Of these latter we may mention the blue fish (*Temnodon saltator*), a member of the family *Scomberidae*, is abundant on the east coast of North America. It is from 2 to 3 feet in length, and in appearance is silvery below and bluish above: hence its name. The Cusk, another variety unknown to us, is a cod-like fish found abundantly in the northern parts of the Atlantic Ocean. There is also the Taulog, a fish of blackish hue, irregularly barred with green, and found principally in the Atlantic Ocean, contiguous to the United States. The Pickerel we are familiar with under another name, for it corresponds exactly with the English Pike.

Sweet Dishes.—The Americans have a marked taste for sweet dishes, in which taste they show dietetic wisdom. The value of sugar as an article of food is sometimes overlooked by people who have accustomed themselves to a highly nitrogenous diet. Hot cakes at breakfast are quite a national institution. These are often made with soda or baking powder, and must be regarded as somewhat beyond the capacities of average digestive organs.

In the manufacture of sweets, called candies, the Americans have achieved a well recognized reputation, while for ices and iced drinks of great variety they are very famous.

Typical American and Canadian Dishes

3875.—APRICOTS, TO DRY.

Ingredients.—Apricots (not quite ripe), sugar.

Method.—Pare, halve and stone the fruit, pack it rather closely in a fireproof jar, and place the jar in a saucepan of boiling water. Cook until the apricots are quite tender, then drain well, place them on dishes in single layers and dredge them liberally with sugar. Let them remain in a warm place until dry, then pack in air-tight tins, with paper between each layer. Peaches, nectarines and plums may be dried by above method.

Time.—About 24 hours. **Seasonable** from August to September.

3876.—BLUEFISH, BAKED.

Ingredients.—1 bluefish, 1 cupful of cracker (biscuit) crumbs, 2 tablespoonfuls of butter, 1 tablespoonful of capers, 1 tablespoonful of lemon juice, 1 teaspoonful of chopped parsley, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, about ½ a cupful of cold water.

Method.—Wash and dry the fish. Mix all the ingredients together, stuff the fish with the mixture, and secure the opening. Place the fish in a dish or baking tin, which place in a large tin containing boiling water, and bake gently from 45 to 60 minutes, meanwhile basting the fish occasionally with butter or fat. Serve with a suitable sauce.

Time.—To bake, about 1 hour. **Average Cost,** 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** all the year.

3877.—BLUEFISH, TO COOK.

Broiling or grilling will be found peculiarly adapted to this delicious, but somewhat rich fish. It is also very good boiled or baked.

3878.—BUCKWHEAT CAKES.

Ingredients.—1 cup of buckwheat flour, ½ a cup of Indian corn meal, ½ a cup of fine flour, ¼ of a cup of brewer's yeast, ½ a teaspoonful of salt, ¼ of a teaspoonful of carbonate of soda, 1 pint of boiling milk or water.

Method.—Pour the boiling water or milk over the Indian corn meal, add the salt, and stir well. Let it remain covered until lukewarm, then add the buckwheat flour, the white flour, and the yeast, and beat well. Cover with a cloth, and let the preparation stand all night, and in the morning repeat the beating. When the batter has risen again, add the soda dissolved in a little warm water, beat well again, and at once bake on a griddle.

Time.—To bake, about 10 minutes. **Average Cost,** 7d. **Sufficient** for 1¼ lbs. of cakes. **Seasonable** at any time.

3879.—CANNED CORN.

Ingredients.—1 can of corn, 1 oz. of butter, ½ a pint of milk, 1 teaspoonful of milk, 1 teaspoonful of sugar, 1 teaspoonful of salt, 1 saltspoonful of pepper.

Method.—Simmer the corn, milk, sugar and seasoning together for 20 minutes, then stir in the butter and serve.

Time.—About 20 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

Note.—For other recipes see Nos. 1492–1497.

3880.—CHICKEN SOUP AND GREEN CORN.

Ingredients.—1 chicken or small fowl, 1 dozen ears of green corn, ¼ of a lb. of rice, ½ a teaspoonful of chopped parsley, salt and pepper.

Method.—Cut the chicken or fowl into neat joints, put these into a stewpan with just as much cold water as will completely cover them, and add the corn, which must be previously removed from the cob. Season with a little salt and pepper, cover closely, and simmer gently for about 1 hour, adding more water from time to time so as to keep the whole barely covered. When ready, strain, return the stock and corn to the stewpan, bring to the boil, put in the rice, and cook gently for 20 minutes. Cut the meat from the bones and then into dice, add it with the parsley and necessary seasoning to the contents of the stewpan, make thoroughly hot, and serve.

Time.—About 1½ hours. **Average Cost,** 4s. **Sufficient** for 3 or 4 persons. **Seasonable** from July to September.

MAIZE OR INDIAN CORN grows plentifully and extensively in America, Asia and Africa; it is also largely cultivated in the south of Germany. Until recent years, this plant with its tall stem, and flag-like foliage and silvery fringe, was grown in this country almost solely for decorative purposes, but the cobs themselves were not made use of in England until some market gardeners discovered the edible value of the cob, that is, the head of the maize plant. These, when ripe, may be eaten in the green state, and possess a very delicate flavour, which becomes more developed when cooked.

Corn on the cob is the American name given to the head of the maize plant. It is sweeter and better flavoured if cooked without disturbing the husk, but as the removal of the silk and husk is attended with some difficulty after cooking, it has become the custom to strip down the husk, remove the silk, tie the end tightly, and so cook it in seasoned milk and water, in equal quantities. It takes from 15 to 20 minutes to boil. If preferred, the corn may be cooked in salted water. It is served in the husks, and sent to table with melted butter sauce, or oiled butter.

3881.—CLAM CHOWDER.

Ingredients.—1 quart of clams, 6 or 8 large potatoes cut into dice, 2 onions cut into dice, 4 ozs. of bacon or pork cut into dice, 4 tomatoes sliced, 2 level teaspoonfuls of salt, ¼ of a teaspoonful of pepper.

Method.—Wash, drain, and chop the clams. Fry the pork or bacon and onions until the latter is very lightly browned, put in the potatoes and tomatoes, barely cover with cold water, add salt and pepper, and cook gently for about 30 minutes. Put in the clams, add more seasoning if necessary. Continue to cook slowly for 10 or 15 minutes longer, and serve. If liked, the chowder may be thickened by adding crushed cracker (biscuit) crumbs.

Time.—About 1¼ hours. **Average Cost,** 1s. 8d. **Sufficient** for 5 or 6 persons. **Seasonable,** September to April.

3882.—CLAM SOUP.

Ingredients.—½ a peck of clams in the shell, 1½ pints of milk, 1 pint of boiling water, 2 ozs. of butter, 2 ozs. of flour, 1 dessertspoonful of chopped onion, 1 dessertspoonful of finely-chopped parsley, salt and pepper.

Method.—Wash and brush the clams well, place them in a steamer, or in a large saucepan with just enough water to prevent the bottom layer burning, and cook them gently until the shells can be easily opened with a knife. Remove the fish from the shells, taking care to preserve all the liquor in the shells and saucepan, and take away the thin skin. Remove the black end of each clam with a pair of scissors, and cut the "leather straps" into small pieces, keeping the soft and hard parts of the clams separate until required. Strain the clam liquor into a stewpan, add the boiling water, onion, the hard parts of the clams, a little salt and pepper, simmer gently for 20 minutes, then strain. Melt the butter, stir in the flour, add the clam stock and milk and bring to the boil. Season to taste, simmer gently for 5 minutes to thoroughly cook the flour, then add the soft parts of the clams and the parsley, and serve at once with crackers (biscuits) and pickles.

Time.—About 1 hour. **Average Cost,** 1s. to 1s. 3d. **Sufficient** for 7 or 8 persons. **Seasonable** from September to April.

3883.—CLAMS AU GRATIN.

Ingredients.—½ a peck of clams in their shells, 2 large tomatoes, 2 tablespoonfuls of fresh breadcrumbs, 1 teaspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, salt and pepper, butter, lightly-browned breadcrumbs.

Method.—Prepare and cook the clams as directed in "Clam Soup," and chop them finely. Pass the tomatoes through a fine sieve, stir the purée into the clams, add the breadcrumbs, onion, parsley, herbs, seasoning to taste, and as much of the clam liquor as will slightly moisten the whole. Turn into a well-buttered gratin dish or scallop shells, cover lightly with slightly-browned breadcrumbs, add a few bits of butter, and bake from 10 to 20 minutes in a moderate oven. Serve hot.

Time.—About 45 minutes. **Average Cost,** 1s. 3d. **Sufficient** for 4 or 5 persons. **Seasonable** from September to April.

3884.—CLAMS, BAKED.

Ingredients.—Clams, bread and butter.

Method.—Thoroughly wash and dry the clams, and bake them on a tin in the oven until the shells open. Serve them in the shells, and hand with thinly cut bread and butter.

Time.—About 25 minutes. **Average, Cost,** 4d. each person. **Sufficient,** allow 12 to each person. **Seasonable** from September to April.

3885.—CLAMS ON TOAST.

Ingredients.—2 doz. clams, 2 tablespoonfuls of butter, 1 teaspoonful of lemon juice, salt and pepper to taste, 3 slices of buttered toast.

Method.—Beard, blanch and dry the clams. Heat the butter, add lemon juice and seasoning, put in the clams, toss them over the fire for 2 or 3 minutes, and serve on the prepared toast.

Time.—About 10 minutes. **Average Cost,** about 6d or 8d. **Sufficient,** for 3 persons. **Seasonable,** September to April.

3886.—COOKIES.

Ingredients.—2 cups of flour, 1 cup of sugar, ½ a cup of butter, ¼ of a cup of milk, 1 egg, 1 heaped teaspoonful of baking-powder.

Method.—Cream the butter and sugar together until smooth and white, then beat in the egg, and stir in the milk. Pass the flour and baking-powder through a fine sieve, and stir them into the rest of the ingredients. The mixture must be firm enough to roll out, therefore dredge in more flour until the right consistency is obtained. Roll out thinly, stamp into rounds, and bake in a moderately hot oven until crisp.

Time.—To bake, about 20 minutes. **Average Cost,** 9d. **Sufficient** for 1¾ lbs. of cookies. **Seasonable** at any time.

3887.—COOKIES, CARAWAY.

Ingredients.—3½ cups of flour, 1 cup of butter, 1½ cups of sugar, ½ a cup of sour cream or milk, 2 eggs, 1 tablespoonful of caraway seeds, 1 level teaspoonful of soda, salt.

Method.—Rub the butter into the flour, add the sugar, caraway seeds and a good pinch of salt, and mix well. Beat the egg until light, add the soda dissolved in a little warm water, and sour milk or cream. Mix quickly with the dry ingredients, add as much more flour as may be necessary to form a light dough, roll out thinly. Cut into rounds or other shapes, and bake in a moderately hot oven until crisp.

Time.—To bake, about 20 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 3 lbs of Cookies. **Seasonable** at any time.

3888.—COOKIES, COCOANUT.

Ingredients.—2 cups of fine flour, 1 cup of grated or desiccated cocoanut, 1 cup of fine sugar, ½ a cup of butter, 2 eggs, 1 tablespoonful of milk, 1 heaped teaspoonful of baking-powder.

Method.—Cream the butter and sugar together until thick and white, then beat in the eggs. Add the cocoanut, milk, the flour and baking-powder previously sieved, and mix well. Roll out, adding more flour if necessary, stamp into rounds or other shapes, and bake in a moderately hot oven until crisp.

Time.—To bake, 20 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 2½ lbs. of Cookies. **Seasonable** at any time.

3889.—CRACKER PUDDING.

Ingredients.—¼ of a lb. of finely-chopped beef suet, 1 cup of cracker crumbs, 3 cups of milk, 4 eggs, 2 tablespoonfuls of sugar, ½ a teaspoonful of salt.

Method.—Pour the milk over the crushed crackers, and let them soak while preparing the other ingredients. When ready, mix the suet with the cracker crumbs, add the sugar, salt, and lastly the well-beaten eggs, and stir well. Pour the mixture into a greased pie-dish, and bake from 40 to 50 minutes. Serve hot with jam or fruit sauce.

Time.—To bake, from 40 to 50 minutes. **Average Cost,** 1s. 2d. **Sufficient** for 1 pudding. **Seasonable** at any time.

3890.—CRANBERRY SAUCE.

Ingredients.—1 quart of cranberries, 1 lb. of sugar, 1 pint of water.

Method.—Pick the cranberries carefully, put them into a stewpan with the water, and cook slowly for about 1 hour, or until reduced nearly to a pulp. Stir from time to time during the process, and when they are sufficiently cooked stir in the sugar and turn into a dish to cool. Serve with turkey, ducks or game.

Time.—From 1 to 1¼ hours. **Average Cost,** 8d. or 9d. **Sufficient,** about 1 pint. **Seasonable** from October to March.

3891.—CRULLERS.

Ingredients.—Flour, 1 egg, 1 cup of sugar, 1 cup of sour cream, 1 small teaspoonful of carbonate of soda, ½ a saltspoonful of salt, ½ a saltspoonful of cinnamon or mace.

Method.—Beat the egg, add the sugar, cream, salt, cinnamon or mace, the soda dissolved in a little warm water, and as much flour as will form the whole into a soft dough. Roll out the mixture to about ½ an inch in thickness, stamp into rounds, and take out the centre of each one with a cutter. Have ready a deep pan of hot fat, fry the crullers until lightly browned, and serve hot.

Time.—To fry, 10 to 15 minutes. **Average Cost,** 9d. to 11d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

3892.—CUP CAKES, PLAIN.

Ingredients.—3 level cupfuls of flour, 1 cupful of sugar, ½ a cupful of butter, 1 cupful of milk, 3 eggs, 1 teaspoonful of cream of tartar, 1 teaspoonful of carbonate of soda, the finely grated rind and juice of 1 lemon.

Method.—Sieve the flour, cream of tartar and soda together. Beat and add the eggs, stir in the milk, lemon rind and juice, and lastly the flour. Bake in shallow tins or small cups.

Time.—From 20 to 25 minutes to bake. **Average Cost,** 1s. to 1s. 2d. **Sufficient** for 2 cakes or 18 small ones. **Seasonable** at any time.

3893.—CUP CAKES, RICH.

Ingredients.—4 cupfuls of flour, 2 cupfuls of sugar, 1 cupful of butter, ½ a cupful of milk, 6 eggs, 1 tablespoonful of lemon juice, ½ a teaspoonful of vanilla essence, 1 teaspoonful of cream of tartar, ½ a teaspoonful of carbonate of soda.

Method.—Beat the butter and sugar to a cream, add the yolks of eggs, milk and vanilla essence, and after sieving together the flour, cream of tartar and soda, stir it lightly in. Lastly add the whites of eggs, previously stiffly whisked. Bake in a fairly hot oven.

Time.—To bake, about 1 hour. **Average Cost,** 2s. to 2s. 2d. **Sufficient** for 2 cakes. **Seasonable** at any time.

3894.—DRIED FRUIT (Apples, Apricots, Nectarines, Peaches, etc.).

Ingredients.—Fruit, sugar, lemon rind, cloves or cinnamon to flavour

Method.—The following method is applicable to any of the dried fruits from California and other countries. Rinse or wash the fruit in cold water, cover it with fresh cold water, and let it remain in soak for 10 or 12 hours until well swollen. Turn both fruit and water into a stewpan or a jar placed in a pan of boiling water, and cook gently until the fruit is tender. Sugar to taste, or sugar boiled to a syrup (*see* To Clarify Sugar for Syrup, No. 2599), and flavouring ingredients should be added when the fruit is about half cooked. When syrup is used the water required for it should be taken from the vessel containing the fruit, unless a rather liquid compote is liked. The water in which the fruit soaks always extracts some of the flavour of the fruit, and the latter should therefore be cooked in it. Much stirring should be avoided, as dried fruit, when nearly cooked, breaks easily.

Newtown pippins, from which the peel and cores have been removed, and Normandy pippins, from which only the peel is removed, may require soaking a little more than apple rings and apple chips.

Time.—Altogether 11½ to 13½ hours. **Average Cost,** 6d. to 8d. per lb. **Sufficient,** ½ lb. of fruit for 1 good dish. **Seasonable** at any time.

3895.—GRAHAM BREAD.

Ingredients.—1 quart of Graham flour, 1 quartern of ordinary flour, ½ a cupful of molasses, ½ a cupful of liquid yeast (or 1 oz. of compressed yeast), 1 level tablespoonful of salt, about 1¾ pints of warm water.

Method.—Mix the Graham and ordinary flour and the salt together, add the molasses, yeast and water, and beat well for 20 minutes. Cover the bowl, let the dough remain undisturbed all night, and in the morning shape it into 2 or 3 loaves. Let them rise to nearly double their original size, then bake in a fairly hot oven for about 1½ hours. The dough is so soft that it cannot be moulded, but it may be made into rolls by means of French roll pans.

Time.—To bake, about 1½ hours. **Average Cost,** 10d. **Sufficient** for 2 loaves. **Seasonable** at any time.

3896.—GRAHAM GRIDDLE CAKES.

Ingredients.—1 cupful of Graham flour, 1 cupful of ordinary flour, 2 eggs, 1 pint of sour milk (or sweet milk and 2 teaspoonfuls of cream of tartar), 1 teaspoonful of carbonate of soda, ½ a teaspoonful of salt, 1 tablespoonful of sugar, 2 tablespoonfuls of oiled butter.

Method.—Dissolve the carbonate of soda in a little warm water. Mix the Graham and ordinary flour, salt, sugar (and cream of tartar, if used) together. Beat the eggs, add the butter, milk and dissolved soda, mix with the flour, and beat or knead until smooth. Fry on the griddle and serve hot.

Time.—To bake each cake, about 10 minutes. **Average Cost,** 10d. to 11d. **Sufficient** for 4 or 5 persons. **Seasonable** at any time.

3897.—GRIDDLE BREAD.

Ingredients.—1½ pints of flour, 1¼ pints of warm water (about), 2 tablespoonfuls of oiled butter, 2 heaped teaspoonfuls of baking powder, 1 level teaspoonful of salt, 1 egg.

Method.—Mix the flour, baking powder and salt together. Beat the eggs, add the butter and water to them, and mix with the flour. Knead well, adding a little more water should the dough be too stiff. Form at once into cakes, and cook on the griddle.

Time.—To cook each cake, about 10 minutes. **Average Cost,** 7d. to 8d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3898.—HALIBUT, BAKED.

Ingredients.—3 lbs. of halibut, milk, salt and pepper, tomato sauce (see "Sauces," No. 281).

Method.—Dip the dark portion of the skin into boiling water, and scrape it clean. Season the entire surface lightly with salt and pepper, and place the fish in an earthenware baking-dish, surrounded with milk to the depth of nearly 1 inch. Bake gently for 1 hour, basting frequently, then serve with tomato sauce. If preferred, serve with egg or white sauce, in the preparation of which the liquor from the fish should be used.

Time.—To bake, about 1 hour. **Average Cost,** 2s. to 3s. **Sufficient** for 6 or 7 persons. **Seasonable** from May to January.

3899.—HALIBUT STEAKS.

Ingredients.—2 or 3 slices of halibut, 1 egg, 1 tablespoonful of flour, crackers, salt and pepper, frying-fat, parsley.

Method.—Wipe and thoroughly dry the fish, season the flour with salt and pepper, and dip each slice of fish in the mixture. Coat carefully with beaten egg and powdered crackers, and fry in hot fat until lightly browned. Drain well, and serve on a dish paper or folded serviette garnished with fried parsley.

Time.—About 20 minutes. **Average Cost,** Halibut, 6d. to 8d. per lb. **Sufficient** for 2 or 3 persons. **Seasonable** from May to January.

3900.—HUCKLEBERRY CAKE.

Ingredients.—1½ cups of huckleberries, 1 cup of sour milk, ½ a cup of sugar, ¼ of a cup of butter, 1½ cups of flour, 1 egg, ½ a teaspoonful of carbonate of soda, ½ a teaspoonful of salt.

Method.—Sieve the salt and flour together, and dissolve the soda in a little warm water. Beat the butter and sugar until white and creamy, stir in the yolk of egg, and add the fruit and flour as lightly as possible. Whisk the white of egg to a stiff froth, stir it and the dissolved soda lightly into the mixture, and pour into well-buttered shallow tins. Bake in a moderately hot oven. If more convenient, new milk and 2 level teaspoonfuls of baking-powder may be used instead of sour milk and soda.

Time.—About ½ an hour. **Average Cost,** about 1s. **Sufficient** for 2 cakes. **Seasonable,** July to September.

3901.—HUCKLEBERRY PUDDING.

Ingredients.—1 pint of huckleberries (known in England as whortleberries), 1 pint of milk, 2 eggs, 6 ozs. of flour (about), ½ a teaspoonful of cream of tartar, ¼ of a teaspoonful of carbonate of soda, ¼ of a teaspoonful of salt.

Method.—Mix the cream of tartar and salt with the flour, and dissolve the soda in the milk. Stir the eggs into the flour, add the milk gradually, and beat well. Pick and mash the berries, stir them into the batter, and add the dissolved soda. The batter should be rather thick; a little more flour should therefore be dredged in if the required consistency has not been obtained. Turn into a well-buttered basin, and boil for 1 hour, or steam for 1½ hours. Serve with a sweet sauce.

Time.—To cook, from 1 to 1½ hours. **Average Cost,** 10d. **Sufficient** for 1 pudding. **Seasonable** July to September.

3902.—JOMBALAYAH.

Ingredients.—4 ozs. of Patna rice, 4 ozs. of cooked ham, 1 lettuce, cayenne pepper, pepper and salt.

Method.—Pick and wash the rice, put it into a large stewpan of rapidly boiling salted water, boil until tender, and dry well (see " Rice for Curry "). Chop the ham finely, add it to the rice when cold, season highly, and serve with lettuce leaves round the dish, and the heart in the centre. Usually served as a cold breakfast dish.

Time.—About 1 hour. **Average Cost,** 8d. **Sufficient** for 2 or 3 persons. **Seasonable** at any time.

3903.—JUMBLES.

Ingredients.—14 ozs. of flour, 5 ozs. of sugar, 3 ozs. of butter, 1 egg, the finely grated rind and juice of 1 lemon, 3 teaspoonfuls of milk, 1 teaspoonful of cream of tartar, ½ a teaspoonful of carbonate of soda.

Method.—Beat the butter and sugar to a cream, add the egg, milk, lemon juice and rind. Sieve the flour, cream of tartar and soda, and mix with the other ingredients. Roll out rather thinly and cut into rounds, or cut into long, narrow strips, which after being lightly pressed into a round shape with the palm of the hand, should be wound round and round to form small cakes. Bake in a quick oven.

Time.—To bake, about 10 minutes. **Average Cost,** 9d. to 10d. **Sufficient** for about 1½ lbs. of Jumbles. **Seasonable** at any time.

3904.—LEMON PIE.

Ingredients.—½ a lb. of puff paste, 7 ozs. of castor sugar, 3 eggs, 1 pint of milk, 1 dessertspoonful of cornflour, the finely-grated rind of 1 lemon.

Method.—Cover a deep plate or dish with the paste, and bake in a hot oven until three-quarters cooked. Mix the cornflour smoothly with a little milk, boil the remainder, and pour it over the cornflour, stirring briskly meanwhile. Replace in the stewpan, add 1 oz. of sugar, the lemon-rind and yolks of eggs, and stir by the side of the fire until the mixture thickens. Have this preparation ready to pour into the pastry when about three-quarters baked, and set it in the oven. Beat the whites of eggs to a very stiff froth, stir the remaining sugar in lightly, and pile the meringue on the top of the pie. Bake in a moderate oven until the top is crisp and lightly browned, and serve.

Time.—To bake, about 35 minutes. **Average Cost,** 1s. 1d. **Sufficient** for 1 pie. **Seasonable** at any time.

3905.—MUSH.

Ingredients.—1 cup of white corn meal, 2 quarts of boiling water, 1 tablespoonful of salt.

Method.—Mix the meal smoothly with a little cold water. Boil the remainder of the water, and pour in the moistened meal gradually, so as not to reduce the water below boiling point, stirring briskly meanwhile. Cover closely, and simmer very gently from 1 to 1½ hours, stirring from time to time to equalize the cooking. Serve hot with milk, butter or syrup.

Time.—About 2 hours. **Average Cost,** 2d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3906.—MUSH CROQUETTES.

Ingredients.—1 quart of mush, 1 oz. of butter, 2 eggs, frying-fat.

Method.—Prepare the mush as directed in the preceding recipe, and when it is sufficiently cooked add the butter and eggs. Stir by the side of the fire for 3 or 4 minutes to cook the eggs, then turn the preparation on to a plate. When cool enough to handle form into cork-shaped croquettes, and put them aside until quite cold and firm. When ready to serve, fry them in hot fat and drain well.

Time.—To fry the croquettes, about 15 minutes. **Average Cost,** about 6d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

3907.—MUSH, FRIED.

Ingredients.—1 quart of mush, 1 egg, bread or cracker crumbs, frying-fat, salt and pepper.

Method.—Prepare the mush as directed (see No. 3905), season it well with salt and pepper, and spread it on a dish to the depth of 1 inch. When quite cold cut it into finger-shaped pieces 3 inches long and 1 inch wide, and coat carefully with beaten egg and cracker crumbs or bread-crumbs. Have ready a deep pan of hot fat, and fry the mush until lightly browned. Drain well and serve hot.

Time.—To fry, about 15 minutes. **Average Cost,** 5d. **Sufficient** for 6 or 7 persons. **Seasonable** at any time.

3908.—OYSTERS, BAKED.

Ingredients.—1 solid pint of oysters, ¾ of a cupful of good white stock, ½ a cupful of finely-chopped mushrooms, ½ a teaspoonful of finely-chopped onion, 3 tablespoonfuls of butter, 1 heaped tablespoonful of flour, 1 tablespoonful of lemon juice, 1 heaped teaspoonful of salt, ¼ of a teaspoonful of white pepper, a few grains of cayenne, the yolks of 2 eggs, ½ a pint of breadcrumbs.

Method.—Bring the oysters and stock just to boiling point, then strain and preserve the liquor. Cook the onion and mushrooms lightly in the butter, stir in the flour, add the liquor, and stir until boiling. Add the yolks of eggs, seasoning, lemon juice, and lastly the oysters. At once turn into a well-buttered dish, cover with breadcrumbs, sprinkle with salt and pepper, and add a few bits of butter. Brown the surface in a quick oven, and serve hot.

Time.—Altogether, about 40 minutes. **Average Cost,** 2s. to 2s. 3d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to April.

3909.—OYSTERS COOKED IN A CHAFING DISH.

Ingredients.—1 solid pint of oysters, 2 tablespoonfuls of butter, a small teaspoonful of salt, a few grains of cayenne, slices of buttered toast.

Method.—Melt the butter in the chafing dish, put in the oysters, and sprinkle in the seasoning. Stir repeatedly and cook gently until the oysters begin to curl at the edges, then serve at once on the prepared toast. Variety may be introduced by adding either 2 or 3 tablespoonfuls of thick cream just before serving, or 2 yolks of eggs beaten with the juice of 1 lemon.

Time.—About 10 minutes. **Average Cost,** 1s. 6d. **Sufficient** for 3 or 4 persons. **Seasonable** from September to April.

3910.—OYSTERS, STEWED.

Ingredients.—1 quart of liquid oysters, 1 quart of milk, 2 tablespoonfuls of butter, 1 heaped tablespoonful of flour, salt and pepper to taste.

Method.—Drain the liquid from the oysters, bring it and the milk to boiling point. Knead the butter and flour together, divide into small pieces, stir them into the milk and oyster liquor, and add salt and pepper to taste. Boil gently for 3 minutes, put in the oysters, bring again to the boil, draw the stewpan aside for 2 or 3 minutes, and at once serve. If preferred, 3 tablespoonfuls of powdered cracker crumbs may replace the flour.

Time.—About ½ an hour. **Average Cost,** 1s. 4d. to 1s. 6d. **Sufficient** for 4 or 5 persons. **Seasonable** from September to April.

Oysters.—In the United States oysters are more frequently sold by measure than number. When sold by measure, a considerable amount of water is added to the liquid contained in the shells, hence the name "liquid oysters."

3911.—PEACHES, TO DRY.

Ingredients.—Peaches (not quite ripe), an equal weight of sugar.

Method.—Scald and remove the skins, divide and stone the fruit. Place them on dishes, cover with sugar, let them remain for 24 hours, then put the whole into a preserving pan and simmer gently until clear. Turn into an earthenware vessel, after two days drain off, boil up, and replace the syrup, let them remain two days longer, then drain away the syrup, and dredge the peaches liberally with fine sugar. Leave them in single layers in a cool place until dry, then pack them in air-tight tins, with paper between each layer. Apricots, nectarines or plums may be dried by this method.

Time.—5 or 6 days. **Seasonable** from August to September.

3912.—PICKERIL, TO COOK.

See recipes Nos. 574–8 for cooking pike, which this fish resembles.

3913.—POP OVERS.

Ingredients.—1 teacupful of white flour, 1 teacupful of milk, 1 egg, salt to taste.

Method.—Make a batter of the ingredients, pour into a hot, greased, pop-over tin, and bake in a quick oven. Pop-over tins are similar to sheets of patty pans, but the hollows are deeper.

Time.—From 20 to 25 minutes. **Average Cost,** 3d. to 4d. **Sufficient** for 5 or 6 persons. **Seasonable** at any time.

3914.—RICE GRIDDLE CAKES.

Ingredients.—1 pint of plainly boiled rice, 2 cups of white flour, 2 pints of milk, 1 tablespoonful of oiled butter, 1 tablespoonful of sugar, 1 teaspoonful of salt, 1 teaspoonful of baking powder, 3 eggs.

Method.—Add one pint of milk to the rice, cover it and let stand all night. In the morning stir in the flour, sugar, salt, and baking powder. Beat the eggs, add the butter and remaining pint of milk to them, mix with the flour, etc., and beat well. Fry on the griddle and serve hot.

Time.—To fry the cakes, about 10 minutes. **Average Cost,** 1s. 1d. to 1s. 4d. **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

3915.—RYE BREAD.

Ingredients.—2 quarts of rye flour, ½ a cupful of liquid yeast (or 1 oz. of compressed yeast), 1 tablespoonful of sugar, 1 tablespoonful of butter oiled, 2 teaspoonfuls of salt, 1½ pints of warm water.

Method.—Mix the flour, sugar and salt together. To the water add the yeast and butter, and stir the whole into the flour. Knead well, cover closely, and let it remain in a warm place for about 8 hours. When ready shape into 3 loaves, or 2 loaves and some small rolls, let them remain near the stove until they rise to twice their original size, and bake in a moderately hot oven. The loaves will require from 1 to 1½ hours, and the rolls from 20 to 25 minutes.

Time.—About 10 hours. **Average Cost,** 1s. **Sufficient** for 3 loaves. **Seasonable** at any time.

3916.—RYE POP OVERS.

Ingredients.—1½ cups of rye flour, 1 cupful of white flour, 1 tablespoonful of sugar, 1 teaspoonful of salt, 2 eggs, 1 pint of milk.

Method.—Mix the dry ingredients together. Beat the eggs, add to them the milk, and gradually mix with the flour. When sufficiently moist to offer little resistance to the spoon beat well. Stir in the remainder of the milk and egg, turn into well-buttered cups or pop-over tins, and bake in a fairly hot oven.

Time.—To bake, from 20 to 30 minutes. **Average Cost,** about 9d. **Sufficient** for 6 or 8 persons. **Seasonable** at any time.

3917.—SHAD, BAKED.

Ingredients.—Shad, 4 ozs. of breadcrumbs, 2 ozs. of finely-chopped cooked lean ham, 1 oz. of butter, 1 oz. of flour, 1 egg, ¼ of a pint of port wine, ¼ of a pint of water, milk, ½ a teaspoonful of powdered mixed herbs, 1 lemon, salt and pepper.

Method.—Wipe and dry the fish thoroughly, mix the breadcrumbs, ham, herbs, and a little salt and pepper well together, moisten it with ½ the egg and a little milk, and stuff the fish. Place the fish in a well-buttered baking-dish or tin, brush it over with egg, and spread the remaining stuffing on the outside of the fish. Pour the wine and water round, cover the fish with a buttered paper, and bake in a moderate oven for about 1 hour. Shortly before the fish is done melt the butter in a stewpan, stir in the flour, strain and add the liquor from the fish, bring to the boil, and simmer for 5 minutes. Serve with the sauce round, and garnish with sliced lemon.

Time.—1¼ hours. **Average Cost,** 1s., in addition to the fish. **Sufficient,** allow 4 lbs. of fish for 8 or 9 persons. **Seasonable** from April to June.

3918.—SLAW, COLD.

Ingredients.—1 tender cabbage, 1 egg, ½ an oz. of butter, ¼ of a pint of vinegar, 1 tablespoonful of flour, 1 teaspoonful of celery seed, salt.

Method.—Shred the cabbage finely, rejecting the stalk and outer leaves. Warm the vinegar and butter in an enamelled pan, put in the cabbage, sprinkle over it the celery seed, flour and a good pinch of salt, and cook gently for a few minutes. Beat the egg lightly, add it to the contents of the pan, and stir and cook for 3 or 4 minutes. Serve cold.

Time.—About 30 minutes. **Average Cost,** 6d. to 8d. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3919.—SLAW, HOT.

Ingredients.—1 tender cabbage, 1 egg, 1 oz. of butter, ¼ of a pint of sour cream, salt and pepper.

Method.—Remove the outer leaves and heart of the cabbage, and shred the remainder as finely as possible. Melt the butter in a frying-pan, add 2 or 3 tablespoonfuls of boiling water, and put in the cabbage. Season to taste with salt and pepper, cook gently until the cabbage is tender, then add the egg previously well-beaten. Stir and cook slowly for 3 or 4 minutes, then add the cream, make thoroughly hot, and serve.

Time.—About 20 minutes. **Average Cost,** 10d. to 1s. **Sufficient** for 3 or 4 persons. **Seasonable** at any time.

3920.—SQUASH, BAKED.

Ingredients.—1 pint of squash purée, 1 pint of bread or cracker crumbs, ¼ of a pint of milk, 1 oz. of butter, pepper, salt.

Method.—Prepare the squash as directed in either of the following recipes, cook until tender, and pass through a wire sieve. To the purée thus obtained add the breadcrumbs, milk, butter warmed, and a seasoning of salt and pepper. Mix all well together, turn the preparation into a greased fireproof dish, and bake in a moderate oven for one hour. Serve hot.

Time.—About 1½ hours. **Average Cost,** 9d. to 11d. **Sufficient** for 1 dish. **Seasonable** at any time.

3921.—SQUASH, SUMMER.

Ingredients.—Young, fresh, tender squashes, butter, salt and pepper.

Method.—Wash and dry the squashes, do not pare them, but cut them into quarters and remove the seeds. Put them into slightly salted boiling water, and cook gently for about 20 minutes, or until tender. Drain well, mash, replace in the stewpan with a lump of butter and a seasoning of salt and pepper, re-heat, and serve.

Time.—About ½ an hour. **Average Cost,** 3d. each. **Sufficient,** allow 2 to 3 or 4 persons. **Seasonable** all the year.

Note.—The term squash is loosely used, especially in the United States, for 2 or 3 kinds of gourd, including the pumpkin.

3922.—SQUASH, WINTER.

Ingredients.—Squash, butter, sugar, salt and pepper.

Method.—Split the squash and take out the seeds, put it into slightly salted boiling water, and boil until tender. Scrape out the soft part from the shell, mash it or pass it through a wire sieve, and put it into a stewpan with a lump of butter, a good pinch of sugar, and a good seasoning of salt and pepper. Make thoroughly hot, and serve.

Time.—About ½ an hour. **Average Cost,** 3d. each. **Sufficient,** allow 2 to 3 or 4 persons. **Seasonable** all the year.

3923.—SUCCOTASH.

Ingredients.—Lima beans, to 1 pint of beans allow 1 quart of green corn, butter, cam, sugar, salt and pepper.

Method.—Cut the corn from the cob and shell the beans, put them into separate vessels of slightly salted boiling water, cook until tender, and drain well. Mix them together, put them into a stewpan with a lump of butter and a little cream, add a good pinch of sugar, and a seasoning of pepper, and shake gently over the fire until thoroughly hot. In winter, when the vegetables are dry and hard, soak both corn and beans for at least 12 hours, then proceed as directed above. Canned Lima beans and canned corn are also used.

Time.—About ½ an hour. **Average Cost,** 1s. **Sufficient** for 7 or 8 persons. **Seasonable** from July to September.

3924.—SWEET PICKLE.

Ingredients.—7 lbs. of peaches, pears or plums, 4 lbs. of loaf or preserving sugar, 1 pint of good vinegar, 1 blade of mace, ½ an inch of cinnamon, 3 cloves.

Method.—Remove the skins, stones or cores of the fruit, and place it in a preserving pan with alternate layers of sugar. Bring very slowly to boiling point, then add the vinegar and spices, and boil for 5 minutes. Take out the fruit with a skimmer, draining it well from the syrup, and place it on dishes to cool. Boil the syrup gently until thick, removing any scum as it rises, and pour it boiling over the fruit, which should be previously packed closely in glass jars. Cork tightly and store in a cool dry place. Examine frequently for the first month, and if there are any signs of fermentation, put the jars, uncovered, in a pan of water, and heat until they are scalding hot.

Time.—From 1 to 1½ hours. **Average Cost,** 4s. 6d. **Sufficient** for 11 lbs. of pickle. **Seasonable** from June to September.

3925.—TERRAPIN BROWN STEW.

Ingredients.—1 large terrapin, 1 heaped tablespoonful of flour, 1 tablespoonful of butter, ¾ of a pint of water in which the terrapin was boiled, ¼ of a pint of sherry, 1 teaspoonful of salt, ¼ of a teaspoonful of mixed cayenne, ground mace, pepper and allspice, ¼ of a lemon thinly sliced.

Method.—Cut the meat of the terrapin into small pieces, put it into a stewpan with the water, salt, and mixed spices, and simmer gently for 20 minutes. Meanwhile melt the butter, add the flour, cook gently until the flour acquires a nut-brown colour, then pour on to it the liquor in which the terrapin has simmered. Stir until boiling, put in the terrapin in which the liquor was drained, add the wine and sliced lemon. Make thoroughly hot and serve.

Time.—About 40 minutes. **Average Cost,** 2s. 6d. to 10s., according to season and locality. **Sufficient** for 3 persons. **Seasonable.**—Obtainable all the year.

3926.—TERRAPIN, TO BOIL.

Ingredients.—Terrapins and water.

Method.—The terrapins are either killed by plunging them into boiling water like lobsters, or after cutting off the head the body is soaked in cold water for about ½ an hour, and afterwards boiled from ½ an hour to 2 hours, according to size and age. When sufficiently cooked, the legs can be broken with a slight pressure and the shell will separate easily. The liver, gall, bladder and sand bag must be taken away, also the head when not cut off before cooking, and the film surrounding the eggs. What remains is edible, and the water in the shell should be preserved.

The Terrapin is a fresh-water or tidal tortoise, of the family Emydidæ, found from Rhode Island to the Gulf of Mexico. They vary considerably in size, quality and price in different localities.

3927.—TERRAPIN WHITE STEW.

Ingredients.—1 large terrapin, ½ a pint of cream, ¼ of a pint of sherry, ⅛ of a pint of water, the yolks of 3 hard-boiled eggs, 1½ tablespoonfuls of butter, 1 teaspoonful of lemon juice, 1 teaspoonful of salt, ¼ of a teaspoonful of mixed cayenne, ground mace, pepper and allspice.

Method.—Cut the meat of the terrapin into small pieces, place in a stewpan, add the water, butter, salt, mixed spices, and liquor drained from the shell and simmer gently for 20 minutes. Pass the yolks of eggs through a fine sieve, mix with them the cream, add the lemon juice and sherry, and mix the whole with the contents of the stewpan. Make thoroughly hot and serve.

Time.—To reheat the terrapin, about ½ an hour. **Average Cost**, 2s. 6d. to 10s., according to season and locality. **Sufficient** for 3 persons. **Seasonable.**—Obtainable all the year.

3928.—WAFFLES.

Ingredients.—1 cupful of butter, 3 cupfuls of sugar, 3 eggs, ½ of a teaspoonful of saleratus, ½ a nutmeg grated, ½ a teaspoonful of salt, 1 teaspoonful of milk, flour.

Method.—Beat the butter, add to it the sugar, nutmeg, salt, saleratus, previously dissolved in the milk, and the eggs. Beat well, adding gradually as much flour as will make a thick batter. Heat the waffle-iron, rub it over with butter, put in about 2 tablespoonfuls of the batter and cook over a sharp fire.

Time.—To cook, from 8 to 10 minutes. **Average Cost,** 1s. 2d. to 1s. 4d **Sufficient** for 8 or 9 persons. **Seasonable** at any time.

3929.—WAFFLES. (Another Method.)

Ingredients.—½ a lb. of flour, ½ a lb. of butter, 2 ozs. of sugar, 3 eggs, 1 pint of milk, ½ a teaspoonful of salt.

Method.—Beat the butter and sugar to a cream, add the yolks of eggs, the salt, flour and milk, a little alternately, so as not to make the mixture either too stiff or too moist. When well mixed stir in as lightly as possible the stiffly-whisked whites of the eggs. Heat and butter the waffle-iron each time before filling it.

Time.—To cook, about 6 or 7 minutes to bake each one. **Average Cost,** 1s. 2d. to 1s. 5d. **Sufficient** for 9 or 10 persons. **Seasonable** at any time.

3930.—WAFFLES MADE WITH YEAST.

Ingredients.—Flour, 1 pint of warm milk, 1 tablespoonful of fresh yeast, 1 oz. of butter, ½ a nutmeg grated, ½ a teaspoonful of salt, 3 eggs.

Method.—Beat the eggs well, add the yeast, milk, butter melted, nutmeg, salt, and as much flour as will make a light batter. Cover, and let it remain in a warm place from 2½ to 3 hours. Cook as directed in recipe No. 3438.

Time.—Altogether, about 4 hours. **Average Cost,** 9d. **Sufficient** for 7 or 8 persons. **Seasonable** at any time.

3931.—WASHINGTON PIE.

Ingredients.—1 lb. of flour, ¾ of a lb. of castor sugar, ½ a lb. of butter, 6 eggs, 1 gill of cream, the finely-grated rind of ½ a lemon, ½ a teaspoonful of saleratus, fruit jelly or apricot marmalade.

Method.—Beat the butter and sugar together until white and creamy, then add the lemon-rind and the eggs 2 at a time, beating well between each addition. Mix the saleratus with the cream, stir it into the mixture, and add the flour as lightly as possible. Turn into 4 round shallow baking-tins, and bake in a moderate oven. Allow the cakes to get cold, then split them and put a thick layer of fruit jelly, or apricot marmalade, which has been stiffened by a little gelatine, between the cakes. Cut into sections, and serve as a cold sweet.

Time.—To bake, about 20 minutes. **Average Cost,** 2s. 6d. **Sufficient** for 4 cakes. **Seasonable** at any time.

TRUSSING POULTRY AND GAME

CHAPTER LX

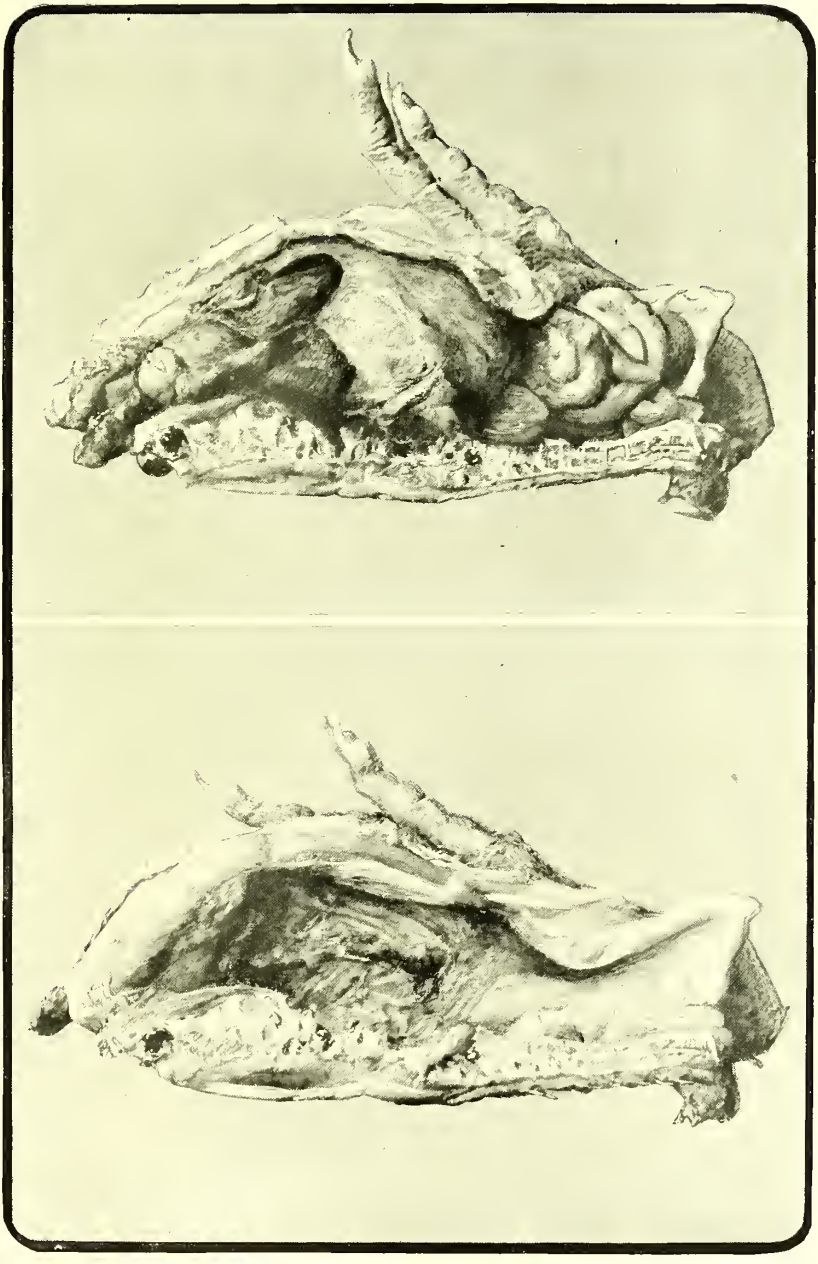
Trussing may be said to be one of the most important arts in connexion with cookery. In London and other large towns where so much, if not all, the poultry and game is sent out ready prepared for cooking, many cooks do not make it a study ; but it ought, nevertheless, to be a part of the education of each one. Realizing the importance of this branch of the cook's art, and knowing how difficult it is to learn from written instructions, we have prepared a series of illustrations to practically show the various stages in the preparation of game and poultry for different modes of cooking. To obtain these and to ensure their being reliable guides for the uninitiated, we secured the services of a very experienced trusser. The latter, taking each bird or animal in turn, demonstrated the manner of drawing, trussing, etc., at each stage of which a photograph was taken, so that by studying these the amateur will be able to acquire the proper method. Skewers are not now used for trussing fowls and similar small birds, which are always trussed with a needle and twine. This mode not only facilitates the carving, but avoids serving a dish rendered unsightly by skewers or skewer holes. Trussing needles, made of iron, are obtainable from any ironmonger. They are very similar to packing needles—strong and straight, about 9 inches long.

3932.—TO PLUCK A BIRD.

Hold the bird in the left hand, and commence to pull off the feathers from under the wing. Having plucked one side, take the other wing and proceed in the same manner until all the feathers are removed.

Poultry feeders usually pluck birds immediately after killing, because the feathers are more easily withdrawn before the flesh stiffens. Another way is to plunge the bird into hot, but not boiling, water for about one minute, and immediately pull out the feathers. But this is a rather risky method, for if the bird be left too long in the water, the skin becomes tender, apt to be easily torn, and the appearance is thus spoiled.

TRUSSING No. 1.



Section of fowl cut in half: (1) with internal organs; (2) when drawn.

3933.—TO SINGE POULTRY.

Hold the bird by the neck with the left hand, and with the right hand singe off the down with a lighted paper, moving it quickly so as not to scorch the bird ; those parts that will be hidden after the bird is trussed must be most carefully gone over, but it is usual to again singe after trussing. In large kitchens there is sometimes a gas-tube, which is very convenient for singeing poultry, and avoids to some extent any chance of burning or scorching during the operation ; but a lighted paper carefully used is all that is actually necessary.

It is useless to expect singeing to take away the feathers that have been left in through careless plucking ; if any should appear, they must be pulled out, not singed off, otherwise they will impart a disagreeable odour of burnt feathers to the bird.

3934.—TO BONE POULTRY AND GAME.

Birds are invariably plucked and singed before boning, but not drawn. The crop, however, should be removed, the wings and legs cut off at the first joint, and the tendons of the legs carefully drawn at the same time. To bone the bird, use a small sharp knife, and first remove the merry-thought at the neck—a very simple matter. This done, cut the skin down the centre of the back and raise the flesh carefully on either side, sever the wing joints, and continue to detach the flesh, keeping the blade of the knife close to the bone. When the legs are reached, dislocate the joints, cut the connecting tendons, but leave both wings and legs intact until the breast and back bones have been removed, together with the viscera. Turn the body completely inside out ; take the thigh bones of one of the legs in the left hand and strip the flesh downwards. Repeat this until all the small bones are removed. The bird may then be turned right side out again, when it will be found completely boned and should be quite whole.

Both large and small birds may be boned in this way. They are then stuffed, re-shaped and trussed, or rolled into galantines.

3935.—TO DRAW POULTRY. (Trussing Illustration Nos. 1 and 2.)

In order to draw a bird properly, it is well to know where to find the different parts of the inside. Trussing Illustration No. 1, Fig. 1, shows a fowl cut in half. The different organs can be seen in the positions they occupy. Fig. 2 shows the inside of the bird when drawn.

Lay the bird back downwards upon the table, and cut off the ends of the pinions. Then turn the bird breast downwards, and cut a long slit in the back of the neck, in the manner shown in Trussing Illustration No. 2, Fig. 1 ; pass the knife under the skin, cut off the neck at its junction with the body, taking care not to cut through the under skin of the neck in this motion. Then cut through the skin of the back of the neck at the place where the first incision was made and through the underneath skin about three inches from the breast, leaving the two flaps of neck skin to fold over the jagged opening (see Figs. 2 and 3), and draw out the neck. Then take out the crop, and well loosen the entrails by placing the forefinger inside the body, and working it round from left to right (see Fig. 4). Put the fowl on the table tail upwards and make a deep cut straight across the body between the tail and the vent. The vent can then be easily cut out, and the opening will be found sufficiently large to enable the fingers to be put inside the bird to take hold of the gizzard, etc. (see Fig. 5), and if the loosening at the other end has been properly performed, the whole of the inside of the fowl can be easily drawn away in one mass. Care should be taken not to draw away the fat on gizzard. This can be felt with the fingers and may be easily left inside the bird.

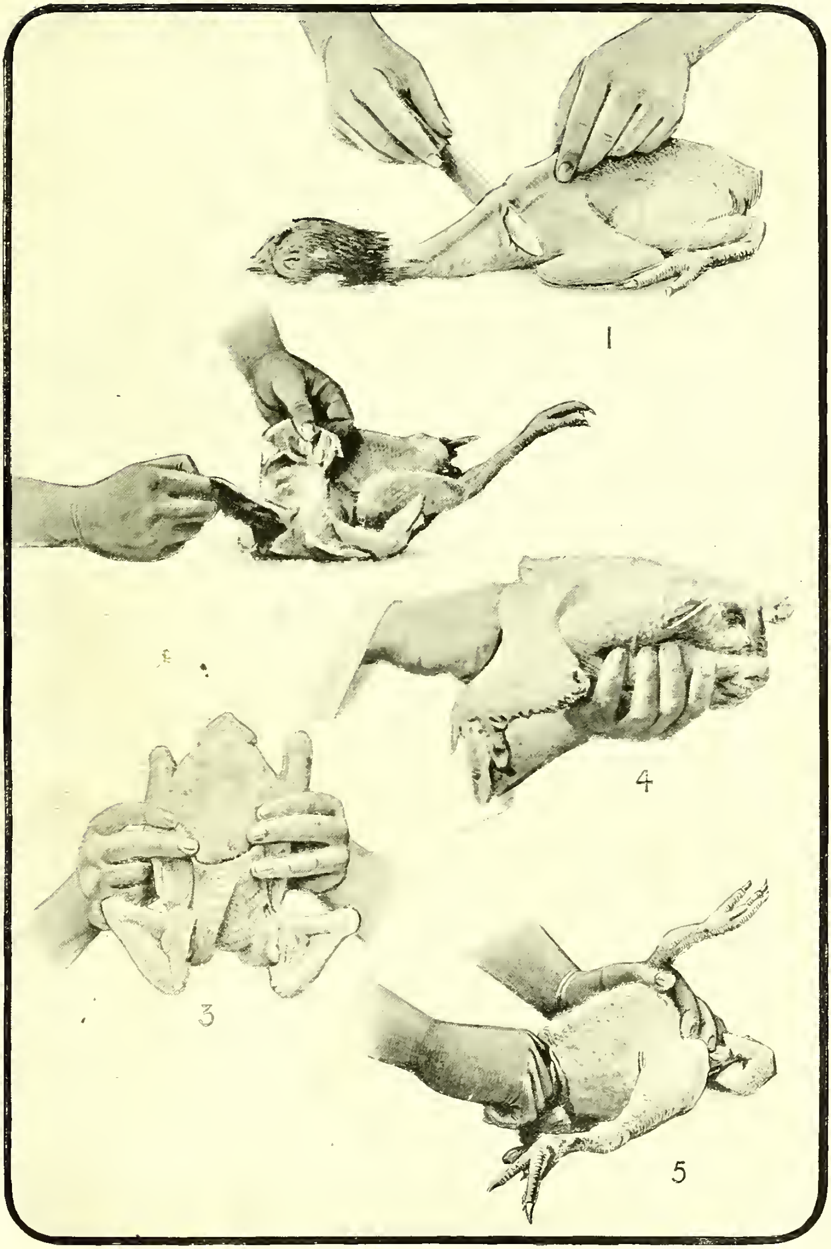
Be very careful not to break the gall-bladder, for this accident may ruin the bird by imparting a very bitter taste to the flesh. Now wipe out the inside with a clean cloth, but do not wash the bird, unless any part of the inside has been broken in drawing; dip the legs of the bird in boiling water, scrape them, and cut off the claws.

3936.—TO TRUSS A FOWL FOR ROASTING.
(Trussing Illustration No. 3.)

Place the fowl upon the table as shown in illustration, and pass the needle and string through the centre of the fowl, just above the thigh-bone, exactly in the centre of the two joints (see Fig. 1), leaving the end of the string protruding from the place where the needle entered the bird. Turn the fowl over on to its breast, and carrying the twine on, pass it in a slanting direction between the two centre bones of the wing, catching the underneath part of the pinion (see Fig. 2), and then over the bird through the pinion and then the wing of the other side, and the string will come out near the point where it first entered the fowl; then tie the two ends together, but not too tightly or the bird will not lie flat on the dish (Fig. 3). Next take the fowl in the left hand, breast downwards, and pass the needle and twine through the back, close to the end of the thigh-bones (Fig. 4); put the legs into position shown, turn the fowl on its back, and carry the string over the leg and then through the breast, catching up a small portion of the bone as the needle passes through. Take the string on over the other leg and tie the ends together, and the bird will be ready for roasting (see Fig. 5).

Now again singe the bird, going over it very carefully, so that no feathers remain; then, after cleaning and washing the gizzard and liver, put one in each of the pinions.

TRUSSING No. 2: TO DRAW A FOWL.



See directions on page 1633.

3937.—TO TRUSS A FOWL FOR BOILING. (Trussing Illustration No. 4.)

It is generally found more difficult for a beginner to truss a fowl for boiling than for roasting, for in loosening the skin and drawing it over the bone it is very easy to tear it.

Loosen the skin of the leg by placing the two first fingers of the hand inside the body, and working round the leg as shown (Fig. 1). Make a cut in the drumstick of the fowl, about half an inch from the hock (Fig. 2), to prevent the bone from breaking under the next operation. Turn the shank inward on to the back of the fowl (Fig. 3), and draw the skin of the leg over the hock, tucking the joint into the body (as in Fig. 4). Next cut off the shank about half an inch above the foot, i.e., cutting off all the leg and foot that shows in Fig. 4. Sew with needle and string as for roasted fowl (see Fig. 5).

3938.—TO TRUSS A TURKEY. (Trussing Illustration No. 5.)

Turkeys are plucked and singed in exactly the same manner as fowls, but before trussing draw the sinews. To do this, break the leg bones close to the feet, run them on a hook placed in the wall (*above* you, so that weight as well as strength can be brought to bear), and draw out the sinews as shown in Fig. 1. This is sometimes rather a hard task, but it must be done or the legs will be uneatable. Next cut off the neck close to the back as directed in Recipe No. 3935, leaving enough skin to turn over it, and loosen the liver and the rest of the inside at the throat end. Cut off the vent, take out the gut and draw the bird with a hook sold for this purpose. Take great care not to break the gut joining the gizzard, for fear of grit, or the gall bladder, which, if broken, would make the flesh bitter.

Next dry the inside thoroughly. Cut the breastbone through at each side close to the back, beat it flat with a wooden rolling-pin, then place the pinions as shown in illustration, and skewer (Figs. 2 and 3).

Press the legs close to the body and skewer at first and second joints, and the turkey will now be ready for stuffing.

Having filled the bird with the forcemeat (the fuller the better and neater it will look), skewer over the flap of skin, also that at the neck.

Turn the bird back uppermost and put a string across and across as shown, except in the case of a very small turkey, when it will not be required.

As with a fowl, a boned turkey has sometimes the legs put inside, so that less stuffing is needed ; and the aim is not to preserve its form but to make it present a broad smooth surface that is easy to carve.

3939.—TO TRUSS A GOOSE OR DUCK. (Trussing Illustration No. 5, Fig. 5.)

Geese and ducks are prepared, drawn and trussed in the same manner as fowls and turkeys, except that the wings or pinions are cut off at the first joint. The feet of a goose are nearly always removed, but those of a duck are just as frequently left on, the tips of the toes alone being cut off.

Having well plucked and singed the bird, cut off the feet at the joint, the pinions at the first joint, and the neck close to the back, as directed for fowls, leaving enough skin to turn over the back. Next loosen the inside at the throat end. Cut the bird open between the vent and the rump and draw ; then wipe out the bird and very carefully flatten the breastbone with a rolling-pin, taking care not to break the bone into splinters. Put a skewer through the under part of one wing and bring it through the other, as shown in Fig. 5. Skewer the legs by passing the skewer through the first joint and carrying it through the body so as to secure the other. Always remove the merry-thought from a duck or a goose.

3940.—TO TRUSS GROUSE.

When plucking leave the breast feather for removal afterwards, in order to prevent the skin being broken in trussing.

First, cut off the head, leaving enough skin to skewer back, loosen the inside at neck and squeeze out and wipe the inside of the bird.

Secondly, bring the legs close to the breast, between it and the side bones, and pass a needle through the pinions and the thick part of the thighs, tie round, then take off the breast feathers with the aid of a knife, thus avoiding the breaking of the skin.

Partridges and pheasants are trussed in the same manner, but the latter are large enough for the passage of the hand and can be drawn in the same way as a fowl.

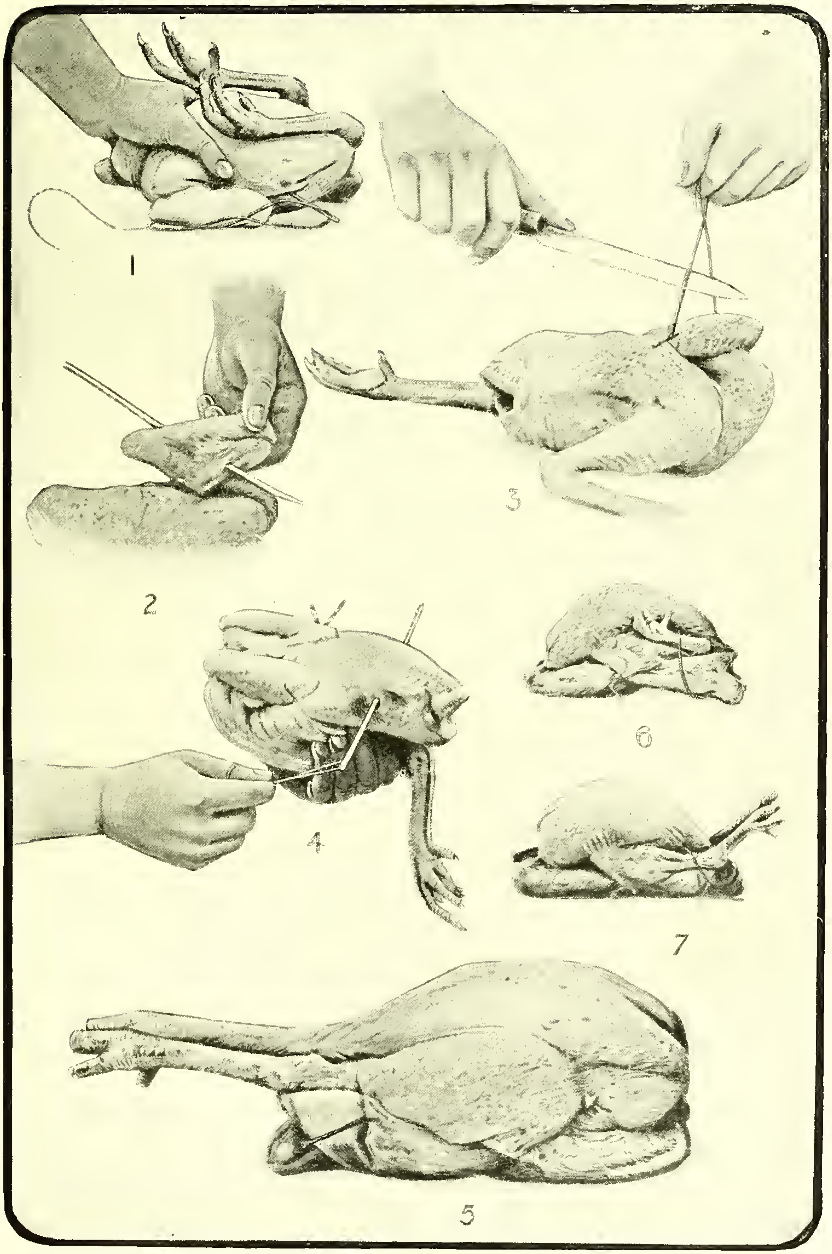
3941.—TO TRUSS A PIGEON. (Trussing Illustration No. 3, Figs. 6 and 7.)

First pluck and draw the bird, wash it very thoroughly and wipe perfectly dry. Then cut off the neck and head, and the toes at the first joint. Truss for roasting by crossing the legs and running a trussing needle and twine through both pinions and legs (Fig. 7).

For stewing, twist the legs up on each side and fasten with a trussing needle and twine (Fig. 6).

Pigeons are better if drawn directly they are killed. They are birds that do not improve by keeping.

TRUSSING No. 3: FOWL FOR ROASTING.



See directions on page 1634.

3942.—TO TRUSS A SNIPE.

First pluck the birds, and wipe them outside with a damp cloth, but do not draw them. Twist the legs, thrust them close to the body; skin the neck and head, and bring the beak round under the wing. The birds should then be placed on toast.

3943.—TO TRUSS PLOVERS, QUAILS, AND WOODCOCKS.

These are dressed in the same way as snipe.

3944.—TO SKIN AND TRUSS A HARE. (Trussing Illustration No. 5, Figs. 6 and 7.)

Cut off the fore and hind legs at the first joint, make a long slit in the skin underneath the body, detach it from the flesh, and draw it over the hind legs, leaving the tail on. The next step is to draw the skin over the back and slip out the fore legs, easing it with a knife, if necessary, over the neck and head, and being very careful not to injure the ears, which are left on. In skinning this is the most delicate part, and one that is always found difficult by the amateur, but the appearance of a roast hare is spoilt if the ears are torn or otherwise injured.

To hang the hare on a hook is a most convenient way of accomplishing the skinning, as both hands are thus free and the skin can be thus far more carefully removed and with far greater ease than if the animal be laid upon a board.

Slit the body in the same direction as the skin was cut, remove all the viscera except the kidneys, and wipe the inside with a clean damp cloth. Next cut the sinews beneath the hind legs and press them towards the head, and bring the fore legs backwards to the hind ones.

When the legs are arranged in the manner indicated, a skewer can be passed through the two legs on one side, through the body and the two legs on the other side, the chief part of the trussing being thus effected by means of one skewer.

Press back the head (Fig. 6), pass a skewer through the top of the shoulder, the back of the neck, and out through the top of the opposite shoulder.

3945.—TO TRUSS A RABBIT FOR ROASTING OR BOILING.

Empty, skin and wash the rabbit thoroughly, wipe it dry, and take out the eyes.

Then cut off the fore joints of the shoulders and legs, and, bringing them close to the body, fasten with needle and twine, skewer firmly.

Thirdly, raise the head and skewer it back between the shoulders.

Put stuffing in (if liked) when for roasting, and sew up.

HERBS, CONDIMENTS, AND AUXILIARIES

CHAPTER LXI

The first pages of the present chapter deal principally with the various seasonings and flavourings which form an important part of every culinary preparation, followed by a brief description of the elementary processes which enter largely into every-day cookery. The success of many dishes depends more on the condiments and auxiliaries used in compounding them than on the material forming the base; hence the necessity of some slight knowledge of the qualities of the respective seasonings and flavourings, and the exercise of a certain amount of care in preparing the auxiliaries.

Herbs

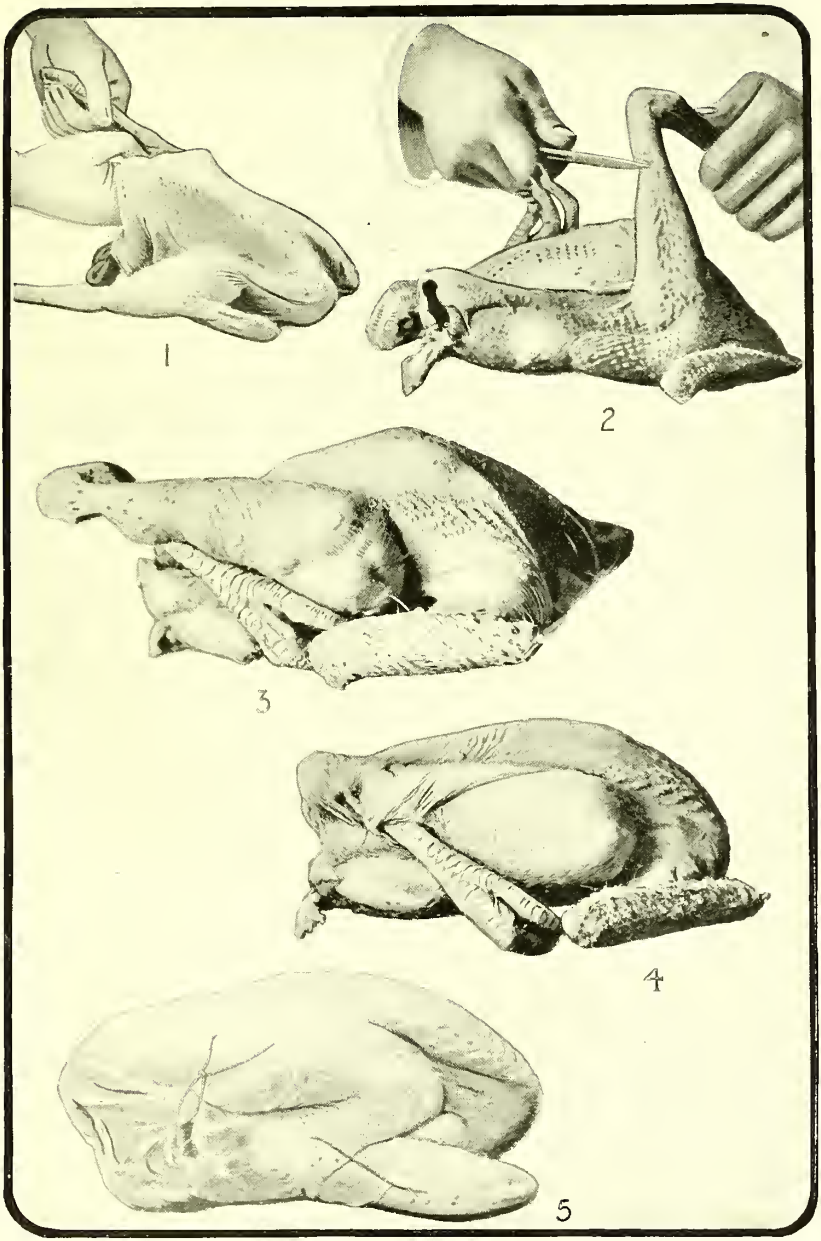
Aromatic Herbs and Plants.—A number of these are used in a dry state, but when freshly gathered a better flavour is added to the preparation of which they form a part.

Bay-leaves (Fr.—*Feuilles de laurier*).—The leaves of the common laurel, *Prunus laurocerasus*, are employed for culinary purposes to give a kernel-like flavour to sauces, stocks, mirepoix, custards, puddings, etc. They may be dried and their flavour preserved for a great length of time if kept in an air-tight tin.

Basil (Fr.—*Basilic*).—The flavour of this herb greatly resembles that of the bay-leaf. It finds great favour with French cooks, but it is not much used in England except as a flavouring for fish soups and fish sauces. It is in perfection about August, when it should be dried and preserved in air-tight bottles or tins for winter use. Like many other herbs, it may be obtained ready-prepared.

Bouquet Garni.—The little bunch or fagot of herbs to which this name is applied usually consists of two or three sprigs of parsley, a sprig of thyme, and a bayleaf, with the addition of marjoram, celery leaves, basil, or other herbs may, if liked, be added.

TRUSSING No. 4: FOWL FOR BOILING.



See directions on page 1635.

Burnet.—The use of this perennial plant has gone somewhat out of fashion. In former times it constituted one of the principal ingredients of claret cup, its leaves, when slightly bruised, smelling like cucumber. Its modern use is confined to salads.

Capsicums.—Several varieties of this plant are cultivated in the East and West Indies and in America. The red chilli, which invariably forms part of mixed pickles, is the pod of the capsicum, and chilli vinegar is made by infusing capsicum pods in vinegar until some of their pungency and strength is extracted. From the same source comes cayenne pepper, obtained from the pods and the seeds, which are well dried and pounded until they are reduced to a fine powder. Capsicums owe their stimulating power to an active principle called capscin, and when used in moderation produce no injurious effects.

Carrots and Turnips.—The small pale-coloured carrot that grows wild in England is not the original of the cultivated variety, which is certainly one of the most valuable and useful vegetables we possess. The garden carrot in general use is a genus of the umbelliferae, and was introduced into England in a cultivated state during the reign of Elizabeth. Turnips also grow wild in England, but naturalists have asserted that the wild turnip is not the progenitor of the valuable culinary esculent of the present day. In this cultivated state they are generally supposed to have been originally introduced from Hanover, in the reign of George I. The manifold purposes for which both these vegetables are employed are too well known to need comment. In adding them to a soup, sauce or ragoût, the rule of using less turnip than carrot should always be observed. Both should be used sparingly, otherwise their flavour overpowers that of the materials with which they are cooked.

Chervil (Fr.—*Cerfeuil*).—This umbelliferous plant is used as a flavouring agent in entrées, sauces, and soups, its peculiar flavour being greatly appreciated by many. But it is still more usefully employed for decorative purposes, its small, pretty, delicately tinted leaves being invaluable as a means of introducing a green garniture to chaudfroids, savouries, salads, etc. In Scotland and in the north of England this plant is commonly called Myrrh.

Chives (Fr.—*Ciboulette*).—The root of this plant consists of small, flat, clustering bulbs. Like other small varieties of the onion tribe, it has a very powerful flavour, and consequently must be sparingly used.

Garlic (Fr.—*Ail*).—The genus *Allium* includes the chive, garlic, leek, onion and shallot. Of these, garlic possesses the most powerful aroma and flavour. In Spain, Italy, and other parts of the Continent, garlic is highly esteemed, but unless very sparingly used the flavour is disagreeable to the English palate. The root consists of several bulbs called cloves, and sufficient flavour may be added to any dish or salad by simply rubbing the vessel containing it with the end of half of one of these cloves.

Leeks (Fr.—*Poireaux*).—This plant, the *Allium porrum*, is largely employed as a flavouring agent in culinary preparations. In Wales it is highly esteemed, but, notwithstanding its mild delicate flavour, it is little used as a vegetable in England.

Marjoram (Fr.—*Marjolaine*).—There are four kinds of marjoram, but the sweet or knotted variety, known to naturalists as *Origanum Marjorama*, is the only one used for culinary purposes. This well-known herb is a native of Portugal, and was introduced into this country in the sixteenth century. Sparingly used, it imparts an agreeable flavour to many sauces, stews, and other preparations, of which onion forms a part. The herb should be gathered in July, well-dried, finely-powdered, and bottled for winter use.

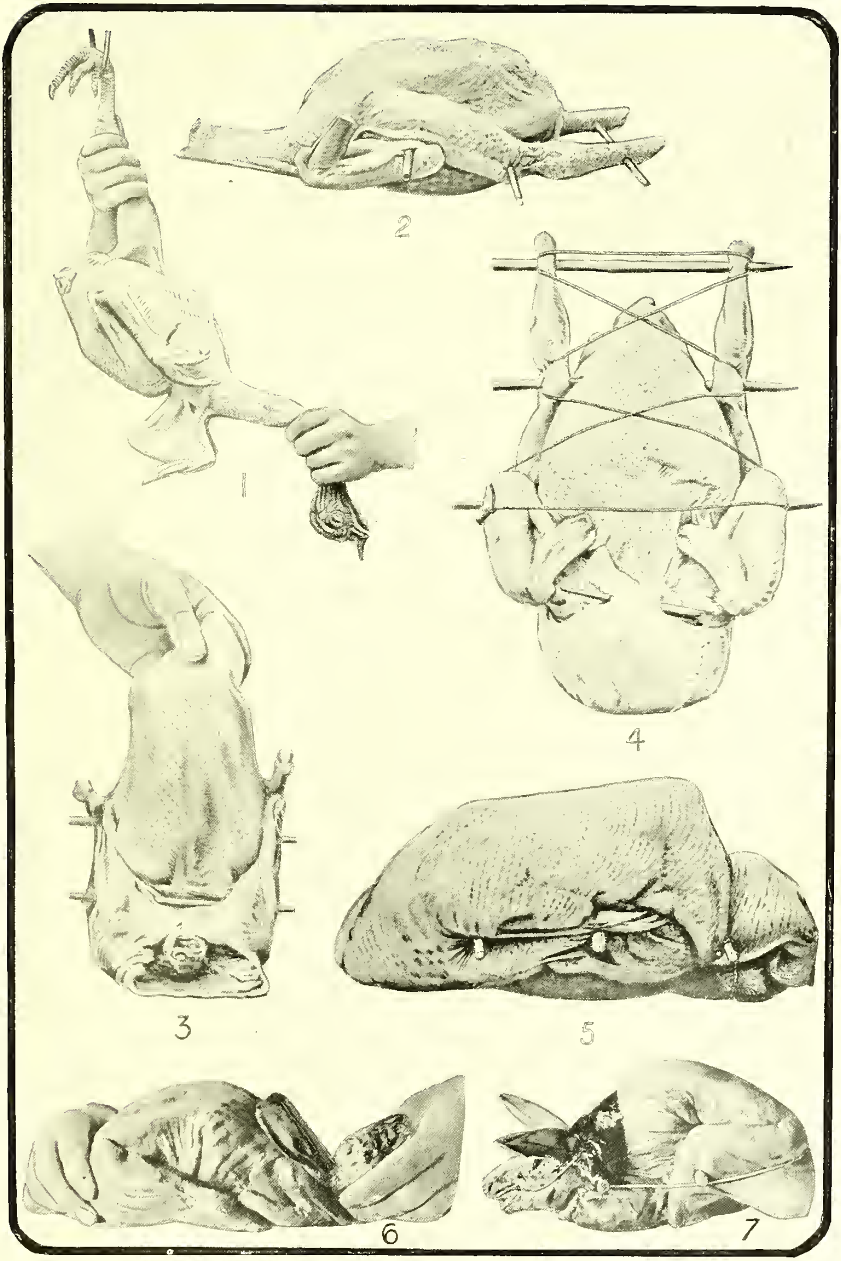
Mint (Fr.—*Menthe*).—This aromatic plant belongs to the natural order *Labiatae*. The *Mentha vividis*, the variety cultivated in our kitchen gardens, has a more agreeable flavour than its congeners, and it is the one generally used in cookery. Mint possesses the property of correcting flatulence, hence the custom of using it in pea-soup and with new potatoes.

Onions (Fr.—*Oignons*).—This bulb, the *Alium cepa*, which is the most common, but, at the same time, the most popular of this class of vegetable, differs widely as regards size and flavour. The smaller varieties are the more powerful, while the larger species, like the Spanish, are mild and sweet. A mild flavour of onion is generally liked, but the objection to its use is the odour left on the palate. This may be obviated in some measure by parboiling them before adding them to any preparation, the objectionable matter being more effectually removed by changing the water two or three times during the process.

Parsley (Fr.—*Persil*).—This herb is said to be a native of Sardinia, but is largely cultivated in every country in Europe. Parsley possesses the peculiar property of absorbing the strength of other flavouring ingredients ; hence the necessity of using it with discretion. In consequence of being generally regarded as exceedingly simple and harmless in character, this herb is frequently employed in altogether disproportionate quantities, thereby overpowering the flavour of other substances with which it is mixed. Parsley intended for winter use should be gathered before it loses its tender shade of green. It is first blanched in boiling water for 1 minute, then put into a hot oven, and when dry enough to be easily reduced to a fine powder it is rubbed through a hair sieve, and put into well-corked bottles or air-tight tins.

Sage (Fr.—*Sauge*).—This well-known plant belongs to the genus *Salvia*, a branch of the mint family. It was originally a native of the South of Europe, but its cultivation in England dates from an early age. There are several varieties, known as green, red, small leaved, and the broad-leaved balsamic. Both green and red sage are employed for cookery purposes, especially in stuffings, of which onions form the principal part, but other kinds are used for medicinal purposes.

TRUSSING No. 5: POULTRY, GOOSE, AND HARE.



See directions on pages 1635, 1636, and 1637.

Shallot or Eschalot (Fr.—*Échalote*).—This bulbous root is a native of Palestine, and was introduced into England by the Crusaders. It derives its botanical name, *Allium Ascalonicum*, from Ascalon, in the vicinity of which place it was found growing wild. The shallot has a bulbous root, made up of a number of smaller bulbs, called cloves. It is more pungent than garlic, but its flavour is more delicate, and more palatable to those unaccustomed to the use of garlic. The shallot is more pronounced in taste than the onion, but does not leave so strong an odour on the palate, and for this reason it is often employed instead of the onion for flavouring culinary preparations, sauces and vinegars, and more especially for salads eaten in a raw state. Shallots are in best condition in July, August, and September, but may be kept for a great length of time if hung in nets in a cool dry place.

Tarragon (Fr.—*Éstragon*).—This perennial plant, known to botanists as *Artemisia Dracunculus*, is believed to be a native of Siberia. Its leaves possess a highly aromatic flavour, and are largely used for decorative purposes, the character and form of the leaf being specially suited to the small devices employed for garnishing chaudfroids, savouries, salads, etc. From it also is made the vinegar known as tarragon vinegar, which is employed by the French in making their mustard, and by the English in mixing mayonnaise and other salad dressings.

Thyme and Lemon Thyme (Fr.—*Thym*).—Both these species belong to the natural order *Labiatae*, or mint tribe. The leaves of the *Thymus vulgaris* possess a highly aromatic flavour, and should be sparingly used. Lemon thyme, or *Thymus citriodorus*, is a trailing evergreen of much smaller growth than the ordinary common kind, and is remarkable for its smell, which closely resembles that of the rind of a lemon, hence its distinctive name.

Condiments

Condiments serve a useful purpose in dietetics, not only in enhancing the flavour of substances to which they are added, but also in inducing greater activity in digestive processes. A little additional seasoning of salt and pepper may be necessary, just before serving, to render a dish more palatable, but all condiments used for seasoning or flavouring should be added either before the dish is cooked or during the process of cooking, otherwise their full flavour cannot be imparted to the materials with which they are mixed.

Allspice (Fr.—*Piment*).—This is the popular name given to pimento, or Jamaica pepper, known to botanists as *Eugenia pimenta*, and belonging to the natural order *Myrtaceae*, or myrtle. It is the berry of a fine tree in the West Indies and South America, which attains a height of from 15 to 20 feet. The berries are not allowed to ripen, but are gathered green, dried in the sun, and then become black. The berries combine the flavour of cloves, cinnamon, and nutmeg, hence the name.

Angelica (Fr.—*Angelique*).—Although the seeds of this plant are largely used in the preparation of certain liqueurs, it is chiefly in its candied form that this aromatic herb or plant is known to us. In the northern parts of Europe the leaf stalks are peeled and eaten raw as a great delicacy. The root, as well as the leaves and seeds, have been employed for medicinal purposes. From its supposed properties as a specific against poison and witchcraft, it was formerly called the " angelic " plant.

Cayenne (Fr.—*Poivre de Guinée*).—This is the acrid and stimulating spice with which we are acquainted. It is a powder prepared from several varieties of the *Capsicum*, annual East India plants, of which there are three so far naturalized in this country as to be able to grow in the open air ; these are extremely pungent to the taste, and in the green state are used by us as a pickle. When ripe, they are ground into cayenne pepper, and sold as a condiment. The best cayenne, however, is made in the West Indies from the *Bird* pepper, so named because of the partiality of hens and turkeys to the berry. It is imported ready for use. Of the *Capsicum* species of plants there are five ; but the principal are : (1) *Capsicum annum*, the common long-podded *Capsicum*, cultivated in our gardens, of which there are two varieties, one with red, and another with yellow fruit. (2) *Capsicum baccatum*, or *Bird* pepper, which rises with a shrubby stalk 4 or 5 feet high, with its berries growing at the division of the branches ; this is small, oval-shaped, and of a bright-red colour, from which, as already stated, the best cayenne is made. (3) *Capsicum grossum*, the bell-pepper ; the fruit of this is red, and is the only kind fit for pickling.

Cinnamon (Fr.—*cannelle*). — The cinnamon tree (*Laurus Cinnamomum*) is a valuable and beautiful species of the laurel family, and grows to the height of 20 or 30 feet. It is believed to have been originally grown in Ceylon, where it is still largely cultivated. It also grows in Madras, Bombay, and Java. The trunk of the tree is short and straight, with wide-spreading branches, and it has a smooth, ash-like bark. The inner bark forms the cinnamon of commerce. When the branches are 3 years old they are stripped of their outer bark, the inner bark is dried, causing it to shrivel up and assume the quilt-like form in which it is imported. The best cinnamon is rather light in colour, and not much thicker than paper. Besides being used extensively for culinary purposes, cinnamon is much employed as a powerful stimulant.

Cloves (Fr.—*Girofle*).—This very agreeable spice is the dried flower-buds of the *Caryophyllus aromaticus*, a handsome branching tree, a native of the Malacca Islands. They take their name from the Latin word *clavus*, or the French *clou*, both meaning a nail, to which the clove has a considerable resemblance. Cloves were but little known to the ancients, and Pliny appears to be the only writer who mentions them : and he says, vaguely enough, that some were brought to Rome, very similar to grains of pepper, but somewhat longer : that they were only found in India, in a wood consecrated to the gods ; and that they served in the manufacture of perfumes. The Dutch, as in the case of the nutmeg, endeavoured, when they gained possession of the Spice Islands, to secure a monopoly of cloves, and, so that the cultivation might be confined to Ambroyna, their chief island, bribed the surrounding chiefs to cut down all trees elsewhere. The Ambroyna, or royal clove, is said to be the best, and is rare : but other kinds, nearly equally good, are produced in other parts of the world, and they come to Europe from Mauritius, Bourbon, Cayenne, and Martinique, as also from St. Kitt's, St. Vincent's, and Trinidad. The clove contains about 20 per cent. of volatile aromatic oil, to which is attributed its peculiar pungent flavour, its other parts being composed of woody fibre, water, gum, and resin.

Coriander (Fr.—*Coriandre*).—This plant, the *Coriandrum sativum*, is of Eastern origin. The seeds of the plant, when fresh, have a disagreeable smell : in their dry state they are used by the confectioner, distiller, and in the manufacture of curry-powder, but very rarely in ordinary cookery.

Curry (Fr.—*Poudre de Kari*).—Curry is composed of various condiments and spices, which include cardamon-seed, coriander-seed, cumin-seed, dried cassia leaves, dried chillies, cayenne, ginger, mustard-seed, turmeric, cinnamon, mace, and cloves. It owes its peculiar odour and bright colour to the presence of turmeric, a variety of ginger largely cultivated in the East Indies. Thorough cooking is absolutely necessary to develop the full flavour of the various ingredients comprising curry-powder, the directions given in the respective recipes for preparing the curry sauce before adding to it other substances should therefore be strictly followed.

Ginger (Fr.—*Gingembre*).—Ginger is the tuber of a perennial plant called *Zingiber officinale*, growing chiefly in the West Indies. There are two varieties ; the white and the black. The former is considered the better, and is prepared by washing and scalding the tubers, and then scraping them and drying them in the sun : in the black ginger the scraping process is omitted, it being merely scalded before being dried. Ginger is much used in culinary operations : grated green ginger is deemed by epicures to be an important item in a dish of curry.

Lemon (Fr.—*Citron*).—This fruit is a native of Asia, and was first cultivated in England in the beginning of the seventeenth century. Lemons are imported in large quantities from the Azores, St. Helena, Spain, and Portugal, those from Spain being considered the best. The juice of the lemon is invaluable in many culinary operations, being employed in some as a bleaching agent, in others to expedite disintegration and thereby soften the fibres of the substance, while a third purpose it fulfils is that of adding piquancy to sauces and other preparations. Citric acid, extracted from lemons, is largely employed as an anti-scorbutic. The rind of the lemon contains an essential oil of very high flavour and fragrance. This oil is contained in tiny cells on the surface of the lemon, immediately beneath which lies a white pith with a bitter, disagreeable flavour. As a rule the rind is grated, but the best way to obtain the largest amount of the essence from the lemon without encroaching on the white pith, is to pare off the rind in small, almost transparent strips with a sharp knife. The peel, preserved by boiling in syrup, forms the well-known candied peel.

Mace (Fr.—*Masse*).—Mace is the outer shell or husk of the nutmeg, and naturally resembles it in flavour. Its general qualities are the same as those of the nutmeg, producing an agreeable aromatic odour. When good its hue is orange-yellow.

Mustard (Fr.—*Moutarde*).—There are two varieties of mustard seeds. *Sinapis nigra* (the common) and *Sinapis alba* (the white). The mustard of commerce is composed of the seeds of both varieties, ground and mixed together. Mustard taken in small quantities is said to stimulate the appetite and aid digestion. The pungency of mustard is not fully developed until moistened with water ; its flavour is best when freshly prepared. A pinch of salt added to mixed mustard will prevent it from becoming dry, and in some slight degree preserve its aroma.

Nutmegs (Fr.—*Noix de Muscat*).—Nutmegs are the seeds of the nutmeg tree, known to botanists as the *Myristica moschata*. This tree is a native of the Molucca Islands, but is now cultivated in Java, Cayenne, Sumatra, and some of the West Indian Islands. There are two kinds of nutmegs—one wild, and long and oval-shaped, the other cultivated and nearly round : the husk which surrounds the shell of the nutmeg when growing is known as mace. This familiar spice is largely used as a flavouring : but it should be added sparingly to farinaceous preparations, for its strong aromatic flavour is greatly disliked by many. Forcemeats and similar preparations containing parsley and other herbs may have a comparatively large amount of nutmeg mixed with them, and yet the flavour of the spice will be hardly perceptible. It is generally thought that the strength of the nutmeg is spent in developing the flavour of the herbs with which it is mixed.

Pepper (Fr.—*Poivre*).—This valuable condiment is produced from the seed of the berries of the plant known by the name of *Piper nigrum*. The plant, a species of climbing vine, is a native of the East Indies, and is extensively cultivated in Malabar and the eastern islands of Borneo, Sumatra, and Java, and also in Cayenne. The berries hang on the branches of the plant in bunches : in shape they resemble the grape, but each berry grows distinct on a little stalk like currants. The same plant produces both white and black pepper. The berries, when ripe, are bright red in colour, and each contains a single seed of globular form and brownish hue, which changes to nearly black when dried. This is the black pepper of commerce, white peppercorns being produced by steeping the dark berries in lime and water, and afterwards subjecting them to certain rubbing processes, by which their dark husks are removed.

Pepper, Krona.—This well-known condiment is made from the Hungarian *paprika*, capsicum pod, etc. It is bright-red in colour, with an agreeable flavour, and with less pungency than cayenne, and consequently may be regarded as an exceedingly useful combination of flavouring and seasoning ingredients.

Pepper, Mignonette.—This is ordinary white pepper with the husks removed and crushed finely, but not ground.

Salt (Fr.—*Sel*).—The importance of salt as a condiment, as an antiseptic, and an article of food cannot be overestimated. In cookery its uses are apparently contradictory, for it aids in softening certain substances when applied through the medium of cold water, and greatly assists in hardening the same when the medium is boiling water. It increases the specific gravity of water, and consequently raises the boiling point, a matter of considerable importance in boiling rice, when it is necessary to keep the water in a state of ebullition to prevent the rice coalescing. Every other condiment, no matter how desirable, may be dispensed with, or one condiment may be substituted for another, but salt is absolutely indispensable, for it makes palatable food that would otherwise be uneatable. Salt, like all other seasonings, must be used with judgment : the expression "salt to taste," even when applied to water in which vegetables are cooked, means that the amateur should taste the water until experience teaches her how much salt to add.

Sugar (Fr.—*Sucre*).—Sugar, like salt, is both an antiseptic and a valuable food, as well as a useful flavouring ingredient. What salt is to meat and vegetables, sugar is to all fruits and many farinaceous foods, rendering palatable what would otherwise be insipid or uneatable in consequence of extreme sourness. In very small quantities, sugar is frequently used to soften or heighten the flavour of ragoûts and sauces.

Turmeric (Fr.—*Merite*).—Turmeric is the tuber of the *Cucuma longa*, a branch of the ginger family, extensively cultivated in the East Indies. The tubers are dried and then ground to a fine powder. This condiment enters largely into the composition of curry-powder, and gives to it the peculiar odour and the bright yellow colour which that compound possesses.

Vanilla (Fr.—*Vanille*).—Vanilla is the fruit of a tropical orchid plant, the best varieties of which are now grown in Mexico. The dried, aromatic sheath-like pod has a delicious fragrance. Its use was first discovered by the Spaniards, but it is now extensively employed as a flavouring for cakes, custards, puddings, chocolate, liqueurs, etc. The most familiar form is the essence of vanilla, extracted from the pod, but its use cannot be recommended, for being volatile, the greater part of its flavour escapes during the process of cooking. It is much better to use vanilla pods or vanilla sugar.

Vinegar (Fr.—*Vinaigre*).—The best vinegar comes from France, and is made from white wine. Ordinary vinegar is made chiefly from malt, cheap wine and cider, by a long process whereby acetic acid is produced. Any of these vinegars may be used to form the base of chilli, tarragon, or eschalot vinegar, the ingredients from which they take their name being steeped in the vinegar until the desired flavour is imparted. An inferior variety of vinegar is distilled from wood, but it is somewhat lacking in flavour, and consequently considered suitable only for pickling purposes. Vinegar serves many useful purposes in cookery : it enters largely into the composition of many sauces, and greatly assists in softening the fibres of tough meat. Vinegar is also an antiseptic : and taken in small quantities it promotes digestion. by stimulating the organs engaged in the process into greater activity ; but if taken in excess, it is highly injurious.

Auxiliaries

Baking Powder.—Mix well together 4 ozs. of ground rice, 4 ozs. of carbonate of soda, and 3 ozs. of tartaric acid, and pass them through a fine sieve. Keep in an air-tight tin.

Blanching.—Some things are blanched to improve their colour, others to remove some strong, undesirable flavour. In all cases the process is the same, the article being immersed in a saucepan of cold water, which is brought to boiling point, and then strained off.

Bouquet Garni.—This name is given to the small bunch of herbs so much used for flavouring sauces, soups, and stews. In its most simple form it consists of a sprig of thyme, marjoram, and a bayleaf wrapped together in parsley, and tied into a little roll. To these may be added a small quantity of one or more of the following : chervil, chives, celery leaf, basil, tarragon.

Breadcrumbs (White).—Remove the crust from some stale bread and rub it through a fine wire sieve, using the palm of the hand for the purpose. Any crumbs left over from egging and bread-crumbing should be dried in the oven, passed through a sieve, and kept in an air-tight tin or jar for future use.

Breadcrumbs (Brown).—Put the crusts removed from the loaf in making white breadcrumbs, or any pieces of stale bread there may be, into a moderate oven, and bake them brown. Then crush them with a rolling pin or pound them in a mortar. pass them through a fine wire sieve, and keep them in an air-tight tin. To make them more quickly, brown white breadcrumbs in a hot oven, turning them frequently during the process, pass them through a fine sieve and use.

Breadcrumbs (Fried).—Put some fresh, fine white breadcrumbs into a frying-pan or baking-tin, with a small piece of butter : season with salt and pepper, and either fry or bake until well-browned. Drain well on paper, and serve hot with roast game.

Browning or Liquid Caramel.—Put 1 lb. of either loaf or moist sugar into a copper stewpan, add about 2 tablespoonfuls of cold water, and stir over a slow fire until the mixture turns dark brown. When a whitish smoke appears it is a sign that the sugar is done. As soon as this point is reached, remove the stewpan from the fire, and pour in about ½ a pint of boiling water. Bring to the boil, stirring meanwhile, and continue the cooking until the caramel has the consistency of syrup. When cool, bottle for use. If a copper stewpan is not available, use a small iron saucepan ; put 1 lb. of moist sugar and 2 tablespoonfuls of salt into a frying-pan, and cook and stir over the fire until the mixture becomes dark-brown. Then add ¾ of a pint of boiling water, stir until the water re-boils, and simmer until the caramel acquires the consistency of syrup. When cold, bottle for use ; put 2 ozs. of crushed loaf sugar into a small iron saucepan, with 1 teaspoonful of cold water, and stir with an iron spoon over a slow fire until the sugar turns dark-brown : then add ½ a pint of boiling water, stir until it re-boils : simmer from 15 to 20 minutes, and, when cool, pour into a bottle. Some little care is needed in making caramel, as it is so very apt to burn, when it becomes acrid and unpleasant : if, on the other hand, it is not sufficiently cooked, a disagreeable sweet taste will be imparted to everything to which it is added.

Butter (**Clarified**).—Put the butter into a small stewpan, let it heat slowly by the side of the fire, removing the scum as it rises, and when the butter presents the appearance of clear salad-oil, carefully pour it off from the sediment at the bottom of the pan. Clarified butter, or, as it is sometimes called, oiled or melted butter, is frequently served instead of sauce with fish, meat, and vegetables : it is also used to moisten the surface of many things grilled or cooked "au gratin" : and it is also frequently employed for coating moulds and baking-tins.

Butter (**Anchovy**).—To 1 oz. of butter add a teaspoonful of lemon-juice, 1 teaspoonful of anchovy essence or paste, a pinch of cayenne, and a few drops of cochineal or carmine. Mix all well together, and use as required.

Butter (**Maître d'Hôtel**).—Mix well together 1 oz. of butter, 1 teaspoonful of finely-chopped parsley, and 1 teaspoonful of lemon-juice, a little salt and pepper to taste. Spread the preparation on a plate, and when cold and firm, use as required.

Caul.—Pig's caul is best to use. Let it remain in salt and water until required, changing the water each day. Drain it well before using.

Coating with Egg and Breadcrumbs.—For this purpose an egg, slightly beaten, and without seasoning or flavouring of any description, is frequently used : but better results may be obtained by adding to the egg 1 teaspoonful of salad-oil or clarified butter, 1 dessertspoonful of milk, ½ a saltspoonful of salt, and half this quantity of pepper. These ingredients being mixed together on a plate, the articles to be fried should be laid separately in the preparation, and coated thickly by means of a small brush. After being well drained on the point of a knife, they should be tossed lightly in plenty of breadcrumbs held in a sheet of paper. Before frying, the crumbs should be pressed firmly on with the blade of a knife.

Croûtes and Croûtons.—Of these there are various kinds. The large croûte, used as a support for an entrée, is usually cut according to the size of the dish in which it will be served. The size therefore varies, but the average may be taken as 6½ inches in length, about 4½ in breadth, and from 1½ to 2 inches in depth. Unless the crust of the bread can be utilized, there is considerable waste in the cutting. The small croûtes used for garnish or savouries should be cut out of slices of stale bread about ⅓ to ½ an inch in thickness. They may be cut round, oval, square, in triangles or heart-shaped, according to fancy. They are nicest when fried in clarified butter until lightly browned, but clarified fat does very well as a substitute. After frying, they should always be well drained, and kept hot and crisp in front of the fire, or in the mouth of the oven. Another excellent way of preparing croûtes is to dip them in good gravy or well-seasoned stock until saturated, and then place on a buttered baking-tin in the oven until crisp. To make croûtons to be served with soup, cut some stale bread into dice, ¼ of an inch in size, fry them in hot butter or fat until lightly browned, drain them first in a gravy strainer and then on paper until quite free from grease.

Frying Batter.—Put 4 ozs. of flour and a saltspoonful of salt into a basin, add gradually ¼ of a pint of tepid water and 1 tablespoonful of salad oil or clarified butter, and mix into a smooth batter. If time permits, put it aside for about 1 hour, then just before using, stir in lightly two stiffly-whisked whites of eggs.

Glaze.—Put 4 quarts of good second stock into a stewpan, boil gently until reduced to about ½ a pint, skimming very frequently meanwhile. When reduced to about 1 pint, the stock should be transferred to a smaller stewpan. To make a little cheap glaze for immediate use, dissolve 1 or 2 sheets of gelatine in 2 or 3 tablespoonfuls of good gravy : if necessary, add a few drops of liquid caramel, and when cold and on the point of setting, use as required.

Mirepoix.—A mirepoix is the foundation for flavouring sauces, braised meats, and a number of thick soups. It usually consists of equal quantities of onion and carrot, half the quantity of turnip, 1 or 2 slices of raw ham or bacon, a little butter, a bouquet-garni (parsley, thyme, bayleaf), a few peppercorns, and 1 or 2 cloves. In recipes where the mirepoix occurs the exact quantities of the ingredients comprising it are given. In all cases where it is intended the mirepoix should form the foundation for braising, sufficient vegetables should be used to make a substantial bed upon which to place the bird, joint, etc.

Mustard (To mix).—Mustard is usually prepared for use by simply mixing it smoothly with cold water : and it is generally considered of right consistency when sufficiently moist *to drop slowly* from the spoon. A saltspoonful of salt added to each tablespoonful of mustard not only improves the flavour, but it also prevents the mustard from becoming so quickly dry. If desired, the pungency may be greatly increased by mixing a little chilli vinegar and cayenne with the mustard, the flavour of the whole being softened by the addition of a good pinch of sugar. On the other hand, when a very mild flavour of mustard is liked, it may be obtained by using cream or milk, preferably the former, instead of water. In any case it should be mixed in small quantities, as it quickly loses its flavour and fresh appearance.

Panade or Panada.—Put ½ a pint of water, 1 oz. of butter, and a good pinch of salt into a small stewpan. When boiling, stir in gradually 4 ozs. of sifted flour, and work vigorously with a wooden spoon over the fire until the panada leaves the sides of the stewpan clear. Spread on a plate, and when cool, use as directed. Panada is used to bind together ingredients which themselves possess no adhesive properties.

Parsley, To blanch.—Well wash the parsley, pick it free from stalks, put it into a stewpan with some cold salted water, and when the boiling point is reached, strain it off and dry the parsley by squeezing it well in a clean cloth. The stalks of the parsley may be used for flavouring stocks and soups, for which purpose they answer quite as well as, if not better than, the leaves.

Parsley, To chop.—Parsley intended for garnish should always be blanched, but for ordinary purposes thorough washing of the sprigs, picked free from stalks, is all that is necessary. After drying well in a clean cloth, chop it finely, keeping the left hand pressed firmly on the point of the knife, whilst moving the handle up and down rapidly with the right. When fine enough, gather up the parsley in the corner of a clean cloth and hold it under the tap, or in a basin, squeezing with the fingers until the water running from it is clear and bright green : then wring dry, and use.

Parsley, To fry.—Remove some small sprigs from some fresh parsley, wash it in cold water, drain well, and press gently in a clean, dry cloth to absorb as much moisture as possible, otherwise the damp leaves may cause the hot fat to spurt up in an unpleasant, if not dangerous, manner. When the articles are fried, put the parsley in a wire basket into the fat, and fry about 1 minute, when it should be crisp. Or, when a frying-basket is not available, leave rather long stalks attached to the parsley, tie them together with string, and let a long end remain, by which the parsley can be held whilst frying.

Fried parsley can be kept fresh and crisp for several days if stored in an air-tight tin : before using, it should be re-heated in the oven.

Peel : To Peel Almonds and Pistachios.—Cover the nuts with boiling water, let them remain for 6 or 7 minutes, then strain, replace them in the basin, and cover with cold water. When cool, drain well, and remove the skins by pressing each nut between the thumb and forefinger. Dry well on a sieve, and use as required.

Potato Border (White).—For one border allow 3 medium-sized potatoes. Boil or steam them and pass through a fine sieve. Add 1 raw yolk of egg, ½ an oz. of butter, salt and pepper to taste, and well mix the ingredients over the fire. As soon as the potato is cool enough to handle, shape it into a long, narrow roll, using as little flour as possible : arrange it on the dish in a round or oval form, re-heat in the oven, and use.

Potato Border (Brown).—Prepare a border as directed above, place it carefully on a greased baking-tin, brush over with beaten egg, bake until nicely browned, then transfer to a hot dish, using two fish slices for the purpose.

Rice Border (Socle).—Borders of rice or white fat are frequently used to raise a cold entrée above the level of the dish. To make a rice border, put 1 lb. of well-washed Caroline rice into a stewpan, with 3 pints of cold water and 1 teaspoonful of salt : cook slowly until the water is absorbed and the rice perfectly tender, then pound it to a smooth paste in a mortar. Press well into a wetted border mould, or turn the rice on to a pastry slab or large dish, knead well with the hands until a smooth elastic paste is obtained, then shape it with a couple of wooden spoons into a round or oval block. The edges must be neatly trimmed with a sharp knife, and, if liked, they may be cut by the same means into a serrated, fluted, or other suitable design. The socle should be allowed to become firm before being used.

Rice (For curry).—Put ½ a lb. of Patna rice in a stewpan, with sufficient cold water to cover it : bring to the boil, then strain, and hold the strainer under the cold water tap until the rice is thoroughly washed. Have ready 3 or 4 pints of salted boiling water, put in the rice, and cook from 12 to 15 minutes, then turn it into a colander, pour some hot water over it, cover with a clean dry cloth, and let the rice remain in the screen or near the fire for about 2 hours, when every grain should be separate. A less troublesome, but at the same time less satisfactory, way of preparing rice is to omit the blanching process, and simply wash the rice in cold water before cooking. It is boiled as described above, and the finishing process may be carried out in two ways : In the first, after being strained and rinsed in *cold* water, the rice is returned to the saucepan and allowed to remain, covered with a clean cloth or with the lid tilted for about 1 hour, when each grain should be separate and perfectly dry. Or, after being washed and rinsed, it may be tied loosely in a pudding cloth, and steamed for 1 hour ; when a steamer is not available, the rice may be laid on a plate on the top of an inverted basin, and placed in a saucepan containing a little boiling water.

Roux.—This is the French term for a preparation used for thickening sauces, soups, and gravies. There are three kinds of roux : "white," "blond," and "brown," all of which consist of equal quantities of butter and flour cooked together over the fire. The butter and flour are fried for a few minutes without browning, when white roux is required, and until slightly browned in making blond roux ; but when the third variety is desired, the frying process must be prolonged until the roux acquires a rich nut-brown colour. (*See* p. 208 for further particulars.)

Salpicon.—This name is applied to the various mixtures used for filling timbales, bombs, patty-cases, croustades, ramakins, etc. It may consist of dice of chicken, game, veal, ham, tongue, truffles, mushrooms, oysters, shrimps, lobster, sole, or other kind of fish, variously seasoned, and moistened with a thick sauce, usually Béchamel or Espagnole.

Sieve : To Rub or Pass Through a Sieve.—The means employed for rubbing or pressing any substance through a sieve is the back of the bowl of a wooden spoon, the exception being breadcrumbs, which are usually rubbed through with the palm of the hand. In the case of meat, lentil, haricot, and similar purées, sieving is not an easy process, but it may be greatly facilitated by frequently moistening the purée with any liquid ingredients included in the recipe.

To Whip Cream.—Put the cream into a cold basin, and stand in a cool place whilst whipping it. Use an ordinary wire whisk for the purpose, whip gently until the cream begins to thicken, then a little more quickly. In warm weather cream quickly turns to butter if overwhipped : should this occur, continue the whipping to make the conversion complete, and use the butter for cookery purposes. When the whipped cream is not intended for immediate use, let it drain on a hair sieve in a cool place until required.

GLOSSARY OF CULINARY TERMS

CHAPTER LXII

Abaisse (Fr.). A paste thinly rolled out, used for lining tarts and soufflés, croustades, etc.

Abatis (Fr.). The head, neck, liver, comb, kernels, and wings of a bird. Giblets.

Abricoté (Fr.). Candied apricot (Eng.). Masked with apricot marmalade.

Absinthe (Fr.). Name of an aromatic plant ; also that of a liqueur prepared from this plant, much used in France and Switzerland as a beverage to stimulate the appetite ; sometimes used for flavouring purposes.

Swiss Absinthe is made from plants related to wormwood and southernwood.

Aceto dolce (It.) (Sour and sweet). A kind of Italian pickle, prepared with various sorts of fruit, preserved in vinegar and honey. It is served with meats.

Achaja. Name of a Greek wine.

Africaine (à l'). African style. Also a name for small tartlets.

Agneau (Fr.). Lamb (Eng.). A young sheep.

Agneau de lait (Fr.). A milk lamb.

Aide de Cuisine (Fr.). Undercook (Eng.). Assistant cook.

Aiguillettes (Fr.). Needles. Small strips of cooked meat or fish.

Aguille-à-Brider (Fr.). Larding needle.

Ajoutées (Fr.). Added or mixed ; small garnish or side dishes served with a vegetable course.

À la Broche (Fr.). Roasted in front of the fire on a spit or skewer.

À la mode de (Fr.). After the style or fashion of, e.g., à la Française, French style ; à la Reine, Queen style ; à l'Impératrice, Empress style ; à la Russe, Russian style, etc.

À l'Allemande. German style. A term applied to dishes prepared in a manner peculiar to Germany. Thus a dish garnished with sauerkraut and pork (pickled and boiled) is called à l'Allemande. A dish garnished with potato quenelles or smoked sausages may be similarly defined.

Allemande (Fr.). A white reduced velouté sauce, made from veal stock, thickened with flour, cream, yolk of egg, and seasoned with nutmeg and lemon-juice.

Allerei (Ger.). Name of a German dish, consisting of stewed early spring vegetables. A kind of macédoine of vegetables, popular in Leipzig.

Aloyau (Sirloin). The sirloin of beef is said to owe its name to King Charles II, who, dining off a loin of beef, and being well pleased with it, asked the name of the joint. On being told, he said : " For its merit, then, I will knight it, and henceforth it shall be called Sir Loin. In an old ballad the incident is thus referred to—

" Our Second Charles, of fame facete,
On loin of beef did dine ;
He held his sword, pleased, o'er the meat,—
' Arise, thou famed Sir Loin ! ' "

Ambigue (Fr.). A term indicating that the meat and sweets are served at the same time.

Ameaux (Fr.). Pastry made of puff paste and eggs.

Amirale (à l') (Fr.). A garnish; used chiefly for fish consisting of fried oysters, sliced fillets of lobster, and brown sauce. The term is also applied to meat dishes and sweet entremets.

Anglaise (à l') (Fr.). English style. Affixed to a dish usually, but not necessarily, implies that it consists of something plainly roasted or boiled, or that the dish is prepared in a style typical of England.

Angouste (à l') (Fr.). An American garnish for meat entrées, consisting of baked eggs.

Appereils (Fr.). Different ingredients mixed together into a purée or paste.

Appetissants (Fr.). Appetising bits (Eng.). Small tit-bits or savouries served before or between the courses of a dinner.

Aromates (Fr.). Aromatic herbs used for flavouring, such as thyme, bay-leaves, tarragon, chervil, etc.

Aspic (Fr.). A savoury jelly, used as an exterior moulding for cold savouries and entrées of fish, poultry, game, etc. Also used for garnishing. À l'aspic, set in aspic, or garnished with aspic.

Aspiquer (Fr.). A Parisian culinary phrase, meaning to put lemon-juice or "reduced vinegar" into a jelly, a sauce or a gravy (gouffe); the expression is however misleading, the proper term is *aciduler*, to acidulate.

Assaisonnement (Fr.). Seasoning, salt and pepper, etc. Forcemeat, condiment, sauce.

Assiette (plate) (Fr.). *Assiettes* are the small entrées and hors d'œuvres, the quantity of which does not exceed what a plate will hold. At dessert, fruits, cheese, chestnuts, biscuits, etc., if served upon a plate, are termed *Assiettes.*

Assiette volante is a dish which a servant hands round to the guests, but is not placed upon the table. Small cheese soufflés, and different dishes which should be served very hot, are usually made *Assiettes volantes.*

Atelets (Fr.). (Also Hatelettes). A variety of skewers used for decorating joints and entrées.

Attereau (Fr.). A popular ragoût in Bretagne.

Attereaux (Fr.). Small rounds of raw minced meat, wrapped in a pig's caul and cooked on skewers.

Au bleu (Fr.). A culinary term applied to fish boiled in salted water, seasoned with vegetables, herbs, and white wine or vinegar.

Au four (Fr.). Baked in the oven.

Au gras (Fr.). A French term for meat dressed with rich gravy or sauce.

Au gratin (Fr.). A term applied to certain dishes prepared with sauce, garnish and breadcrumbs, and baked brown in the oven or under a salamander; served in the dish in which they are baked.

Au jus (Fr.). A term for dishes of meat dressed with their juice or gravy.

Au maigre (Fr.). A French expression used for dishes prepared without meat. Lenten dishes.

Au naturel (Fr.). Food cooked plainly and simply.

Aurore (Fr.). A yellow colour (Eng.). A culinary expression meaning "dished up" high. A garnish consisting of stuffed eggs, quartered, bread croûtons, and aurore sauce.

Aurore sauce consists of Allemande or Béchamel and Tomato Sauce, flavoured with chilli vinegar and dice of mushrooms.

Baba (Polish *babka*). A very light yeast cake. A substitute for tipsy cake.

Babka. Name of a Polish-Russian cake. Prepared as a custard, containing fruit, almonds, etc.

Bagration (Fr.). A word used to denote high-class dishes (soups). Bagration was a Russian Count, whose chief cook was the celebrated A. Carême.

Bain-marie (Fr.). The culinary water bath. It is a large open vessel, half filled with hot water, in which saucepans containing sauces, etc. are kept so that their contents are nearly at the boiling-point without burning or reducing.

Ballotine (Fr.). Slices of small galantines, usually made from the legs of game or poultry. Small balls or rolls of meat or fowl.

Baraquille (Fr.). A large pie made of rice, chicken and truffles.

Barbecue (Fr.). The mode of cooking (roasting) an animal whole ; a social entertainment in the open air ; to dress and roast whole.

Barbottes en casserole (Fr.). Stewed eel-pout (Eng.). *En casserole* also denotes a special process of cooking in a fireproof earthenware pan.

Batons royaux (Fr.). Small patties of minced chicken or game : the favourite dish of Charles XII. of France.

Batterie de cuisine (Fr.). A complete set of cooking utensils and apparatus.

Bavaroise (Fr.). Bavarian cream. A term applied to creams, but incorrectly used unless custard forms their base.

Béarnaise (Fr.). A word much used in cookery for a rich white herb sauce. It is derived from Béarn, one of the provinces into which France was formerly divided, its chief town, Pau, was the birthplace of King Henry IV, a great gourmand.

Béchamel (Fr.). French white sauce. Recognized as one of the four foundation sauces. It is supposed to take its name from the Marquis de Béchamel, an excellent chef, who acted as steward in the service of King Louis XIV.

Beignets (Fr.). Fritters (Eng.). Also a kind of pancake, fried in deep fat.

Blanquette (Fr.). A white fricassee or stew, usually made of veal or fowl, with a white sauce enriched with cream or egg-yolks.

Bombe (Fr.). An iced pudding filled with a rich custard of fruit cream, shape of a bomb.

Bon gout (Fr.). Highly flavoured dishes and sauces. Good taste.

Bordelaise (à la) (Fr.). Name of a French sauce (brown), in which Bordeaux or Burgundy forms one of the ingredients. Also a garnish.

Bouchées (Fr.). "A mouthful." Small puff paste patties (petits pâtés).

Bouille à Baisse (Fr.). A kind of fish stew, very popular in France. Thackeray celebrated its virtues in his ballad, which begins:

"This Bouille à baisse, a noble dish is,
  A sort of soup, a broth, or stew;
 A hotel-potch of all kinds of fishes,
  That Greenwich never could outdo," etc.

Bouilli (Fr.). Fresh boiled beef or other meat, but generally speaking boiled beef is understood by the term.

Bouillie (Fr.). Boiled fresh beef with vegetable garnish. A French dish resembling Hasty Pudding.

Bouillon (Fr.). Broth or stock made of veal, beef, or chicken.

Bouquet garni (Fr.). Parsley, thyme, and bay-leaves tied up in a small bunch; used to impart a rich flavour to stews, sauces, etc.

Brioche (Fr.). A light French yeast cake, similar to Bath buns. The favourite French breakfast bun, eaten hot with coffee or tea.

Brioche (à la). Roasted in front of the fire on a spit or skewer.

Buisson (Fr.). A garnish consisting of small groups of shrimps, crayfish, etc. Also applied to a method of twisting up pastry to a point.

Cabillaud farci (Fr.). Stuffed codfish.

Café vierge (Fr.). An infusion of the whole coffee beans. Pure coffee.

Callipash. The fatty gelatinous substance close to the upper shell of a turtle.

Callipee. The glutinous meat found in the under part of a turtle's undershell.

Canapés. Small shapes of fried or toasted bread upon which savouries, etc., are served. The word means "sofa."

Canard rôti (Fr.). Roast duck (Eng.).

Canard sauvage (Fr.). Wild duck (Eng.).

Caneton rôti (Fr.). Roast duckling (Eng.).

Cannelons (Fr.) or **Canelons.** Small rolls of pastry or rice stuffed with minced meat, jam, cream, etc.

Capilotade (Fr.). A kind of hashed game or chicken.

Capon (Eng.). Chapon (Fr.). A castrated male chicken or fowl.

Caramel (Fr.). A substance made by boiling sugar to a dark brown, used for coating moulds and for liquid colouring.

Carcasse (Fr.). Carcass (Eng.). The body of an animal; the bones of poultry or game.

Carde à la moelle (Fr.). Pieces of marrow braised with bacon. Served with Cardes Purée.

Cardon (Fr.). Cardoon (Eng.). A vegetable of the celery tribe.

Carmin or **Carmine.** Crimson colouring used in confectionery, etc.

Carpentras (à la) (Fr.). A surname for dishes flavoured or garnished with truffles. Carpentras, like Périgord, is a district where truffles of excellent flavour and size grow largely.

Carte du Jour (la) (Fr.). The bill of fare for the day, showing the price of each dish.

Casserole (Fr.). A copper stewpan. When used in menus it indicates the case of rice, baked paste crust or macaroni, filled with minced meat, game purée, etc.

Caviar (Fr.). Caviare (Eng.). The salted roe of the sturgeon or sterlet fish.

Célestine. A monk so named after Pope Célestin. A garnish for clear soup, consisting of fine strips of fried pancakes. À la Celestine (Fr.), from the Latin *coelestis* (heavenly). Several dishes are so named.

Charcuterie (Fr.). "Roughly slashed"; in a culinary sense the word denotes "pretty tiny kickshaws" of pork, which are prepared in many different fashions. Black pudding, pig's feet truffled, smoked pig's ear with truffles, Nancy chitterlings, saveloy, pig's liver, are all items of charcuterie.

Charlotte (Fr.). A corruption of the old English word Charlyt, "a dish of custard." Charlotte russe and apple charlotte consist usually of thin slices of bread or biscuits, steeped in clarified butter or sugar, arranged in plain moulds in a symmetrical order, and afterwards garnished with cream, fruit, or preserve.

Chartreuse. Originally a preparation consisting of vegetables only, arranged in a plain mould. Now the term is applied to fruit set in jelly, and moulded game, poultry, etc.

Chateaubriand. Name of Viscount François Auguste, a great French gourmand, 1769–1848. A favourite dish of fillet steak is called after him.

Chaudfroid (Fr.). A cold entrée; a sauce used for masking cold fish, game, poultry, etc.

Chaussons (Fr.). A kind of French round pie filled with jam.

Chevreuse (Fr.). Small goose liver tartlets.

Chinois (Fr.). A pointed strainer with very fine holes, used for straining soups, sauces, and gravies. A Chinese fruit.

Chipolata (It.). Small Italian sausages. It takes its origin from an Italian ragoût. This name is also given to dishes which contain an addition of Italian sausages, or a kind of mixed minced meat with which they are served.

Choucroute (Fr). **Sauerkraut** (Ger.). A kind of pickled cabbage; the national dish of Germany.

Chow-chow. Name of a kind of pickle consisting of a combination of various vegetables, such as cauliflower buds, button onions, gherkins, French beans, and tiny carrots. These are preserved in a kind of mustard sauce, seasoned with strongly flavoured aromatic spices.

Chowder (Eng.). A dish of American origin. It consists of boiled pickled pork cut in slices, fried onions, slices of turbot or other fish, and mashed potatoes, all placed alternately in a stewpan, seasoned with spices and herbs, claret and ketchup, and simmered.

Ciboulette (Fr.). Small green onions, chives.

Citronné (Fr.). Anything which has the taste or flavour of lemon.

Clouter (Fr.). To insert nail-shaped pieces of truffle, bacon, or tongue into meat or poultry. The holes to receive them are made by means of a skewer.

Cochenille (Fr.) (Cochineal). A liquid colouring substance, used for colouring creams, sauces, icing, etc. It is obtained from insects known as coccus, indigenous to Mexico and Guatemala. The insects are dried in an oven heated to 150° Fahr. It requires 70,000 insects to produce a pound of dye.

Cochin de lait (Fr.). Sucking pig (Eng.).

Colbert (Fr.). A French clear soup and other dishes, named after John Baptiste Colbert, a clever statesman in the reign of Louis XIV of France, 1619–1683.

Compiègne (Fr.). A light yeast cake with crystallized fruit. Also name of a famous French castle built by St. Louis and rebuilt by Louis XIV of France. Joan of Arc was taken prisoner here by the English, 1430.

Compote (Fr.). Stew of small birds. Fruit or vegetables stewed and daintily dressed.

Concasser (Fr.). Coarsely pounded.

Condé. Name of an old French family. Prince Louis de Condé (1621–1687) was a famous field-marshal. Several soups and entrées, of which rice forms an essential part, are styled "à la Condé."

Confiture (Fr.). Fruit jams. Also sweetmeats of sugar and fruits. Fruit pastes.

Consommé. Clear gravy soup. The clarified liquor in which meat or poultry has been boiled, or the liquor from the stock pot clarified.

Contiser (Fr.). To insert truffles into fillets of meat or fish.

Cordon (Fr.). A cord or ribbon bestowed as a badge of honour.

Cordon Bleu (Fr.). An ancient culinary distinction bestowed on skilful female cooks in France since the time of Louis XV. It consists of a rosette made of dark blue ribbon.

Cordon Rouge. Name of culinary distinction, granted by an English society of the same title to skilful cooks of both sexes, and to others who are celebrated for the invention of valuable articles of food or drink. The badge of the Order consists of a modelled white heart cherry, suspended by a cherry-red ribbon.

Côte (Fr.). A rib slice of beef or veal. The word *côtelette* is derived from *côte*, and means a piece of meat with the portion of the rib attached.

Côtelettes (Fr.). Cutlets. Small slices of meat cut from the neck of veal, mutton, lamb, or pork. Also thin slices of meat from other parts.

Cou-de-gin de modène (Fr.). Name of a special kind of Italian sausage.

Cougloff (Fr.). Kugelhopf (Ger.). A German cake; a kind of rich dough cake.

Coulibriac. Name of a Russian dish—a kind of fish-cake mixture wrapped up in Brioche paste and baked.

Coulis (Fr.). A rich savoury stock sauce; German grundsauce, i.e. bottom sauce below the fat, lean sauce of a braise or blanc.

Court-Bouillon (Fr.). Name given to a broth in which fish has been boiled; a highly seasoned fish stock and stew.

Crapaudine (Fr.). A grating gridiron; hence "mettre à la crapaudine," to grill, e.g. pigeons. Gridiron. Meaning browned or grilled over, or in front of a fire.

Craquelins (Fr.). Cracknels (Eng.). Milk biscuits.

Crécy, Potage à la (Fr.). Crécy or carrot soup (Eng.). A vegetable purée said to have been invented by Baron Brisse. Dishes named "à la Crécy" are generally connected with carrots in the form of a purée.

Crêpes (Fr.). French pancakes (Eng.).

Crêtes (Fr.). Giblets of poultry or game.

Croquantes (Fr.). A transparent mixture of various kinds of fruit and boiled sugar.

Croquants. Confections giving the sound of crunching or cracking between the teeth.

Croque en Bouche (Fr.). Large set pieces for suppers or dinners, such as nougat, iced cakes, fruits, covered with boiled sugar to give them a brilliant appearance. The real meaning of the word is "crackle in the mouth."

Croquettes (Fr.). Savoury mince of fowl, meat or fish, prepared with sauce to bind, variously shaped; generally egged, crumbed, and fried crisp.

Croustades (Fr.). Shapes of fried bread, rice or pastry, in which various mixtures are served.

Croûtes. Blocks or shapes of fried bread, used as a basis for dressing salmis, whole birds, etc.

Croûte-au-pot. Clear soup garnished with small crisply-baked slices of bread.

Croutons (Fr.). Sippets of fried or toasted bread cut into dice shapes and fried, used for garnishing dishes.

Cuillères de cuisine (Fr.) are wooden spoons. The use of wooden spoons is strongly recommended instead of metal spoons, especially for stirring sauces. The latter often contain acids which produce a black colour.

Cuisine (Fr.). Kitchen, cookery. *Faire la cuisine*, to cook or to dress victuals.

Cuissot. The haunch. Cuissot de veau, cuissot de cochon, cuissot de boeuf, etc.

Culinaire (Fr.). This term is applied to anything connected with the kitchen or the art of cooking. A good cook is called "un artiste culinaire."

Culotte. Aitchbone of beef.

Curaçao (Fr.). A liqueur prepared from the yellow part of the rind of a peculiar kind of bitter orange grown in the island of Curaçao, S. America, whence its name. Used for flavouring creams, jellies, ices, etc.

Dampfnudeln (Ger.) (literally steam-nudels). Ribbon macaroni steamed. A sweet dish popular in Germany.

Dariole (Fr.). A kind of small entrée pâté, composed of a compound of forcemeat or mince, baked or steamed in small moulds. Certain small tarts are called by this name. The name usually applies to the shape of the moulds. Also some kinds of cheese-cakes are called darioles. Kettner asserts that a dariole means something made of milk. Origin of the word unknown.

Darne (Fr.). The middle cut of large fish, salmon or cod.

D'Artois (Fr.). A kind of French pastry (puff paste and jam).

Daub or **Daube** (Fr.). Meats or poultry stewed, larded.

Daubière (Fr.). An oval-shaped stewpan, in which meats or birds are to be daubed or stewed.

Dauphine (Fr.). A style of garnish; also name of a kind of dough-nuts, beignets, etc. A kind of potato croquette. Known in Germany as Berliner Pfannkuchen.

Débrider (Fr.). To untruss; to remove the strings or skewers from a piece of meat or bird.

Dégraisser (Fr.). To skim off fat or grease from soups, etc.

Désosser (Fr.). To bone; to remove the bones from meat, poultry, or game.

Dhall or **Dholl.** A kind of pulse much used in India for kedgeree, or as a kind of porridge. In England it is best represented by split peas or lentils.

Diable (Fr.). "Devil." The term is applied to dishes with sharp and hot seasoning.

Dîner (Fr.). Dinner (Eng.). "L'heure du diner," dinner hour, in Henry VIII's time was at 11 a.m.

Dormant or **Surtout de table** (Fr.). Decorative objects which are left on the table to the end of a meal.

Dorure or **Dorer** (Fr.). Beaten yolks of eggs, used for brushing over pastry, etc.

Dragées (Fr.). Sugar plum (Eng.). A kind of sweetmeat made of fruits, small pieces of rinds or aromatic roots, covered with a coating of icing.

Dunelm. A dish of braised mutton or veal, originating from Durham, the Roman name of which was Dunelm.

Duxelles or **D'Uxelles** (Fr.). A name given to a mixture of chopped mushrooms, shallots, parsley, etc. added to sauce. Name of a French marquis, a great gourmand and gastronomer, who lived at the end of the seventeenth century. Author of an excellent book on French cookery. A savoury purée (mince) and a sauce are known by this name.

Échauder (Fr.). To steep in boiling water. This is often done with fowls or game, to facilitate the removing of the feathers or hair.

Éclair (Fr.). A French pastry filled with cream or custard.

Éclanche (Fr.). Shoulder of mutton.

Écossaise (à l'). Scotch style.

Émincé (Fr.). Minced; finely sliced or shredded.

Émonder (Fr.). To blanch almonds. When almonds are steeped in boiling water in order to peel them, the French say "on les émonde."

En couronne. Anything dished in the shape of a crown.

Entrée (Fr.). A course of dishes, or corner dish for the first course; the conventional term for hot or cold side dishes. Also defined as dishes generally served with a sauce.

Entremets (Fr.). Dainty dishes of vegetables or hot and cold sweets and after-dinner savouries served as second course.

Epigrammes (Fr.). "A short pointed poem." Used as a culinary term for small fillets of poultry and game, and the breast of lamb or mutton braised and divided into small portions, egged, crumbed and fried. Also defined as a dish of alternate cutlets of the neck and breast.

Escalopes (Fr.). Thin round steaks of veal called "collops." Obsolete cascalope, meaning thin slices of any kind of meat, usually egged, crumbed and fried. Fish, meat, etc., served in scallop shells.

Escargot (Fr.). The edible vineyard snail.

Estouffade (Fr.) or **Etuvée.** A term used to denote a way of cooking meats, etc., slowly in a covered stewpan.

Faire Revenir (Fr.). A term often used in French cookery books; meaning to partially fry meat or vegetables, slightly browning without actually cooking them.

Fanchonnettes (Fr.). Small custard tartlets masked with meringue.

Farce (Fr.). Forcemeat or stuffing, from the Latin word *farsum*, to fill, to stuff. From this is derived the word *farcimen*, a sausage. The term is applied to herb preparations of which meat forms no part, as well as forcemeats consisting principally of meat.

Faubonne (Fr.). A vegetable purée soup seasoned with savoury herbs.

Faux (Fr.) (false). Used in "potage à la fausse tortue" (mock turtle soup).

Fécule (Fr.). A fine flour used for binding soups and sauces.

Fermière (à la) (Fr.). Farmhouse style. Denotes a garnish consisting of cooked carrots, lettuce, cauliflower, and small round fried potatoes.

Feuilletage (Fr.). Puff paste ; leafy, flaky.

Fidelini (It.). A kind of straight vermicelli paste.

Filet (Fr.). Fillet. The under-cut of a loin of beef, mutton, veal, pork and game. Boned breasts of poultry, birds, and the boned sides of fish also are called fillets.

Financière (Fr.). Name of a very rich ragoût used in entrées consisting of cocks' combs, truffles, etc.

Fines-herbes (Fr.). A combination of finely chopped fresh herbs, such as parsley, tarragon, chervil and other kitchen herbs ; mostly used in omelets and sauces.

Flamande (à la). (Fr.) Flemish style. A garnish consisting of braised savoy cabbage and a macédoine of vegetables.

Flamber (Fr.). To singe poultry or game. To cover a pudding or omelet with spirit and set it alight.

Fleurons (Fr.). Small half-moon shapes of puff paste, baked, used for garnishing entrées.

Flummery (Eng.). Cold sweet dish, mainly of cereals, originally of oatmeal set in a mould and turned out. To be eaten with wine, cider, milk or a compound sauce. Dutch flummery is made with isinglass, yolks and flavourings ; Spanish flummery, of cream, rice flour, cinnamon and sugar ; to be eaten with sweet preserves.

Foie-gras (Fr.). Fat goose liver.

Foie de veau (Fr.). Calf's liver.

Foncer (Fr.). To line the bottom of a stewpan with slices of ham or bacon.

Fond (Fr.). Strong gravy, meat, stock ; bottom, as in "fond d'artichaut."

Fondant (Fr.). Melting. A soft kind of icing ; dessert bon-bons.

Fondue (Fr.). A preparation of melted cheese, originally made in Switzerland. A savoury.

Fouettée (Fr.). Whipped with the whisk.

Fourré (Fr.). Coated with sugar, cream, etc.

Fraises (Fr.). Strawberries.

Framboises (Fr.). Raspberries.

Française (à la) (Fr.). In a manner peculiar to France.

Frangipane. A substitute for custards made of eggs, milk, some flour, with an addition of lemon-peel, rum, brandy, vanilla, etc., to flavour.

Frapper (Fr.). To place on ice. Ice (used when cooling champagne). To beat or strike.

Fricandeau (Fr.). Braised larded fillet of veal. This dish is supposed to have been invented by Jean de Carême, who was the direct ancestor of the famous Carême. He was cook to Pope Leo X. This pontiff possessed magnificent tastes ; he fostered the genius of Raphael the painter, and encouraged also the genius which could discover a fricandeau.

Fricandelles (Fr.). Small thin braised steaks of veal or game.

Fricandines (Fr.). Small round patties containing mince. Something crisply fried, such as rissoles and croquettes.

Fricassée (Fr.). Fricasseed. The word comes from the English *freak*, brisk, dainty. A white stew of chicken or veal.

Frit (Fr.). Fried in shallow or deep fat.

Frittata (It.). An Italian dish ; a kind of rolled pancake crumbed and fried in fat.

Friture (Fr.). This word has two significations ; it applies to the fat, which may be oil, lard or dripping in which articles are fried. It is also applied to anything that has been fried, such as egged and crumbed fried fish, fried potatoes ; croquettes or rissoles being pre-eminently popular under this term.

Fromage glacé (Fr.). A dish of ice-cream in a cheese-like shape, or anything glazed with cheese.

Fumet (Fr.). The flavour or essence of game, fish, or any highly flavoured concentrated substance used to impart a rich flavour to certain dishes.

Galantine (Fr.). A dish of white meat, rolled, served cold. A fowl or breast of veal, boned and stuffed with farce, tongue, truffle, etc.

Galette (Fr.). A kind of French pastry. A species of light breakfast roll.

Galimafré (Fr.). A kind of ragoût made of cold meat. Origin of the word unknown.

Gargotage (Fr.). Badly dressed victuals.

Gastronomie (Fr.). Gastronomy. The art of good living. Strictly speaking, the science of life, by which we discover what food,under various circumstances, is the most suitable ; it also teaches us the effect it bears upon man individually or a nation.—" The Autocrat of the Dinner Table."

Gâteau (Fr.). A round flat cake, generally decorated. Essentially a cake made of well-beaten butter dough.

Gaufre (Fr.). A thin wafer-like biscuit ; wafer ; baked or fried in specially constructed gaufre moulds. These consist of two opposed plates, and are worked by handles.

Gelée (Fr.). Jelly. Inspissated juice of fruit or meat. "En gelée," set very thinly in sweet or savoury jelly.

Génevoise (à la) (Fr.). Geneva style.

Genièvre (Fr.). Juniper berry. A blue-black berry, possessing a peculiar aromatic flavour, used as a flavouring condiment in mirepoix, marinades, etc. ; also used in syrups and liqueurs.

Génoise (Fr.). Genoese style. Also the name of a rich sponge cake. A brown fish sauce.

Ghee. An Indian word for clarified butter. Indian butter is generally prepared from buffaloes' milk.

Gibier (Fr.). Game. Animals taken in the chase.

Gibolette (Fr.). A rabbit stew dressed with butter, onions and olive-shaped potatoes.

Gigot à sept heures, or **Gigot à la cuillère** (Fr.). A leg of mutton which has been cooked for seven hours, when it may be carved with a spoon.

Gimblettes (Fr.). A kind of French pastry, resembling and prepared similarly to croque en bouche.

Gitana (Sp.). Signifies a garnish of which Spanish onions form the chief part. Gipsy fashion.

Glacé (Fr.). Frozen, iced or glazed ; coated or masked with glaze.

Glace de sucre (Fr.). (Glace royale). Icing sugar ; very fine dust sugar.

Glace de viande (Fr.). Meat glaze.

Glacer (Fr.). To glaze.

Glasure or **glaze.** A sugar icing.

Glaze (Eng.). Stock or gravy reduced to the thickness of jelly ; used for glazing meats, etc., to improve their appearance. Well-made glaze adheres firmly to the meat. Used also for strengthening soups and sauces.

Gnocchi (It.). A light savoury dough, boiled and served with grated Parmesan cheese (Italian dish).

Godiveau (Fr.). Rich veal forcemeat. Quenelles. Used as a garnish almost exclusively.

Goulash or **Gulash.** A Hungarian dish. Finely sliced beef or veal stew, highly seasoned with paprika (a kind of mild capsicum pepper).

Gourmand (Fr.). An epicure ; a ravenous eater ; a glutton.

Gourmet (Fr.). A judge of good living ; one who values and enjoys good eating ; connoisseur in wine.

Goût (Fr.). Taste or savour. Relish, to perceive by the tongue ; the sense of tasting ; an intellectual relish.

Goûter (Fr.). An afternoon meal ; a meat tea. To taste, to relish.

Gramolata (It.) A kind of half-frozen lemon. Water-ice served in glasses.

Gras (au) (Fr.). Dressed with rich meat gravy.

Gratin (au) (Fr.). A term applied to certain dishes prepared with sauce, garnish and breadcrumbs, and baked brown in the oven or under a salamander ; served in the dish on which baked.

Gratiner (Fr.). To brown the surface of contents of a dish.

Grenadine (Fr.). Small fillets of veal or fowl larded and braised.

Griotte (Fr.). A dark-red cherry, called Armenian cherry, suitable for compote and jam.

Groseilles (Fr.). Gooseberries or currants.

Guinée pepper (Eng.). Poivre de guinée (Fr.). A kind of cayenne, prepared from the seeds of the ripe chilli or *capsicum annum.* Also called chilli pepper. Large quantities of this aromatic plant are grown in Cayenne, in South America. The name of Guinée pepper is also given to the ground seeds of dried fruit of certain plants of the same kind as capsicums, all of which are of a pungent character, and are products of West Africa.

Guisado (Sp.). A Spanish dish, mostly prepared with meat and potatoes stewed together.

Gumbo. The American term for okra soup, or other preparations from okra, gumbo being the name by which okra is chiefly known in South America. Chicken gumbo is a purée or soup made from okra and chicken.

Hache (Fr.). Minced meat, finely sliced meat.

Hacher-menu (Fr.). To mince meat finely.

Haggis. A kind of liver sausage (Scotch dish), from " Hag," to chop, or " Hachis," to mince. The modern haggis consists of the liver, lights and the heart of a sheep finely chopped, mixed with oatmeal and suet, and seasoning. This is inserted in a sheep's paunch and boiled for several hours. Robert Burns greatly esteemed this dish, which was, it is said, a favourite dish of the Romans.

Halaszle. A Hungarian fish stew.

Haricots panachés (Fr.). French beans or string beans mixed with flagedlets (green kidney beans).

Hâtelet (Fr.). A small silver skewer garnished with cut roots, truffles, mushrooms, aspic, cocks' combs, etc., used for ornamenting fish and remove dishes.

Hâtereau (Fr.). A dish of sliced liver ; a ragoût popar in Bretagne.

Hautboy (Eng.). A species of strawberry.

Hautgoût (Fr.). Good taste. High flavour or strong seasoning.

Hollandaise (Fr.). Dutch style. Name of a cream-like sauce served with fish or vegetables.

Horly. *See* **Orly.**

Hors d'oeuvres (Fr.). Small side dishes, served cold, generally before the soup, in order to create an appetite. They consist of anchovies, caviare, sardines and other dainty relishes.

Hure (Fr.). Boar or pig's head ; also head and shoulders of some large fish.

Hure de sanglier (Fr.). Wild boar's head.

Indienne (à l') (Fr.). Indian style, peculiar to India.

Irlandaise (à l') (Fr.). Irish style. This term is applied to dishes containing potatoes in some form, either introduced during the process of cooking, or else served round a dish to form its garnish.

Jambon (Fr.). Ham. Name given to the hind leg of pork, which is salted and cured or smoked.

Jambonneau (Fr.). A very small ham.

Jardinière (Fr.). A garnish of mixed spring vegetables; vegetables stewed down in their own sauce.

Jaune-Mange (Fr.). A kind of egg jelly made from gelatine, white wine, lemons, sugar and eggs. It is so called on account of its yellow colour.

Jernik-Kalwasi. A Russian dish, consisting of semolina, milk and honey.

Julep. Ancient Arabian name for a cooling drink containing mucilage, opium, etc. An American drink.

Julienne (Fr.). Name of a vegetable clear soup, first made in 1875 by a cook named Jean Julien; also a garnish consisting of fine strips of mixed vegetables.

Junket (Eng.). From the Latin word *juncus*. Name of a favourite Devonshire dish, which consists of milk turned with rennet, double cream, sugar and ground cinnamon or other flavouring. Usually served with fruit, fresh or preserved.

Jus (Fr.). Juice, broth, gravy. The juice of cooked meats seasoned, but without any liaison (thickening).

Kabobs (Khubab) or Kebobs. Name of a dish served in India and Turkey, consisting of small slices of mutton run on skewers, and grilled or braised.

Kagne (Fr.). A sort of vermicelli.

Kaimak. A Russian sweet, similar to cream custard.

Kari. The translation in French or German of the English word "curry."

Kebobs. *See* Kabobs.

Kedgeree (Kadgiori, Kitchri, or **Kegeree).** An Indian dish of fish and rice curried. The name is taken from Khichri, an Indian dish, consisting of boiled or salt fish, eggs and rice, garnished with hard-boiled eggs, strips of chilli, etc.

Kelkel (Ger.). A slice of sole dried and salted.

Kickshaw (Eng.). Espice de ragoût or charcuterie (Fr.). This is a name used in cookery which may be given to any dish prepared with extraordinary nicety; but it is usually applied to such things as are regarded luxuries by the rich.

Klôsse (Ger.). German dish, composed of small light balls boiled in water, milk or gravy. They are made of bread, potatoes, rice and eggs, and are varied with meat, fish or liver.

Knôdel (Ger.). Bavarian name for a kind of small dumpling.

Koofthas. Name of an Indian dish; a mince of meat or fowl curried, shaped into balls and fried.

Kromeskis (Kromeskys, Cromeskis or **Kromouskys).** A Polish word, having the same meaning as croquette in French. Balls or rolls of forcemeat or of minced chicken and ham, wrapped in caul or bacon, braised or crumbed, or else dipped in batter and fried in hot fat.

Lapins en accolade (Fr.). Brace of rabbits placed side by side on a dish.

Légumes (Fr.). Vegetables or plants used as such.

Levure (Fr.). **Luting.** A flour and water paste used for fastening lids on pie dishes in which game is preserved.

Livournais (à la) (Fr.). Leghorn style.

Lyonnaise (à la) (Fr.). Lyonese style. As a garnish it generally signifies that shredded onion (fried) has been introduced as the principal ingredient.

Macaroni (It.). This is a peculiar paste prepared from flour and manufactured into tubes. It is an Italian invention. The name is said to be derived from a Greek word, meaning the blessed bread, in allusion to the ancient custom of eating it at feasts for the dead.

Macaroons. Sweet biscuits made of almonds, sugar and the white of eggs.

Macédoine (Fr.). A mixture of various kinds of vegetables or fruits, cut in even-shaped discs. The name is also applied to a collection of ripe fruit imbedded in jelly and set in a mould, or a fruit salad flavoured with liqueurs and syrup.

Maçon (Fr.). A French wine grown in the neighbourhood of the town Macon.

Madeleine (Fr.). Small cakes or biscuits well known throughout France. Also the name of a pear.

Madère (Fr.). Madeira wine. A Spanish wine very often used in cooking.

Maigre (au) (Fr.). A dish without meat. Applied to Lenten dishes.

Maintenon. Name of the Marchioness Françoise d'Aubigné ; born 1635, died 1719 ; a great patroness of cooks, a born admirer of fine cooking. Several dishes are called " à la Maintenon," usually signifying something broiled in a paper case. The dish " Côtelettes de veau à la Maintenon " is said to have been invented by this lady, who was Louis XIV's favourite, and did all in her power to tempt the failing appetite of the King when he was advanced in age.

Maitrank (Ger.). (May Drink.) A delicious beverage, originally consumed in Germany—made of Hock or other white wine which is flavoured with woodruff, lemon, bay-leaves and sugar.

Maitre d'Hôtel (a la) (Fr.). Hotel stewards' fashion. The name of a flavouring butter, mixed with chopped parsley and seasoned with lemon-juice, pepper and salt ; served on grilled meats. Dishes named Maitre d'Hôtel are usually composed of food quickly and plainly prepared, parsley being the principal flavouring.

Maitre d'Hôtel Sauce. A white sauce containing chopped parsley.

Marabout (Fr.). A very large coffee-pot.

Maraschino. Marasquin (Fr.). A delicately flavoured white liqueur, distilled from a species of cherry, grown in Dalmatia, used for flavouring jellies and ices.

Marcassin (Fr.). Grice (Eng.). Young wild boar, generally cooked whole.

Marée (Fr.). A fresh seafish—i.e., seafish which is sold quite fresh.

Marinade (Fr.). A preparation of oil, herbs, vinegar, etc., in which fish or meat is soused or pickled.

Marquer (Fr.). To prepare and arrange in a stewpan a piece of meat ready for cooking.

Marsala (It.). A wine similar to Madeira, but made from a mixture of different grapes ; named after a town in Sicily.

Marzipan (Ger.). Delicate German dessert dainties made from almond paste.

Masquer (Fr.). To sauce a dish which is ready for serving ; also to mask the inside of a mould with savoury jelly, chaudfroid sauce or forcemeat, when required for entrées.

Massepan (Fr.). A French dessert pastry.

Maté. A Paraguayan tea. Its real name is Yerba de Maté ; it consists of the powdered leaves of a South American species of holly and green shoots of plants. This beverage has long been known to the native Indians of South America.

Matelote (Fr.). A marine dish ; a rich fish stew with wine and herb flavouring. Usually prepared from fresh-water fish—carp, tench, pike, eel, etc.

Mayonnaise (Fr.). A kind of salad of fish or poultry, with a thick cold sauce made of yolks of eggs, oil and vinegar. A salad sauce or dressing. The sauce is said to have been invented by the chef to the Duc de Richelieu, after the victory of Mahon (Mahonnaise).

Mazagran. A French term for a glass of black coffee, sugar and water.

Mazarines (Fr.). Turbans. Forcemeat ornaments of fish, poultry or game. Entrées consisting of combined fillets of meat and forcemeat.

Menu (Fr.). The bill of fare. Literally the word means minute detail of courses. A list of the dishes which are to be served at a meal. Menus were first used in 1541. Pronounce "Menu" as "mennuu," so that the second syllable is sounded as something between "new" and "noo."

Menu rot (Fr.). Small roast birds.

Menus droits (Fr.) Pig's ears served up as an entrée.

Merise, Meriser (Fr.). A wild cherry, wild cherry tree. The Kirschwasser is made of this fruit.

Merluche (Fr.). Stock-fish, haddock—dried or smoked.

Mets (Fr.). The meal or dish. "Mets de farine," farinaceous; "entremets de douceur," sweet; "de legumes," vegetable, etc.

Mignonette Pepper. Coarsely-ground white peppercorns. A form of comminuted pepper, which resembles mignonette seed when sifted.

Mijoter (Fr.). To cook slowly; to simmer gently over a small fire.

Millecantons (Fr.). Name of a small fish of the whitebait kind, found in the Lake of Geneva, cooked in the same manner as whitebait. In season in July and August.

Minute (à la) (Fr.). A surname given to dishes which are hurriedly prepared, or anything cooked in the quickest possible style. Omelets and grills come under this heading.

Mirabelles (Fr.). A kind of small yellow plum, very sweet and juicy, used for compôtes, fresh or dried.

Mirepoix (Fr.). The foundation preparation of vegetables, herbs and lard, for brown soups and sauces; also for braised meats, etc. Name derived from the Duke de Mirepoix.

Mirlitons (Fr.). A kind of French pastry. Tartlets with a basis of puff paste and filled with custard mixture.

Miroton (Fr.). Thin slices of meat, the size of a five-shilling piece, braised, stewed and dished up in a circular form.

Mitonner (Fr.). To simmer, to soak. To steep and allow to boil during a certain time.

Möelle de boeuf (Fr.). Beef marrow. The fatty substance in the hollow part of bones.

Mont-Frigoul (Semoule Italienne) (Fr.). The name of a French soup.

Mortadelle (Fr.). A kind of sausage, largely manufactured in Bologna.

Mortifie (Fr.). Term applied to meat well hung.

Mote or **Moti.** Name of an Indian fish curry.

Mouiller (Fr.). To moisten. To add broth, water or any other suitable juice during the cooking of meats.

Mousse (Fr.). A light ice-cream. Among the definitions given for the word are: mossy, froth, and foam. Mousse frappéc is a dish prepared with whipped cream and flavouring, frozen without working. Hot puddings are also prepared as mousses.

Mousseron (Fr.). A kind of white mushroom, principally used for ragoûts.

Mulligatawny. An Indian curry soup; a paste made of curry; derives its name from two words, *tamil* and *molegoo*, pepper and tunnee. Derived from an East Indian word meaning pepper water.

Mûre (Fr.). Mulberry. Black and white fruit of a delicate flavour. Used for making jellies, syrups and vinegar.

Muscade (Fr.). Nutmeg or mace.

Muscat (Fr.). Muscadine (Eng.). A wine, also the grape producing it (muscadine grape).

Muscovado. Name given to unrefined sugar.

Napolitaine (à la) (Fr.). Naples or Neapolitan style.

Napper (Fr.). To cover a dish with a layer of thick sauce, jelly or jam.

Naturel (Fr.) (au natural). Plain, simple. Plainly and quickly prepared.

Navarin (Fr.). A stew of mutton or lamb. A kind of haricot mutton. The name is of ancient origin, being mentioned in one of the plays of Sodelle in the early part of the seventeenth century. Turnips form the principal garniture of a navarin.

Negus. Name of a hot drink composed of port wine, sugar, nutmeg and lemon-juice; so-called after Colonel Negus (in the reign of Queen Anne).

Neige (Fr.). Snow. White of eggs beaten to a snow or a froth.

Nepaul pepper. A red pepper of the same character as cayenne and Guinée pepper, being a species of capsicum of a sweet pungent flavour. It is largely grown in Hindustan.

Nesselrode. Name of a pudding, iced, and flavoured with chestnuts, invented by Mony, chef to the famous Count Nesselrode.

Niokes or **Niokies.** A farinaceous dish prepared with semolina or Indian maize, flavoured with grated cheese, cream, etc. Of Russian invention.

Nivernaise (à la) (Fr.). Nivernese style.

Noix de muscat (Fr.). Nutmeg. The fruit of the nutmeg tree; an aromatic spice.

Noques (Fr.). An Italian farinaceous preparation. Small dumplings made from flour, milk or cream, boiled in soup or salt water, and served as garnish.

Normande (à la) (Fr.). Normandy style, with the exception of a dish known as filets de soles à la Normande, and other fish entrées. The application of this name implies that the flavour of apple has in some form or other been introduced into the composition of the dish.

Nougat (Fr.). Almond rock candy. A sweetmeat made with sugar, honey, almonds, pistachios, etc.

Nouilles (Fr.). Nudels. A German preparation, "Nudeln." It consists of a stiff dough made with flour and eggs, rolled out very thinly, cut up in thin strips and boiled, and served as garnish, or fried and served as a sweet. When cooked nouilles resemble macaroni.

Noyau (Fr.). The stone of a fruit; a liqueur flavoured with peach or nectarine kernels.

Okra. Name of a vegetable extensively used in South America. Used as a vegetable and also for soup.

Orangeat (Fr.). Candied orange peel.

Orgeate (Fr.). Barley water or almond milk; a favourite summer drink.

Orloff. A number of dishes or their garniture are thus styled. Orloff is the name of a magnificent diamond, owned by the Russian Count Alexis Orloff, who was known as a great gourmand and epicure.

Orly, also **Horly.** Name given to dishes prepared in a certain style. Usually slices of fish or meat dipped in a rich batter and fried in fat.

Paillasse (Fr.). A grill over hot cinders.

Pain (Fr.). Bread, forcemeat, fruit purée, etc.

Pain d'épice (Fr.). Spiced bread; a kind of gingerbread.

Palais de boeuf (Fr.) Ox palate.

Panaché (Fr.). Striped, streaked, variegated. Mixed with two or more kinds of vegetables, fruits, etc.; also salads, jellies, or creams.

Panada. Culinary paste of flour and water or soaked bread, used for preparing forcemeat or stuffing.

Paner (Fr.). To egg and breadcrumb.

Pannequets or **Crêpes** (Fr.). Pancakes.

Panurette (Fr.). A preparation of grated rusks, used for crumbing, for coating the inside of moulds, and for decoration in place of lobster coral.

Paprica. The fleshy fruit of the green and red mild capsicum, grown in the south of Europe, and used as spice for ragoûts or salads.

Paprika. Hungarian red pepper. A kind of sweet capsicum of a brilliant scarlet colour ; it is less pungent than the Spanish pepper.

Parisienne (à la) (Fr.). Parisian style. A surname applied to various kinds of dishes, principally meat dishes, which are dressed in a more or less elaborate style. No particular specification as to garnish or mode of cooking can be given, as these vary in almost every dish thus styled.

Parmesan. Name of an Italian cheese, usually made from goat's milk, largely used for culinary purposes.

Passer (Fr.). Pass (Eng.). A word much used in cookery. To pass a sauce, soup, vegetable or meat means to run it through a tammy cloth, sieve or strainer. In culinary language the word "passer" has also the same meaning as *faire revenir*, i.e. to slightly fry in butter over a quick fire so as to form a crusty surface on meats or vegetables which are intended to be finished by some other process of cooking (usually stewing or braising).

Pâte croquante (Fr.). Crisp almond and sugar paste.

Pâte feuilletée (Fr.). Puff paste.

Pâte frisée (Fr.). Short paste.

Pâte pastillage (Fr.). Gum paste.

Pâté (Fr.). A pie, pastry ; a savoury meat pasty or a raised pie.

Pâté de Périgord. Name of a French pie, which derives its name from Périgueux, a place celebrated for its truffles.

Pâté-de-foie-gras (Fr.). A well-known delicacy prepared from the livers of fat geese. Alsace is the country where the celebrated so-called "terrines de foie-gras" are made. This delicacy was first introduced by a cook named Close.

Pâtiser (Fr.). To make pastry.

Pâtisserie (Fr.). Pastry. A pastry cook's business.

Paupiettes (Fr.). Slices of meat or fish rolled with forcemeat.

Paysanne (à la) (Fr.). Peasant's fashion. Prepared in a homely way.

Pepper Pot. A West Indian dish, consisting of stewed pickled pork or bacon, shellfish, rice, vegetables, and aromatic herbs, highly seasoned with cayenne, okra, chillies and cassareep.

Périgord or **Périgueux (à la)** (Fr.). Perigord style. This name is applied to dishes in which a truffle sauce or a garniture consisting of truffles has been used.

Perry. (Eng.). Name of a beverage made of pears, similar to cider made of apples. It contains but little alcohol, and when preserved in casks or bottles it keeps good for some years.

Persillade (Fr.). A thick white sauce in which a large quantity of parsley is used.

Petit lait (Fr.). Whey. The thin part of milk.

Petits pains (Fr.). Very small rolls scooped out and stuffed with various kinds of savoury purées ; served as savoury or side dishes.

Petits pois verts (Fr.). Small green peas.

Pilau. A Turkish national dish, made of rice and onions, etc.

Pilcaithly Bannock. Name of a kind of Scotch shortbread, consisting of flat round cakes, the paste being composed of flour, butter, sugar, almonds, peel, and caraway seed.

Pièce de résistance. The principal joint or other important dish of a dinner.

Pilaw. An Indian dish made of fish or meat and rice.

Pimento. Allspice. Jamaica pepper. A condiment possessing the combined flavours of cinnamon, nutmeg, and cloves.

Piquante (Fr.). Sharp flavoured, stimulating, pungent or sour.

Piquer (Piquée) (Fr.). Larded. To insert narrow strips of fat bacon, truffles, tongue, etc., into lean meat, poultry, game or fish.

Pistaches (Fr.). Pistachios. Kernels of the nut of the turpentine tree, used for flavouring and garnishing galantines, sweets, etc.—an almond-flavoured green nut.

Poêle (Fr.). A cooking pot or pan.

Poêler (Fr.). A mode of braising meat, etc., in a fireproof earthenware pan placed on a charcoal fire.

Polenta (It.). A standard Italian dish made of Indian corn flour. In appearance and taste it resembles semolina.

Pollo con Formaggio. Name of an Italian dish, composed of stewed chicken, highly flavoured with Parmesan cheese.

Pollocowarroz. Name of an Italian dish consisting chiefly of rice stewed in broth (stock).

Polonaise (à la) (Fr.). Polish style. There are two kinds of dishes known under this name. The first is a kind of gratin style (baked), differing somewhat from the ordinary way of baking *au gratin*. The other is the more generally known, but little appreciated in this country, its characteristic being to introduce the red juices of pickled beetroot and red cabbage and sour cream into various dishes. Borsch à la Polonaise and ragoûts à la Polonaise are types of dishes in which this peculiar flavour is introduced.

Posset. Hot milk curdled with wine, ale, vinegar, treacle or acid; from the Welsh, *posel*, curdled milk.

Potage (Fr.). Soup. A nourishing broth or liquor, forming the first course of a dinner.

Pot-au-feu (Fr.) is an economical and wholesome beef broth. It is the standard dish of all classes in France, and the origin of beef stock.

Pot pourri. A stew of various kinds of meats and spices; a favourite dish in Spain.

Potrock. Name of a Russian thick soup.

Poularde (Fr.). A very fat fowl or fine pullet.

Poule-au-pot (Fr.). A boiled fowl served with reduced pot-liquor and vegetables.

Poulet en casserole. Chicken fried and basted with butter in an earthenware stewpan. When the chicken is browned in the butter the lid is put on the stewpan, and it is allowed to cook slowly till done, being basted occasionally.

Poulet à la Reine (Fr.). Chicken dressed with white sauce. Name given to fine specimens of young chickens.

Poulette (Fr.). A young hen. A sauce made of flour, stock, butter and chopped herbs, used for the dishes prepared "à la poulette."

Poulpeton or **Polpetti.** Slices of veal with minced meat.

Poupelin (Fr.). A kind of pastry.

Poupeton (Fr.). A ragoût of fish or flesh enclosed in rice and baked brown.

Praline (Fr.). Burnt almond.

Praliné (Fr.). Flavoured with burnt almonds.

Pré-salé (Fr.). Meat of prime mutton (Southdown mutton).

Profiteroles (Fr.). A kind of light cake, baked in hot ashes, and filled with cream or custard.

Provençale (à la) (Fr.). A surname for certain French dishes, indicating generally that garlic or onion and olive oil has been used in the preparation.

Pumpernickel (Ger.). Westphalian brown bread.

Punch à la Romaine (Fr.). A kind of soft white ice, made from lemon-juice white of egg, sugar, and rum. It is served in goblets, usually after the remove, and acts as a digestive. It forms a sort of interlude between two acts of that grand play—the dinner.

Purée (Fr.). A smooth pulp, mashed vegetables, thick soup. The name is also given to meat or fish which is cooked, pounded in a mortar, and passed through a sieve.

Quark (Ger.). Name of a German cheese, similar to curd cheese, known in France as " fromage mou."

Quartier d'agneau (Fr.). A quarter of lamb.

Quasi de veau (Fr.). The chump end of a loin of veal.

Quenèfres (Fr.). An Italian paste, similar to macaroni—used for soups, etc.

Quenelles (Fr.). Forcemeat of different kinds, composed of fish, poultry or meat, eggs, etc., shaped in various forms—balls, ovals, etc., poached, and served as an entrée or garnish to soup, etc.

Queue (Fr.). Tail. " Queues de boeuf," " queues d'écrevisses." Ox-tail, crayfish tails, etc.

Quoorma. Name of a very mild Indian curry.

Rafraichir (Fr.). To refresh or cool by immersion in cold water or refrigeration.

Ragoût (Fr.). A rich stew of meat, highly seasoned.

Ramequin (Fr.). Ramakin. Cheese fritter ; small fondues served in china or paper cases.

Râper (Fr.). To scrape, shred, rasp or grate.

Ratafie or **Ratafia.** A culinary essence ; the essence of bitter almonds. A special kind of almond biscuits, in the shape of drops, are called ratafias. The name is also given to a liqueur flavoured with almonds.

Raton (Fr.). A kind of cheesecake.

Ravigote (Fr.). A very richly flavoured green herb sauce ; served cold. First heard of in 1720. Ducereau, a French writer, mentions it in one of his poems.

Ravioles (Fr.). Small round nouille-paste dumplings, filled with spinach, forcemeat, etc. Used as garniture for soups.

Réchauffé (Fr.). Warmed-up meat recooked or redressed.

Réchauffer. To re-heat.

Réduire (Fr.). To boil down, to reduce ; to boil liquid gradually to a desired consistency.

Relever (Fr.). To remove, to turn up, to raise.

Relevé (Fr.). The remove. A course of a dinner, consisting of large joints of meat, four-footed game, and sometimes joints of fish.

Remouillage (Fr.). Second stock.

Rémoulade (Fr.). A cold sauce, flavoured with savoury herbs and mustard, used as salad-dressing, etc.

Renaissance (Fr.). Something reintroduced. A word used for dishes of modern invention.

Rennet. The name given to the prepared inner membrane of a calf's, pig's, hare's or fowl's stomach ; used for curdling or coagulating milk.

Rillettes (Fr.). A French savoury meat preparation, used for hors d'oeuvres and savouries.

Ris de veau (Fr.). Calf's sweetbread.

Rissolé (ée) (Fr.). Well browned, fried or baked, covered with crumbs.

Rissoles (Fr.). A mixture of minced fish or meat, enclosed in paste, half-moon shapes, and fried in fat or butter.

Rissolettes. Similar to rissoles ; thin pancakes being used in place of paste.

Rizzered Haddie. The name of a Scotch dish, made from haddocks or cod-fish dried in the sun.

Rognons (Fr.). Kidneys.

Romaine (Fr.). Cos lettuce. "A la Romaine," Roman style.

Romankeintjes (Du.). A Dutch pastry made of eggs, sugar, and almonds.

Roquefort (Fr.). Roquefort, a highly-esteemed French cheese.

Rôti (Fr.). The roast, indicating the course of a meal which is served before the entremets. Roast meat, poultry, and game.

Roulade (Fr.). Roll, rolling. Rolled meat smoked and cooked.

Roux (Fr.). A preparation of butter and flour for thickening soups and sauces.

Royal. Name of an egg custard used for garnishing clear soups. Also the name applied to an icing (glace royale), made with whites of egg and icing sugar, and used for coating and decoration.

Sabayon (Fr.). Pudding sauce, composed of cream or milk, sugar, white wine, and eggs.

Saccharometer. A culinary thermometer. An instrument to test the various degrees of heat for cooking.

Saignant (Fr.). Underdone, bloody.

Saindoux (Fr.). Hog's lard. Used for frying and for modelling socles, flowers, etc.

Salade (Fr.). Salad. Raw herbs, edible plants, raw and cooked vegetables, etc., dressed with oil and vinegar.

Salamandre (Fr.). An utensil which, after being made red hot, is used for browning any dishes that want colour.

Saler (Fr.). To salt, to season with salt. "Saler de la viande," to cure meat.

Saleratus. A kind of baking powder, consisting of potash, incorporated with an acid. A natural mineral water.

Sally Luns or **Lunn.** Name of a kind of tea-cake, slightly sweetened and raised with brewer's yeast. Sally Lunn was a pastrycook who, at the close of the eighteenth century, used to make and sell a kind of tea-biscuits known as Sally Lunns. She used to sell these in the streets of Bath.

Salmagundi. Name of a very old English supper dish. It is a kind of meat salad, mixed and decorated with hard-boiled eggs, anchovy, pickles, and beetroot.

Salmi or **Salmis.** A hash made of half-roasted game.

Salpicon. A mince of poultry or game with ham, tongue, and mushrooms, used for croquettes, bouchées, rissoles, etc.

Salsify or **Salsifis.** An edible plant; sometimes called oyster plant, the flavour of the root resembling somewhat that of the oyster.

Salzgurken (Ger.). A German pickle served with boiled or roast meats, made of cucumbers soused in salt water.

Samp. A food composed of coarsely-ground maize, boiled and eaten with milk (American dish).

Sanbaglione. A delicious sweet chocolate cream, served in glasses either hot or cold.

Sangaree. The name of an Indian punch drink. It is made with sherry, water, lemon-juice, and sugar.

Sangler (Fr.). To strap, to girth. To prepare the ice mixture ready for freezing. One part of salt to five parts of broken ice is the proper proportion used for freezing.

Sapaceau (Fr.). An egg punch.

Sarbotière (Fr.). A pewter freezing-pot or freezing-pan.

Sassafras. The name of an agreeable beverage much drunk in North America. A tree of the laurel family.

Sasser (Fr.). To sift. To stir rapidly with a spoon in a stewpan.

Sauce piquante (Fr.). A sharp sauce,

Saucer (Fr.). To sauce over the contents of a dish.

Saucière (Fr.). A sauceboat. A deep narrow-shaped dish, in which sauce is served.

Saucisse (Fr.). French pork sausages.

Saucisson (Fr.). Smoked sausages.

Sauerkraut (Ger.). Choucroute (Fr.). Sourkrout (Eng.). A kind of pickled cabbage; cabbage preserved in brine. A national dish of Germany. Served hot with bacon or sausages.

Saugrenée (Fr.). A French process of cooking, implying stewed with a little water, butter, salt, and herbs. Despois à la saugrenée are stewed peas, cooked as above described.

Saur (Fr.). Smoke-dried.

Saurer (Fr.). To dry or cure in smoke.

Sauté-pan. Sautoire (Fr.). A shallow, thin-bottomed cooking-pan made of copper.

Sauter (ée) (Fr.). To toss over the fire, in a sauté or frying-pan, with little butter or fat. Anything that requires a sharp fire and quick cooking.

Sauterne (Fr.). A French white wine, produced at *Sauterne*, in the Gironde, France; much used in cookery.

Schmorbraten (Ger.). A German dish, consisting of rump of beef braised (à la mode fashion), garnished with mushrooms, gherkins, and braised vegetables.

Scots Kail. Name of a thick broth; a kind of pot-au-feu, served as a standing dish in Scotland. A variety of cabbage.

Sevigné (Fr.). A French soup named after the Marchioness Sevigné, of Rabutin-Chantal, a French authoress, born 1626, died 1696.

Sillsillat. A Swedish dish; a salad of pickled herring, with mussels, meat, eggs, onion and beetroot.

Simnel cake. A Lenten or Easter cake, with raised crust, coloured with saffron, the interior being filled with the materials of a very rich plum pudding. They are made up very stiff, boiled in a cloth for several hours, then brushed over with egg, and baked.

Singer (Fr.). To imitate. To dust with flour from the dredging-box.

Slapjack. A kind of broad flat pancake.

Sling. A drink made of rum and water, sweetened with grated nutmeg.

Socles. Stands of fat, rice, etc., used to raise entrées, etc., above the level of the dish.

Sorbet (Fr.). An iced Turkish drink. Also the name of a water ice with fruit or liqueur flavour, usually served in goblets.

Soubise (Fr.). A smooth onion pulp served with various kinds of meat entrées. The name is supposed to come from Prince Charles Soubise (born 1715, died 1787), who was a celebrated epicure. He served as a field-marshal during the reign of Louis XIV of France. As a surname to dishes, à la Soubise is generally applied when onions enter largely into the composition of a dish; the term implies a strong onion flavour, or a garnish of onion purée.

Soufflé (Fr.). A very light baked or steam pudding; an omelet. Also applied to light savoury creams.

Soufflé glacé (Fr.). A very light sweet cream mixture, iced and served in cases.

Soy. The name of a dark-brown sauce, originally made in Japan; there are many English relishes in which soy is employed as one of the ingredients.

Spaghetti (It.). An Italian cord-like paste, intermediate in size between macaroni and vermicelli.

Spread Eagle (Eng.). Poulet à la Crapotine (Fr.). A young fat chicken split down the back, flattened, breast bone removed, seasoned, oiled or buttered, and grilled or baked.

Squab (Eng.). A young pigeon; name used particularly in North America.

Squab chicken, a young chicken, applicable to animals while young, fat, and clumsy. Squab pie is therefore primarily a (young) pigeon pie. Such a pie becomes Devonshire squab pie by the addition of apples. Squab pigeons—innocents of French cooks.

Stechi. A Russian oatmeal soup.

Stirabout. Name of an Irish dish similar to Scotch porridge.

Succotash. An American dish made of green corn and Lima beans. The dish is said to be borrowed from the Narraganset Indians, known to them as msickquatash.

Suédoise (à la) (Fr.). Swedish style.

Suprême (Fr.). A rich, delicately flavoured cream sauce, made from chicken stock, etc.

Syllabub. A kind of milk punch flavoured with liqueurs and spices. Usually served in glasses.

Tagliarini (It.). A kind of macaroni paste cut in fine shreds.

Tailler la soupe (Fr.). A culinary expression. Thin slices or crusts of bread placed in a soup tureen are called tailler. "Tremper la soupe" is the French term applied when the broth is poured over the slices.

Talmouse (Fr.). A kind of French pastry, sweet or savoury, made in the shape of parsons' caps.

Tamis (Fr.). Tammy. Woollen canvas cloth which is used for straining soups and sauces.

Tansy (Eng.). A herb with strong aromatic flavour, sometimes used for flavouring in puddings. A variety of custard.

Tarragon (Eng.). Estragon (Fr.). Aromatic plant used for flavouring vinegar, sauces, etc.

Tartare (Fr.). A cold sauce, made of yolks of egg, oil, mustard, capers, gherkins, etc., served with fried fish or cold meats; also a salad dressing.

Terrapin. South American, fresh-water and tidal turtle, very little known and used in England.

Terrine (Fr.). A small earthenware pan or pot, used for potting foie-gras, pâtés and potted meats. A tureen for soup.

Tête de veau (Fr.). Calf's head.

Timbale (Fr.). Literally "kettle-drum." A kind of crusted hash baked in a mould.

Tobasco. Name of a savoury Indian dish.

Toddy. An American punch. The fundamental juice of various palms of the East Indies; a mixture of whisky, sugar, and hot water.

Tokai (Fr.). Tokay (Eng.). A wine produced at *Tokay*, in Hungary; a variety of grape.

Tom and Jerry. An American drink of hot rum and eggs, spiced and sweetened; an egg punch.

Tomber à glace (Fr.). To reduce a liquid till it has the appearance of a thick syrup.

Tonalchile (Fr.). Guinea pepper.

Topinambours (Fr.). Jerusalem artichokes.

Tortue (Fr.). Turtle; also called sea-tortoise.

Toulouse (à la) (Fr.). A rich white stew of white meats, mushrooms, truffles, etc., used for filling crusts or for garnishing.

Tournedos (Fr.). Small thin fillets of beef served as entrées. First served in Paris in 1855.

Tourner (Fr.). To turn. To stir a sauce; also to pare and cut roots.

Tourte (Fr.). An open tart baked in a round shallow tin; also a flat dough case in which ragoûts are served.

Tourtelettes (Fr.). Small tartlets.

Tranche (Fr.). Slice. Mostly applied to salmon, cod, etc.

Trautmannsdorff (Ger.). Name of an Austrian count, born 1749, died 1827. Several sweets are styled after his name.

Trousser (Fr.). To tie up, to truss a bird.
Truffer (Fr.). To garnish a sauce with truffles, or to season the interior of poultry or game with truffle stuffing, such as capons, turkeys, and pheasants.
Truite saumonée (Fr.). Salmon trout.
Tutti-frutti (It.). An Italian expression for various kinds of fruits, or a mixture of cooked vegetables.
Tyrolienne (à la) (Fr.). Tyrolean style.

Usquebaugh. The name of an Irish beverage (whisky), consisting of a compound spirit made with spices and sugar.

Vanille (à la). Flavoured with vanilla.
Vanner (Fr.). To stir a sauce quickly so as to work it up lightly in order to make it smooth.
Vénitienne (à la) (Fr.). Venetian style.
Velouté (Fr.). A rich white sauce. Foundation sauce.
Vermicelle (Fr.). Vermicelli (It.). Very fine rolls of paste, made from the dough of wheat flour, and forced through cylinders or pipes till it takes a slender, worm-like form, when it is dried ; used in soups, puddings, and for crumbing.
Vert-pré (Fr.). Name of a green herb sauce or garnish.
Viande (Fr.). Meat, viands. An ancient name for victuals.
Viennoise (à la). Vienna or Viennese style.
Vin blanc (au) (Fr.). Dressed with white wine.
Vinaigre (Fr.). Vinegar. *Vinaigrer*, to season with vinegar.
Vinaigrette (Fr.). A sauce of vinegar, oil, pepper, and herbs.
Volaille (Fr.). Poultry, chicken.
Vol-au-vent (Fr.). A light round puff paste crust, filled with delicately-flavoured ragoûts of chicken, sweetbread, etc. (*à la financière*).
Volière. Birdcage style of dressing poultry or game.
Vopallière. A dish of small chicken fillets, larded and braised, served with truffle sauce.
Vraie tortue (Fr.). Real turtle.

Xeres (Sp.). Spanish strong wine of deep amber colour and aromatic flavour ; so-called from Xeres, a place near Cadiz.

Zabyajone (It.). A frothing mixture of wine, yolks of eggs and sugar, thickened over the fire and served hot in glasses.
Zambaglione. A kind of chocolate cream, served in glasses either hot or cold.
Zéphire (Fr.). Name of a small oval-shaped forcemeat dumpling, a kind of quenelle, poached and served with a rich sauce.
Zuppa al brodo. A fish broth with toasted bread and cheese.
Zythum or **Zythos.** A liquid made from malt and wheat ; a kind of malt beverage.

ENGLISH AND FRENCH NAMES OF ARTICLES OF FOOD

CHAPTER LXIII

SOUP — POTAGE

English.	*French.*	*English.*	*French.*
Clear Soup	Consommè	Thick Soup	Purée
Broth	Bouillon		

FISH — POISSON

Anchovy	Anchois, m.	Mullet, red	Rouget, m.
Barbel	Barbeau, m.	Perch	Perche, f.
Bream	Brème, f.	Pike	Brochet, m.
Brill	Barbue, f.	Plaice	Plie, f.
Carp	Carpe, f.	Roe	Laitance, f.
Cod	Cabillaud, m.	Salmon	Saumon, m.
Cod, salt	Morue, f.	Sardine	Sardine, f.
Conger eel	Congre, m.	Scallop	Pétoncle, f.
Dace	Vandoise, f.	Shad	Alose, f.
Dorey	Dorée, f.	Skate	Raie, f.
Eel	Anguille, f.	Smelt	Éperlan, m.
Flounder	Limande, f., Carrelet, m.	Sole	Sole, f.
		Sprat	Harenguet, m.
Gudgeon	Goujon, m.	Sturgeon	Esturgeon, m.
Gurnet	Grondin, m.	Tench	Tanche, f.
Haddock	Églefin, m.	Trout	Truite, f.
Hake	Merlus, m.	Trout, Salmon	Truite Saumonée, f.
Halibut	Fletau, m.		
Herring	Hareng, m.	Tunny	Thon, m.
Ling	Lingue, f.	Turbot	Turbot, m.
Mackerel	Maquereau, m.	Whitebait	Blanchaille, f.
Mullet, grey	Mulet, m.	Whiting	Merlan, m.

SHELLFISH — COQUILLAGES

Crab	Crabe, m.	Mussel	Moule, f.
Crayfish	Ecrevisse, f.	Oyster	Huître, f.
Crawfish		Prawn	Crevette, f.
Lobster		Shrimp	Crevette, f.

MEAT — VIANDE

English.	*French.*	*English.*	*French.*
Beef	Boeuf, m.	Neck of mutton	Carré de mouton
Veal	Veau, m.	Palate	Palais, m.
Mutton	Mouton, m.	Quarter	Quartier, m.
Lamb	Agneau, m.	Rib	Côte, f.
Pork	Porc, m.	Rump	Culotte, f.
Sucking-pig	Cochon de lait, m.	Sausage	Saucisse, f.
Brains	Cervelles, f.	,, flat	Crepinette, f.
Breast	Poitrine, f.	Shoulder	Épaule, f.
Chine	Echine, f.	Sirloin	Aloyau, m.
Cutlet	Côtelette, f.	Steak	Bifteck, m.
Fillet	Filet, m.	Sweetbread	Ris de veau, m.
Kidney	Rognon, m.	Tail	Queue, f.
Knuckle	Cuissot, m.	Tongue	Langue, f.
Leg	Gigot, m.	Ear	Oreille, f.
Liver	Foie, f.	Head	Tête, f.
Loin	Longe, f.	Saddle	Selle, f.
Neck	Carré, m.	Slice	Tranche, f.
Neck (scrag end)	Cou, m.	Trotters, feet	Pieds, m.

GAME, POULTRY — GIBIER, VOLAILLE

Black Game	Coq de bruyère, m.	Pigeon (young)	Pigeonneau, m.
Capon	Chapon, m.	,, wild	Ramier, m.
Chicken	Poulet, m.	Pintail	Pintade, m.
Duck	Canard, m.	Pheasant	Faisan, m.
,, wild	,, sauvage, m.	Plover, Golden	Pluvier, m.
Duckling	Caneton, m.	,, Green	Vanneau, m.
Fowl	Poulet, m.	Poularde	Poularde, f.
Goose	Oie, f.	Prairie Hen	Poule de Prairie
Gosling	Oison, m.	Quail	Caille, f.
Grouse	Grouse, m.	Rabbit	Lapin, Lapereau
Guinea Fowl	Pintade, f.	Roe Deer	Chevreuil, f.
Hare	Lièvre, m.	Snipe	Becassine, f.
Lark	Mauviette, f.	Teal	Sarcelle, f.
Leveret	Levraut, m.	Turkey	Dindon, m. dinde, f.
Ortolan,	Ortolan, m.	,, poult	Dindonneau, m.
Partridge	Perdrixe, f.	Venison	Venaisan, f.
,, (young)	Perdreau, m.	Widgeon	Canard siffleur
Pigeon	Pigeon, m.	Woodcock	Bécasse, f.

VEGETABLES — LÉGUMES

English.	*French.*
Artichoke, Jerusalem	Topinambour, m.
Artichokes, bottom	Fond d'artichaut, m.
Artichoke. globe	Artichaut, m.
Asparagus	Asperge, f.
Beans, broad	Féves, f.
,, French	Haricot-vert, m.
,, haricot	,, blanc, m.
Beetroot	Betterave, f.
Broccoli	Brocoli, m.
Brussels sprouts	Choux de Bruxelles, m.
Cabbage	Chou, m.
,, red	,, rouge, m.
Capers	Câpres, f.
Cauliflower	Choufleur, m.
Carrot	Carotte, f.
Celery	Céléri, m.
Chervil	Cerfeuil, m.
Chestnut	Marron, m.
Cucumber	Concombre, m.
Cress	Cresson, m.
Endive	Chicorée, f.

English.	*French.*
Eschalot or shalot	Echalote, f.
Gherkin	Cornichon, m.
Green Peas	Pois verts, f.
Horseradish	Raifort, m.
Kale, Scotch	Chou Écossais, m.
Leek	Poireau, m.
Lettuce	Laitue, f.
Lentil	Lentille, f.
Marjoram	Origan, m.
,, sweet	Marjolaine, f.
Mushroom	Champignon, m
Onion	Oignon, m.
Parsley	Persil, m.
Parsnip	Panais, m.
Peas	Petits pois, m.
Pumpkin	Courge, f.
Salsify	Salsifis, m.
Seakale	Chou de mer, m.
Sorrel	Oseille, f.
Spinach	Epinards, m.
Tarragon	Estragon, m.
Tomato	Tomate, f.
Turnip	Navet, m.
Watercress	Cresson, m.

FRUITS — FRUITS

Almond	Armande, f.
Apple	Pomme, f.
Banana	Banane, f.
Blackberry	Muron, m.
Cherry	Cerise, f.
Chestnut	Marron, m.
Cranberry	Canneberge, f.
Currant	Raisin de Corinthe, m.
Currant, white	Groseille blanche, f.
,, red	,, rouge, f.
,, black	,, noire, f.
Date	Datte, f.
Fig	Figue, f.
Filbert	Aveline, f.
Gooseberry	Groseille verte, f.
Grapes	Raisins, m.
Greengage	Prune, f.

Hazel nut	Noisette, f.
Lemon	Citron, m.
Medlar	Néfle, f.
Melon	Melon, m.
Mulberry	Mûre, f.
Nectarine	Brugnon, m.
Nut	Noix, f.
Olive	Olive, f.
Orange	Orange, f.
,, Tangerine	Mandarine, f.
Peach	Pêche, f.
Pear	Poire, f.
Plum	Prune, f.
Pomegranate	Grenade, f.
Quince	Coing, m.
Raspberry	Framboise, f.
Strawberry	Fraise, f.
Walnut	Noix, f.

MEALS: THEIR IMPORTANCE AND ARRANGEMENT

CHAPTER LXIV

General Observations on Family and Wedding Breakfasts, Luncheons, Dinners, Teas, and Suppers

One of the chief considerations of life is, or ought to be, the food we eat, for our physical well-being depends mainly on diet. The perfect adjustment of diet can only be maintained by a combination of certain factors, of which suitable food and good cooking may be considered the most important.

One important consideration with regard to meals is their regularity, and speaking from the health point of view, it is most essential. A meal that we have waited for an hour too long is often one that we fail to appreciate ; and while to the healthy irregularity is dangerous, to the delicate it is injurious. It is not difficult to determine what are the best and most convenient times to take our meals, and when once these hours are fixed, the next thing is to insist on punctuality, not only for those who serve them, but for those for whom they are prepared. Food cooked to a nicety cannot afford to wait ; good things are spoilt, and waste and discontent are the result, if people are not ready to partake of what is prepared at a given time.

The composition, properties and preparation of food have already been fully treated in preceding chapters, and the following pages will simply convey to the reader a few items of useful information regarding the meals themselves. These necessary particulars should soon become matters of common knowledge, as instruction in every branch of domestic science now forms part of the curriculum of almost every school in the kingdom.

When the laws which govern the application of heat are once grasped, the fundamental difficulties of roasting, boiling, grilling and frying are overcome, but this by no means comprises the whole art of cookery. Such culinary artists as Ude, Carême and Francatelli owe their fame as *Chefs-de-Cuisine* to their ingenuity in originating new methods and new dishes, their skill in manipulation, and their care in combining seasonings and flavourings in such perfect proportions that no particular ingredient was allowed to predominate. Moreover, they not only raised cookery to a fine art, but their influence in the direction of refinement and elegance eliminated much that was gross in the English mode of living. Francatelli, who has been termed the "Father of Modern Chefs," strongly advocated simplicity in both cooking and service. The introduction of the dinner *à la Russe* was in a great measure due to his efforts, and this arrangement is now so popular that it is adopted in almost every household where a sufficient number of servants are kept to allow the food to be handed round. There are still a few old-fashioned people who prefer the older custom of having all the dishes placed upon the table, and of course this custom must always prevail in lower middle-class households ; but it is almost generally agreed that it is much more artistic and agreeable to have nothing displayed but fruit and flowers, however simple and inexpensive these may be. Pleasant and appropriate surroundings contribute largely to the enjoyment of a meal, and as our meals, whether elaborate or simple, are an important item in the sum total of domestic happiness, the greatest possible care should be bestowed on their preparation and service.

In giving a dinner it is far better to have a simple meal, which one knows will be properly cooked and served, than to risk anything elaborate, for it is difficult to appear utterly unconcerned when one is harassed by petty cares, and a thoroughly good hostess is one who is able herself to enjoy, without anxiety, the dinner she is giving to her friends.

The temperature of the room is a very important subject that is often overlooked.

It is not possible to thoroughly enjoy a good dinner in a room either too hot or too cold, and hostesses should well consider this matter.

Table Arrangements.—There are a few general rules which apply equally to mansion and cottage. However simple may be the meal, and however coarse in texture the cloth, it should be clean, free from creases, and arranged smoothly with the centre fold forming a true line the whole length of the table. The knives should be clean, bright and sharp, and the silver clean and well polished. When properly trained servants are kept, contrary conditions seldom exist ; neither would they in small households, where the work devolves upon an inexperienced housemaid, if a few simple rules were strictly enforced, such as removing the crumbs and folding the cloth on the table, instead of allowing it to be shaken and folded outside the room ; that after each meal all knives should be cleaned and made ready for use ; and, what is still more important, that such articles as silver-plated dishes, spoons, etc., after having gone through the ordinary process of washing-up, should be re-washed with soap and hot water, and well polished with a leather. Apart from the fact that silver thus treated always presents a bright and well-preserved appearance, there is the further consideration of the silver being kept in good condition without a frequent application of plate powder, which, however fine it may be, ultimately destroys the plated surface.

A baize covering for dining-tables cannot be too strongly recommended, for it enables the tablecloth to lie better, and it is more pleasant to the touch with some soft thick substance beneath it. Sometimes the baize is drawn under the edges of the table by means of a string run through the hem, but it may be stretched more tightly when fastened underneath with small tacks, and this without the least injury to the table. Grey felt is preferred by many, because it is less likely to stain the cloth than a coloured substance, and is also less expensive.

Tablecloths and table-napkins should be of as good a quality as means will afford, alike in design when possible, and in Chapter LXVI. will be found full instructions for folding serviettes.

Table-linen should be very slightly starched, for, if made too stiff, the corners of the tablecloths, instead of falling in natural folds, stand out in an awkward fashion, and the table-napkins are unpleasant to use.

A good rule is to allow 24 inches for each person's accommodation. Where the table is necessarily a little too large, a little more room does not matter, but on no account give less, for there is no greater misery than to be crowded.

FAMILY AND WEDDING BREAKFASTS

Breakfast.—The word breakfast is an abbreviation of "breaking the fast." The German word for this is "Frühstück" (early bit), and the French give to their first meal the name of Déjeuner à la Tasse, because this early repast is a simple one, consisting merely of a roll, or bread and butter, and a cup of coffee or chocolate. The French Déjeuner à la Fourchette is almost identical with the English luncheon. It generally comprises a variety of more or less substantial dishes, served with wine or other beverages, but not tea or coffee, unless taken after the meal, and is termed "Fourchette," because it consists of food eaten with a fork. The French Déjeuner à la Tasse really corresponds with the English "early tea," or "early coffee," and, like it, is generally taken in the bedroom before dressing. Soup and bread constitute the morning meal of many of the working classes of France.

Breakfast Dishes.—The English breakfast, even when taken at an early hour, is usually a substantial one. This custom no doubt dates from a semi-barbarous age, when royal and noble ladies breakfasted off barons of beef and tankards of ale. Tea was not known in England until the seventeenth century, when Catherine Braganza, the wife of Charles II, is said to have introduced it, and history records that tea found great favour with the fair dames who graced the Court of that period. It is almost needless to add that its high price precluded its general use. At the beginning of the nineteenth century the cheaper kinds cost from 6s. to 7s. per pound, and about 1850 the price was reduced to 5s. per pound, but after the reduction of the duty in 1865 the consumption rapidly increased.

The moral and physical welfare of mankind depends largely on its breakfast, yet many of those upon whom the responsibility of providing it rests do not realise how far-reaching may be the effects of a good or bad meal. A being well fed and warmed is naturally on better terms with himself and his surroundings than one whose mind and body are being taxed by the discomfort and annoyance of badly cooked or insufficient food. With a well-stocked larder and a sideboard supplied with such good things as game-pies, cold game, galantines of chicken or veal, brawn, potted meat, cold ham and pressed beef, it is an easy matter to gratify the tastes and wishes of all, but no meal taxes the ingenuity of middle-class housewives more than breakfast. In small households there is a constant complaint of lack of variety, and the too frequent appearance of bacon and eggs, which, it must be confessed, is the *sheet-anchor* of the English cook.

But, notwithstanding this plea for "something new," there are over two hundred ways of dressing eggs, to say nothing of grilled chops, steaks, cutlets, kidneys, fish and mushrooms, anchovy and sardine toast, sausage-rolls, sausages broiled, boiled or fried, meat patties, rissoles, croquettes and croûtes, fish omelette, fish-cakes, fish soused and kedgeree, pressed beef, galantine of beef, potato-chips, potatoes fried in a variety of ways, and a host of other inexpensive and easily prepared dishes. Many of the lower working-classes cannot, of course, afford to provide some of the dishes enumerated above, but the present work includes an almost endless variety of preparations of a simple, inexpensive character, which might be advantageously used to relieve the monotony of breakfast.

The Service of Breakfast varies very little, no matter how simple or elaborate the meal. On the cottage table, the breakfast-ware, teapot, bread, butter, and dish of bacon, or whatever constitutes the homely fare, all have their allotted places, although the arrangement of the respective articles may not agree with everybody's sense of fitness. Ascending a degree in the scale of life, it is usually found that a touch of refinement is added by plants and flowers. When the table is a small one, the centre of it may be occupied by a single plant, or two plants or bowls of flowers placed equidistant from each other may form the decoration of a larger table. Other appointments depend on the number of persons to be seated and the dishes to be served.

When the meal consists of one dish, a knife and fork, either large or small, according to choice, and a small knife for bread and butter, should be laid for each person. When fish is included in the breakfast menu, the knife and fork provided for the service must be placed to the right and left outside the ordinary knife and fork. When the breakfast comprises several dishes, usually three knives and two forks are laid instead of one, but there is a steadily growing tendency in this direction, to avoid an unnecessary display of silver and cutlery. A small plate for bread and butter is placed outside the forks, and the serviette is laid in the space between the knives and forks. No hard-and-fast rules can be laid down for the disposal of the cruets, butter, toast, eggs, marmalade, etc., but they all appear on a properly appointed table, arranged according to the space available, and, of course, some symmetrical order must be maintained. As a rule, one end of the table is occupied by the breakfast ware, sugar, hot and cold milk, tea and coffee pots, and when only one hot dish is provided, it is nearly always placed at the opposite end of the table. When cold dishes are served, such as ham, tongue, potted meats, sardines, etc., they may be placed down the sides of the table.

Wedding Breakfasts.—The orthodox wedding breakfast seems likely to become a thing of the past, so much has it been superseded by the tea and reception which usually follow afternoon weddings. Generally speaking, wedding breakfasts are cold collations, more or less elaborate according to circumstances, and served *à la Russe*, or otherwise, as may be preferred.

The wines served depend greatly upon both the menu and the means of the donor of the feast. Champagne is the wine most generally drank, but all light wines are admissible.

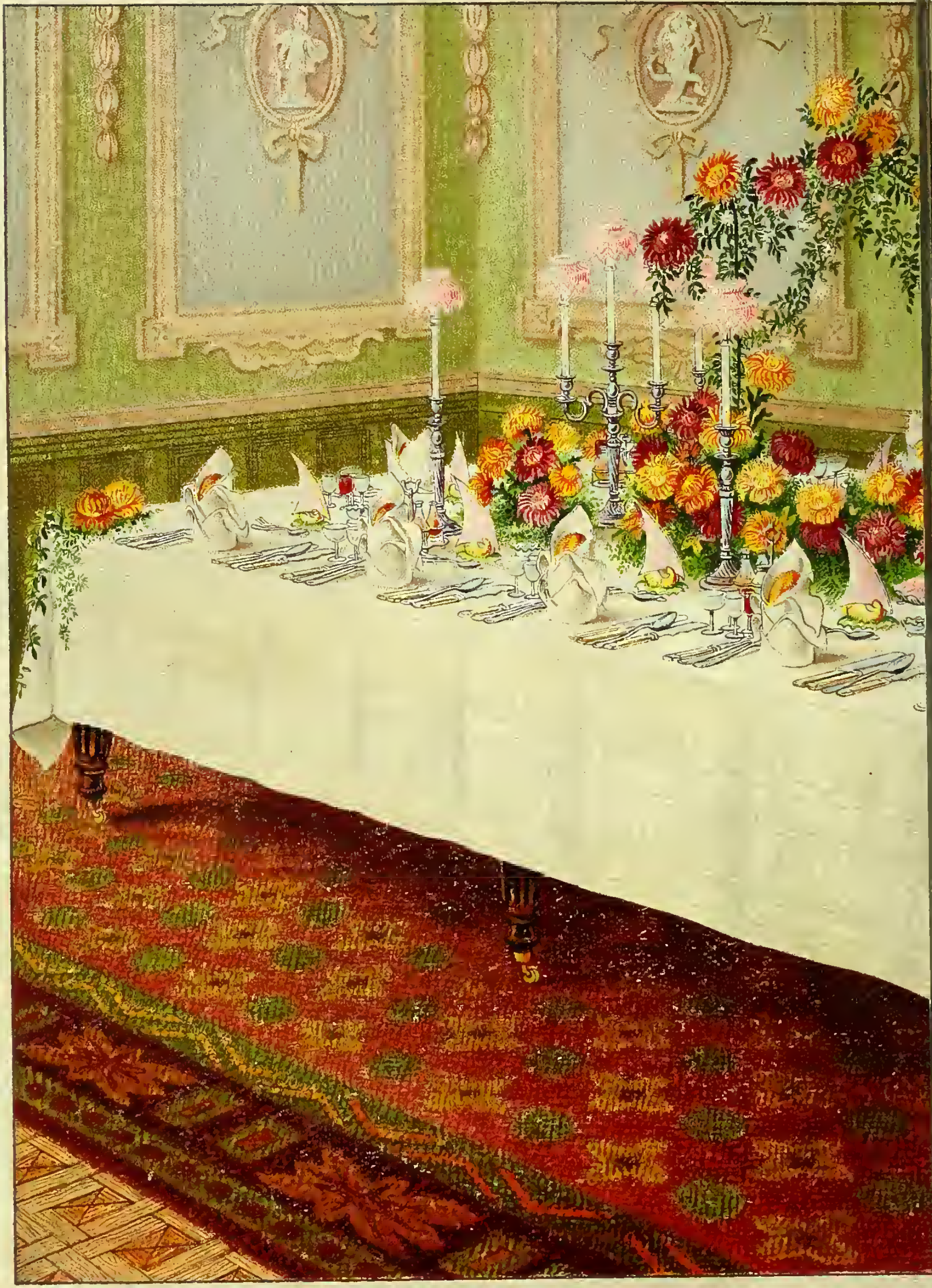
The bride always cuts the first slice of cake, which is partaken of after the actual meal is finished. The cake is generally cut with a saw provided for that purpose, and this being rather a hard task, the icing being somewhat difficult to cut through, it is generally considered sufficient if she make the first incision.

LUNCHEONS.

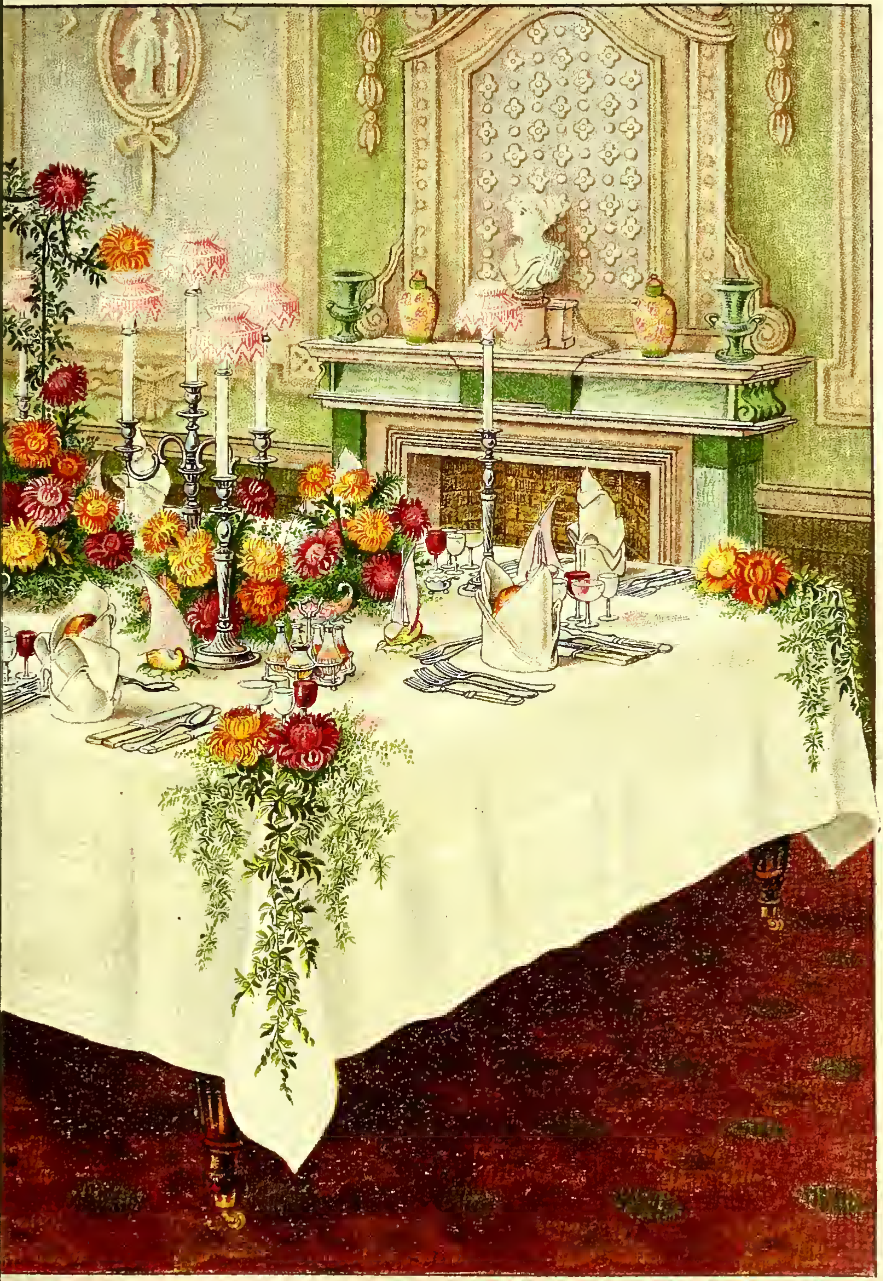
Luncheon, derived from O. Eng. *lunche*, prov. F. *lochon*, a lump of bread taken from the loaf. Another form of *Lump*. Cf. Gael. *lonach*, hungry ; Welsh, *llwnc*, a gulp ; or fr. O. Eng. *nooning*, a repast at noon, corrupted into *noonshun*, *nunchion*, *nuncheon*, then to *luncheon*.

Luncheon Dishes.—Ordinary luncheons, as a rule, have fewer courses than dinner, but in other respects they are almost identical, and may comprise hors d'oeuvre, soup, fish, meat, poultry or game, sweets and savouries. Hors d'oeuvre are not always served, although they are becoming more popular year by year ; either soup or fish is frequently omitted, and the sweets provided are of a comparatively simple character, such as soufflés, milk puddings, fruit tarts, compôte of fruit, etc.

DINNER TABL



À LA RUSSE.



A joint of meat, a fruit tart or stewed fruit, or a suet or milk pudding, constitute the luncheon of many who dine late, more especially when the household includes children who share the midday meal. Or the luncheon may consist of the cold remains of the previous night's dinner, in which case parts of birds, tarts, creams, jellies, etc., are usually made more presentable by being cut into portions suitable for serving, and neatly arranged on a dish. A tart with a huge gap is an unsightly object, but it presents an altogether different appearance when the fruit is placed at the bottom of a glass dish, with the pastry cut in sections and arranged at equal distances on the top of it.

The Service of Luncheon varies considerably, for while luncheon *à la Russe* may be said to predominate in fashionable circles, yet a very large number of people still follow the older custom of having all the hot dishes placed upon the table.

The table arrangements for luncheons served *à la Russe* are the same as for dinner, the centre of the table being occupied by nothing but fruit, flowers, cruets, and other articles used in the service. Under any circumstances, each cover should comprise two large knives, with forks of corresponding size, but the old custom of placing a small fork and dessertspoon at right angles to them is no longer followed, except at informal meals. When fish is included in the menu, the knife and fork provided for its service must be laid to the right and left, on the outside of those already on the table, and if soup is to be served, a tablespoon must be placed to the right, outside the fish knife. According to present fashion, the maximum allowed to each cover is two large knives and forks, one fish knife and fork, and one tablespoon for soup, all of which should be placed a quarter of an inch from each other, and one inch from the edge of the table. When the dishes are placed upon the table, instead of being served *à la Russe*, each dish to be carved must be accompanied by appropriate carving-knives and forks, and each entrée, or sweet, by a tablespoon and fork. The wine to be served will determine the number and kind of glasses to be used. If, say, claret, hock and minerals are selected, then tumblers, hock and claret glasses should be provided ; but glasses should never appear on the table in a private dining-room unless the wine to which they are appropriate is to be served.

The table-napkins should be placed in the space between the knives and forks, either folded in some neat design that will form a receptacle for the bread, or left unfolded with the bread laid on the top, the latter being the newer, although less effective, method of the two.

A custom that is coming more and more into favour is that of placing a very small cruet to each cover, or sometimes one small cruet is made to do duty for two persons. When fewer and larger cruets are used, each cover should include a small salt-cellar, or, what is still better, a small silver salt-dredger.

It is almost needless to add that the disposal of the dishes, salads, pickles, butter, sifted sugar, water carafes, sauces, etc., is determined by the number of dishes and the space available.

PICNICS

Provided care has been taken in choosing congenial guests, and that in a mixed party one sex does not preponderate, a well arranged picnic is one of the pleasantest forms of entertainment.

Watch carefully not to provide too much of one thing and too little of another; avoid serving plenty of salad and no dressing; two or three legs of lamb and no mint sauce; an abundance of wine and no corkscrew; and such like little mistakes. Given a happy party of young people, bent on enjoyment, these are trifles light as air, which serve rather to increase the fun than diminish it. But, on the other hand, the party may not all be young and merry; it may be very distasteful to some to have to suffer these inconveniences.

The easiest way to arrange that there should be nothing wanting, is to make out a menu, adding all the little etceteras. It is advisable to estimate quantities extravagantly, for nothing is more annoying than to find everything exhausted and guests hungry. Following is a list of articles that should be provided in addition to the repast:

Wines, bottled beer, soda-water, lemonade. Plates, knives, forks, spoons, glasses, tumblers, tablecloth, serviettes, glass cloths, pepper, cayenne, salt, mustard, oil, vinegar, castor sugar, corkscrews and champagne-opener. A chafing dish and accessories are very useful accompaniments to a picnic.

DINNER

Dinner, from *Dine*; O. Fr. *disner*, Fr. *dîner*; Low Lat. *disnare*, prob. from *decoenare*; L. *de*, intensive, and *coeno*, to dine; or, Fr. *dîner*, contr. of *déjeuner*; from Lat. *dis*, and Low Lat. *jejuno*, to fast; Lat. *jejunus*, a fast.

Dinners in Ancient Times.—It is well known that the dinner-party, or symposium, was a not unimportant, and not unpoetical, feature in the life of the sociable, talkative, tasteful Greeks; their social and religious polity gave them many chances of being merry and making others merry by good eating and drinking. Any public or even domestic sacrifice to one of the gods was sure to be followed by a feast, the remains of the slaughtered "offering" being served up on the occasion as a pious *pièce de résistance*; and as the different gods, goddesses and demigods worshipped by the community in general, or by individuals, were very numerous indeed, and some very religious people never let a day pass without offering up something or other, the dinner-parties were countless. A birthday, too, furnished an excuse for a dinner—a birthday, that is, of any person long dead and buried, as well as of a living person, being a member of the family or otherwise esteemed. Dinners were of course eaten on all occasions of public rejoicing. Then, among the young people, subscription dinners, very much after the manner of modern times, were always being got up, only they would be eaten not at an hotel, but probably at the house of some leader of fashion. A Greek dinner-party was a handsome, well-regulated affair. The guests arrived elegantly dressed and crowned with flowers. A slave, approaching each person as he entered, took off his sandals and washed his feet. During the repast, the guests reclined on couches with pillows, among and along which were set small tables. After the solid meal came the "symposium" proper, a scene of music, merriment and dancing, the two latter being supplied chiefly by young girls. There was a chairman, or "symposiarch," appointed by the company to regulate the drinking, and it was his duty to mix the wine in the "mighty bowl." From this bowl the attendants ladled the liquor into goblets, and with the goblets went round and round the tables, filling the cups of the guests.

Although poets in all ages have lauded wine more than solid food, possibly because of its more directly stimulating effect on the intellect, yet there have not been wanting those who considered the subject of food not unworthy their consideration, as is shown by the following lines, in which Lord Byron refers to the curious complexity of the results produced by human cleverness and application catering for the modifications which occur in civilised life :—

"The mind is lost in mighty contemplation
  Of intellect expanded on two courses;
And indigestion's grand multiplication
  Requires arithmetic beyond my forces.
Who would suppose, from Adam's simple ration,
  That cookery would have called forth such resources,
As form a science and a nomenclature
From out the commonest demands of nature?"

Adam's ration, however, is a matter on which poets have given contrary judgments. When the angel Raphael paid that memorable visit to Paradise—which we are expressly told by Milton he did exactly at dinner-time—Eve seems to have prepared "a little dinner" wholly destitute of complexity, and to have added ice-creams and perfumes. Nothing can be clearer than the testimony of the poets on these points :—

"And Eve within, due at her home prepared
For dinner savoury fruits, of taste to please
True appetite, and not disrelish thirst
Of nectarous draughts between. . . .
. . . With dispatchful looks in haste
She turns, on hospitable thoughts intent.
What choice to choose for delicacy best,
What order so contrived as not to mix
Tastes not well joined, inelegant, but bring
Taste after taste, upheld with kindliest change—

* * *

She *tempers dulcet creams* . . .
. . . *then strews the ground*
With rose and odours."

There is infinite zest in the above passage from Milton, and even more in the famous description of a dainty supper, given by Keats, in his "Eve of Saint Agnes." Could Queen Mab herself desire to sit down to anything nicer, both as to its appointment and serving, and as to its quality, than the collation served by Porphyro in the lady's bedroom while she slept :—

> "There by the bedside, where the faded moon
> Made a dim silver twilight, soft he set
> A table, and, half anguish'd, threw thereon
> A cloth of woven crimson, gold and jet.
>
> * * *
>
> While he from forth the closet, brought a heap
> Of candied apple, quince, and plum, and gourd;
> With jellies smoother than the creamy curd,
> And lucent syrups tinct with cinnamon;
> Manna and dates, in argosy transferr'd
> From Fez; and spiced dainties, every one,
> From silken Samarcand to cedar'd Lebanon."

But Tennyson has ventured beyond dates, and quinces, and syrups, for in his idyll of "Audley Court," he gives a most appetising description of a pasty at a picnic :—

> "There, on a slope of orchard, Francis laid
> A damask napkin wrought with horse and hound;
> Brought out a dusky loaf that smelt of home,
> And, half cut down, a pasty costly made,
> Where quail and pigeon, lark and leveret, lay
> Like fossils of the rock, with golden yolks
> Imbedded and injellied."

Dinner.—The art of cooking was little known in England before the sixteenth century. The table appointments in the days of Queen Elizabeth were rich and costly, but the food was more substantial than refined. *The Queen's Closet Opened*, published in 1662, in the reign of Charles II, contains recipes for chicken-pie, pigeon-pie, potted venison, stewed eels, crab dressed, pancakes and strawberry cake, all of which are of a much more refined character than the dishes that graced the board of the wealthy classes in the sixteenth century. Evidently considerable progress was made during the Stuart dynasty, and more especially in the reign of Queen Anne, this no doubt being, in some measure, due to the royal lady's appreciation of good things. Then followed a period of retrogression, not only in cookery, but in almost every other art and science ; for the early Hanoverians, although excellent kings in some respects, did little to promote the general welfare of the people. Matters were not much improved in the reign of George III, for the tastes of that monarch and his homely spouse were too simple for them to enjoy or provide anything but comparatively plain fare. But at the end of the eighteenth century a new order of things came into existence due to the "Exquisites," or "Macaronis," whose one aim in life was to obtain a reputation for originality and refinement. Some sought to win distinction by donning gay apparel, others by endeavouring to gratify, in some original manner, the epicurean taste which one and all tried to cultivate. The notorious extravagances of this period had at least one good result, for they gave a strong impetus to the neglected art of cookery, as is evidenced by the eminence attained by the *Chefs-de-Cuisine* of that day. Had those culinary artists, to whom we owe so much, lived in the early Hanoverian days instead of during the Regency and reign of George IV, in all probability they would have died unknown.

Service of Dinner.—Dinner *à la Russe* was introduced into England in the latter half of the nineteenth century, and after a few years' rivalry with the dinner *à la Française* almost succeeded in banishing the latter. The following menus illustrate the dinner *à la Française* in its various stages of development. The first menu, dated 1349, in the reign of Edward III, is divided into two courses, all the dishes of each course being, no doubt, arranged on the table at the same time, as was customary in the dinner *à la Française* of a later date.

COPY OF A BILL OF FARE OF A TWO-COURSE DINNER SERVED IN THE YEAR 1349.

FIRST COURSE.

Browel-farsed and charlet, for pottage.
Baked Mallard. Small Birds, Almond milk served with them.
Capon roasted with the syrup.
Roasted Veal. Pig roasted "endored."
Herons.
A "leche." A tart of flesh.

SECOND COURSE.

Brevet of Almayne and Viand vial for pottage.
Mallard. Roast Rabbit. Pheasant. Venison.
Jelly. A "leche." Hedgehogs.
Pomes de Orynge.

The introduction of soup into the second course is the most remarkable feature of the above menu. "A tart of flesh" was possibly a venison pasty, and the "Hedgehogs," in all probability, were sweet dishes similar to those which bear the name in the present day.

The following menu, dated 1561, of a City Banquet in the early days of Queen Elizabeth, is very remarkable, although it cannot be accepted as typical of that era. We learn that soup graced the upper end of the table, and the roast rabbit the lower, while on the right-hand side of the table were placed the stewed cockles and fried hasty pudding, on the left the poached eggs and broiled mushrooms, and in the centre a dish of black-caps. In the second course, the upper end of the table was occupied by a dish of fried sprats, and the bottom by tripe "ragoo'd" in its own liquor, while rice fritters and oysters were arranged on the right, and eggs à la mode and radishes on the left, the centre of the table being reserved, as in the first course, for the black-caps.

COPY OF BILL OF FARE OF A TWO-COURSE DINNER SERVED IN THE YEAR 1561.

FIRST COURSE.

Calves' Feet Soup.
Stewed Cockles. Poached Eggs, with Hop tops.
Roast Rabbit. Fried Hasty Pudding.
Broiled Mushrooms. Black-caps.

SECOND COURSE.

Fried Sprats. Stewed Tripe.
Rice Fritters. Eggs à la Mode.
Oysters on Shells. Radishes.
Black-caps.

In the following menu, dated 1720, in the reign of George I, the position of the soup in the first course, and the dish of soles at the end of the second course, will appear strange to those who have not grasped the fact that as all the dishes were placed on the table at the same time, the menu must be regarded simply as a means of conveying the knowledge of the dishes comprising the meal, rather than as an indication of the order of service. This dinner is characteristic of a retrogressive age, during which cookery in England was more substantial than refined.

COPY OF A BILL OF FARE OF A TWO-COURSE DINNER SERVED IN THE YEAR 1720.

FIRST COURSE.

A Westphalian Ham with Chicken.
Carps and Scalloped Oysters.
Soup with Teal. A dish of Sucking Rabbits.
Salads and Pickles.
A Venison Pasty. Roasted Geese.
A Dish of Gurnets. Muble Pie.
Roasted Hen Turkey, with Oysters.

SECOND COURSE.

A Chine of Salmon and Smelts.
Wild Fowls of Sorts.
A Tansy. Collared Pig.
A Pear Tart, creamed.
Sweetmeats and Fruits. Jellies of sorts.
A dish of Fried Soles.

The banquet served at the Mansion House in 1761, when George III introduced his youthful bride to the citizens of London, altogether lacks the artistic arrangement, refinement and variety which characterise royal banquets of a later day. It differs from those of an earlier age, in having four distinct courses, based on Brillat-Savarin's plan of progression from the more substantial to the lighter dishes, but otherwise it has no remarkable features, and is simply interesting as an illustration of a new order of service.

MENU OF A ROYAL CITY BANQUET SERVED TO HIS MAJESTY KING GEORGE III.

LONDON: *November* 9, 1761.

BILL OF FARE.

KING AND QUEEN.

Each four services and removes.

First Service.
Consisting of turreens, fish, venison, etc.
Nine dishes.

Second Service.
A fine roast; ortolans, quails, knotts, ruffs, pea chicks, etc.
Nine dishes.

Third Service.
Consisting of vegetable and made dishes, green pease, green morrells, green truffles, cardoons, etc.
Eleven dishes.

Fourth Service.
Curious ornaments in pastry, jellies, blomonges, cakes, etc.
Nine dishes.

EIGHT OF THE ROYAL FAMILY.

Four on the right hand of the King and four on the left.
Each four services before them as follows:—

First Service.
Consisting of venison, turtle, soups, fish of every sort, viz.: Dorys, mullets, turbots, bets, tench, soals, etc.
Seven dishes.

Second Service.
Ortolans, teals, quails, ruffs, snipes, partridges, pheasants, etc.
Seven dishes.

Third Service.
Vegetables and made dishes, green pease, artichokes, ducks, tongues, fat livers, etc.
Nine dishes.

Fourth Service.

Curious ornaments in cakes, both savoury and sweet, jellies and blomonges in variety of shapes, figures and colours.
Nine dishes.

In striking contrast is the appended menu of a dinner given in 1803. From the menu it will be seen that the dinner was an elaborate one, and the order of service is typical of that which prevailed during the first half of the nineteenth century. Like all dinners *à la Française*, it consisted of first and second service, of which soup and fish formed no part, these being regarded simply as a prelude to the meal. At the commencement of a dinner *à la Française* the top and bottom of the table were respectively occupied by dishes of fish. Two soups, one white and the other brown, or if of corresponding colour contrasting in other respects, were disposed at the sides of the table with the centrepiece between them, the fish sauces being placed midway between the centrepiece and the dish of fish to which each sauce was appropriate. In the "First Service" the fish was replaced by the *relevés* and the soup by the *flancs*, the hors d'oeuvre and entrées being disposed at the corners and down the sides of the table. In the "Second Service" all the cold entremets, whether sweet or savoury, were arranged in the centre of the table, a space on either side of the centrepiece being reserved for the *flancs*, and the top and bottom for dishes of game. The game being disposed of, the dishes were replaced by hot sweets. This service being concluded, cheese, butter and biscuits, with celery, cucumber and salad were handed round, after which, when the table was cleared and the cloth drawn, the dessert and wine were placed on the bare shining mahogany or polished oak, and thus concluded the meal.

MENU OF A DINNER SERVED IN 1803.

Potages.

à la Imperatrice.
à la purée de pois verts, à l'Esturgeon à la Chinoise.

Poissons.

Turbot à la Water. Truites à la Beaufort.
Water-souchet de Limandes.

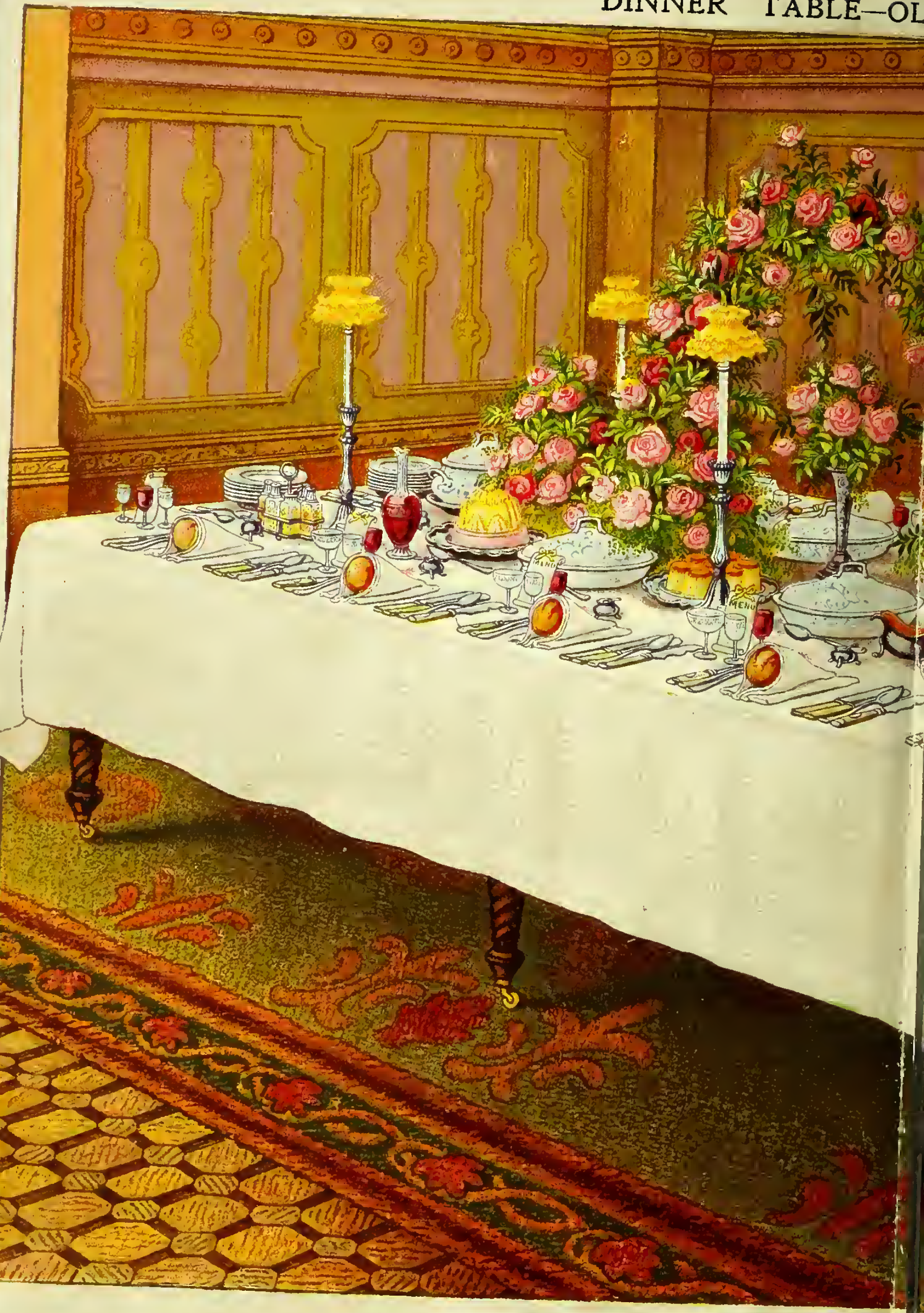
Hors d'Œuvres.

de Niochi au Parmesan de White-bait frits.

Relevés.

Jambon aux épinards.
Poulardes à la chiory.

DINNER TABLE—OL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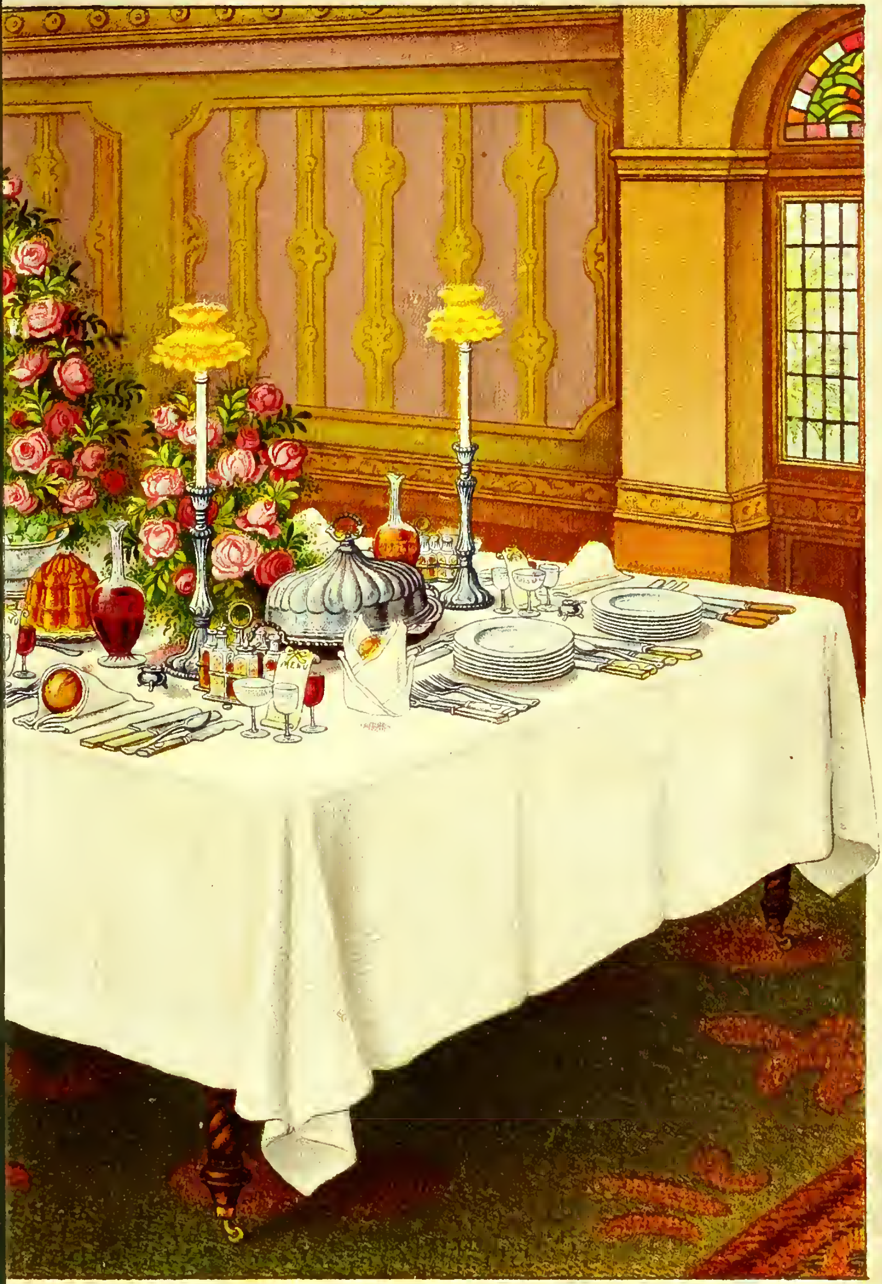
SHIONED STYLE.



Flancs.
Petite pièce de Boeuf, à l'Orléans.
Selle d'Agneau à la Royale.

Entrées.
Boudins de homard Cardinal. Ris d'agneau à la Toulouse. Chartreuse de cailles. Le vol-au-vent à la Neslé.
Filets de canetons aux petits pois.
Suprême de volaille, asperges.
Noisette de veau à la Luynes.
Côtelettes de mouton à la Dreuse.

SECOND SERVICE.

Rôts.
Lèvrauts. Oisillon.

Flancs.
Spongada Napolitaine. Ramesquin en caisse.

Entremets.
Pointes d'asperges au beurre fondu. Asperges en branches.
Petits poix à l'Anglaise. Petits pois à la Française.
Aspic de Homard sur socle. Aspic en bellevue sur socle.
Oeufs de pluviers sur socle. Buisson de praion sur socle.
Gelée à la Montmorency. Gelée Macédoine.
Charlotte d'Ananas. Bavaroise au chocolat.
Croquembouches à la Reine. Gâteau de millefeuilles.
Melon en nougat. Bisquit à la Florentine.

When the dinner is placed upon the table, if there is only one chief dish, place it at the head of the table. If two, one to the host and one to the hostess. If three, one (the principal) at the head, and the other two together near the bottom. If four, the two principal at top and bottom, the others at the sides. Six dishes can be arranged as for four. Seven will require three dishes down the middle of the table, and two on either side.

The order of the courses of a modern dinner should be as follows: the soup is very often preceded by a *Hors d'œuvre*, such as caviare, croûtons, sardines, oysters, or other little *appetisants*.

The First Course is usually soup, the second fish, then come the *entrées* (made dishes). *The next Course* joints, then poultry and game, and after these savoury dishes, then sweets, then cheese and celery. When there are two roast meats they should be opposite colours, i.e. not two whites nor two browns. *Entrées* require care in handling, there is nearly always gravy with them, and this must not be upset upon the cloth. The last arrangement of dishes—which cannot be called a course, seeing that the dinner is virtually over—the dessert, comprises tastefully-arranged fruits that are most in season.

Following is a specimen menu :

SPECIMEN MENU FOR A DINNER.

FRENCH.	ENGLISH.
Potage.	*Soup.*
Consommé à la Colbert.	Clear Soup with Poached Eggs.
Poisson.	*Fish.*
Turbot bouilli. Sauce aux Huîtres.	Boiled Turbot. Oyster Sauce.
Entrées.	*Entrées.*
Ragoût de Foie-gras en Caisses.	Goose Liver Ragôut with White Sauce, served in cases.
Salmi de Sarcelles aux Olives.	Salmi of Widgeon with Olives.
Relevé.	*Remove.*
Filet de Boeuf à la Brillat.	Braised Fillet of Beef.
Tomates farcies à l'Italienne.	Stuffed Tomatoes.
Rôti.	*Roast.*
Faisan bardé au Cresson.	Roast Pheasant with Cresses.
Salade de Saison. Pommes frites.	Chipped Potatoes. Salad.
Entremets.	*Sweets.*
Omelette à la Célestine.	Omelet with Fruit Preserves.
Gelée aux Bananes.	Banana Jelly.
Bonne Bouche.	*Savoury.*
Buissons d'Écrevisses.	Dressed Prawns.
Dessert.	*Dessert.*

TO LAY THE CLOTH FOR DINNER

The cloth itself must first be put on straight and evenly, and if at all creased should be pressed with a clean iron over a damp cloth ; next follow the decorations, and when these are complete, comes the work of putting on spoons, knives, etc.

Everything necessary for laying the cloth, including the serviettes ready folded, should first be brought into the room, and it is a good plan to put the latter round the table first, so that the same amount of space can be allowed to each person.

These occupy the space between the knives and forks, and in each should be put either a dinner roll or a piece of bread cut rather thick.

Next place the menu cards, if these are used, either one to each person, or one between three and four, if only a few are provided.

The water carafes, cruets and salt cellars may next be laid. Of the former there should be at any rate one at each corner of the table, while there should be a salt cellar between every two persons. We now come to the knives and forks, and of these it is usual to lay two large ones, of each, flanked to the right by a fish knife and a soup spoon, and on the left by the fish fork ; other knives and forks are supplied with the plates for the different courses.

The question of what wine is to be drunk at dinner will determine what glasses will be wanted, as the glasses used for dessert are put on afterwards.

Supposing, as is so often the case, sherry, champagne, and claret are to be served, put the proper glasses for each to the right side of each person, setting them in a triangle, with the sherry glass (the first used) at the top, just reaching to the point of the knife, but at a convenient distance from it.

The sideboard requires to be laid as carefully as the dinner-table itself, and everything that can be put there ready for placing on the table afterwards, such as finger glasses, glasses for dessert wine, dessert plates, decanters, and knives, forks, and spoons of every kind should be there ready and carefully arranged. The decanters, salvers, glasses, etc., should be put well at the back of the sideboard, and the plates, knives, forks, etc., neatly laid in front.

When the dinner is not carved on the table, one specially intended for the carver should be prepared with carving knives and forks (the former carefully sharpened beforehand) of various kinds, soup ladle, fish carvers, etc., in the order of serving the dinner, that nothing may delay him when he commences his duties.

If the dessert is not upon the table during dinner, room shoud be found for it on a side table, or at least for all that can be put there.

Champagne, hock, or other sparkling wines that are only uncorked when wanted, may find a place under the sideboard or side tables where the ice pails are to be found ; decanted wines are put on the sideboard.

WEDDING, AT HOME, HIGH AND FAMILY TEAS

Wedding teas are very much the same thing as " at home " teas, but are, as a rule, more crowded and less satisfactory than the latter. People ask so many more to tea than they would think of inviting to the now old-fashioned wedding breakfast, and the visitors all come together, as the bride has, as a rule, but a very short time to stay. She cuts the cake, or rather makes the first incision, as at a wedding breakfast, but there are no speeches and but little ceremony.

" **At Home** " **teas** differ from the weekly "at homes," which have become institutions in so many families both in town and country. Some entertainment is generally provided, usually music, professional singers and pianists being sometimes engaged. When this is the case, the lady of the house does not often ask her amateur friends to give their services ; but sometimes these friends contribute the music, and it is well to make a little plan or programme beforehand, arranging who shall be asked to perform and apprising them of the fact so that they may come prepared. The hostess, even if she be herself musical, has her time taken up very fully with receiving and looking after her guests, and unless she sings the first song or plays the first piece should leave herself free to devote herself to her guests. The instrumental pieces chosen on these occasions should not be long ones, and a good break should be made between each song, solo or recitation for conversation, people going more to these entertainments to meet their friends and have a chat than for the sake of the music. Introductions are not the rule at " at homes," but they can be made when there is any necessity. The tea is not served in the drawing-room as at smaller " at homes," but at a buffet in the dining-room, where people go during the afternoon, or sometimes as they leave, to partake of the light refreshments provided.

Women-servants, or sometimes hired attendants, do all the work of pouring out tea or wine or handing sandwiches, etc., unless gentlemen bring refreshments for ladies to where they are seated. At the buffet, people may help themselves or be helped by gentlemen if there be not a sufficient number of attendants.

A weekly " At Home " tea is served upon small tables, the servant before bringing it in seeing that one is placed conveniently near his mistress, who generally dispenses the tea. No plates are given for a tea of this kind, and the servant or servants, after seeing that all is in readiness, leave the room, the gentlemen of the party doing all the waiting that is necessary.

The tea equipage is usually placed upon a silver salver, the hot water is in a small silver or china kettle on a stand, and the cups are small. Thin bread and butter, cake, and sometimes fresh fruit are all the eatables given.

High tea.—In some houses it is a permanent institution, quite taking the place of late dinner, and to many it is a most enjoyable meal, young people preferring it to dinner, it being a movable feast that can be partaken of at hours which will not interfere with tennis, boating or other amusements, and but little formality is needed. At the usual high tea there are probably to be found one or two small hot dishes, cold chickens, or game, tongue or ham, salad, cakes of various kinds, sometimes cold fruit tarts, with cream or custard, and fresh fruit. Any supper dish, however, can be introduced, and much more elaborate meals be served, while sometimes the tea and coffee are relegated to the sideboard, and wine only, in the way of drink, put upon the table. In summer it is not unusual to have everything cold at a high tea.

At **Family teas**, cake, preserve, sardines, potted meats, buttered toast, tea cakes and fruit are often provided, in addition to the tea, coffee, and bread and butter. Watercress and radishes are nice accompaniments in summer.

The hours for family teas may vary in many households, but are generally governed by the time of the dinner that has preceded them, and the kind of supper partaken of afterwards. Where this is of a very light character, such as a glass of wine and a slice of cake, or the more homely glass of beer and bread and cheese, a 6 to 7 o'clock tea would not be late, and a few savouries or eggs would be needed in addition to the bread and butter and cake so generally found ; but where a substantial supper is to follow the tea the latter would be of a very light description and should be served as early as 5 to 6 o'clock.

BALL, GUEST AND FAMILY SUPPERS

As a rule, ball suppers—with the exception of the soup, which should be white or clear—are cold ones, consisting of mayonnaises, game, poultry, pies, pasties, galantines, salads, creams, jellies and other sweets, with plenty of fresh fruit according to the season of the year. They may be served at a buffet or at a table, or tables, where every one can sit down, but the viands are the same, and it is an essential thing that a ball supper should be prettily and daintily laid. The dishes, being all put upon the table, require more garnishing than they would if served at dinner, and a great deal of taste may be displayed in the arrangement of a supper. Colours should be prettily contrasted ; all savoury dishes should be made to look as tasteful as possible with their various glazings, aspic jelly, fancy skewers, and plenty of green should give relief to the colour.

Guest Suppers are, as a rule, cold ones, only varied by an occasional dish of cutlets, scalloped oysters, or fried fish. Fish being food of a light character, is very suitable for light suppers, but heavy foods are better avoided. In summer, mayonnaises of fish, rissoles of chicken, cold poultry, salads, and a few sweets may form the basis of a guest supper, and in winter, soups, cutlets, small birds and salmis of various kinds will be found acceptable and not difficult of digestion.

Family Suppers.—At these, food of a light description should be served, and to make these meals enjoyable, the dishes should be as varied as possible. Fish re-dressed in the form of mayonnaises, croquettes, or pies, can easily be made into a good supper dish ; the remains of poultry or game hashed make a tempting and savoury one where hot dishes are liked, and all kinds of odds and ends can, with a little ingenuity, be utilised to form more appetising food at supper time than perpetual cold meat. Salad or cucumber should not be wanting at the family meal in summer, when such things are plentiful and cheap, while in winter a few cold potatoes fried make a nice addition, or a well-made potato salad. As with breakfast dishes, those for supper are more a question of trouble and time than cost ; but food that we can enjoy instead of food for which we have no relish has such a material difference of effect upon our system. We may conclude our observations on the last meal of the day by a word of advice to the housewife, to have it, as far as lies in her power, suited to the taste of all.

There is a prejudice against suppers for children, and many little ones go hungry to bed, particularly in summer, when they may have been running in a garden since their early tea. A very light supper of cake or bread and butter with milk or lemonade, according to taste and season, should be given to those children who have a long interval between tea time and bed time, and will not be found in any way injurious.

HOW TO WAIT AT TABLE

The servants who wait at table are usually a butler and several footmen, or one man-servant and a parlour-maid, but in many cases parlour-maid and housemaid only. If hired waiters are employed, they must be very neatly attired in a black dress suit and a white necktie.

The women-servants should wear muslin aprons (white) and collar, cap and cuffs. They should be quick-sighted, deft-handed, and soft of foot. There should be at least one servant or waiter on each side of the table, at a moderately large dinner party. The waiting commences from the head of the table, and there must be assistants, outside the door, to bring the dishes and remove them entirely from the room. When the dinner is served on the table the waiter must stand at the left-hand side of the carver, and remove the covers. As the soup comes first, a plateful is carried to each person, unless they signify they do not wish for any, and commences from the one on the right of the host. The sherry and claret then are handed round. The moment a person's plate is empty, or finished with, it must be quietly taken away, spoon and all. These soiled plates are all carried to their proper receptacle, a zinc-lined basket for the purpose, standing in a convenient corner near the sideboard. The soup-tureen is removed last. All forks, spoons, and cutlery, when dirty, are placed in boxes or baskets similar to the plate bucket or basket, with a cloth at the bottom ; the cloth is for two good purposes—that there may be no unnecessary noise, and that the articles therein shall not be scratched or otherwise damaged. The fish is carried round in the same manner as the soup, the attendant having in the left hand the sauce-tureen, or being followed by another servant carrying it. All plates are placed and removed by the waiter at the left-hand of the carver, or of the person being served. Sauces are next taken round, and then the wine. Entrées are almost invariably handed, even when the joints are carved upon the table. When the joint comes on, and the meat has been taken to the guests as before, the vegetables (which are usually placed upon the sideboard, and not on the table) are handed about, together with a tureen of gravy for fowls or birds. The same process is gone through with respect to the soiled plates. Dinner over, the crumb-brushes are brought into requisition ; the dessert-plates arranged upon the table ; and after everything is in proper order, a few dishes are handed round by the attendants, who then leave the room. In handing beer, which is not now much drunk at dinners that come at all under the head of "party dinners," or the aerated waters now always given, the attendants take the small tray or salver in the left hand, and, standing at the left side of the guest who places his or her glass upon it to be filled, pours out the liquid with the right hand.

A SUPPER BUFFET FOR BALL ROOM OR EVENING PARTY.

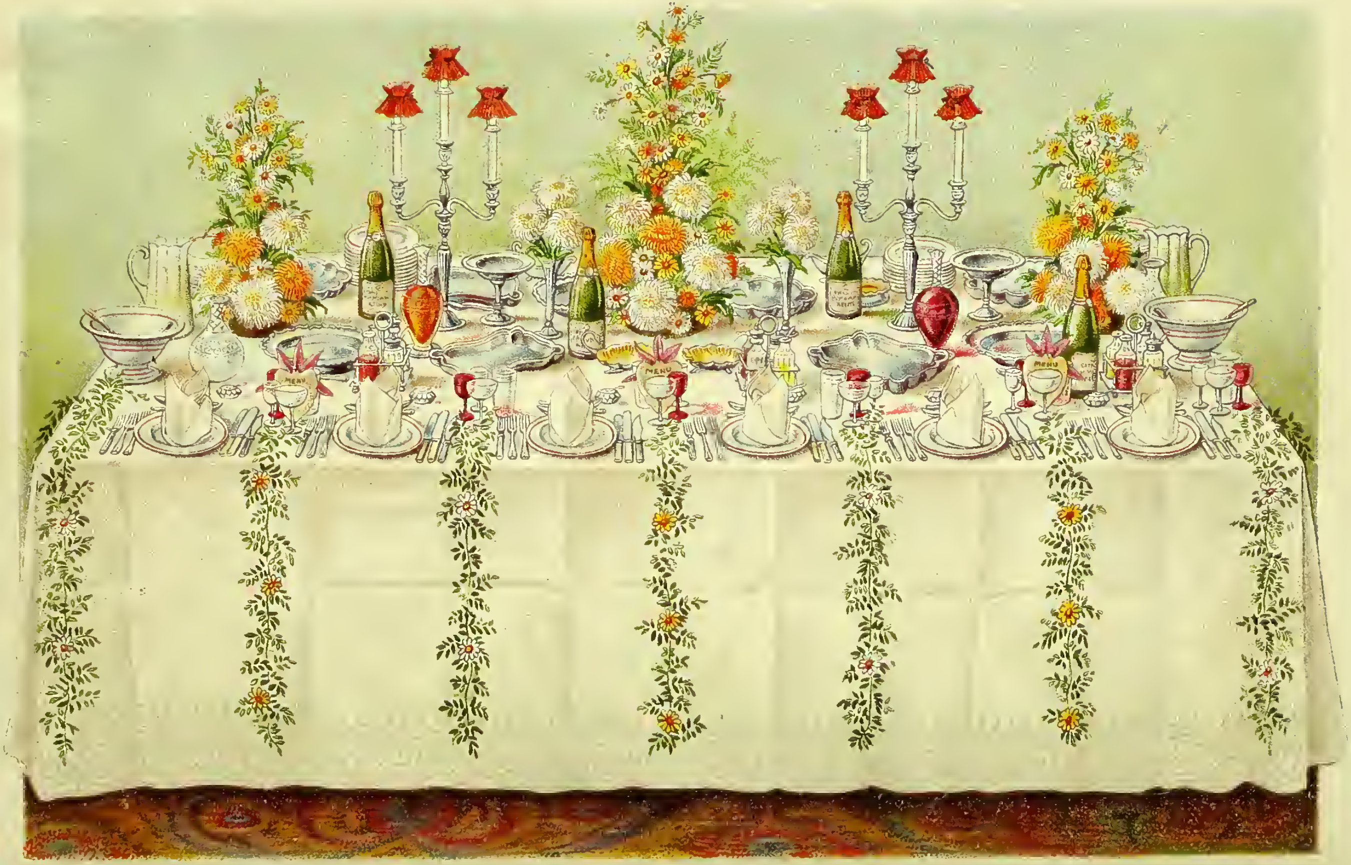

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TABLE DECORATION

CHAPTER LXV

The Decoration of Tables at the present time is almost universal, and so does the taste for it grow and develop, that what was formerly left in the hands of the head servants in large establishments, who had no difficulty in packing the heavy epergnes with fruit or flowers, now forms a wide field of labour for artistic taste and skill. Hostesses in the season vie with each other as to whose table shall be the most elegant, and often spend almost as much upon the flowers as upon the dinner itself, employing for the floral arrangement people who make a profession of this pleasant occupation. Home decoration is practised by those who have the time, and we can imagine no household duty more attractive to the ladies of the house than that of making their tables beautiful with the exquisite floral produce of the different seasons, exercising their taste in devising new ways for employing the materials at their command. Young people should have the taste for arranging flowers encouraged, and be allowed to assist in decorating the table. Care should be taken not to overload the table with flowers and ornaments.

Plant Decoration.—Where the means of the housekeeper or the supply of flowers is limited, delicate-looking ferns, Japanese dwarf trees, and other plants suitable for table use may be employed, for they look in many cases as pretty as flowers, unless the latter be most tastefully arranged. Maidenhair looks perhaps prettier than ordinary ferns, but will not stand the heat of a dinner-room so well. The plants should be placed in vases, which may be of any material, preferably china, and, if possible, of a pattern that will match the dinner service. Although rather old-fashioned, the rustic glass stands, lined with plate glass, are extremely pretty. Other pretty small plant or fern vases may be had of terra-cotta and coloured china.

Flowers for Decoration should be those which are not very strongly scented. To some the perfume of such flowers as gardenias, stephanotis, hyacinths and others is not offensive, but to others the strong scent in a heated room, especially during dinner, is considered very unpleasant. Otherwise, there is no dictating what the flowers should be. It is well to avoid many colours in one decoration, for, even if well grouped, they are seldom as effective as one or two mixed with white and green. It is a fashion to have a single colour for a dinner-table decoration, this being often chosen of the same tint as the hostess's dress or the hangings of the room, though these are sometimes varied to suit the flowers. Again, all white flowers are very often employed, relieved by plenty of foliage. Smilax is a very popular table decoration, and long strips of it are often laid on the table between each person and left hanging down the side of the cloth.

Vases and Wires.—If there are vases of all kinds to select from, then almost any kind of flower can be used, but few people have many sets for dinner-table decorations. Some prefer low decorations, others high ones, but there is one rule that should always be in force, and that is, that the flowers and their receptacles should never interfere with the line of vision, but be above or below it. The great objection to the epergnes of olden days was that they hid the guests from one another.

If the vases be coloured ones, of glass or china, let the flowers, if they cannot be had of a corresponding tone, be white only, mixed with foliage. If the vases be of white china, use coloured flowers. Roses look always best in low stands or bowls, or in specimen tubes where only a single flower is placed. Wire that can be easily bent is obtainable from any florist, and is particularly useful in arranging high arches, etc., indeed there is no limit to the ingenuity that can be displayed in obtaining pretty and novel effects with it. Our coloured illustrations of dinner tables show several very effective styles of floral decoration.

Small Flower Stands and Specimen Tubes.—These are preferred by many people to large ones, as it is so easy to arrange a few blooms, the vase itself lending beauty, while some care and much more taste is needed to make the larger ones look pretty. The small specimen tubes are particularly useful for breakfast or tea tables, and for small households.

Arrangement of Flowers.—We have said that effect is marred in the arrangement of beautiful flowers by too many colours being introduced. It is equally so by too many flowers being used. Each flower should have room to stand out, although it may be partially veiled by delicate wavy grasses or fern fronds, and each flower should be put in in the way it grows. If hanging ones be used, let them hang ; if they naturally stand upright, let them be so placed to look natural. The only flowers that look less pretty growing than when cut are, perhaps, orchids, but these must be most carefully handled and put into the vases or wired up and placed as they would be if upon the plant. They are costly, it is true, but no flowers are better for dinner-table decorations, as they are generally scentless and they live for a long while when cut.

Inexpensive Decorations.—Times were when people, living in town, could not afford flowers, and the dwellers in country places, if they did not grow them, could not obtain them, but now things have changed. The demand has brought the supply ; we must have plenty of flowers, and at the London markets they can be bought very cheaply, while out of town florists and nurserymen flourish everywhere.

But if economy is an object, it is easy enough to have flowers for nothing in the country. What prettier ornaments can we find for our table in spring than the wild flowers of that season, specially primroses and cowslips. In summer, what more cool and refreshing than water-lilies and grasses. In autumn, what grand effects can be produced with the richly-tinted foliage and berries of that season. While, even in winter, really beautiful effects can be produced with fresh dark evergreen leaves, mingled with golden bracken dried and pressed.

Foliage Decoration is, if well and artistically done, one of the most lovely. It commends itself for vases of coloured glass or for white china stands set upon crimson plush centres. As many white leaves as can be found should be chosen, and light feathery grasses (real, not dyed ones) should be introduced. Hot-house foliage varies from white to almost black, and has so many tints of green that a pretty effect is easily gained when tasteful hands carry out the decorating. Palms can be also used, and made to form very pretty centres on dinner-tables, if the pot is hidden by moss and covered with flowers and foliage.

Dessert Centres, as they are usually called, are particularly effective on large tables. They may be made of any material and in any colour, but for one which has to do duty often, red is perhaps the most useful colour, while plush is the most effective material. We have seen an old gold brocaded silk one look extremely well, with its fringe of myrtle and brown ivy leaves, and its tall, slender vases of yellowy-tinted glass filled with crimson flowers and foliage, also a pale pink one, upon which the flowers are of two tones of the same colour, with a good deal of white and green intermixed, the shades of the lamps being rose colour. Dessert centres are more suitable for winter than summer decoration. Choose the flowers according to the season and centre, if one is used. In summer, a cool effect is needed, and plenty of white and green should be found upon the table, while in winter it is pleasant to see brilliantly coloured flowers, that seem to give warmth as well as brightness to the table. Glasses through which the stems of the flowers can be seen should be filled with water, but bowls or opaque stands can be filled with moss or sand, in which it is far easier to arrange the flowers than in water.

Strewing.—This is an exceedingly pretty way of decorating the table, but it unfortunately happens sometimes that the flowers wither or become disarranged. It is necessary to choose such flowers and foliage as will bear heat and lie without water for a time for this purpose. Ivy leaves and smilax come in here well, as does also myrtle and French fern, and foliage generally looks better alone than with flowers, particularly for a border for a dessert centre.

Decorations for a wedding breakfast are prettiest and most appropriate when arranged entirely with white flowers and foliage. Often the cake is decorated with the bride's bouquet.

SERVIETTES

CHAPTER LXVI

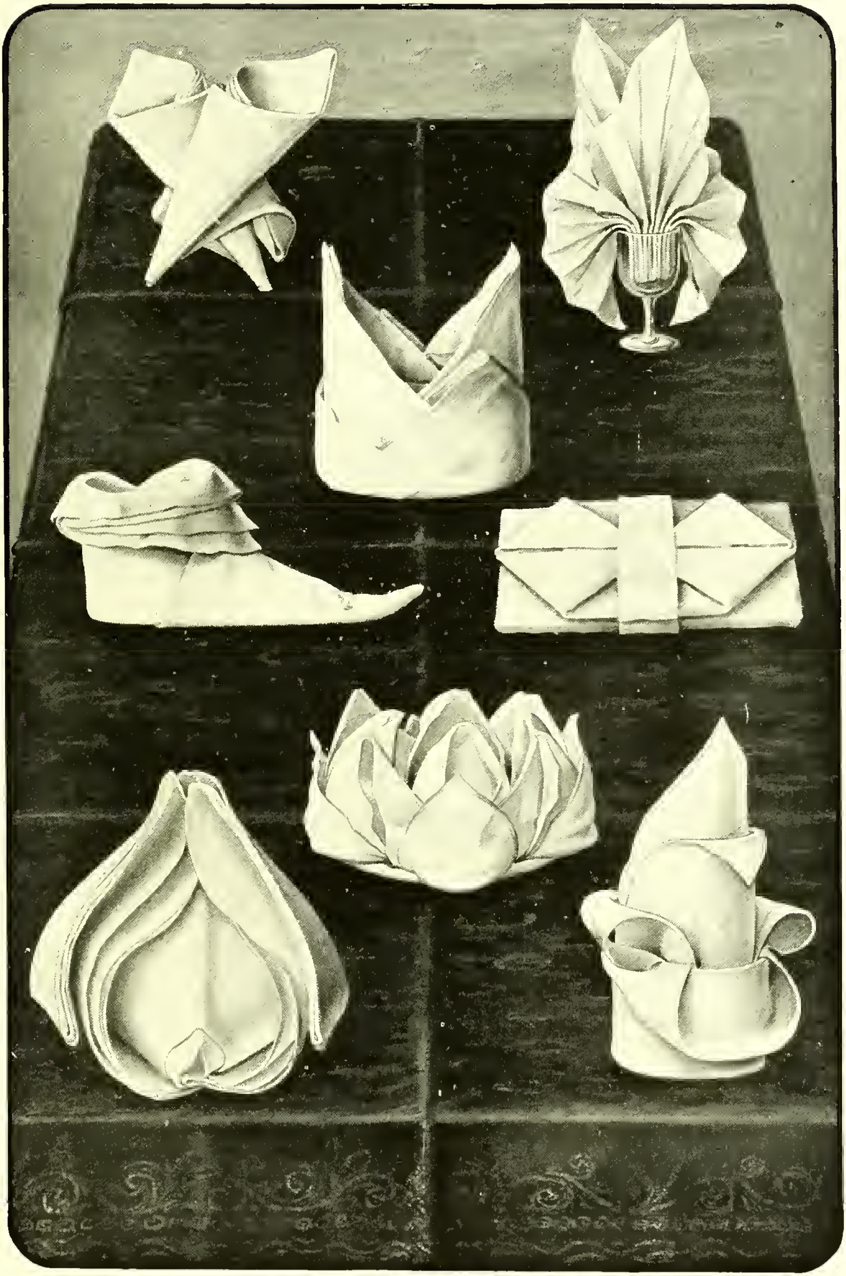
THE serviettes or table napkins should be neatly and tastefully folded when first put on the table. In ordinary family use they are often folded smoothly and slipped through napkin rings made of silver, ivory or bone ; in fact, after the first use this is usually done, each member of the family having his own marked ring. In the following pages we give instructions and illustrations showing many ways of making these useful articles an ornament to the table, but these fancy designs are not fashionable in the household now, and the serviette should simply be folded neatly and laid flat on the plate.

The accompanying engravings depict the designs most in favour and the methods of folding them. It must, however, be remembered that it is useless to attempt anything but the most simple forms unless the napkins have been slightly starched and smoothly ironed. In every case the folding must be exact, or the result will be slovenly and unsightly.

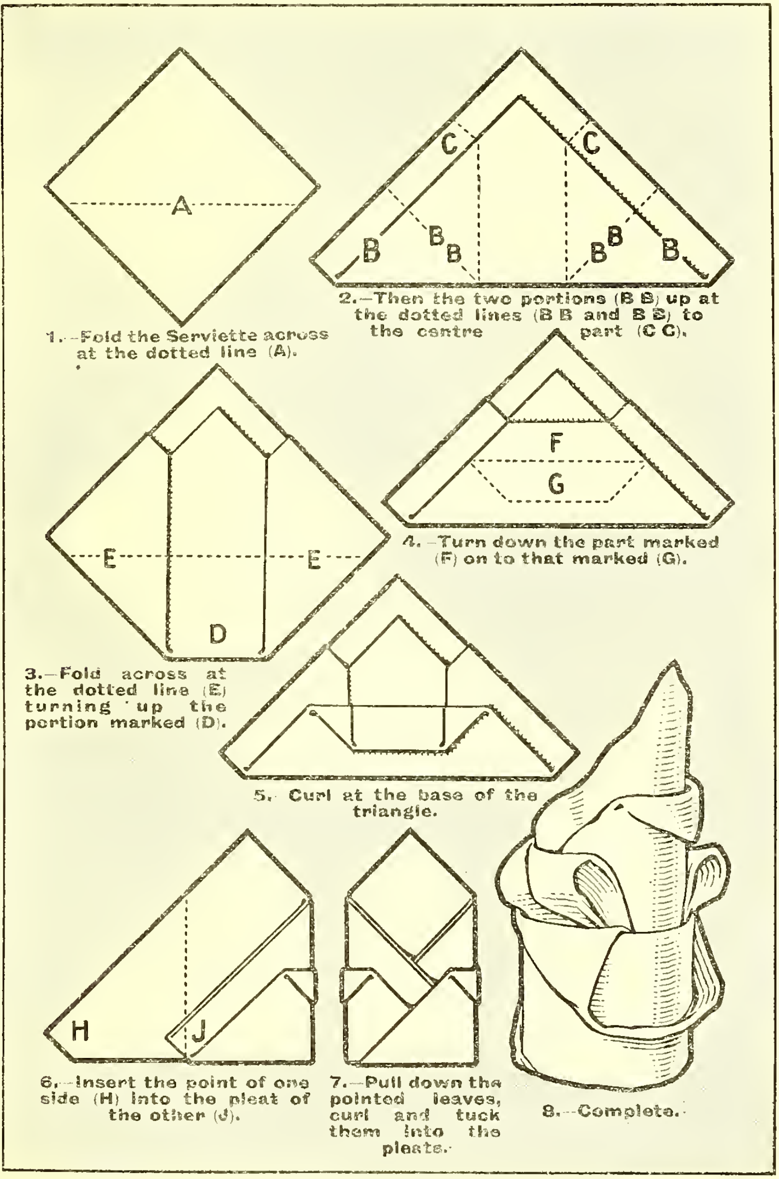
The usual size of these indispensable accompaniments to the dinner table is a square measuring about 30 inches. The designs in the following pages are worked out with a square serviette, and there is a diagram showing how each fold is made and the effect that is produced in every case.

A small dinner roll or a piece of bread cut thick, about 3 inches square, should be placed in each napkin, when such designs as "The Boar's Head," "The Mitre," or "The Bishop," are used, and the appearance of the dinner-table may be greatly improved by putting a flower or small bouquet in napkins folded into patterns like "The Vase" and "The Rose."

SERVIETTES.



1. The Vases. 2. Fleur de Lys. 3. The Mitre. 4. The Slipper. 5. The Flat Sachet. 6. The Rose and Star. 7. The Boar's Head. 8. The Bishop.



1.—Fold the Serviette across at the dotted line (A).

2.—Then the two portions (B B) up at the dotted lines (B B and B B) to the centre part (C C).

3.—Fold across at the dotted line (E) turning up the portion marked (D).

4.—Turn down the part marked (F) on to that marked (G).

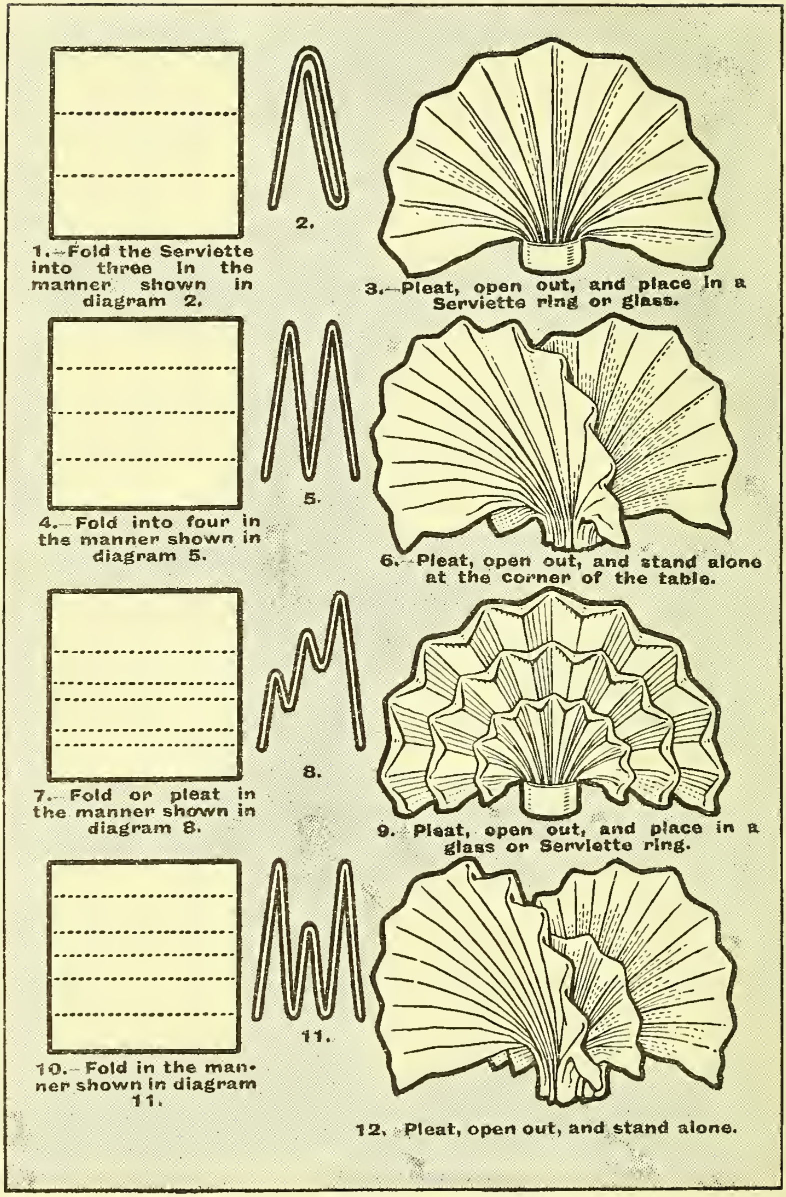
5.—Curl at the base of the triangle.

6.—Insert the point of one side (H) into the pleat of the other (J).

7.—Pull down the pointed leaves, curl and tuck them into the pleats.

8.—Complete.

THE BISHOP.



1.—Fold the Serviette into three in the manner shown in diagram 2.

2.

3.—Pleat, open out, and place in a Serviette ring or glass.

4.—Fold into four in the manner shown in diagram 5.

5.

6.—Pleat, open out, and stand alone at the corner of the table.

7.—Fold or pleat in the manner shown in diagram 8.

8.

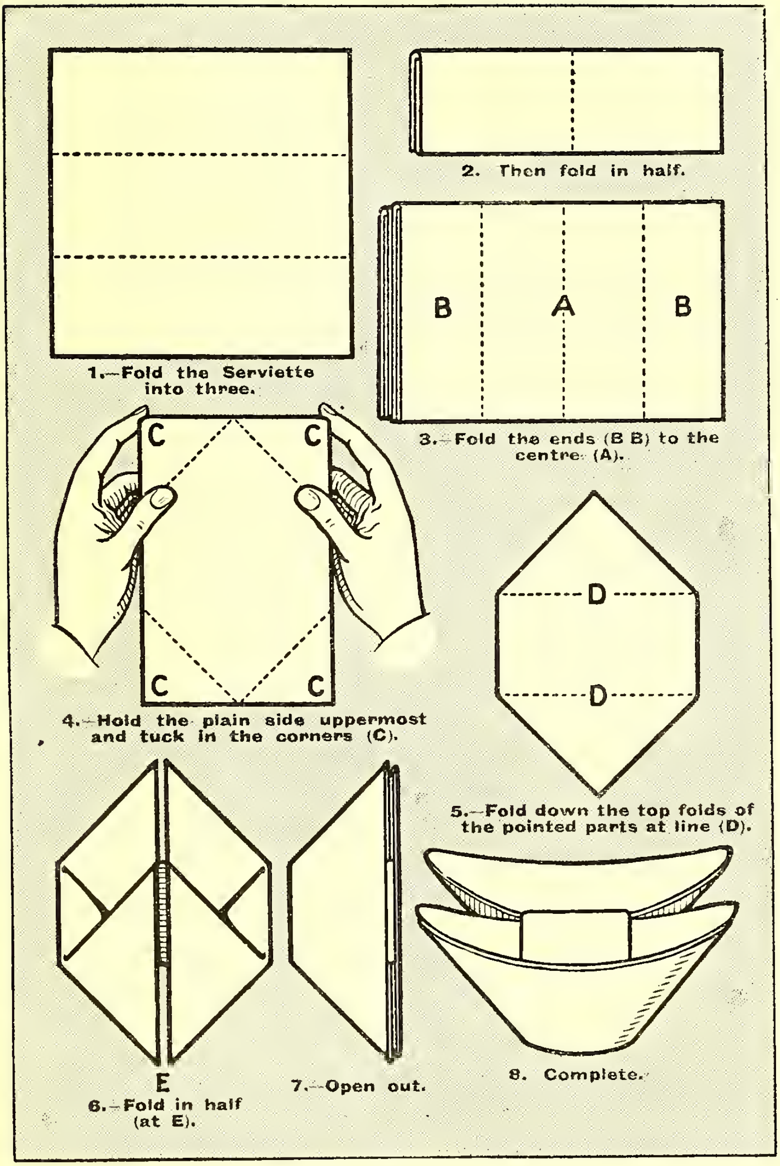
9. Pleat, open out, and place in a glass or Serviette ring.

10.—Fold in the manner shown in diagram 11.

11.

12. Pleat, open out, and stand alone.

THE FAN.



1.—Fold the Serviette into three.

2. Then fold in half.

3.—Fold the ends (B B) to the centre (A).

4.—Hold the plain side uppermost and tuck in the corners (C).

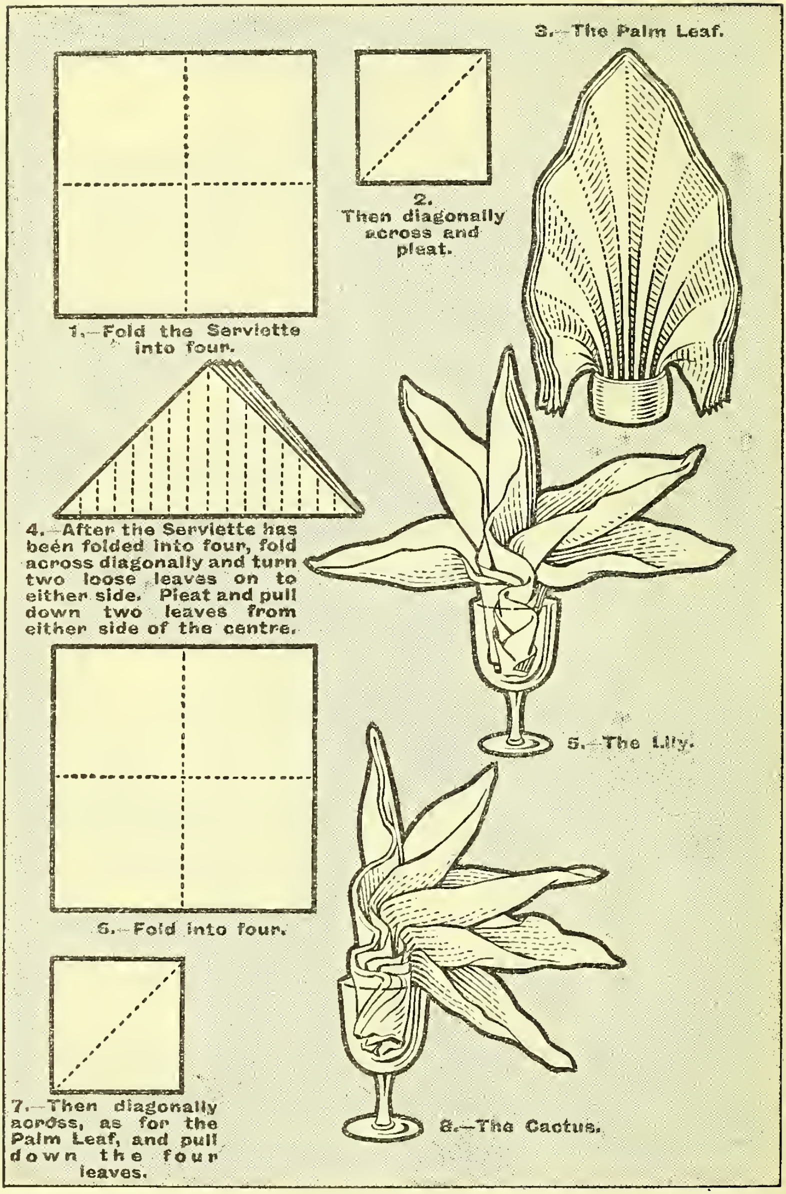
5.—Fold down the top folds of the pointed parts at line (D).

6.—Fold in half (at E).

7.—Open out.

8. Complete.

THE BOATS.



1.—Fold the Serviette into four.

2. Then diagonally across and pleat.

3.—The Palm Leaf.

4.—After the Serviette has been folded into four, fold across diagonally and turn two loose leaves on to either side. Pleat and pull down two leaves from either side of the centre.

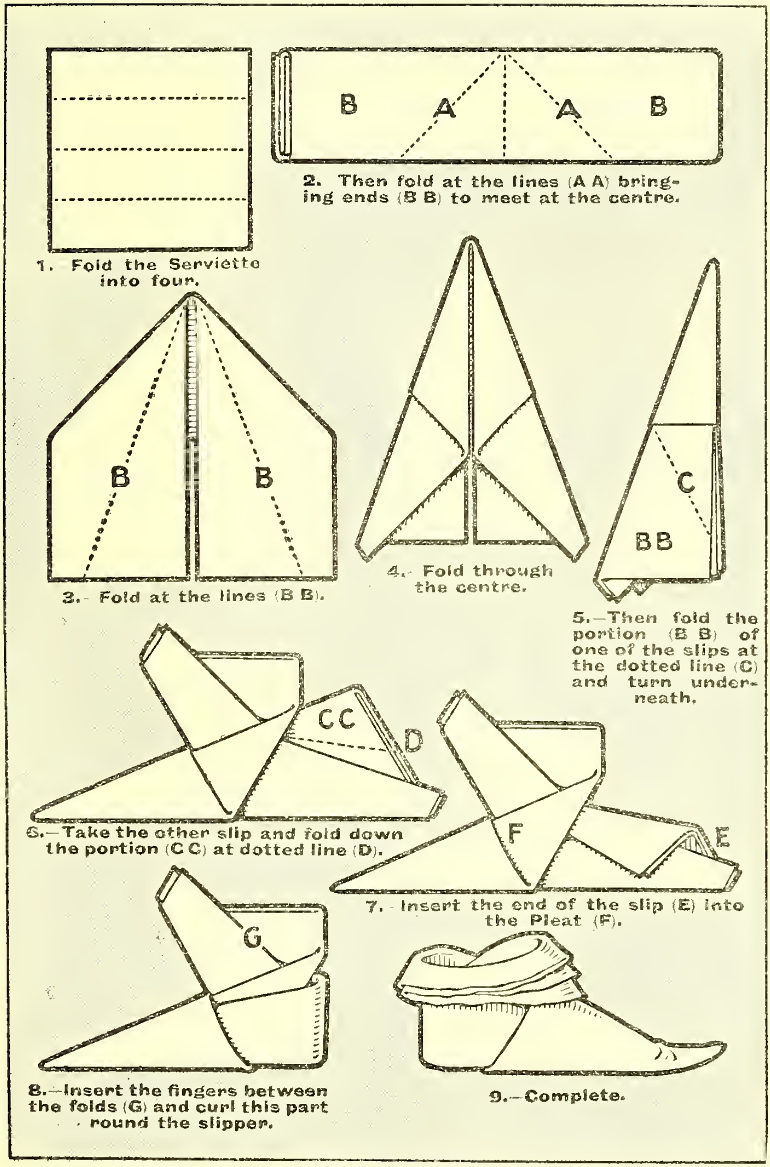
5.—The Lily.

6.—Fold into four.

7.—Then diagonally across, as for the Palm Leaf, and pull down the four leaves.

8.—The Cactus.

THE PALM, THE LILY, AND THE CACTUS.



1. Fold the Serviette into four.

2. Then fold at the lines (A A) bringing ends (B B) to meet at the centre.

3. Fold at the lines (B B).

4. Fold through the centre.

5.—Then fold the portion (B B) of one of the slips at the dotted line (C) and turn underneath.

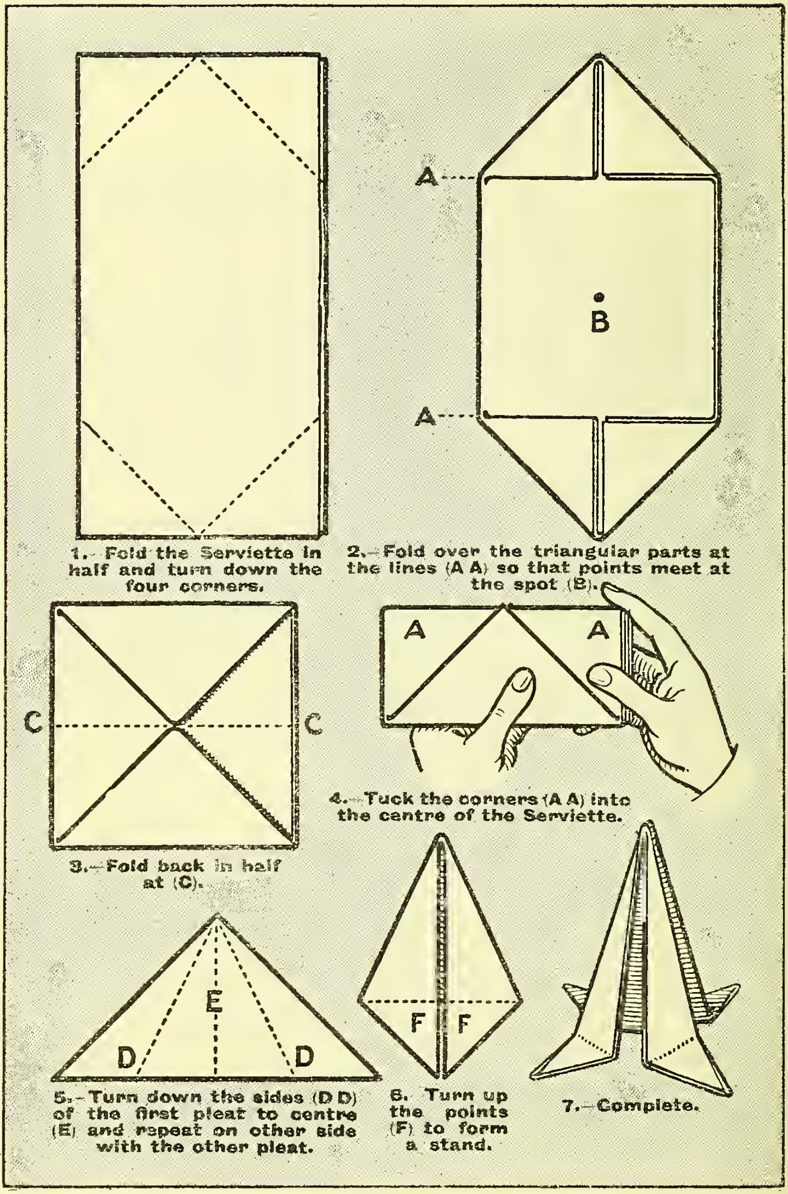
6.—Take the other slip and fold down the portion (C C) at dotted line (D).

7. Insert the end of the slip (E) into the Pleat (F).

8.—Insert the fingers between the folds (G) and curl this part round the slipper.

9.—Complete.

THE SLIPPER.



1.—Fold the Serviette in half and turn down the four corners.

2.—Fold over the triangular parts at the lines (A A) so that points meet at the spot (B).

3.—Fold back in half at (C).

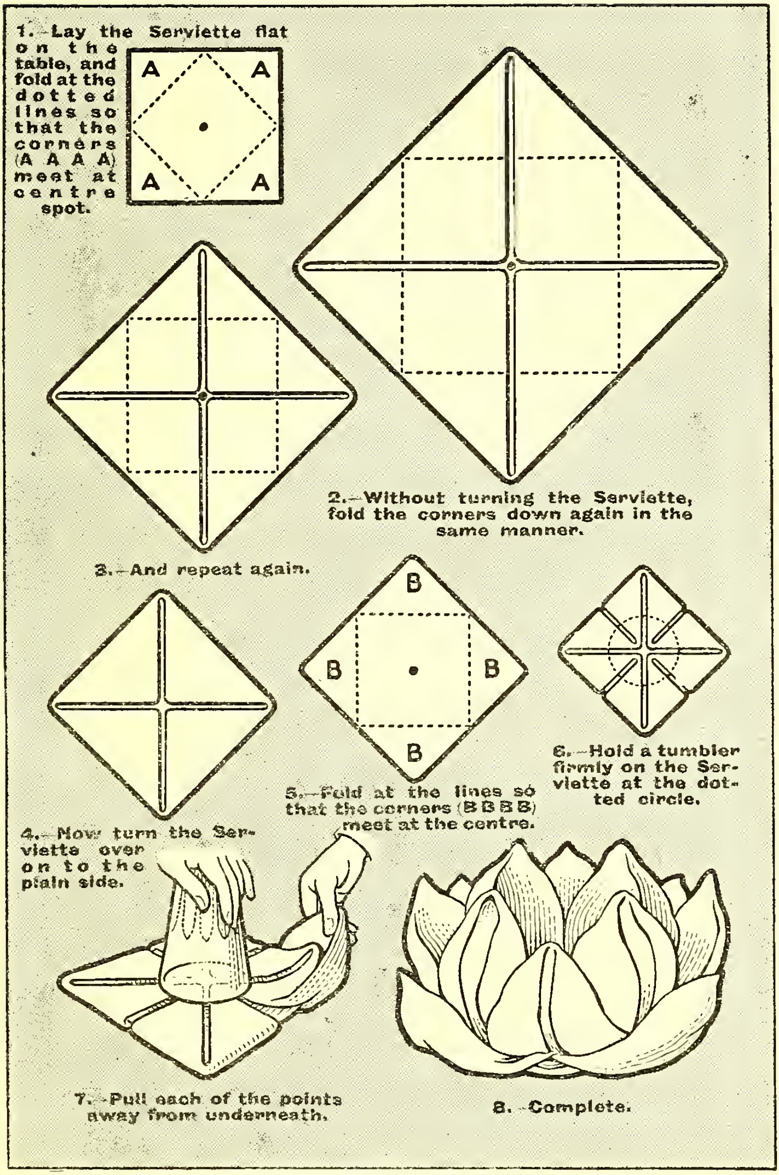
4.—Tuck the corners (A A) into the centre of the Serviette.

5.—Turn down the sides (D D) of the first pleat to centre (E) and repeat on other side with the other pleat.

6.—Turn up the points (F) to form a stand.

7.—Complete.

THE PYRAMID.



1.—Lay the Serviette flat on the table, and fold at the dotted lines so that the corners (A A A A) meet at centre spot.

2.—Without turning the Serviette, fold the corners down again in the same manner.

3.—And repeat again.

4.—Now turn the Serviette over on to the plain side.

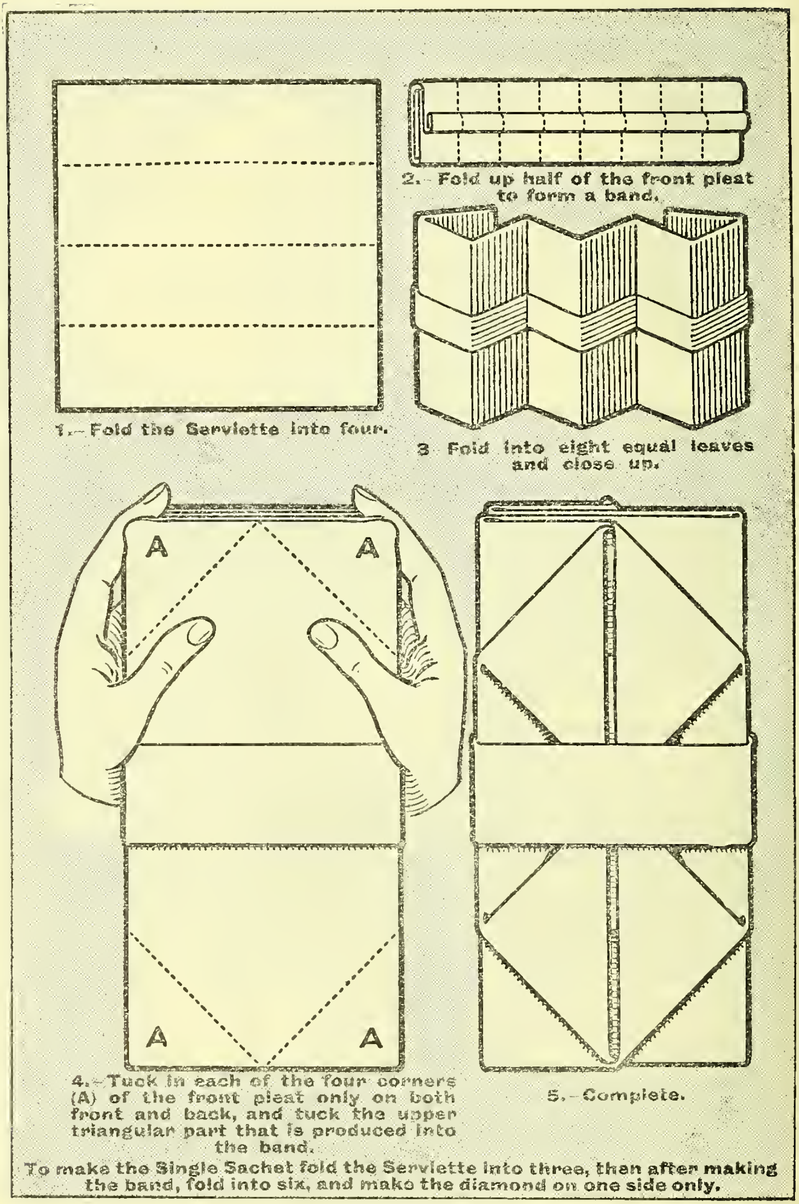
5.—Fold at the lines so that the corners (B B B B) meet at the centre.

6.—Hold a tumbler firmly on the Serviette at the dotted circle.

7.—Pull each of the points away from underneath.

8.—Complete.

THE ROSE AND STAR.



1.—Fold the Serviette into four.

2.—Fold up half of the front pleat to form a band.

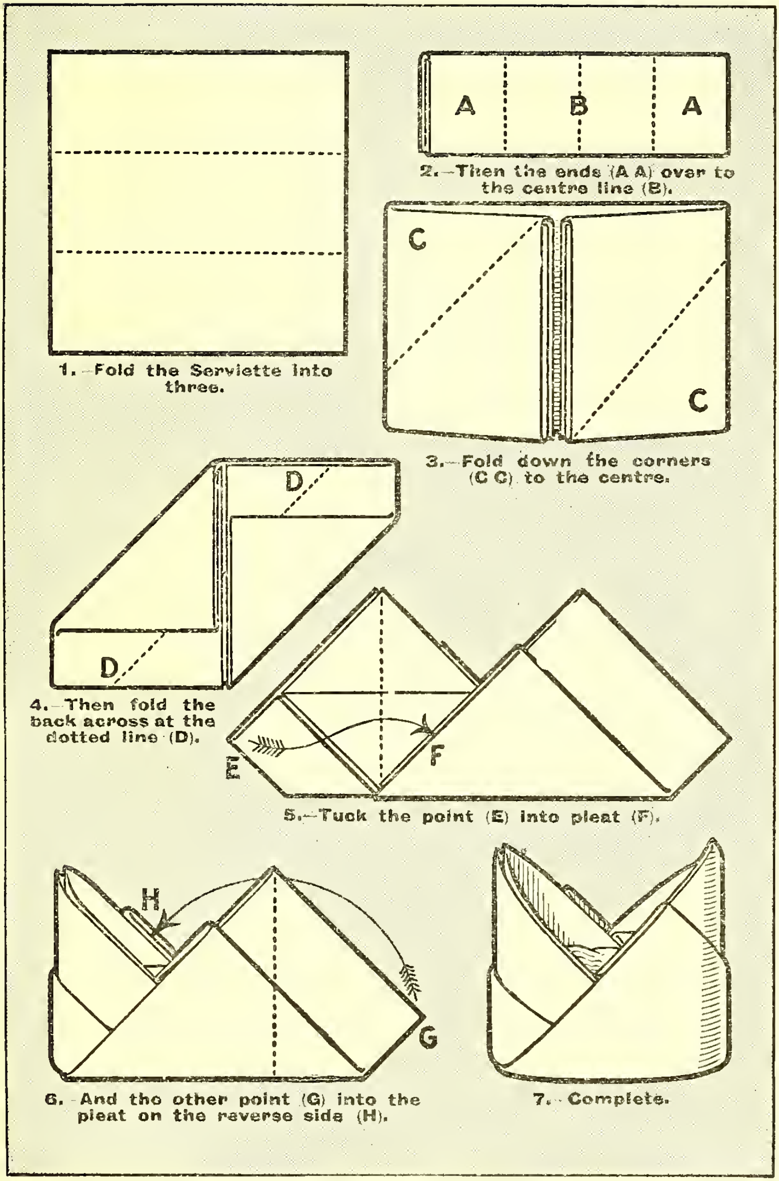
3. Fold into eight equal leaves and close up.

4.—Tuck in each of the four corners (A) of the front pleat only on both front and back, and tuck the upper triangular part that is produced into the band.

5.—Complete.

To make the Single Sachet fold the Serviette into three, then after making the band, fold into six, and make the diamond on one side only.

THE FLAT SACHET.



1.—Fold the Serviette into three.

2.—Then the ends (A A) over to the centre line (B).

3.—Fold down the corners (C C) to the centre.

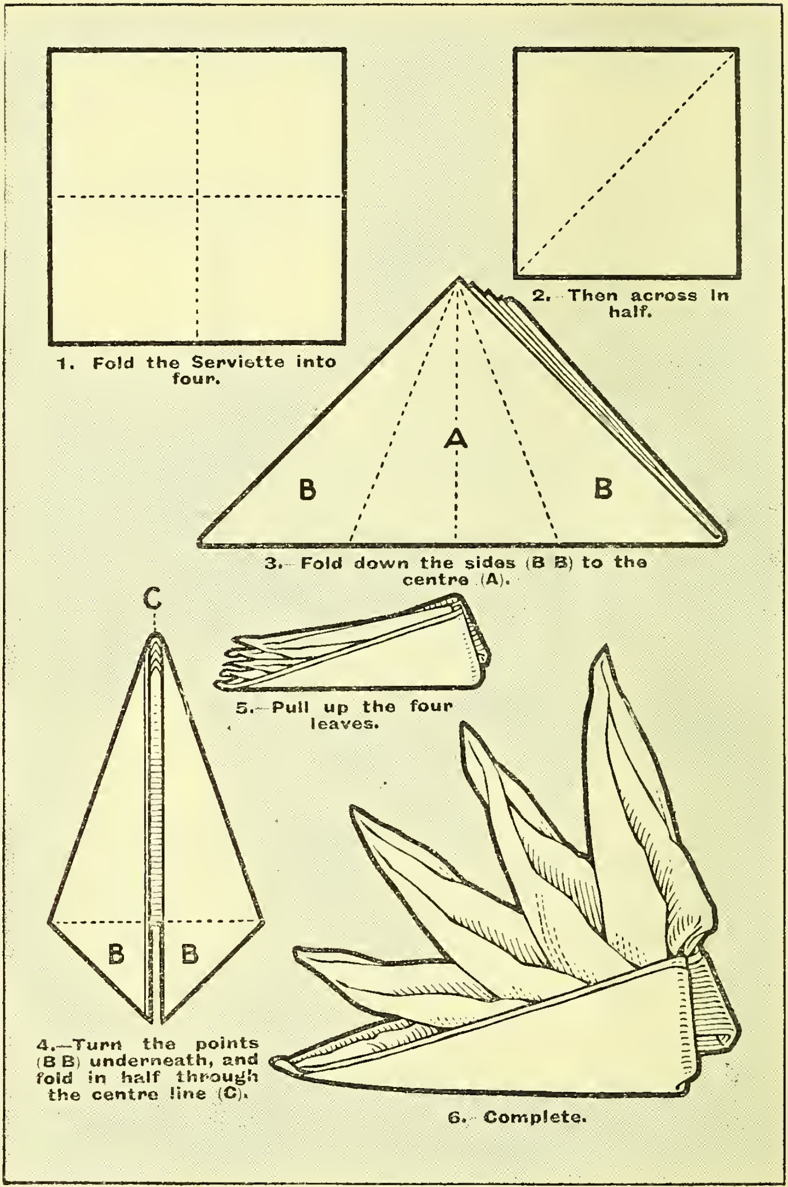
4.—Then fold the back across at the dotted line (D).

5.—Tuck the point (E) into pleat (F).

6.—And the other point (G) into the pleat on the reverse side (H).

7.—Complete.

THE MITRE.



1. Fold the Serviette into four.

2.—Then across in half.

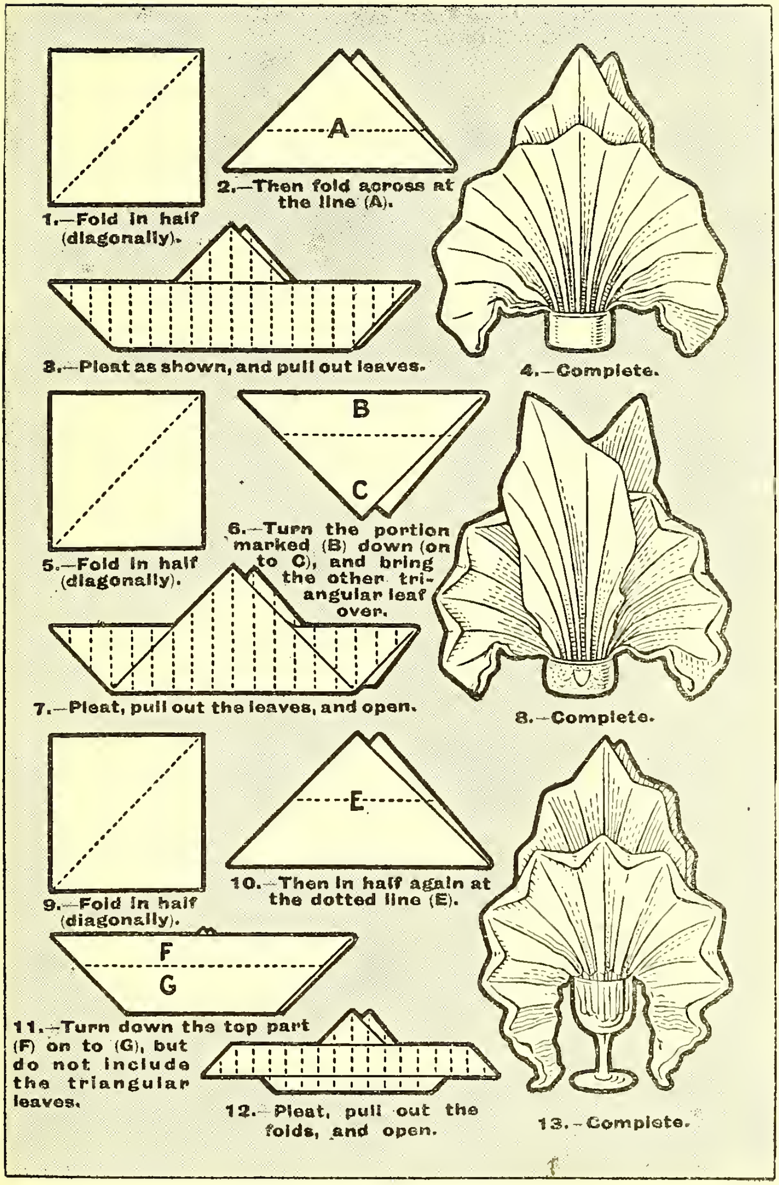
3.—Fold down the sides (B B) to the centre (A).

4.—Turn the points (B B) underneath, and fold in half through the centre line (C).

5.—Pull up the four leaves.

6.—Complete.

THE COCKSCOMB.



1.—Fold in half (diagonally).

2.—Then fold across at the line (A).

3.—Pleat as shown, and pull out leaves.

4.—Complete.

5.—Fold in half (diagonally).

6.—Turn the portion marked (B) down (on to C), and bring the other triangular leaf over.

7.—Pleat, pull out the leaves, and open.

8.—Complete.

9.—Fold in half (diagonally).

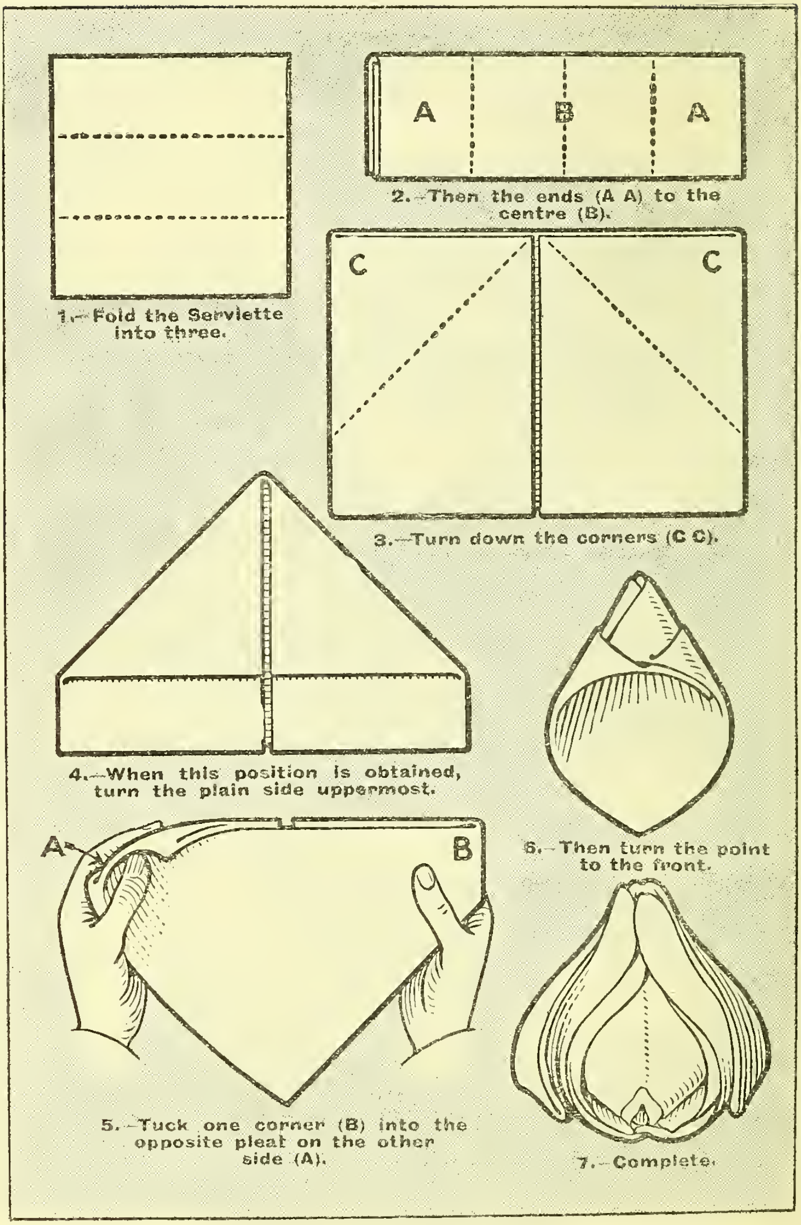
10.—Then in half again at the dotted line (E).

11.—Turn down the top part (F) on to (G), but do not include the triangular leaves.

12.—Pleat, pull out the folds, and open.

13.—Complete.

FLEUR DE LIS VARIETIES.



1.—Fold the Serviette into three.

2.—Then the ends (A A) to the centre (B).

3.—Turn down the corners (C C).

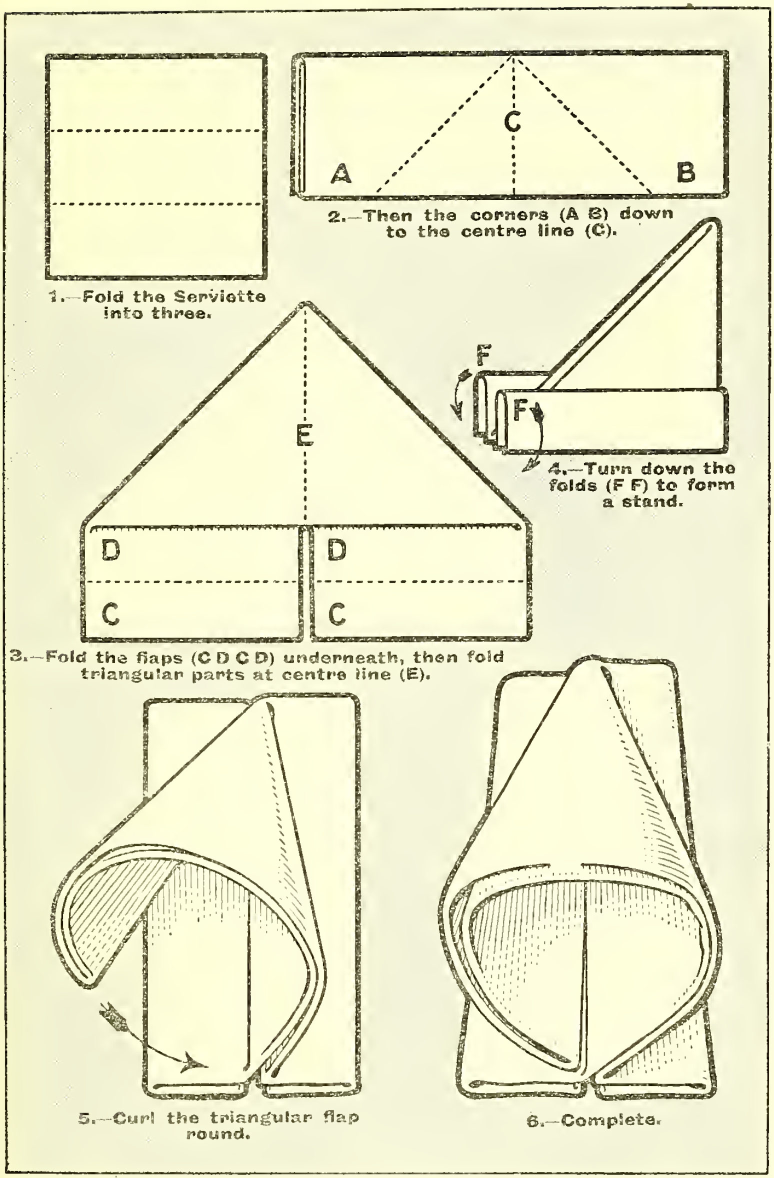
4.—When this position is obtained, turn the plain side uppermost.

5.—Tuck one corner (B) into the opposite pleat on the other side (A).

6.—Then turn the point to the front.

7.—Complete.

THE BOAR'S HEAD.



1.—Fold the Serviette into three.

2.—Then the corners (A B) down to the centre line (C).

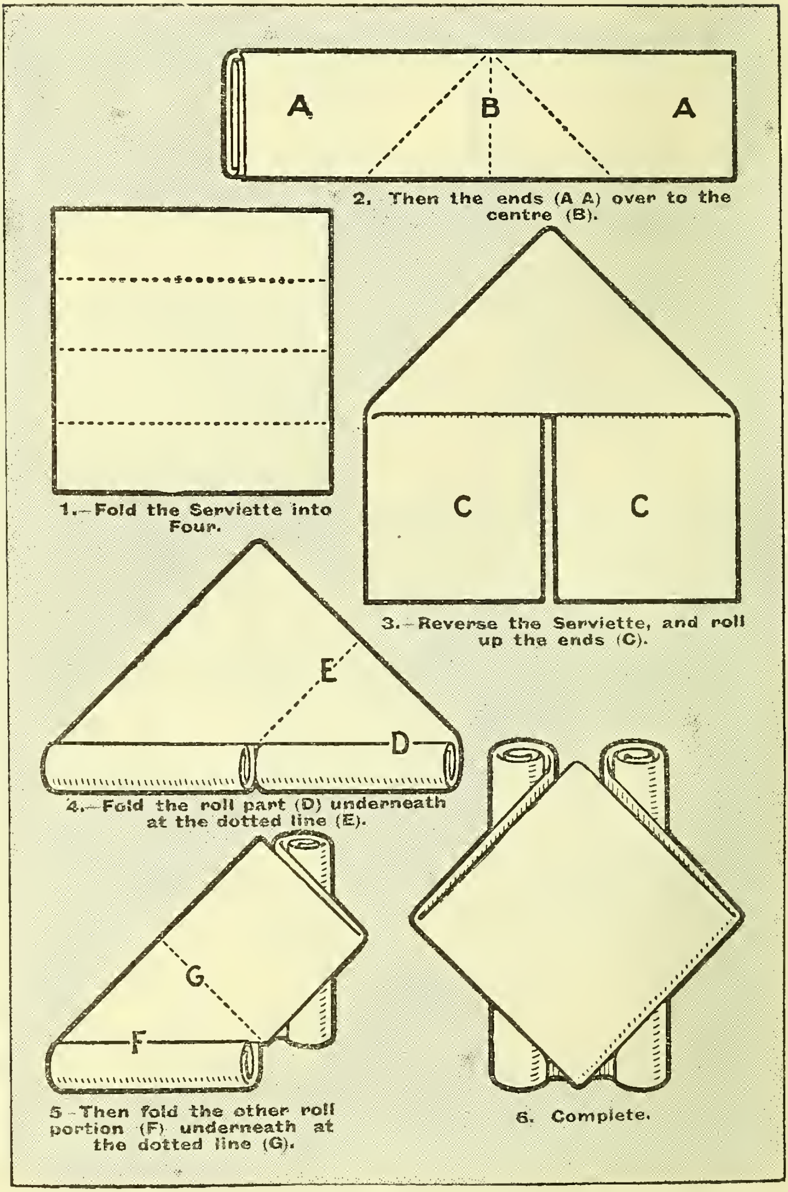
3.—Fold the flaps (C D C D) underneath, then fold triangular parts at centre line (E).

4.—Turn down the folds (F F) to form a stand.

5.—Curl the triangular flap round.

6.—Complete.

THE SACHET.



1.—Fold the Serviette into Four.

2. Then the ends (A A) over to the centre (B).

3.—Reverse the Serviette, and roll up the ends (C).

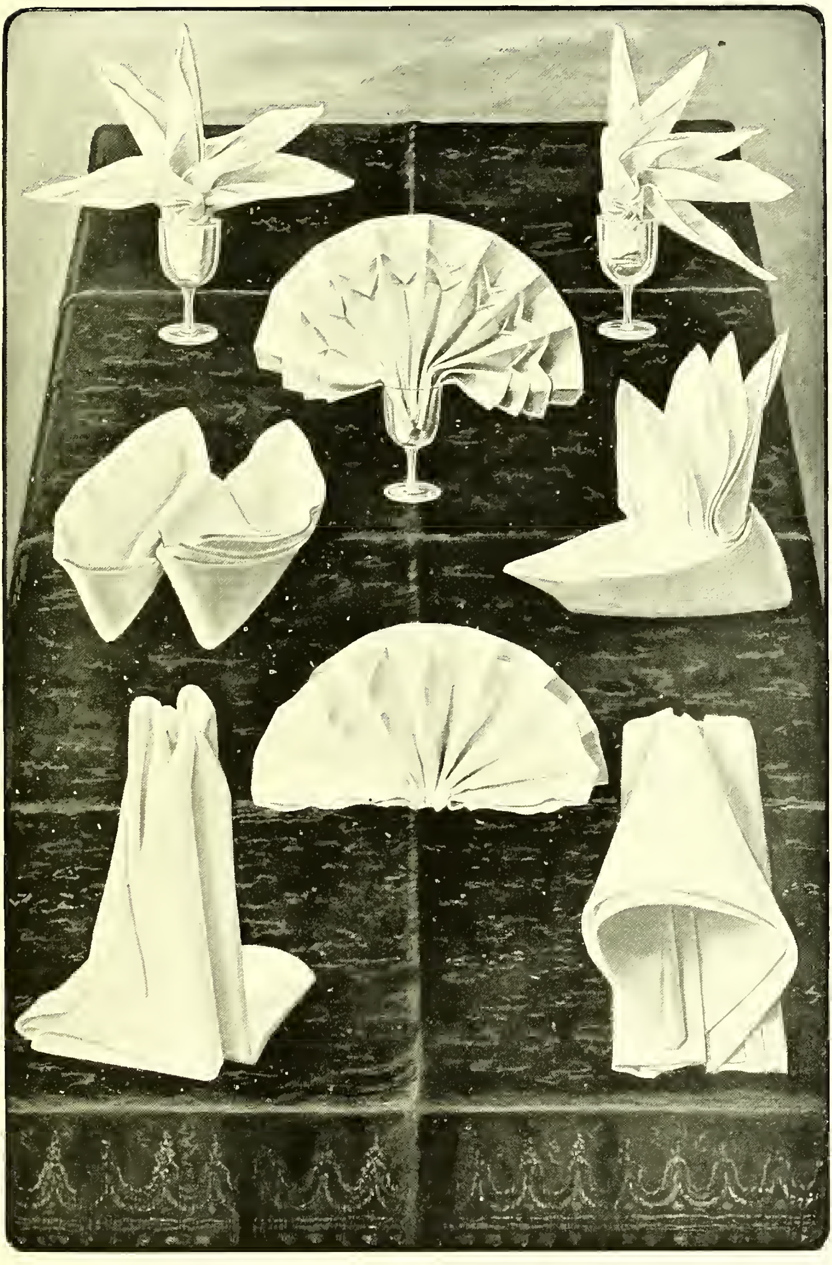
4.—Fold the roll part (D) underneath at the dotted line (E).

5—Then fold the other roll portion (F) underneath at the dotted line (G).

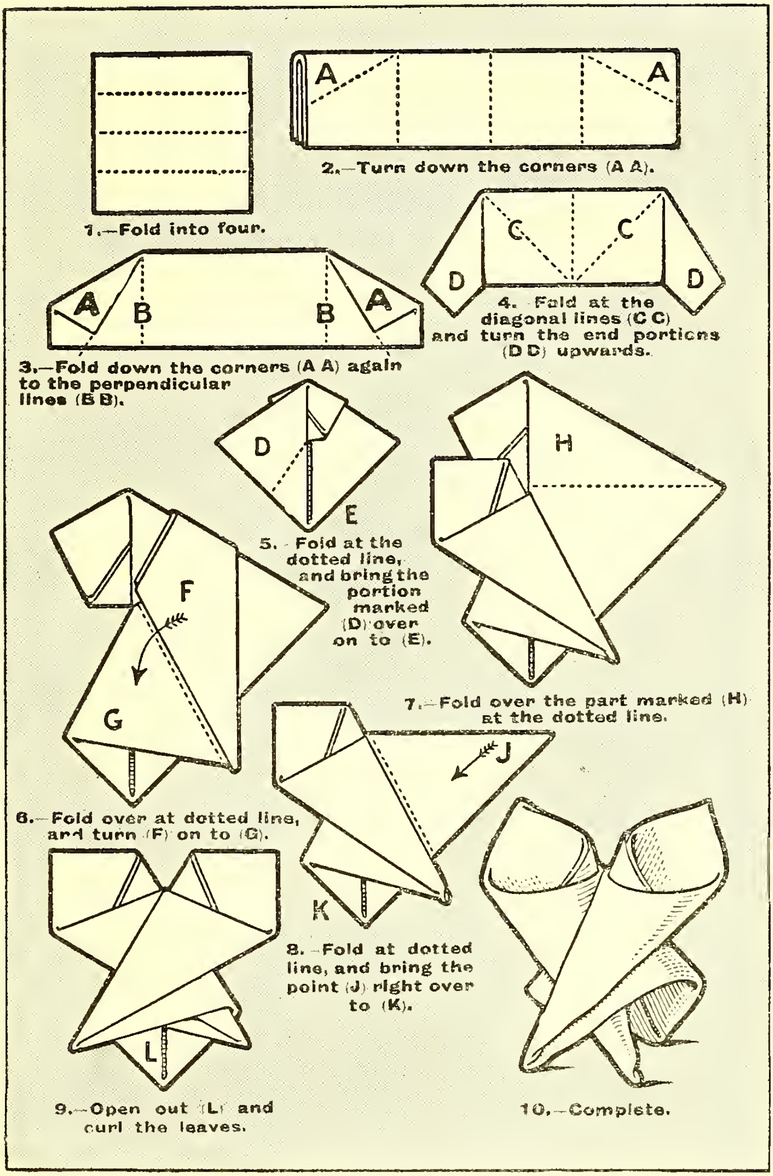
6. Complete.

THE COLLEGIAN.

SERVIETTES.



1. The Lily. 2. The Cactus. 3. The Fan. 4. The Boats. 5. The Cockscomb. 6. A Corner Fan. 7. The Pyramid. 8. The Sachet.



1.—Fold into four.

2.—Turn down the corners (A A).

3.—Fold down the corners (A A) again to the perpendicular lines (B B).

4. Fold at the diagonal lines (C C) and turn the end portions (D D) upwards.

5. Fold at the dotted line, and bring the portion marked (D) over on to (E).

6.—Fold over at dotted line, and turn (F) on to (G).

7.—Fold over the part marked (H) at the dotted line.

8.—Fold at dotted line, and bring the point (J) right over to (K).

9.—Open out (L) and curl the leaves.

10.—Complete.

THE VASE.

MENU MAKING AND SPECIMEN MENUS

Origin, Use and Compilation of Menus

CHAPTER LXVII

Menus.—The successful compilation of menus, which to the inexperienced presents many difficulties, requires much more than a superficial knowledge of the materials used in cooking, and their method of preparation and serving. The following pages should afford ample assistance to those who desire to know how to compile and arrange menus in their correct form, and in the succeeding pages specimen menus of diverse kinds are given.

In considering the three chief points of a menu, the first, *the materials to be provided*, depends upon the occasion, the season, and the number of persons to be provided for. The more elaborate the meal, the more difficult is the task of selecting dishes which, while they differ from one another in material, appearance and flavour, will yet, when blended together, form a harmonious whole. Nothing can be more unsatisfactory than a series of badly assorted dishes selected without adequate consideration for variety in composition, flavour and colour.

Dishes appropriate to the season should also be selected, for when food materials are plentiful they are comparatively good and cheap. Moreover, a larger proportion of fruits and salads, and light dishes generally, should be introduced in summer, while in colder weather more substantial food will be found acceptable.

The success of a dinner does not depend upon the number of dishes introduced. It is far better to have fewer courses well cooked and well served than an elaborate pretentious badly-cooked meal. With reference to the dishes, there are certain rules which must at all times be observed. The inexperienced are apt to forget that if two soups are served they must be entirely opposite in character and consistency; that two brown or white sauces may not follow each other ; and that each dish should vary in colour and taste from that served before and after it.

Origin of Menus.—The menu is said to have originated in the reign of Henry VIII, at a banquet given in 1541 by the Duke of Brunswick. It is recorded on good authority that some of the guests sitting near His Grace noticed that he, from time to time, consulted a piece of paper which lay on the table by his side. One, more curious than the rest, ventured to ask the reason, whereupon the Duke explained that it was a list of the dishes to be served, and which he consulted, just as we do now, in order to reserve his appetite for those dishes he liked best. The idea greatly pleased the guests, and soon became generally known and adopted. For many years the menus must have resembled the smaller play-bills formerly in vogue, for they were gaudily decorated with gastronomical symbols, and so large that two only were needed for a dining table. The peacock, a whole pig roasted, a boar's head, and the baron of beef, which constituted the substantial fare of the Tudor era, could not provide very artistic subjects for ornamentation ; but in course of time the menus not only became smaller, but they also increased in artistic and intrinsic value. Many of the hand-painted menus of the present day are works of art (see coloured plate), some of them being fashioned more curiously than tastefully in satin, parchment, and cardboard, with designs more or less appropriate. The plainer menus, in some useful shape that will stand firmly on the table, are in much better taste, and more in keeping with the elegant simplicity that characterizes the table appointments of the well-ordered establishments of the twentieth century. The dinner should always be more elaborate than the menu. One may have a simple menu and an elaborate dinner, but if the order be reversed and long pompous names given to simple inexpensive dishes, the repast may prove a disappointment to those who partake of it.

The slip of paper which the Duke of Brunswick consulted with such evident interest was doubtless a copy of the bill of fare given to the "master cook," a personage so important that his accomplishments, even in those days, would include reading and writing. Therefore, to trace the menu to its real source we must go back to a remote period, to a primitive age when a few verbal instructions from master to man, or mistress to maid, would constitute the only bill of fare. No matter how simple a meal may be, it must be planned and provided for, although written instructions may not be required. But when dealing with increased numbers and more elaborate repasts, cooks need some guide to their work, and aid to their memory, and so necessity, "the mother of invention," introduced the bill of fare, the antecedent of the "menu."

Use of Menus.—The use of a menu has already been indicated : it enables the guest to choose the dishes he prefers ; it serves as a guide to the cook not only in assisting her memory, and aiding her culinary operations, but it also—and this is an important point—helps her to provide everything necessary for the repast ; although there is not much fear of the modern cook following the example of Vatel, the unfortunate *chef* to Louis XVI, who in despair took his life because the fish had not arrived in time for the royal table.

Arranging Menus.—A complete dinner consists of eight courses (if the "entremets," which include dressed vegetables, sweets, and savouries, be considered as one course) arranged in the following order :—

Hors d'œuvre,
Soup,
Fish,
Entrée,
Remove,
Rôti,
Entremets,
Dessert.

In recent years *hors d'œuvre* have rapidly gained favour, and nearly always appear on elaborate menus, but they are not often included in a simple dinner. The term *hors d'œuvre* is now applied exclusively to such cold trifles as oysters, sardines, anchovies, fillets of herring, prawns, olives, and radishes served as a relish or appetizer at the commencement of a dinner ; but it originally extended to rissoles, croquettes, oyster-patties, and such things a previous generation classed as "side-dishes," which are now served as light entrées. When the term *hors d'œuvre* appears after the fish, as it does in many old bills of fare, it refers to this class of dishes, rather than to the savoury appetizers now in vogue. The *hors d'œuvre* dishes are frequently placed on the plates before the guests enter the dining-room ; and in many of the best public dining-rooms the visitor is supplied with a variety of *hors d'œuvre* with which to stimulate his appetite whilst the dinner is in course of preparation.

Soups.—The world of cooks, like the renowned master chefs Carême and the Marquis de Cussey, are divided in their opinion of the importance of the course, which the culinary artist Francatelli described as the "prelude" to a dinner. The disciples of the first-named chef, who considered soup "the soul of the dinner," fully appreciate the advantage of letting the first course be one likely to give the guests a pleasurable anticipation of what is to follow. When the number does not exceed twelve, one soup alone is necessary, and with but few exceptions clear soup is given preference to, being more generally appreciated than a thick soup. When two soups are served, one should be clear and the other a thick soup, cream or purée, and in such cases the clear soup should be served first and be placed first on the menu. If either of the latter consists of vegetables, the clear soup must contain no vegetable garnish. According to the same rule, if a purée of chicken or hare be served, neither chicken nor hare must appear in the courses that are to follow. The soups should also vary in colour ; and here the green of the spinach and pea soups, and the red of the tomato soup will be found useful when the dinner has a preponderance of white or brown dishes.

Fish.—When two kinds of fish are included in the course, it is usual to serve first that which is boiled, and generally a large fish, such as turbot, salmon or cod ; cold salmon would be served *after* the hot fish. Some small fish should be selected to follow the large boiled one ; and it must be prepared by some dry method as frying, grilling, or broiling. Should the service consist of grilled or fried fish, and lobster or oyster soufflés, or fish dressed in small portions to be handed round instead of being served from the sideboard, the latter would follow the grilled fish. Considerable discretion must be exercised in selecting sauces to accompany the fish. It may happen that a green soup has been given to form a contrast to the white fish to follow, if this be so, a green sauce cannot be served with the fish, neither can a yellow one, if a sauce of that colour has been chosen to accompany the grilled or fried fish. And throughout the whole dinner the same care is necessary to avoid repetition.

Entrées.—In the present day the term *entrée* is used to distinguish practically all kinds of made dishes, from the simple rissole of cold meat to the artistic productions for which this part of the dinner provides such ample scope. As *entrées* are always handed, they come more under the direct observation of the guest than any other part of the service, consequently it is upon the dishes forming this course that the taste and skill of the cook is largely bestowed. Tasteful dishing and a little artistic decoration is desirable, but over-ornamentation is in bad taste, and should be studiously avoided. What has been said about order of service and variety in colour in reference to fish also applies here. All such light dishes as rissoles, croquettes, quenelles, and kromeskis come before the more substantial *entrées* of fillets and cutlets. Whether a brown or white *entrée* should be served first depends partly on the dish to follow, but in a greater measure on the composition of the respective dishes. For instance, if the dishes selected are sweetbread, and chicken cooked in a rich brown sauce, as Chicken à la Marèngo, the sweetbread, being more delicate in flavour, would be more likely to be appreciated if it preceded the highly-flavoured brown *entrée* than if it followed it. Hot *entrées* are always served before cold ones ; and an *entrée* of any small bird, such as quails, would be served before a more substantial *entrée* of poultry, game or meat. Sauces are usually served in the dish poured round the *entrée* in many cases, poured over it in some few. The exception to this rule is when soufflés and other mixtures are served in china or paper cases, and the accompanying sauce is served in a sauce-boat. As *entrées* form, from an artistic point of view, the most important part of the repast, it is advisable, when arranging a dinner, to select suitable dishes for this course, before deciding what shall be served before and after them.

Removes.—The joint or *pièce de résistance* constitutes the most substantial part of fashionable dinners, and the most important feature of plain homely dinners. Although a saddle of mutton or sirloin or fillet of beef frequently comprise this course, one's choice is not necessarily confined to joints of meat, for turkeys, chickens, geese, ducks, pies, venison, etc., may all be served instead. If there are two removes, the poultry is served before the joint of meat.

Appropriate, plainly-dressed vegetables are always served with the "remove"; but it is a matter of choice as to whether they appear on the menu; and the same remark applies to such sauces as mint and horseradish, and other things which *always* accompany certain dishes.

Roasts.—Formerly the roast or rôti commenced what was called the "second course," or "second service." The terms now employed to distinguish the courses of a dinner are the same as were in use a century ago, but they have not the same significance. In menus arranged by Carême, the celebrated chef who held that office in the household of the Prince Regent some two years before the "first gentleman in Europe" came to the throne, the service is divided into two distinct courses, in which the soup, being considered simply as a prelude to the meal, has no part. The first course was headed by a substantial joint or other *pièce de résistance*, and followed by one or more *entrées* of poultry or game. The made-up dishes classed as *entrées* now were then known as *hors d'œuvre*, and a little later as side-dishes. A dish of fish sometimes constituted the rôti of the second course, and was followed then, as now, by two or three *entremets*. At the present day the term roast or rôti signifies a dish of poultry or game, such as partridges, grouse, pheasants, woodcocks, guinea fowls, turkeys, chickens, ducks, geese, and a variety of other things. When arranging the menu for a *recherché* dinner some luxury not in full season is usually selected, some delicacy to tempt the partially appeased appetites of the guests. In a more simple dinner this course is frequently omitted altogether.

Entremets.—Ude was the first, it is said, to define clearly the distinction between *entrées* and *entremets*. "The latter term," he said, "applied to all vegetable dishes, jellies, pastries, salads, prawns, lobsters, and in general to everything that appears in the second course, except the roast."

Entremet of Vegetables.—Although *entremets* may be classed under one heading, the service consists of three courses as distinct in themselves as those of soup, fish, and *entrée*. The first, the vegetable *entremet*, comprises one or more dishes of dressed vegetables, such as cauliflower *au grautin*, tomatoes prepared in a variety of ways, savoury cucumber, vegetable marrow fritters, peas, celery, French beans and asparagus.

Dressed vegetables, like *hors d'œuvre*, have gained rapidly in favour during recent years, and are nearly always included in a menu of a fashionable dinner. Their frequent absence from the family dinner-table is not easily understood, for they are a means of introducing a variety of dishes at small cost.

Sweets.—When both hot and cold sweets are provided, the hot dish is served first. All sweets, whether hot or cold, come before iced puddings or ices, which, when large, are served in this course. Smaller ices may be served either in this course or with the dessert. In selecting the sweets, their colours and flavours should be carefully assorted, but there is such a variety of creams, jellies, babas, savarins, puddings and fruits to choose from, that little difficulty is experienced.

Savouries.—Savouries are intended to prepare the palate for the taste of the choice wines which usually follow a good dinner. And when they are not required for this purpose they are all the same most eagerly welcomed by the male portion of the guests. Colour is an unimportant matter in the small portions which usually constitute this course. A piquant, rather strong appetizing flavour is an essential in a savoury ; and they are so quickly and easily decorated that it is an easy matter to provide a combination pleasing alike to the eye and the palate. They exist in an almost endless variety, therefore there is not the least excuse for having savouries of anchovy or sardines when these things have already figured as *hors d'œuvre*, or for having a savoury of cheese when cheese has already entered largely into the composition of the vegetable *entremet*.

Dessert.—Cheese is served immediately after the savouries, under the mistaken idea that it promotes digestion. From an artistic point of view the dessert course is an important one, for the appearance of the table is greatly enhanced by a graceful arrangement of the materials comprising the dessert. Any kind of fresh fruit may be selected, also dried fruits, crystallized fruits, bon-bons, petits fours, fancy biscuits and dessert ices.

Coffee or Café Noir.—There are three varieties of black coffee, so called to distinguish it from the coffee served with milk. There is the French Café, Café Turque, and Café Russe. Turkish coffee is the strongest of the three, and for this reason, where it is in daily use, small cups, about half the size of those used for French coffee, are provided for its service. In England it is adapted to the palate of those who drink it, but real Turkish coffee, made by a Turk, is exceedingly sweet, thick, and unstrained, and the grounds, which are as fine as those at the bottom of a cup of cocoa, are swallowed with the coffee.

FAMILY BREAKFASTS FOR A WEEK IN SUMMER.

SUNDAY.—Soused herrings, boiled eggs, cold ham, fresh fruit in season, marmalade, jam, butter, dry toast, bread, coffee, tea, hot and cold milk.

MONDAY.—Poached eggs, bacon, potted beef, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

TUESDAY.—Fish cakes, galantine of beef, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

WEDNESDAY.—Scrambled eggs, croquettes of veal and ham, spiced brisket of beef, fresh fruit in season, marmalade, jam, butter, dry toast, scones, bread, tea, coffee, hot and cold milk.

THURSDAY.—Broiled kippers, baked eggs, veal cake, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

FRIDAY.—Kidney omelet, potted salmon, tongue, fresh fruit in season, marmalade, jam, butter, dry toast, scones, bread, coffee, tea, hot and cold milk.

SATURDAY.—Findon haddock, grilled cutlets, cold ham, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

FAMILY BREAKFASTS FOR A WEEK IN WINTER

SUNDAY.—Grilled kidneys, baked halibut steaks, cold ham, stewed figs, marmalade, jam, butter, dry toast, toasted scones, bread, coffee, tea, hot and cold milk.

MONDAY.—Scrambled eggs, grilled cutlets, tongue, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

TUESDAY.—Fried whiting, stewed kidneys, veal cake, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

WEDNESDAY.—Croquettes of fish, Vienna steaks, brawn, stewed prunes, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

THURSDAY.—Findon haddock, sausages, pressed beef, marmalade, jam, butter, dry toast, toasted scones, bread, coffee, tea, hot and cold milk.

FRIDAY.—Savoury omelet, grilled ham, beef roll, marmalade, jam, butter, dry toast, toasted teacake, rolls, bread, coffee, tea, hot and cold milk.

SATURDAY.—Broiled fresh herrings, boiled eggs, game pie, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

ECONOMICAL FAMILY BREAKFASTS FOR A WEEK.

SUNDAY.—Boiled eggs, cold bacon, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

MONDAY.—Findon haddock, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

TUESDAY.—Scrambled eggs, beef roll, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

WEDNESDAY.—Fish cakes, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

THURSDAY.—Brawn, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

FRIDAY.—Rissoles of cold meat, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

SATURDAY.—Broiled fresh herrings, boiled eggs, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

MENUS FOR SIMPLE BREAKFASTS.—SUMMER.

Buttered Shredded Wheat.
Boiled Eggs.
Fried Whiting.
Potted Beef.
Stewed Red Currants and Raspberries.
Scones, Toast, Bread, Butter, Marmalade.
Tea, Coffee, Hot and Cold Milk.

Porridge.
Scrambled Eggs.
Rissoles.
Tongue.
Stewed Gooseberries.
Rolls, Toast, Bread, Butter, Marmalade.
Tea, Coffee, Hot and Cold Milk.

Rolled Oats.
Baked Eggs (en Cocotte).
Findon Haddock.
Cold Ham.
Stewed Plums.
Porridge and Cream.
Rolls, Toast, Bread, Butter, Marmalade.
Tea, Coffee, Hot and Cold Milk.

Creamed Porridge.
Poached Eggs on Toast.
Soused Mackerel.
Beef Roll.
Stewed Rhubarb.
Rolls, Toast, Bread, Butter, Marmalade.
Tea, Coffee, Hot and Cold Milk.

MENUS FOR SIMPLE BREAKFASTS.—WINTER.

Shredded Wheat.
Baked Eggs (au gratin).
Grilled Ham.
Veal Cake.
Stewed Prunes.
Rolls, Toast, Bread, Butter, Marmalade.
Tea, Coffee, Hot and Cold Milk.

Cream of Wheat.
Scrambled Eggs.
Fried Bacon.
Brawn.
Baked Apples.
Scones, Toast, Bread, Butter, Jam.
Tea, Coffee, Hot and Cold Milk.

Porridge.
Poached Eggs on Toast.
Sausages.
Pressed Beef.
Apple Marmalade.
Scones, Toast, Bread, Butter, Jam.
Tea, Coffee, Hot and Cold Milk.

Rolled Oats.
Fried Eggs (beurre noir).
Grilled Herrings.
Beef Roll.
Stewed Rhubarb.
Scones, Toast, Bread, Butter, Marmalade.
Tea, Coffee, Hot and Cold Milk.

BREAKFAST MENUS

FOR A LARGE PARTY.—SUMMER.

Wheat Meal Porridge.
Ham Omelet.
Poached Eggs on Toast.
Fried Whiting.
Grilled Kidneys.
Potted Beef.
Galantine of Chicken.
Strawberries.
Scones, Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

Moulded Porridge,
Omelette au Pimentos.
Scrambled Eggs.
Grilled Sole.
Chicken Croquettes.
Beef Roll.
Potted Salmon.
Red and White Currants.
Scones, Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

Porridge and Cream.
Tomato Omelet.
Baked Eggs (en Cocotte).
Grilled Mackerel.
Kidney Sauté.
Grilled Chicken.
Cold Ham. Sardines.
Cherries.
Scones, Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

Creamed Oats.
Mushroom Omelet.
Boiled Eggs.
Fried Fillets of Sole.
Grilled Bacon.
Lamb Cutlets.
Tongue and Ham (cold).
Mixed Fruit.
Scones, Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

BREAKFAST MENUS

FOR A LARGE PARTY.—WINTER.

Toasted Wheat Biscuits.
Omelettes fines Herbes.
Fried Eggs (beurre noir).
Coquille of Turbot.
Grilled Steak.
Cold Ham.
Potted Shrimps.
Apples and Bananas.
Scones, Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

Cream of Wheat.
Fish Omelet.
Poached Eggs on Toast.
Fillets of Sole à l'Horly.
Stewed Kidneys.
Grilled Bacon.
Cold Game. Cold Ham.
Stewed Figs and Cream.
Scones, Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

Oatmeal Porridge.
Kidney Omelet.
Baked Eggs (au gratin).
Fried Cod.
Grilled Ham.
Potted Game.
Veal Cake.
Stewed Prunes and Cream.
Scones, Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

Porridge and Cream.
Omelet with Truffles.
Boiled Eggs.
Grilled Herrings.
Croquettes of Fish.
Grilled Cutlets.
Game Pie and Brawn.
Stewed Pears.
Scones Rolls, Toast, Bread, Butter, Marmalade, Jam.
Tea, Coffee, Cream, Milk.

MENU FOR A WEDDING BREAKFAST.—SUMMER.

French.	English.
Petites Pâtés aux Huitres.	Oyster Patties.
Filets de Sole en Aspic.	Fillets of Sole in Jelly.
Timbale de Turbot à la Russe.	Russian Timbale of Turbot.
Côtelettes de Saumon.	Salmon Cutlets.
Salade de Homard.	Lobster Salad.
Zéphires de Volaille.	Chicken Creams
Médallions de Foie Gras.	Foie Gras (goose liver) Creams.
Côtelettes d'Agneau en Chaudfroid.	Lamb Cutlets masked with Sauce.
Poulets rôtis découpés.	Roast Chickens.
Dindonneau farçi.	Stuffed Turkey Poult.
Pâté de Pigeon à l'Anglaise.	Pigeon Pie.
Chaudfroid de Volaille.	Chicken masked with Sauce.
Galantine de Veau à la gelée.	Galantine of Veal.
Jambon et Langue.	Ham and Tongue.
Boeuf épicé.	Spiced Beef.
Salade de Saison.	Salad.
Crème d'Abricot.	Apricot Cream.
Bavoroise aux Pistaches.	Pistachio Cream.
Macédoine de fruits au Kirsch.	Mixed Fruit with Kirsch.
Chartreuse de Bananes.	Bananas in Jelly.
Charlotte St. José.	Pine Apple Charlotte.
Meringues à la Crème.	Meringues with Cream.
Patisserie.	French Pastry.
Glace Napolitaine.	Neapolitan Ice.
Glace Crème de Fraise.	Strawberry Cream.
Glace l'eau de Citron.	Lemon Water Ice.
Fruits.	Fruit.
Dessert.	Dessert.
Café.	Coffee.

MENU FOR A WEDDING BREAKFAST.—WINTER.

French.	English.
Plats Chauds.	*Hot Dishes.*
Homard à la Diable.	Devilled Lobster.
Filets de Sole à la Mornay.	Baked Fillets of Sole.
Ris de Veau à la Finançière.	Calves' Sweetbread.
Cailles en Casserole.	Quails Stewed in Casserole.
Plats Froids.	*Cold Dishes.*
Crevettes en Aspic.	Prawns in Aspic.
Salade de Homard.	Lobster Salad.
Bouchées à la Reine.	Sweetbread Patties.
Mousse de Foie Gras.	Foie Gras (goose liver) Creams.
Poulet rôti découpé.	Roast Chickens.
Chaudfroid de Perdreaux.	Partridges masked with Sauce.
Galantine de Dinde.	Galantine of Turkey.
Pâté de Gibier à la Française.	French Game Pie.
Faisan rôti.	Roast Pheasant.
Jambon et Langue.	Ham and Tongue.
Salade de Saison.	Salad.
Entremets.	*Sweets.*
Bavoroise au Chocolate.	Chocolate Cream.
Crème aux Amandes.	Almond Cream.
Compote de Poires à la Chantilly.	Stewed Pears with Cream.
Chartreuse d'Oranges.	Oranges in Jelly.
Charlotte Russe.	Russian Charlotte.
Nougat à la Crème.	Nougat with Cream.
Patisserie.	French Pastry.
Pouding Glacé Nerselrode.	Iced Pudding.
Glace à la Crème de Bananes.	Banana Cream Ice.
Glace à la Vanille.	Vanilla Ice.
Fruits.	Fruit.
Dessert.	Dessert.
Café.	Coffee.

FAMILY LUNCHEONS FOR A WEEK IN SUMMER.

SUNDAY.—Croquettes of veal and ham, cold roast beef, salad, new potatoes, fruit tart, beetroot, pickles, butter, cheese, bread, biscuits, fruit.

MONDAY.—Spaghetti au gratin, epigrammes of lamb, new potatoes, bread and butter pudding, butter, cheese, bread, biscuits, fruit.

TUESDAY.—Fried fillets of plaice, beef roll, salad, gooseberry pudding, butter, cheese, bread, biscuits.

WEDNESDAY.—Risotto, cold veal and ham pie, salad, blancmange and stewed fruit, butter, cheese, bread, biscuits.

THURSDAY.—Fish cakes, cold lamb, mint sauce, salad, gooseberry fool, butter, cheese, bread, biscuits.

FRIDAY.—Savoury omelet, pressed beef, salad, pickles, marmalade pudding, butter, cheese, bread, biscuits, fruit.

SATURDAY.—Salmon mayonnaise, grilled cutlets, potatoes, cottage pudding, butter, cheese, bread, biscuits, fruit.

FAMILY LUNCHEONS FOR A WEEK IN WINTER.

SUNDAY.—Veal cutlets, cold roast beef, baked potatoes, apple tart, custard, beetroot, pickles, butter, cheese, bread, biscuits, fruit.

MONDAY.—Croquettes of veal and ham, beef steak pudding, mashed potatoes, macaroni pudding, butter, cheese, bread, biscuits, fruit.

TUESDAY.—Curry of cold meat, grilled steak, fried potatoes, apple dumplings, butter, cheese, bread, biscuits.

WEDNESDAY.—Baked halibut, calf's liver and bacon, mashed potatoes, Swiss roll and custard, butter, cheese, bread, biscuits, fruit.

THURSDAY.—Risotto, stewed rabbit, mashed potatoes, apple pudding, butter, cheese, biscuits, bread.

FRIDAY.—Scalloped cod, braised neck of mutton, mashed potatoes, tapioca pudding, butter, cheese, bread, biscuits, fruit.

SATURDAY.—Spaghetti with cream sauce, beef steak and kidney pie, baked potatoes, apple charlotte, butter, cheese, biscuits, bread.

ECONOMICAL FAMILY LUNCHEONS FOR A WEEK.

SUNDAY.—Exeter stew, mashed potatoes, apple charlotte, cheese, bread.

MONDAY.—Pie of cold meat and potato, cabbage, pancakes, cheese, bread.

TUESDAY.—Lentil soup, baked fresh herrings, rice pudding, cheese, bread.

WEDNESDAY.—Meat cakes, baked potatoes, boiled bread pudding, cheese, bread.

THURSDAY.—Liver and bacon, mashed potatoes, boiled rice and golden syrup, cheese, bread.

FRIDAY.—Shepherd's pie, baked potatoes, baked bread pudding, cheese, bread.

SATURDAY.—Savoury sparerib, mashed potatoes, Betsy pudding, cheese, bread.

SPECIMEN MENUS FOR COLD LUNCHEONS

SUITABLE FOR A LARGE PARTY.

FRENCH.	ENGLISH.
Hors d'Oeuvre Variés.	Appetisers.
Consommé à la Julienne.	Clear Soup with Vegetable Garnish.
Filets de Soles à la Mayonnaise.	Fillets of Soles with Mayonnaise Sauce.
Anguilles en Aspic.	Eels in Aspic Jelly.
Chaudfroid de Foie Gras en Caisses.	Foie-Gras in Cases.
Filets de Boeuf à la Madrid.	Fillets of Beef, Madrid style.
Poulet Rôti.	Roast Chicken.
Langue de Boeuf.	Tongue.
Tartelettes de Pommes.	Apple Tartlets.
Pain d'Abricots.	Apricot Creams.
Fromage.	Cheese.
Dessert.	Dessert.

FRENCH.	ENGLISH.
Hors d'Oeuvre Variés.	Appetisers.
Consommé Pâtes d'Italie.	Clear Soup garnished with Italian Paste.
Fleurettes de Turbot à la Hollandaise.	Small Moulds of Turbot.
Darne de Saumon à la Ravigote.	Salmon with Ravigote Sauce.
Filets de Caneton à la Lorraine.	Fillets of Duck, Lorraine style.
Petites Timbales de Volaille.	Small Moulds of Chicken.
Poulet de Surrey à la Gelée.	Surrey Fowls with Aspic.
Jambon de York.	York Ham.
Compôte de Poires.	Stewed Pears.
Charlotte de Pêches.	Peach Charlotte.
Fromage.	Cheese.
Dessert.	Dessert.

FRENCH.	ENGLISH.
Hors d'Oeuvre Variés.	Appetisers.
Consommé au Riz.	Clear Soup garnished with Rice.
Petits Soufflés de Saumon a l'Indienne.	Small Soufflés of Salmon.
Filets de Soles en Aspic.	Fillets of Sole in Aspic.
Crème de Volaille à la Tomate.	Chicken Creams in Tomato Jelly.
Darioles de Foie-Gras à la Vatel.	Small moulds of Foie-Gras, Vatel style.
Galantine de Volaille.	Chicken Boned and Stuffed.
Jambon de York à l'Aspic.	York Ham garnished with Jelly.
Macédoine de Fruits en Gelée.	Fruit in Jelly.
Crème à la Vanille.	Vanilla Cream.
Fromage.	Cheese.
Dessert.	Dessert.

SPECIMEN MENUS FOR COLD LUNCHEONS

SUITABLE FOR A LARGE PARTY.

FRENCH.	ENGLISH.
Hors d'Oeuvre Variés.	Appetisers.
Consommé Napolitaine.	Clear Soup garnished with Macaroni, etc.
Côtelettes de Homard à l'Aspic.	Lobster Cutlets in Aspic.
Saumon en Mayonnaise.	Salmon Mayonnaise.
Cailles en Caisses, à l'Aspic.	Quails in Cases garnished with Aspic.
Fleurettes de Foie-Gras.	Small Moulds of Foie-Gras.
Poulet en Bellevue.	Chickens coated with Aspic.
Pâte à la Strasbourgeoise.	Strasbourg Pie.
Chartreuse aux Oranges.	Oranges in Jelly.
Riz à l'Imperatrice.	Decorated Rice Mould.
Fromage.	Cheese.
Dessert.	Dessert.

FRENCH.	ENGLISH.
Hors d'Oeuvre Variés.	Appetisers.
Consommé à la Nantaise.	Clear Soup garnished with Green Peas.
Tranchettes de Saumon en Bellevue.	Small Moulds of Salmon in Aspic.
Mayonnaise de Homard.	Lobster Mayonnaise.
Chaudfroid de Côtelettes d'Agneau.	Lamb Cutlets.
Petites Croustades à la Milanaise.	Small Creams in Croustades.
Pâté de Volaille et Jambon.	Chicken and Ham Pie.
Boeuf à la Presse.	Pressed Beef.
Salades de Fruits au Kirsch.	Fruit Salad with Kirsch Syrup.
Charlotte Russe.	Charlotte Russe.
Fromage.	Cheese.
Dessert.	Dessert.

FRENCH.	ENGLISH.
Hors d'Oeuvre Variés.	Appetisers.
Consommé à la Céléstine.	Clear Soup with strips of Pancake.
Truite Saumonée à la Norvégienne.	Salmon Trout, Norwegian style.
Chaudfroid d'Huîtres à la Montpelier.	Oysters, Montpelier style.
Petites Crèmes de Faisan.	Creams of Pheasant.
Medaillons de Volaille à l'Imperiale.	Slices of Chicken Dressed.
Galantine de Boeuf.	Beef Roll.
Pâté de Pigeon.	Pigeon Pie.
Chartreuse de Bananes.	Bananas in Jelly.
Crème au Chocolat.	Chocolate Cream.
Fromage.	Cheese.
Dessert.	Dessert.

SPECIMEN MENUS FOR HOT LUNCHEONS

SUITABLE FOR A LARGE PARTY.

FRENCH.	ENGLISH.
Hors d'Oeuvre.	Appetisers.
Rougets à l'Italienne.	Red Mullet, with Italian Sauce.
Spaghetti à la Crème.	Spaghetti with White Sauce.
Côtelettes de Veau, Sce. Piquante.	Veal Cutlets, Piquante Sauce.
Pommes nouvelles au Beurre.	New Potatoes.
Epinards au jus.	Spinach.
Beignets de Groseilles.	Red Currant Fritters.
Riz à l'Imperatrice.	Decorated Rice Shape.
Fromage.	Cheese.

FRENCH.	ENGLISH.
Hors d'Oeuvre.	Appetisers.
Coquilles de Barbue.	Scallops of Brill.
Omelette à la Portugaise.	Omelet, Tomato Sauce.
Petits Mignons de Boeuf vert pré.	Fillets of Beef with Green Peas.
Purée de Pommes de terre.	Mashed Potatoes.
Haricot verts à la Française.	Green Beans, French style.
Pouding Cabinet.	Cabinet Pudding.
Tartelettes de Pommes.	Apple Tartlets.
Fromage.	Cheese.

FRENCH.	ENGLISH.
Hors d'Oeuvre.	Appetisers.
Côtelettes de Homard.	Lobster Cutlets.
Oeufs à la Crème.	Eggs with White Sauce.
Côtelettes de Mouton à la Milanaise.	Mutton Cutlets, Milanese style.
Pomme Croquettes.	Potato Croquettes.
Choux de Bruxelles.	Brussel Sprouts.
* Pêches à la Colbert.	Peaches, Colbert style.
Crème Vanille.	Vanilla Cream.
Fromage.	Cheese.

FRENCH.	ENGLISH.
Hors d'Oeuvre.	Appetisers.
Sole à la Mornay.	Fillets of Sole, Mornay style.
Omelette au Jambon.	Ham Omelet.
Noisettes de Mouton à la Chasseur.	Fillets of Mutton with Mushrooms.
Pommes' Duchesse.	Potatoes Dressed and Baked.
Céleri au jus.	Stewed Celery.
Pouding au Chocolat.	Chocolate Pudding.
Chartreuse de Bananes.	Bananas in Jelly.
Fromage.	Cheese.

* *Fill halves of peaches with well-cooked, sweetened and flavoured rice, coat them with egg and cake crumbs or breadcrumbs and fry golden brown.*

SPECIMEN MENUS FOR HOT LUNCHEONS

SUITABLE FOR A LARGE PARTY.

FRENCH.	ENGLISH.
Hors d'Oeuvre.	Appetisers.
Petites Soles au Beurre.	Soles Fried in Butter.
Macaroni Napolitaine.	Macaroni, Neapolitan style.
Tournedos à la Françaıse.	Fillets of Beef, French style.
Pommes de terre Sautées.	Fried Potatoes.
Petits Pois au Beurre.	Peas dressed in Butter.
Pouding Viennoise.	Viennoise Pudding.
Macédoine de Fruits au Kirsch.	Fruit Salad with Kirsch.
Fromage.	Cheese.

Hors d'Oeuvre.	Appetisers.
Turbot, Sauce Hollandaise.	Turbot, Dutch Sauce.
Omelette aux Rognons.	Kidney Omelet.
Navarin de Mouton.	Haricot Mutton.
Pommes de terre Naturel.	Boiled Potatoes.
Chouxfleur à la Crème.	Cauliflower with White Sauce.
Charlotte de Pommes.	Apple Charlotte.
Eclairs au Café.	Coffee Eclairs.
Fromage.	Cheese.

LUNCHEONS FOR TWELVE PERSONS.—Summer.

	No. of Recipe.	£	s.	d.
Hors d'Oeuvre (Sardines, Tomatoes, Radishes) . . .		0	1	9
Sole au Gratin	653	0	8	0
Grilled Mutton Cutlets . .	1028	0	6	0
Mayonnaise of Chicken . .	1175	0	8	0
Cold Lamb, Mint Sauce . .	988	0	10	0
Salad		0	1	0
Gooseberry Tart and Cream .	1709	0	3	0
Vanilla Soufflé	1943	0	1	4
Bread, Biscuits, Butter, Cheese		0	3	0
Strawberries and Cream . .	2263	0	3	6
Coffee		0	1	0
		£2	6	7

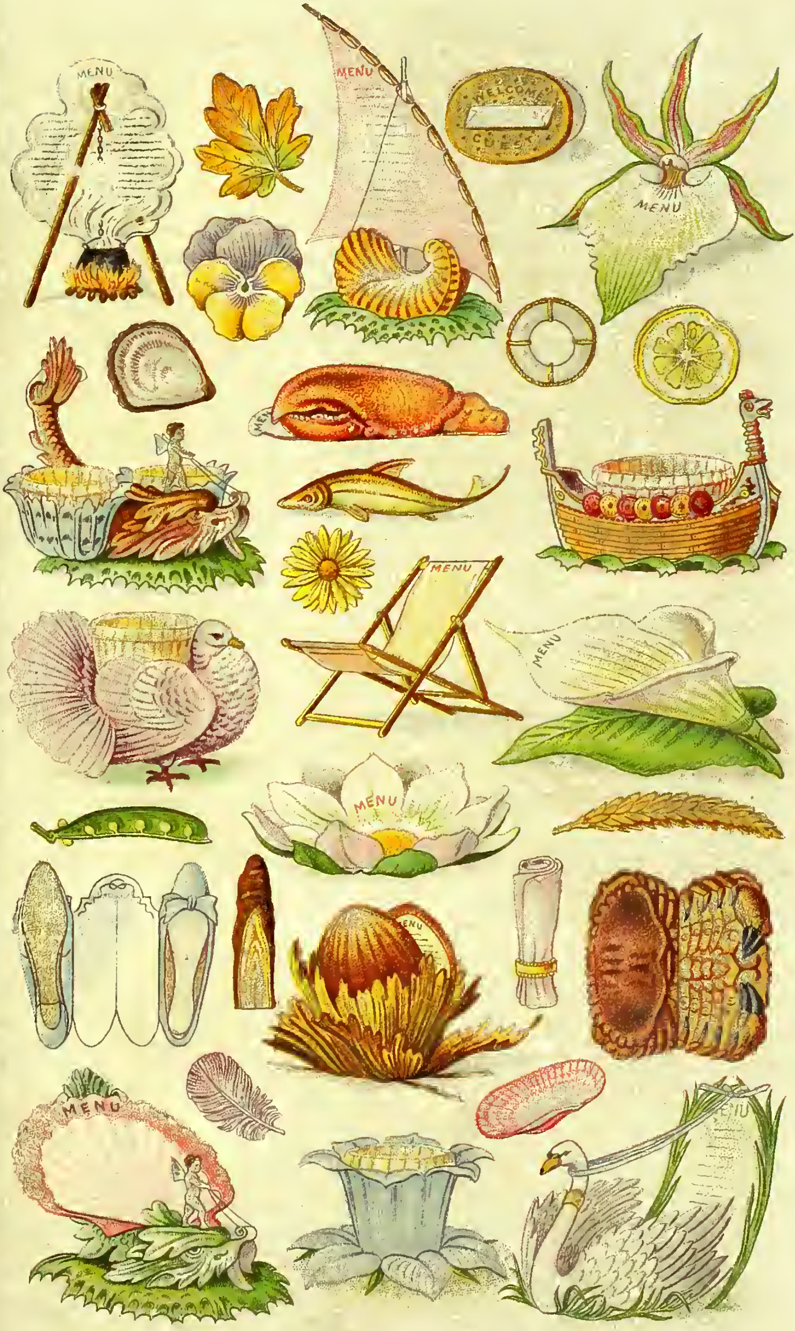
	No. of Recipe.	£	s.	d.
Hors d'Oeuvre (Tunny Fish, Olives, Cucumber) . . .		0	1	9
Whitebait	687	0	2	6
Stewed Pigeons	1249	0	10	6
Veal and Ham Pie . . .	797	0	4	6
Cold Chicken and Tongue .	1189	0	12	0
Salad		0	1	0
Caramel Pudding	1800	0	1	9
Red Currant Tartlets . .	1687	0	2	0
Bread, Biscuits, Butter, Cheese		0	3	0
Strawberries and Cream . .	2263	0	3	6
Coffee		0	1	0
		£2	3	6

LUNCHEONS FOR TWELVE PERSONS.—Winter.

	No. of Recipe.	£	s.	d.
Clear Soup		0	5	0
Scalloped Turbot	510	0	6	0
Veal Cutlets, Tomato Sauce .	782	0	5	0
Roast Chickens	1189	0	12	0
Game Pie . . .	1283	0	6	0
Roast Beef Cold . . .	862	0	7	6
York Ham . . .	1137	0	5	6
Vegetables and Salad . . .		0	6	0
Apple Charlotte	1755	0	2	4
Balmoral Tartlets	1685	0	1	2
Bread, Biscuits, Butter, Cheese		0	3	6
Coffee		0	1	0
		£3	1	0

	No. of Recipe.	£	s.	d.
Celery Soup		0	4	0
Fried Soles	650	0	8	0
Salmi of Pheasant . . .	1311	0	8	6
Saddle of Mutton	1059	0	11	0
Roast Chickens .	1189	0	12	0
Galantine of Beef Cold .	824	0	2	9
Tongue .	933	0	6	0
Lemon Pudding	1869	0	1	6
Apple Tart and Custard . .	1682	0	3	0
Bread, Biscuits, Butter, Cheese		0	3	6
Coffee		0	1	0
		£3	1	3

MENU & GUEST CARDS.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MENUS FOR TWO DAINTY LUNCHEONS.

FRENCH.	ENGLISH.
Salade de Homard.	Lobster Salad.
Dormes feuilletés de Ris-de-Veau.	Little Paste Crusts with Sweetbread.
Pigeons de Bordeaux Rôtis.	Roast Bordeaux Pigeons.
Salade du Printemps.	French Spring Salad.
Pommes-Soufflées.	Puffed Potatoes.
Petits Soufflés du Jambon.	Small Ham Soufflés.
Charlotte de Groseilles vertes.	Gooseberry Cream Charlotte.
Dessert.	Dessert.

FRENCH.	ENGLISH.
Ballons de Poisson.	Fish Balls.
Sauce Tomate.	Tomato Sauce.
Côtelettes d'Agneau aux Epinards.	Lamb Cutlets with Spinach.
Timbale de Foie-Gras.	Goose Liver Timbales.
Tomates farcies gratinées.	Baked Stuffed Tomatoes.
Beignets de Crêpes.	Pancake Fritters.
Dessert.	Dessert.

MENU FOR LUNCHEON FOR A SHOOTING PARTY.

Filets de Soles à la Mayonnaise.	Fillets of Sole in Mayonnaise.
Mousse de Homard frappée.	Iced Lobster Soufflé.
Boeuf braisé à la Gelée.	Braised Beef with Savoury Jelly.
Langue à l'Ecarlate.	Dressed Ox-Tongue.
Filets de Caneton à la Loraine.	Fillets of Duckling with Goose Liver Farce.
Cailles poelées à la Parisienne.	Braised Stuffed Quails.
Faisan en Robe de Chambre.	Roast Pheasant in Crust.
Salade à la Japonaise.	Japanese Salad.
Bordure de Riz aux Prunes.	Border of Rice with Stewed Prunes.
Gâteaux à l'Africaine.	African Cakes.
Bâtons Gruyére.	Savoury Cheese Fingers.
Fromage.	Cheese.
Dessert.	Dessert.

PICNIC LUNCHEONS FOR TWENTY PERSONS.—Summer.

No. 1	*Average Cost.*		
	£	s.	d.
5 lbs. of Cold Salmon	0	8	9
2 Cucumbers	0	1	0
Mayonnaise Sauce	0	1	0
1 Quarter of Lamb	0	10	6
Mint Sauce	0	0	6
8 lbs. Pickled Brisket of Beef	0	6	0
1 Tongue	0	4	6
1 Galantine of Veal	0	4	6
1 Chicken Pie	0	6	6
Salad and Dressing	0	3	0
2 Fruit Tarts	0	3	6
Cream	0	2	0
2 doz. Cheesecakes	0	2	0
2 Creams	0	5	0
2 Jellies	0	4	0
4 Loaves of Bread	0	1	0
2 lbs. of Biscuits	0	1	4
1½ lbs. of Cheese	0	1	3
½ lb. of Butter	0	0	9
6 lbs. of Strawberries	0	4	0
	£3	11	1

No. 2	*Average Cost.*		
	£	s.	d.
4 Lobsters	0	10	0
10 lbs. Wing Rib of Beef	0	8	4
4 Roast Chickens	0	11	0
1 Small Ham	0	7	6
2 Chaudfroid of Chicken	0	7	6
1 Veal and Ham Pie	0	5	6
Salad and Dressing	0	3	0
2 Fruit Tarts	0	3	6
Cream	0	2	0
2 doz. Balmoral Tartlets	0	2	0
2 Creams	0	5	0
2 Jellies	0	4	0
4 Loaves of Bread	0	1	0
2 lbs. of Biscuits	0	1	4
1½ lbs. of Cheese	0	1	3
½ lb. of Butter	0	0	9
1 doz. Pears	0	3	0
1 doz. Bananas	0	1	6
1 doz. Apples	0	1	6
	£3	19	8

Wines, mineral waters, lemon-juice. Plates, dishes, knives, forks, spoons, glasses, tablecloths, serviettes, glass cloths, corkscrews, champagne-opener, castor sugar, oil, vinegar, mustard, pepper, cayenne, salt and pickles.

SPECIMEN MENUS FOR VEGETARIAN LUNCHEONS

FRENCH.	ENGLISH.
Potage à la Parmentier.	Potato Soup.
Omelette aux Champignons.	Mushroom Omelet.
Oeufs à l'Indienne.	Curried Eggs.
Risotto aux Tomates.	Risotto with Tomatoes.
Céleri à la Crème.	Celery with White Sauce.
Salade Verte.	Green Salad.
Crème au Café.	Coffee Cream.
Groseille vertes à la Chantilly.	Gooseberry Fool with Cream.
Fromage .	Cheese.
Purée à la Portugaise.	Tomato Soup.
Omelette au Fromage.	Cheese Omelet.
Oeufs Brouillés aux fines Herbes.	Scrambled Eggs with Herbs.
Macaroni à la Crème.	Macaroni with White Sauce.
Artichauts au Beurre.	Artichokes.
Salade de Pommes de Terre.	Potato Salad.
Pain d'Abricots.	Apricot Cream.
Macédoine de Fruits.	Salad of Mixed Fruit.
Fromage.	Cheese.
Purée à la Palestine.	Jerusalem Artichoke Soup.
Omelette aux Truffes.	Truffle Omelet.
Oeufs à la Christen.	Eggs, Christen style.
Riz à la Piémontaise.	Rice, Piedmont style.
Choux fleur à la Crème.	Cauliflowers with White Sauce.
Salade d'Asperges.	Asparagus Salad.
Savarin Sicilienne.	Sicilienne Savarin.
Compôte de Poires. Fromage.	Stewed Pears. Cheese.
Potage à la Chantilly.	Lentil Cream Soup.
Omelette à la Milanaise.	Omelet, Milan style.
Oeufs à la Crème.	Eggs, with White Sauce.
Macaroni à la Calabraise.	Macaroni, Calabrian style.
Haricots verts au Beurre.	French Beans with Butter.
Salade de Céleri.	Celery Salad.
Pouding Cabinet.	Cabinet Pudding.
Pain de Pruneaux. Fromage.	Prune Cream. Cheese.
Purée de Céleri à la Crème.	Celery Soup.
Omelette aux Tomates.	Tomato Omelet.
Oeufs durs au Gratin.	Hard Boiled Eggs, Baked.
Risotto Milanaise.	Risotto, Milanese style
Asperges, Sauce Hollandaise.	Asparagus, with Dutch Sauce.
Salade de Légumes.	Vegetable Salad.
Crème Caramel renversée.	Caramel Pudding.
Pommes à la Royale. Fromage.	Baked Apples. Cheese.

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS.—SPRING.

Sunday.	*No.*	*Monday.*	*No.*	*Tuesday.*	*No.*	*Wednesday.*	*No.*	*Thursday.*	*No.*	*Friday.*	*No.*	*Saturday.*	*No.*
Spring Soup	55	Tomato Soup	90	Clear Soup with Quenelles	44	Artichoke Soup	101	Clear Soup with Nouilles	46	Rice Soup	84	Clear Soup with Custard	41
Baked Sole	653	Fried Smelts, Tartare Sauce	635 213	Boiled Brill Shrimp Sauce	422 314	Baked Red Mullet	554	Scalloped Cod	615	Fried Fillets of Whiting	646	Fried Scallops	116
Noisette of Lamb, Grilled Tomatoes Fried Potatoes	985 1615 1579	Stewed Pigeons Loin of Mutton Baked Young Turnips, Potatoes German style	1258 1058 1625 1573	Fillets of Beef. Baked Cauliflower, Fried Potatoes	936 1477 1579	Lamb's Sweetbread	1975	Mutton Cutlets, French Beans, Potato Straws	1032 1451 1585	Stewed Ox Tail, Potato Balls	911 1562	Braised Duck with Turnip	1209
Roast Chicken Salad	1189 2397			Roast Ptarmigan, Salad	1316 2387	Braised Beef, Seakale New Potatoes	859 1603 1590	Wild Duck, Orange Salad	1339 (see preceding page)	Braised Capon and Tongue, Asparagus	1273 1446	Saddle of Lamb, Green Peas, Potato Soufflé	988 1556 1586
Almond Pudding *or* Rice Cream	1750 2051	Cabinet Pudding *or* Apple Fool	1795 2074	Chocolate Pudding *or* Vanilla Cream	1810 2062	Apple Charlotte *or* Caramel Pudding	1755 1800	Jam Fritters *or* Oranges in Jelly	1966 2002	Apple Amber *or* Banana Cream	1753 2023	Viennoise Pudding *or* Fruit in Jelly	1924 2001
Cheese Fritters	2735	Anchovy Toast	2714	Mushroom on Toast	1537	Cheese Straws	2746	Devilled Sardines	2789	Baked Spaghetti	3129	Fried Anchovies	2715

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS.—SUMMER.

Sunday.	*No.*	*Monday.*	*No.*	*Tuesday.*	*No.*	*Wednesday.*	*No.*	*Thursday.*	*No.*	*Friday.*	*No.*	*Saturday.*	*No.*
Clear Soup	54	Green Pea Purée	120	Clear Soup	32	Queen Soup	80	Clear Soup	46	Potato Soup	128	Cucumber Cream	116
Stewed Sole	647	Whitebait	687	Scalloped Turbot	615	Salmon Mould	598	Grilled Cod	446	Lobster Mayonnaise	538	Boiled Salmon Green Sauce	591 306
Veal Cutlets, French Beans, Fried Potatoes	727 1452 1569	Vol-au-Vent of Chicken	1199	Beef Olives, Cauliflower New Potatoes	829 1478 1590	Chicken Sauté	1149	Fillets of Beef, Scalloped Tomatoes, Potato Straws	880 1613 1585	Pigeons Farced	1252	Mutton Cutlets Green Peas, Potato Croquets	1029 1556 1562
Roast Duck, Bigarade Sauce Salad	1211 226 2397	Saddle of Mutton Green Peas, New Potatoes	1059 1556 1590	Roast Guinea Fowl Salad	1242 2387	Roast Leg of Lamb Green Peas, Tossed Potatoes	987 1557 584	Roast Turkey Poult Salad	1271 2421	Saddle of Lamb French Beans, Potato Puffs	988 1451 1586	Roast Poularde Salad	1148 1891 2389
Apricot Bouchées *or* Vanilla Cream Ice	1681 2216	Strawberries in Jelly *or* Napolitaine Ice	1999 2246	Garabaldi Cream *or* Coffee Cream Ice	2040 2190	Gooseberry Tart *or* Strawberry Cream Ice	1709 2211	Jubilee Pudding *or* Pineapple Cream	2000 2180	Vanilla Cream *or* Raspberry Cream Ice	2062 2210	Strawberry Cream *or* Royal Pudding	2056 1903
Cheese Soufflé	2744	Stuffed Mushrooms	2536	Caviar on Toast	2724	Cheese Pastry	2734	Herring Roes on Toast	2761	Russian Croûtes	2749	Smoked Haddock Soufflés	1222

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS.—AUTUMN.

Sunday.	*No.*	*Monday.*	*No.*	*Tuesday.*	*No.*	*Wednesday.*	*No.*	*Thursday.*	*No.*	*Friday.*	*No.*	*Saturday.*	*No.*
Clear Mulligatawny Soup	38	Lobster Soup	144	Clear Soup	52	Ox Tail Soup	78	Clear Soup	54	Haricot Bean Soup	121	Clear Soup	30
Boiled Turbot Oyster Sauce	680 310	Whiting Soufflé	568	Fillets of Sole	655	Scalloped Brill	615	Fillets of Whiting	589	Fried Cod, Tartare Sauce	443	Baked Sole	642
Fricandeau of Veal, French Beans, Fried Potatoes	733 1451 1587	Stewed Pigeons, Risole Potatoes	1249 1582	Fillets of Beef, Vegetable Marrow, Potato Straws	875 1630 1585	Salmi of Pheasant, Stuffed Cucumber	1311 1505	Mutton Cutlets, Jerusalem Artichokes Fried Potatoes	1039 1439	Chicken and Rice	1228	Calf's Head	713
Roast Pheasant Salad	1301 2387	Saddle of Mutton, Cauliflower, Boiled Potatoes	1059 1478 1565	Roast Partridge Salad	1304 2397	Roast Beef, Brussels Sprouts, Parisian Potatoes	862 1461 1579	Roast Chicken Salad	1189 2421	Loin of Mutton, Baked Tomatoes, Mashed Potato	 1617 1575	Roast Hare French Beans, Fried Potatoes	1350 1452 1584
Apple Charlottes *or* Rice Cream	1755 2051	Vanilla Soufflé *or* Fruit in Jelly	1943 2001	College Pudding *or* Almond Cream	1817 2021	Lemon Pudding *or* Bananas in Jelly	1869 1999	Apple Fritters *or* Pineapple Charlotte	1952 2033	Viennoise Pudding *or* Meringues	1924 2136	Jam Omelet *or* Swiss Pudding	1950 1916
Devilled Chickens' Livers	2752	Anchovy Fritters	2707	Cheese Soufflé	2744	Stuffed Mushrooms	1536	Caviar on Toast	2724	Devilled Shrimps	2754	Cheese Straws	2746

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS.—WINTER.

Sunday.	*No.*	*Monday.*	*No.*	*Tuesday.*	*No.*	*Wednesday.*	*No.*	*Thursday.*	*No.*	*Friday.*	*No.*	*Saturday.*	*No.*
Clear Soup	43	Mock Turtle Soup	37	Clear Mulligatawny Soup	38	Cream of Chicken	80	Clear Soup	45	Cauliflower Soup	108	Clear Soup	51
Baked Fillets of Turbot	679	Baked Sole	658	Baked Fillets of Whiting	654	Baked Fillets of Cod	653	Stewed Sole	643	Fried Fillets of Whiting	646	Boiled Brill Lobster Sauce	422 199
Salmi of Pheasant	1311	Fillets of Beef, French Beans, Fried Potatoes	874 1451 1569	Mutton Cutlets, Brussels Sprouts, Potato Croquets	1030 1461 1562	Stewed Chicken,	1149	Fillets of Beef, Vegetable Marrow, Potato Straws	899 1630 1585	Escallopes of Chicken	1160	Braised Neck of Mutton French Beans Fried Potatoes	1052 1452 1584
Saddle of Mutton, Tomatoes and Spinach Fried Potatoes	1059 1615 1584	Roast Chicken, Salad	1189 2369	Roast Woodcock Salad	1341 2411	Roast Fillet of Beef Baked Cauliflower, Baked Potatoes	862 1477 1561	Roast Pheasant, Salad	1310 2435	Loin of Mutton Artichokes Mashed Potatoes	1058 1443 1575	Roast Turkey, Salad	1274 2437
Apple Amber *or* Oranges in Jelly	1676 2002	Italian Pudding *or* Savarin with Pineapple	1863 1906	Plum Pudding *or* Meringues	1889 2136	Semolina Soufflé *or* Apricot Cream	1941 2022	Mince Pies *or* Fruit in Jelly	1716 2001	Caramel Pudding *or* St. Cloud Pudding	2031 2158	Baba with Rum *or* Russian Charlotte	1774 2032
Stuffed Olives	2777	Cheese Fritters	2735	Herring Roes on Toast	2761	Anchovy Eggs	2713	Parmesan Cream	2731	Anchovy Eclairs	2712	Stuffed Mushrooms	1536

DINNERS FOR EIGHT PERSONS.—JANUARY.

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Consommé Dubourg.	32	3 pints	0	2	9	Dubourg Soup.
Rougets à l'Maître d'Hôtel.	551	10	0	4	0	Red Mullet, Maître d'Hôtel style.
Côtelettes de Homard.	533	10	0	2	9	Lobster Cutlets.
Filets de Boeuf aux Tomates.	883	3 lbs.	0	4	6	Fillet of Beef with Tomatoes
Faisan rôti.	1310	2	0	12	0	Roast Pheasant.
Salade.	2369	1 dish	0	1	6	Salad.
Pouding au Chocolat.	1809	1½ quan.	0	1	9	Chocolate Pudding.
Charlotte St. José.	2033	1½ ,,	0	4	0	Pineapple Charlotte.
Oeufs Farcis aux Crevette.	2756	5 eggs	0	2	9	Farced Eggs.
Légumes Pomme Croquettes.	1562	—	0	0	9	Vegetables with joint. Potato Croquette.
Topinambour à la Crème	1439	3 lbs.	0	1	0	Jerusalem Artichokes.
			1	17	9	
Potage aux Queues de Boeuf.	78	3 pints	0	3	6	Oxtail Soup.
Filets de Sole à la Colbert.	645	3 soles	0	3	9	Fillets of Sole.
Poulet à la Milanaise.	1202	2 birds	0	8	0	Braised Chicken.
Carré de Mouton.	1054	4 lbs.	0	3	8	Neck of Mutton.
Perdeaux rôtis.	1304	4 birds	0	10	0	Roast Partridges.
Salade.	2397	1 dish	0	1	0	Salad.
Baba au Rhum.	1774	9 babas	0	1	3	Babas with Rum.
Chartreuse à l'Orange.	2002	1 large	0	2	9	Oranges in Jelly.
Crême au Parmesan.	2731	8	0	1	0	Cheese Creams.
Légumes Pommes en Purée.	1575	1 dish	0	0	6	Vegetables with joint Mashed Potato.
Chonfleur au Gratin.	1477	2 dishes	0	1	0	Baked Cauliflower.
			1	16	5	
Consommé Julienne.	35	3 pints	0	3	6	Julienne Soup.
Filets de Merlan à la Normande.	647	10 fillets	0	3	6	Whiting with Normande Sauce.
Noisettes de Mouton or Lamb.	985	10 noisettes	0	6	6	Fillets of Mutton or Lamb.
Poulet rôti.	1189	2 birds	0	7	0	Roast Chickens.
Salade.	2421	1 dish	0	1	3	Salad.
Chou de Mer au jus.	1603	1 dish	0	2	6	Braised Seakale.
Soufflé à la Vanille.	1943	2 soufflés	0	2	0	Vanilla Soufflé.
Bavaroise au Chocolate.	2037	1 large	0	1	6	Chocolate Mould.
Croûstades au Fromage.	2733	10	0	0	10	Cheese Croustades.
Légumes Pommes pailles.	1585	1 dish	0	0	9	Vegetables with entrée Potato Straws.
Tomates aux Epinards.	1615	10 tomatoes	0	2	0	Tomatoes and Spinach.
			1	11	4	
Crème à la Palestine.	101	3 pints	0	2	[illegible]	Artichoke Soup.
Eperlaus Frits Sauce Tartare.	635	18 smelts	0	3	6	Fried Smelts, Tartar Sauce.
Poulet Sauté à la Marengo.	1149	2 birds	0	10	0	Stewed Chicken.
Selle de Mouton rótie.	1059	1 saddle	0	10	6	Roast Saddle of Mutton.
Artichauts à la Vinaigrette.	2359	1 dish	0	3	6	Artichokes with Vinaigrette Sauce
Beignets d'Abricots.	1953	1 dish	0	1	3	Apricot Fritters.
Pouding Cabinet Froid.	2039	1 large	0	2	6	Cold Cabinet Pudding.
Aigrettes au Parmesan	2727	1 dish	0	1	2	Cheese Balls.
Légumes Pommes Sautées.	1584	1 dish	0	0	9	Vegetables with joint Fried Potatoes.
Choufleur à la Crème.	1478	3	0	1	0	Cauliflower with White Sauce.
			1	16	5	

DINNERS FOR EIGHT PERSONS.—FEBRUARY.

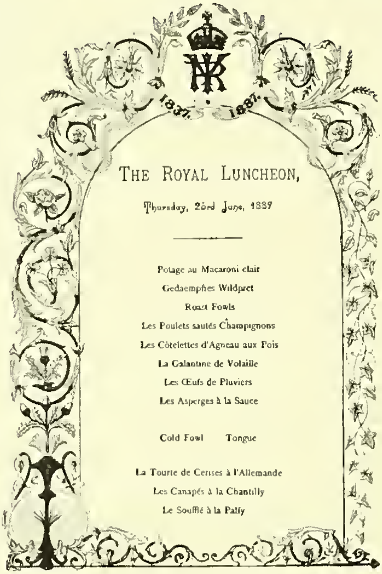
French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Consommé Solferino	54	3 pints	0	3	0	Clear Soup.
Cabillaud Sauce aux Huîtres.	428, 310	3 lbs.	0	4	6	Cod and Oyster Sauce.
Poulet à l'Italienne.	1204	2 birds	0	7	6	Chicken with Italian Sauce.
Selle d'Agneau.	988	1 saddle	0	7	0	Roast Saddle of Mutton.
Bécasse rôtie.	1341	2 brace	0	8	0	Woodcock.
Salade.	2371	1 dish	0	2	6	Salad.
Pouding Cabinet.	1795	1 large	0	1	3	Cabinet Pudding.
Gelée Panachée.	2007	1 large	0	2	0	Marbled Jelly.
Champignons Farcis.	1536	9 mushrs.	0	1	3	Stuffed Mushrooms.
Légumes Pommes Vermicelle.	1589	1 dish	0	0	6	Vegetables with joint Vermicelli Potatoes.
Haricots Verts au beurre	1452	1 dish	0	2	6	French Beans.
			2	0	0	

Crème de Céleri	109	3 pints	0	4	0	Celery Soup.
Sole à l'Epicurienne.	643	2 soles	0	5	6	Stewed Sole.
Ris d'Agneau en croustade.	977	1½ lbs.	0	5	6	Lambs' Sweetbreads in Cases.
Filet de Boeuf piquée.	884	5 lbs.	0	8	6	Larded Fillet of Beef.
Ptarmigan rôti.	1316	3 birds	0	6	6	Roast Ptarmigan.
Salade.	2386	1 dish.	0	2	0	Salad.
Pouding aux Amandes.	1749	1 pudding	0	1	6	Almond Pudding.
Meringues à la Chantilly.	2136	9 merings.	0	1	9	Meringues with Cream.
Laitance sur croûtes.	2761	4 roes	0	1	3	Herring Roes on Toast.
Légumes Pommes Sautées.	1584	1 dish	0	0	9	Vegetables with joint Fried Potatoes.
Laitues braisées.	1477	2 dishes	0	0	3	Braised Lettuce.
			1	18	6	

Consommé à la Royale.	41	3 pints	0	3	6	Clear Soup.
Soufflé aux Huîtres.	568	1 large	0	3	0	Oyster Soufflé.
Salmi de Faisan.	1311	2 birds	0	11	0	Salmi of Pheasant.
Selle de Mouton rôti.	1059	11 lbs.	0	11	0	Roast Saddle of Mutton.
Haricots Verts à la Française.	1452	1 dish	0	1	3	French Beans.
Charlotte de Pommes.	1755	1 large	0	1	6	Apple Charlotte.
Crème aux Pistaches.	2049	1 large	0	4	3	Pistachio Cream.
Pailles au Parmesan.	2746	1 dish	0	0	9	Cheese Straws.
Légumes Pommes Dauphine.	1562	1 dish	0	0	8	Vegetables with joint Potato Croquettes.
Choux de Bruxelles.	1461		0	1	0	Brussels Sprouts.
			1	17	11	

Bisque de Homard.	144	3 pints	0	4	0	Lobster Soup.
Filet de Sole à la Maître d'hôtel.	655	2 soles	0	5	6	Baked Fillets of Sole.
Côtelettes de Volaille.	1159	10 cutlets	0	3	3	Chicken Cutlets.
Boeuf braisé à la Bourgeoise.	859	4 lbs.	0	5	0	Braised Beef.
Asperges Sauce Mousseline.	1444	100 heads	0	6	0	Asparagus. Mousseline Sauce.
Pouding Viennoise.	1924	1 large	0	2	6	Viennoise Pudding.
Charlotte Russe.	2032	1 large	0	2	3	Russian Charlotte.
Tomates Farcies.	1617	8 tomatoes	0	1	6	Stuffed Tomatoes.
Légumes Pommes Parisienne.	1579	1 dish	0	0	9	Vegetables with joint. Fried Potatoes.
Artichauts	1439	3 lbs.	0	1	0	Artichokes.
			1	11	9	

COURT MENUS.



1837 1887

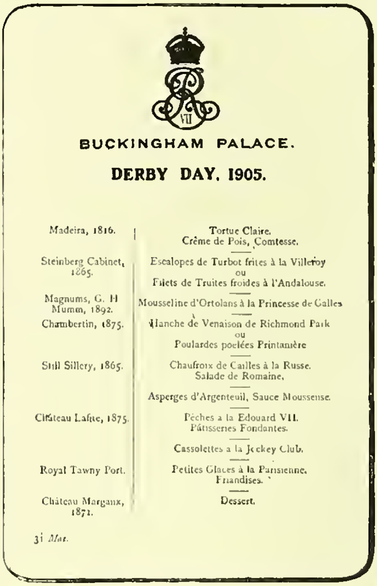
THE ROYAL LUNCHEON,

Thursday, 23rd June, 1887

Potage au Macaroni clair
Gedaempfies Wildpret
Roast Fowls
Les Poulets sautés Champignons
Les Côtelettes d'Agneau aux Pois
La Galantine de Volaille
Les Œufs de Pluviers
Les Asperges à la Sauce

Cold Fowl Tongue

La Tourte de Cerises à l'Allemande
Les Canapés à la Chantilly
Le Soufflé à la Palfy

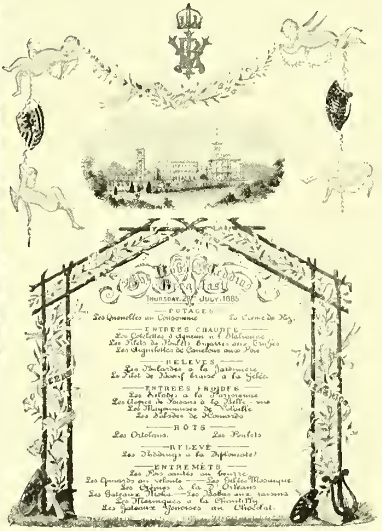


BUCKINGHAM PALACE.

DERBY DAY, 1905.

Madeira, 1816.	Tortue Claire. Crême de Pois, Comtesse.
Steinberg Cabinet, 1865.	Escalopes de Turbot frites à la Villeroy ou Filets de Truites froides à l'Andalouse.
Magnums, G. H Mumm, 1892.	Mousseline d'Ortolans à la Princesse de Galles
Chambertin, 1875.	Hanche de Venaison de Richmond Park ou Poulardes poelées Printanière
Still Sillery, 1865.	Chaufroix de Cailles à la Russe. Salade de Romaine.
	Asperges d'Argenteuil, Sauce Mousseuse.
Château Lafite, 1875.	Pêches a la Edouard VII. Pâtisseries Fondantes.
	Cassolettes a la Jockey Club.
Royal Tawny Port.	Petites Glaces à la Parisienne. Friandises.
Château Margaux, 1871.	Dessert.

31 *Mai.*



The Royal Wedding Breakfast
THURSDAY, 23rd JULY, 1885

POTAGES
Les Quenelles au Consommé — La Crème de Riz.

ENTRÉES CHAUDES
Les Côtelettes d'Agneau à l'Italienne
Les Filets de Poulets Sautés aux Truffes
Les Aiguillettes de Canetons aux Pois

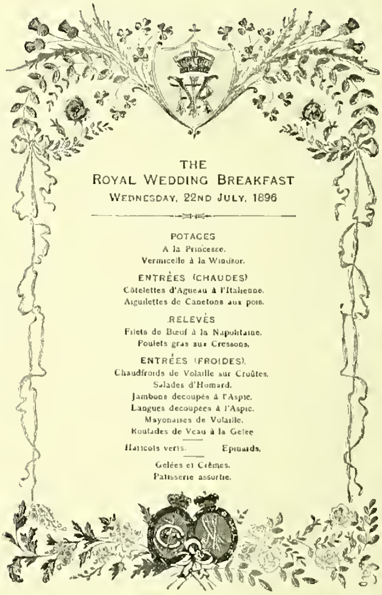
RELEVÉS
Les Poulardes à la Jardinière
Le Filet de Bœuf braisé à la Gelée

ENTRÉES FROIDES
Les Salades à la Parisienne
Les Aspics de Faisans à la Belle-vue
Les Mayonnaises de Volaille
Les Salades de Homards

RÔTS
Les Ortolans. — Les Poulets

RELEVÉ
Les Puddings à la Diplomate

ENTREMÊTS
Les Pois sautés au beurre
Les Epinards au velouté — Les Gelées Mosaïque
Les Crèmes à la d'Orléans
Les Gâteaux Moka — Les Babas aux raisins
Les Meringues à la Chantilly
Les Gâteaux Génoises au Chocolat



THE
ROYAL WEDDING BREAKFAST
WEDNESDAY, 22ND JULY, 1896

POTAGES
A la Princesse.
Vermicelle à la Windsor.

ENTRÉES (CHAUDES)
Côtelettes d'Agneau à l'Italienne.
Aiguillettes de Canetons aux pois.

RELEVÉS
Filets de Bœuf à la Napolitaine.
Poulets gras aux Cressons.

ENTRÉES (FROIDES).
Chaudfroids de Volaille sur Croûtes.
Salades d'Homard.
Jambons decoupés à l'Aspic.
Langues decoupées à l'Aspic.
Mayonaises de Volaille.
Roulades de Veau à la Gelée

Haricots verts. Epinards.

Gelées et Crèmes.
Patisserie assortie.

DINNERS FOR EIGHT PERSONS.—MARCH.

French.	*Recipe No.*	*Quantity.*	*Average Cost.*			English.
			£	*s.*	*d.*	
Consommé Brunoise.	30	3 pints	0	3	6	Brunoise Soup.
Turbot bouilli sce.aux Crevettes.	680, 314	5 lbs.	0	7	0	Boiled Turbot, Shrimp Sauce.
Poulet en Casserole.	1154	2 birds	0	7	0	Stewed Chicken.
Aloyau de Boeuf.	862	8 lbs.	0	8	0	Sirloin of Beef.
Pluviers rôtis.	1312	4 birds	0	7	6	Roast Plovers.
Salade.	2411	1 dish	0	1	9	Salad.
Pouding Caramel.	1800	10 puddings	0	1	4	Caramel Pudding.
Gelée au Marasquin.	2008	1 large	0	1	6	Maraschino Jelly.
Champignons sur croûtons.	1537	1 lb.	0	1	0	Grilled Mushrooms on Toast.
Légumes { Pommes de terre frites	1569	2 dishes	0	0	9	Vegetables { Fried Potatoes,
Choufleurs à la Crème	1478	dishes	0	1	3	Cauliflowers and White Sauce.
			2	0	7	
Potage à la Bonne Femme.	66	3 pints	0	3	0	Good Wife's Soup.
Petits Pâtés de Homard.	539	9 patties	0	2	6	Lobster Patties.
Crème de Volaille.	1155	10 creams	0	3	6	Chicken Creams.
Selle d'Agneau Sce. Minthe.	988	1 saddle	0	7	0	Saddle of Lamb, Mint Sauce.
Gelinotte de bois rôti.	1316	3 birds	0	6	6	Roast Hazel Hen.
Salade.	2397	1 dish.	0	1	0	Salad.
Pouding de Marrons.	1807	1 large	0	1	6	Chestnut Pudding.
Crème au Café.	2038	1 large	0	2	3	Coffee Cream.
Aigrettes au Parmesan.	2727	1 dish	0	1	2	Cheese Fritters.
Légumes { Pomme nouvelle Hari-	1590	2 lbs.	0	1	0	Vegetables { New Potatoes,
cots Verts.	1541	2 lbs.	0	2	0	with Joint { French Beans.
			1	11	5	
Consommé Pâte d'Italie.	45	3 pints.	0	3	3	Clear Soup.
Cabillaud en Coquilles.	615	10 scallops	0	2	3	Scalloped Cod.
Wiener Schnitzel.	3709	1 dish	0	3	0	Austrian Veal Cutlets.
Caneton rôti.	1211	2 ducks	0	8	0	Roast Duckling.
Salade.	2397	1 dish	0	1	6	Salad.
Beignets de Céleri à l'Indienne.	1483	1 dish	0	1	6	Curried Celery Fritters.
Pouding à la Garçon.	1776	1 large	0	1	0	Bachelor's Pudding.
Pommes à la Chantilly.	2074	10 glasses	0	2	0	Apple Fool and Cream.
Fondu au Parmesan.	2744	2 small	0	1	9	Cheese Soufflé.
Légumes { Pomme Duchesse	1578	12 puffs	0	0	10	Vegetables { Duchess Potatoes.
Petits pois au beurre.	1557	2 bottles	0	1	6	with entrée { Peas with butter.
			1	8	7	
Potage à la Crécy au riz.	107	3 pints	0	2	6	Carrot Soup with rice.
Sole au gratin.	653	2 soles	0	5	0	Baked Sole.
Queux de Boeuf.	912	2 tails	0	5	6	Ox Tail.
Poularde rôtie.	1148, 1149	1 large	0	7	6	Roast Pullet.
Salade.	2435	1 dish	0	2	0	Salad.
Tomates Farcies.	1617	8 tomatoes	0	1	6	Stuffed Tomatoes.
Beignets de Groseille.	1965	1 dish	0	0	8	Red Currant Jelly Fritters.
Pouding St. Cloud.	2158	1 large	0	2	6	Brown Bread Pudding.
Croûstades de Sardines.	2788	1 dish	0	1	0	Sardine Croûstades.
Légumes { Pommes Duchess	1579	1 dish	0	0	9	Vegetables { Duchess Potatoes.
Tomatoes grillées.	1612	10 tomatos.	0	2	6	with entrée { Grilled Tomatoes.
			1	11	5	

DINNERS FOR EIGHT PERSONS.—APRIL.

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Consommé aux Milles Feuilles.	36	3 pints	0	3	0	Clear Leafy Soup.
Filets de Sole à la Crème.	642	2 soles	0	5	6	Fillets of Sole with Cream Sauce.
Pigeons à la Duchesse.	1252	5 pigeons	0	10	0	Pigeons boned and farced.
Gigot d'Agneau braisé.	989	1 leg	0	7	6	Braised Leg of Lamb.
Poularde rôtie.	1148, 1189	1 bird	0	7	6	Roast Pullet.
Salade.	2397	1 dish	0	1	0	Salad.
Pommes Meringuées.	1753	1 pudding	0	1	6	Apple Amber.
Crème à la Garibaldi.	2040	1 large	0	3	0	Garibaldi Cream.
Olives farcis.	2777	8 olives	0	1	6	Farced Olives.
Légumes Haricot Vert naturel.	1451	2 lbs.	0	2	0	Vegetables French Beans.
Pommes Nouvelle.	1590	2 lbs.	0	1	0	with joint New Potatoes.
			2	3	6	
Potage à la Parmentier.	128	3 pints	0	1	6	Potato Soup.
Saumon bouilli Sce. Hollandaise.	591	2½ lbs.	0	8	0	Boiled Salmon. Dutch Sauce.
Crème de Volaille.	1155	10 creams	0	3	6	Chicken Creams.
Selle de Mouton rôtie.	1059	10 lbs.	1	0	0	Roast Saddle of Mutton.
Caille en Caisses.	1318	5 birds	0	10	0	Quails in Cases.
Salade.	2387	1 dish	0	1	3	Salad.
Soufflé de Semoule.	1941	2 small	0	1	3	Semolina Soufflé.
Crème d'Ananas.	2048	1 large	0	3	3	Pineapple Cream.
Crevettes au Karí.	2750	8 ramakins	0	1	0	Curried Shrimps.
Légumes Epinards au jus.	1607	1 dish	0	1	0	Vegetables Spinach.
Pommes Sautées.	1584	1 dish	0	0	9	with joint Fried Potatoes.
			2	1	3	
Consommé aux Profitèrolas.	54	3 pints	0	3	0	Clear Soup
Filets de Merlans à l'Horly.	646	3 whiting	0	1	6	Fried Fillets of Whiting.
Mignons de Veau à la Tallyrand.	730	10 fillets	0	3	0	Fillets of Veal.
Canetons rôtis.	1211	2 birds	0	8	0	Roast Ducklings.
Salade.	2394	1 dish	0	2	0	Salad.
Asperges Sce. Mousseline.	1444	1,000 heads	0	6	6	Asparagus Mousseline Sauce.
Pouding au Citron.	1867	1 large	0	1	9	Lemon Pudding.
Macedoine de Fruits en gelée.	2001	1 large	0	3	6	Fruit in Jelly.
D'Artois au Parmesan.	2734	1 dish	0	1	0	Cheese Pastry.
Légumes Artichauts à la Crème.	1478	2 dishes	0	1	4	Vegetables Artichokes.
Pommes Nouvelles.	1590	2 lbs.	0	1	0	with entrée New Potatoes.
			1	12	7	
Potage à la Crème d'Orge.	58	3 pints	0	2	6	Cream of Barley Soup.
Truite au Vin Rouage.	677	3 large	0	5	0	Stewed Trout.
Tournedos à la Pompadour.	876	10 fillets	0	5	0	Fillets of Beef.
Poulet rôti.	1189	2 birds	0	7	0	Roast Chicken.
Salade.	2406	1 dish	0	1	3	Salad.
Choufleur au gratin.	1477	2 dishes	0	1	6	Baked Cauliflower.
Pouding à la College.	1817	10puddings	0	1	0	College Pudding.
Tartletts Groseilles à la Chantilly.	1687	10 tartlets	0	1	8	Gooseberry and Cream Tartlets.
Eclairs d'Anchois.	2712	10 clairs	0	1	3	Anchovy Rolls.
Légumes Cardons au jus	1469, 1481	2 dishes	0	2	6	Vegetables Stewed Cardoons.
Pommes Frites.	1570	2 dishes	0	0	9	with entrée Fried Potatoes.
			1	9	5	

DINNERS FOR EIGHT PERSONS.—MAY.

French.	*Recipe No.*	*Quantity.*	*Average Cost.*			English.
			£	s.	d.	
Consommé Jardinière.	34	3 pints	0	3	0	Clear Soup.
Mousseline de Saumon.	612	10 moulds	0	4	6	Salmon Moulds.
Canard aux Olives.	1213	2 birds	0	8	0	Stewed Ducks with Olives.
Gigot d' Agneau Sce. Menthe.	988	1 leg	0	6	6	Roast Leg of Lamb, Mint Sauce.
Gelinotte rôtie.	1316	3 birds	0	6	6	Roast Hazel Hen.
Salade.	2387	1 dish	0	1	3	Salad.
Pouding Saxonne.	1908	1 large	0	2	0	Saxon Pudding.
Macédoine de Fruits au Kirsch.	2001	1 ,,	0	3	6	Compote of Fruit.
ou						or
Glace à la Crème de Vanille.	2216	1 ,,	0	2	6	Vanilla Cream Ice.
Croûtes à la Russe.	2749	10 croutes	0	1	3	Russian Croûtes.
Lègumes { Petits pois française.	1557	1½ pecks	0	1	9	Vegetables { Peas.
Pommes Nouvelle.	1590	3 lbs.	0	1	0	with joint { New Potatoes.
			2	1	9	
Crème St. Germain.	120	3 pints	0	3	0	Green Pea Soup.
Turbot grillé au beurre d'Anchois.	512, 2454	4 lbs.	0	5	0	Grilled Turbot Anchovy Butter.
Côtelettes de Mouton à la Reforme.	1032	10 cutlets	0	6	6	Mutton Cutlets.
Poulet braisé.	1202	2 birds	0	7	0	Braised Chickens.
Cailles rôties au Cresson.	1317	8 ,,	0	11	6	Roast Quails with Watercress.
Salade.	2369	1 dish	0	1	6	Salad.
Flan de Groseille Meringué.	1700	2 flans	0	2	0	Gooseberry Tart.
Gelée Dorée.	1992	1 mould	0	2	9	Golden Jelly.
ou						or
Glace au Moka.	2190	1 mould	0	2	0	Coffee Cream Ice.
Soufflé au Parmesan.	2744	1 soufflé	0	1	6	Cheese Soufflé.
Légumes { Choufleurs à la Crème.	1478	2 dishes	0	1	4	Vegetables } Cauliflowers.
*Pommes Dauphine.	1562	2 ,,	0	0	9	with joint } Potato Croquettes.
			2	4	10	
Consommé aux Vermicelle.	57	3 pints	0	3	0	Vermicelli Soup.
Petits Soles aux Champignons.	657	2 soles	0	5	0	Soles with Mushrooms.
Mignon de Boeuf à la Milanaise.	897	10 fillets	0	5	0	Fillets of Beef.
Poulet rôti.	1189	2 birds	0	7	6	Roast Chickens.
Salade.	2421	1 dish	0	1	3	Salad.
Asperges, Sauce Vinaigrette.	1444	100 heads	0	6	0	Asparagus, Vinaigrette Sauce.
Tartlettes de Cerises.	1688	10 tartlets	0	1	3	Cherry Tartlets.
Crème à la Velouté.	2063	1 large	0	2	0	Velvet Cream.
ou						or
Glace à l'eau d'Ananas.	2228	1 large	0	1	6	Pineapple Water Ice.
Aigrettes aux Anchois.	2707	1 dish	0	1	3	Anchovy Fritters.
Légumes { Haricots Verts.	1451	2 lbs.	0	1	0	Vegetables { French Beans.
Pommes Frites.	1569	2 dishes	0	0	9	with entrée { Fried Potatoes.
			1	15	6	
Potage à l'Americaine.	90	3 pints	0	2	0	Tomato Soup.
Blanchaille au Citron	687	1 quart	0	3	0	Whitebait with Lemon.
Fricandeau de Veau.	733	3 lbs.	0	5	0	Braised Fillet of Veal.
Canard rôti.	1211	2 birds	0	7	0	Roast Ducks.
Salade.	2387	1 dish	0	1	3	Salad.
Artichauts au beurre.	1436	8 artichoks	0	3	0	Artichokes with Butter.
Beignets d'Ananas.	1969	1 dish	0	1	0	Pineapple Fritters.
Gelée au Marasquin.	2008	1 mould	0	1	9	Marasquino Jelly.
ou						or
Glace à la Crème de Bananes.	2023	1 mould	0	2	9	Banana Cream Ice.
Croustades au Parmesan.	2733	10croutads	0	1	0	Cheese Croustades.
Légumes { Petits pois au beurre.	1557	2 dishes	0	1	6	Vegetables { Peas.
Pommes Parisienne	1579	2 dishes	0	0	9	with entree { Fried Potato Balls.
			1	10	0	

* Size of new potatoes, almond-shaped, with tapering points.

DINNERS FOR EIGHT PERSONS.—JUNE.

French.	*Recipe No.*	*Quantity.*	*Average Cost.*			English.
			£	*s.*	*d.*	
Consommé aux Pointes d'Asperges	42 1488	3 pints	0	4	6	Clear Soup.
Saumon en papillotes	597	2 lbs	0	3	6	Salmon in Cases.
Escalopes de Volaille	1160	10 escalops	0	5	0	Escalops of Chicken.
Quartier d'Agneau, Sce. Menthe.	988	8 lbs.	0	8	0	Quarter of Lamb, Mint Sauce.
Pintade rôtie.	1242	2 birds.	0	8	0	Roast Guinea Fowl.
Salade.	2397	1 dish	0	1	0	Salad.
Savarin au Kirsch.	1905	1 large	0	1	6	Savarin with Kirsh.
Tartlettes de Cerises à la Chantilly	1688	10 tartlets	0	1	8	Cherry and Cream Tartlets.
ou						or
Glacé aux Amandes Brulées.	2179	1 large	0	2	6	Burnt Almond or Cream Ice.
D'Artois aux Anchois.	2709	1 dish	0	1	0	Anchovy D'Artois.
Légumes Flageolets au beurre	1557	2 dishes	0	1	3	Vegetables Flageolets.
Pommes Nouvelle.	1590	2 dishes	0	0	9	with joint New Potatoes.
			1	18	8	
Potage à la Chantilly.	112	3 pints	0	2	6	Chantilly Soup.
Blanchailles au Citron.	687	1 quart	0	3	0	Whitebait.
Ris d' Agneau à la Bourgeoise.	976	1½lbs.	0	4	6	Lambs' Sweetbreads.
Selle de Mouton rôti.	1059	10 lbs.	0	10	0	Saddle of Mutton.
Ptarmigan rôti.	1316	3 birds	0	6	0	Roast Ptarmigan.
Salade.	2409	1 dish	0	3	0	Salad.
Pouding Cobourg.	1815	10puddings	0	1	3	Cobourg Pudding.
Meringues à la Crême.	2136	10 merges.	0	2	0	Meringues with Cream.
ou						or
Glace à la Crême de Caramel.	2180	1 mould	0	2	0	Caramel Cream Ice.
Croustades de Caviar	2724	10 crustds.	0	3	6	Caviare Croustades.
Légumes Haricots Verts.	1451	2 dishes	0	1	6	Vegetables French Beans.
Pommes sautées.	1584	2 dishes	0	0	9	with joint Fried Potatoes.
			2	0	0	
Consommé à la Portugaise.	43	3 pints	0	3	6	Clear Soup.
Turbot, Sauce Hollandaise.	680, 304	4 lbs.	0	5	0	Turbot, Dutch Sauce.
Olives de Veau à la Française.	729	10 olives	0	4	0	Veal Olives.
Canetons rôtis.	1211	2 birds	0	8	0	Roast Ducklings.
Salade.	2397	1 dish	0	1	0	Salad.
Haricots Verts à la Française.	1452	2 dishes	0	2	0	French Beans.
Pouding à la Italienne.	1864	1 large	0	1	8	Italian Pudding.
Compôte de Fruits au Kirsch.	2099	1 dish	0	2	0	Compote of Fruit.
ou						or
Glace Tutty Frutty.	2215	1 mould	0	2	6	Mixed Fruit Ice.
Meringues au Parmesan.	2737	10 merges.	0	0	10	Cheese Meringues.
Légumes Macédoine à la crème	1478	2 dishes	0	1	4	Vegetables Mixed Vegetables.
Pommes Croquettes.	1562	2 dishes	0	0	9	with entrée Potato Croquettes.
			1	12	7	
Crême d'Oseille.	131	3 pints	0	4	0	Sorrel Soup.
*Aiguilles de Sole, Sce. Tartare.	651, 213	2 soles	0	3	6	Fried Fillets of Sole, Tartare Sce.
Poulet au riz.	1228	2 birds	0	8	0	Stewed Chicken and Rice.
Longe de Mouton rôtie.	1058	4 lbs.	0	3	8	Roast Loin of Mutton.
Asperges, Sce. Vanaigrette.	1446	100 heads	0	6	0	Asparagus, Vinaigrette Sauce.
Soufflé de Vanille.	1943	1 large	0	1	6	Vanilla Soufflé.
Macédoine de fruits en gelée.	2001	1 large	0	3	6	Mixed Fruit in Jelly.
ou						or
Glace de crème d'Ananas.	2207	1 large	0	2	3	Pineapple Cream Ice.
Lailance sur Canapé.	2761	10 croûtes	0	1	3	Herrings' Roes on Toast.
Légumes Petits pois.	1556	1½ pecks	0	1	0	Vegetables Peas.
Pommes Nouvelle.	1590	3 lbs.	0	1	0	with joint New Potatoes.
			1	15	8	

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* The soles must be divided into long narrow fillets, 5 in. by 1 in. egged and bread-crumbed and fried in hot fat.

DINNERS FOR EIGHT PERSONS.—JULY.

French.	Recipe No.	Quantity.	Average Cost. £	s.	d.	English.
Consommé aux Quenelles Frites.	44	3 pints	0	4	0	Clear Soup with Quenelles.
Filets de Merlans à la Crème	642	10 fillets	0	2	6	Fillets of Whiting, Cream Sauce.
Compôte de Pigeons	1249	5 pigeons	0	8	6	Stewed Pigeons.
Quartier d'Agneau rôti.	988	8 lbs.	0	8	0	Roast Quarter of Lamb.
Concombre à la Poulette.	1503	2 cucumbs.	0	1	9	Cucumber with Poulette Sauce.
Pouding Cabinet.	1795	1 large	0	1	6	Cabinet Pudding.
Bavarois de Fraises.	2056	1 large	0	3	0	Strawberry Cream.
ou						or
Pouding Nesselrode.	2247	1 large	0	3	6	Nesselrode Pudding.
Bouchées de Caviar.	2726	10 patties	0	3	3	Caviare Patties.
Légumes { Petits pois.	1555	1½ pecks	0	1	6	Vegetables } Peas.
Pommes Naturel.	1565	1 dish	0	0	6	with joint } Potatoes.
			1	18	0	
Potage à la Crème de riz.	84	3 pints	0	2	0	Cream of Rice Soup.
Sole Frite, Sauce Anchois.	650	2 soles	0	5	0	Fried Sole, Anchovy Sauce.
Poulet à la Stanley.	1228	2 birds	0	8	0	Stewed Chicken and Rice.
Longe de Mouton rôti.	1058	4 lbs.	0	3	8	Roast Loin of Mutton.
Raviolis à l'Italienne.	2978	10 ravioles	0	1	0	Italian Ravioles.
Soufflé de Fraises.	1942	1 large	0	2	3	Strawberry Soufflé.
Charlotte Russe	2032	1 large	0	2	9	Russian Charlotte.
ou						or
Pouding à la Reine.	2241	1 large	0	4	6	Queen Pudding.
Anchois en fritot.	2715	10 anchvs.	0	1	3	Fried Anchovies.
Légumes { Choufleur à la Crème.	1478	2 dishes	0	1	4	Vegetables } Cauliflowers.
Pommes Croquettes.	1562	2 dishes	0	0	9	with joint } Potato Croquettes.
			1	12	6	
Consommé à l'Indienne.	38	3 pints	0	2	0	Clear Soup.
Coquilles de Turbot.	510	10 coquilles	0	3	6	Scalloped Turbot.
Poulet Sauté à la Marengo.	1149	2 birds	0	10	0	Stewed Chicken.
Selle d'Agneau rôtie.	988	8 lbs.	0	8	0	Roast Saddle of Lamb.
Oeufs de Pluviers en Aspic.	3067	10 eggs	0	4	6	Plovers' Eggs in Aspic.
Salade.	2411	1 dish	0	1	9	Salad.
Flan de Fraises Meringué.	1702	1 flan	0	2	0	Strawberry Tart.
Gelée Panachée.	2007	1 mould	0	1	9	Marbled Jelly.
ou						or
Glace Crème à la Vanille.	2216	1 mould	0	2	6	Vanilla Ice Cream.
Croûtes à la Yarmouth.	2721	10 croutes	0	0	10	Bloater Toast.
Légumes { Haricots Verts au beurre.	1452	2 lbs.	0	1	0	Vegetables { Beans with Butter.
Pommes Sautées.	1584	2 dishes	0	0	9	with joint { Fried Potatoes.
			1	18	7	
Potage à la Marie Stuart.	80	3 pints	0	6	0	Marie Stuart Soup.
Blanchailles au Citron.	687	1 quart	0	3	0	Whitebait.
Ris de Veau à l'Italienne.	772	1 pair	0	7	6	Calves' Sweetbread.
Côtelettes de Mouton grillées	1028	10 cutlets	0	6	6	Mutton Cutlets.
Poularde rôtie.	1148 1189	1 bird	0	7	0	Roast Poulard.
Salade.	2369	1 dish	0	1	6	Salad.
Savarin aux Fruits.	1905	1 large	0	1	6	Savarin with Fruit.
Créme à la Vanille.	2061	1 mould	0	2	0	Vanilla Cream
ou						or
Glace Napolitaine.	2246	1 block	0	2	6	Napolitan Ice.
Rissolettes aux Anchois.	2716	10 riss.	0	1	0	Anchovy Rissolettes.
Légumes { Courge à la Crème.	1630	2 marrows	0	1	0	Vegetables { Vegetable Marrow.
Pommes pailles.	1585	2 dishes	0	0	9	with Cutlets { Potato Straws.
			2	0	3	

DINNERS FOR EIGHT PERSONS.—AUGUST.

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Consommé Bouquetière.	34	3 pints	0	3	0	Clear Soup.
Soufflé de Merlan.	568	1 large	0	2	3	Whiting Soufflé.
Ballotines de Volaille.	1160	10 ballotins	0	5	0	Chicken Ballotines.
Quartier d' Agneau rôti.	988	8 lbs.	0	8	0	Quarter of Lamb.
Coq de Bruyère.	1294	2 brace	0	9	6	Roast Grouse.
Salade.	2421	1 dish	0	1	3	Salad.
Flan de Framboises Meringués.	1702	1 flan	0	1	6	Raspberry Tart.
Crème au Café.	2038	1 mould	0	1	10	Coffee Cream.
ou						or
Glace Vanille.	2216	1 mould	0	2	6	Vanilla Cream Ice.
Œufs farcis aux Crevettes.	2756	5 eggs	0	2	0	Eggs Stuffed with Shrimps.
Légumes Haricots Verts.	1451	2 lbs.	0	0	6	Vegetables French Beans.
*Pommes Dauphine.	1562	2 dishes	0	0	9	with joint Potato Croquettes.
			1	18	1	
Potage à la Condé.	121	3 pints	0	2	0	Cream of Haricot Bean Soup.
Sole au gratin.	653	2 soles	0	5	0	Baked Sole.
Suprême de Volaille.	1203	2 birds	0	8	0	Chicken Creams.
Côtelettes d'Agneau au Concombre	965	10 cutlets	0	7	0	Lamb Cutlets with Cucumber.
Canards Sauvage rôtis.	1339	2 birds	0	6	6	Wild Ducks.
Salade.	2397	1 dish	0	1	0	Salad.
Poires au Riz à la Marquise.	1887	1 dish	0	1	6	Pears and Rice.
Pouding Jubilee.	2000	1 mould	0	2	9	Jubilee Pudding.
ou						or
Glace Napolitaine.	2246	1 block	0	2	6	Napolitan Ice.
Olives Farcies.	2777	10 olives	0	1	9	Stuffed Olives.
Légumes Petits pois Française.	1358	1 dish	0	1	6	Vegetables Peas.
Soufflé de Pomme de terre.	1586	10 soufflés	0	0	10	with Cutlets Potato Soufflés.
			2	0	4	
†Consommé au Tapioca.	53	3 pints	0	3	0	Tapioca Soup.
Barbue, Sauce de Homard.	680, 199	4 lbs.	0	3	6	Brill, Lobster Sauce.
Pigeons en Compote.	1249	5 birds	0	8	6	Stewed Pigeons.
Selle de Mouton rôtie.	1059	1 lb.	0	11	0	Roast Saddle of Mutton.
Choufleur au gratin.	1477	2 dishes.	0	1	4	Baked Cauliflower.
Croquettes de Fruits.	1958	10 croquett	0	1	10	Fruit Croquettes.
Créme au Chocolate.	2036	1 mould	0	3	0	Chocolate Cream.
ou						or
Glace aux Framboises.	2210	1 mould	0	2	0	Raspberry Water Ice.
Croûtes à la Russe.	2749	10 croûtes	0	1	3	Russian Croûtes.
Légumes Tomate aux Epinards.	1615	10 tomatoes	0	2	0	Vegetables Tomatoes and Spinach.
Pommes naturel.	1565	1 dish	0	0	6	with joint Potatoes.
			1	17	11	
Créme de Concombre à l'Indienne.	117	3 pints	0	3	0	Cucumber Cream, Indian Style.
‡Rouget à l'Italienne.	554	9 mullets	0	4	3	Red Mullet, Italian Sauce.
Noisettes d'Agneau à l'Union	985	10 noisettes	0	7	6	Noisettes of Lamb.
Poulet rôti	1189	2 birds	0	7	0	Roast Chickens.
Salade.	2421	1 dish	0	1	3	Salad.
Concombre Farcis.	1505	2 cucumber	0	2	6	Stuffed Cucumber.
Pouding Ecossaise.	1872	1 large	0	1	6	Marmalade Pudding.
Macedoine de Fruits au Kirsch.	2001	1 mould	0	3	6	Mixed Fruit with Kirsch.
or						or
Glace à la Crème de Banane.	2023	1 mould	0	2	3	Banana Cream Ice.
Pailles au Parmesan.	2746	1 dish	0	0	9	Cheese Straws.
Légumes §Flageolets à la Crème.	1514	1½ pints	0	1	6	Vegetables Green Haricot Beans.
Pommes Sautées.	1584	2 dishes	0	0	9	with Cutlets Fried Potatoes.
			1	15	9	

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* Size of new potatoes, almond-shaped, with tapering points.

† Substitute French tapioca for the semolina.

‡ Substitute Italian Sauce, No. 252, for Tartar Sauce.

§ Substitute green haricots for white beans, or use those in bottles or tins.

DINNERS FOR EIGHT PERSONS.—SEPTEMBER.

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
*Consommé Marie Louise.	42	3 pints	0	3	0	Clear Soup.
Sole au Champignons.	657	3 soles	0	5	6	Sole with mushrooms.
Tournedos à la Rossini.	880	10 fillets	0	7	6	Fillets of Beef.
Dindonneau rôti.	1271	1 bird	0	7	6	Roast Turkey Poult.
Salade.	2397	1 bird	0	1	0	Salad.
Courge à la Poulette.	1630, 207	2 marrows	0	1	6	Vegetable Marrow, Poulette Sauce.
Tartlettes d'Abricots.	1682, 1688	10 tartlets	0	1	8	Apricot Tartlets.
Meringues à la Crème.	2136	10 merngs.	0	2	0	Meringues with Cream.
Huitres frites à la Diable.	2778	10 oysters	0	2	3	Devilled Oysters.
Légumes Choufleur à la Crème.	1478	2 dishes	0	1	4	Vegetables Cauliflower.
Pommes Pailles.	1585	2 dishes	0	0	6	with entrée Potato Straws.
			1	13	9	
Potage aux Epinards.	132	3 pints	0	2	0	Spinach Soup.
Coquilles de Barbue.	510	10 cqlles.	0	3	6	Scalloped Brill.
Salmi de Coq de Bruyère.	1340	3 birds	0	8	6	Salmi of Grouse.
Longe de Mouton rôti.	1050	6 lbs.	0	5	6	Roast Loin of Mutton.
Tomates Farcies aux Champignons	1618	10 tomats.	0	2	6	Stuffed Tomatoes.
Beignets de Banane.	1954	1 dish	0	1	3	Banana Fritters.
Pommes à la Chantilly.	2074	10 cups	0	1	6	Apple Fool with Cream.
Anchois aux Oeufs.	2713	3 eggs	0	1	3	Anchovy Eggs.
Légumes Haricots Verts.	1451	2 lbs.	0	0	6	Vegetables Kidney Beans.
Pommes Vermicelle.	1589	1 dish	0	0	6	with joint Vermicelli Potatoes.
			1	7	0	
Consommé Brunoise au Tapioca.	29	3 pints	0	3	0	Clear Soup.
Truite au Vin Rouge.	677	3 trout	0	4	6	Trout with red wine.
Ris d'Agneau en Caisse.	975	10 cases	0	7	0	Lambs' Sweetbreads.
Filets de Boeuf fines herbes.	885	4 lbs.	0	6	0	Fillets of Beef.
Perdreaux rôtis.	1304	2 brace	0	9	0	Roast Partridges.
Salade.	2397	1 dish	0	1	0	Salad.
Pouding Royale.	1903	1 mould	0	2	6	Royal Pudding.
Macedoine de Fruits en Gelée.	2001	1 mould	0	3	6	Mixed Fruit in Jelly.
Gnocchi au gratin.	2975	1 dish	0	0	8	Baked Gnocchi.
Légumes Topinambours à la crême	1443	3 lbs.	0	1	3	Vegetables Artichokes.
Pommes Sautées.	1584	2 dishes	0	0	9	with joint Fried Potatoes.
			1	19	5	
Potage au Chicorée.	63	3 pints	0	3	6	Endive Soup.
Filets de Turbot au gratin.	683	10 coqlles.	0	4	0	Baked Fillets of Turbot.
Poulet à la Milanaise.	1201	2 birds	0	8	0	Chicken and Macaroni.
Selle d'Agneau, Sce. Menthe.	988	7 lbs.	0	7	7	Saddle of Lamb, Mint Sauce.
Bécasse rôtie.	1341	3 birds	0	7	6	Roast Woodcock.
Salade.	2397	1 dish	0	1	0	Salad.
Flan de Pommes Meringuées.	1700	1 flan	0	1	6	Flan of Apples.
Riz à l'Impératrice.	2051	1 mould	0	3	0	Rice Cream.
Champignons grillés.	1530	10 mshms.	0	0	10	Grilled Mushrooms
Légumes Petits pois au beurre	1559	2 bottles	0	2	0	Vegetables Peas, Potatoes with
Pommes de terre Maitre d' Hôtel.	1583	1 dish	0	0	9	with joint Maitre d'Hôtel Sauce.
			1	19	8	

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* To the clear soup add a garnish of equal parts of finely shredded chicken, white of egg, and celery.

DINNERS FOR EIGHT PERSONS.—OCTOBER.

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Consommé Julienne.	35	3 pints	0	3	0	Julienne Soup.
Turbot, Sauce Crevette.	680, 314	4 lbs.	0	5	6	Turbot, Shrimp Sauce.
Filet de Boeuf Piqués.	881	10 fillets	0	5	6	Fillets of Beef.
Poulet braisé à l'écarlate.	1273	2 birds	0	10	6	Braised Chicken and Tongue.
Faisan rôti.	1305	2 ,,	0	6	0	Roast Pheasants.
Salade.	2397	1 dish	0	1	0	Salad.
Pouding à la Duchesse.	1838	1 mould	0	2	0	Duchess Pudding.
Crème aux Amandes.	2021	1 ,,	0	2	3	Almond Cream.
Champignons farcis.	1536	10 mushs.	0	1	3	Stuffed Mushrooms.
Légumes { Courge à la Crème.	1630	2 marrows	0	1	0	Vegetables { Vegetable Marrow.
Pommes Naturel.	1565	1 dish	0	0	6	with Chicken { Boiled Potatoes.
			1	18	6	

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Potage à la Chasseur.	73	3 pints	0	3	0	Game Soup.
Filets de Soles à l'Orly.	646	2 soles	0	4	0	Fried Fillets of Sole.
Ris de Veau.	766	1 pair	0	7	0	Calves' Sweetbread.
Jambon braisé.	1137, 859	9 lbs.	0	9	0	Braised Ham.
Perdreaux blancs rôtis	1316	3 birds	0	5	6	Roast Ptarmigan
Salade.	2387	1 dish	0	1	3	Salad.
Pouding Caramel au riz.	1801	10 dariols	0	1	0	Rice Caramel Pudding.
Chartreuse de Bananes.	1999	1 mould	0	2	3	Jelly with Bananas.
Crème au Fromage Froid.	2731	10 cases	0	1	0	Cheese Creams, Cold.
Légumes { Choufleurs à la Crème.	1478	2 dishes	0	1	4	Vegetables { Cauliflowers.
Purée de pommes de terre	1588	2 ,,	0	0	6	with joint { Mashed Potato.
			1	16	4	

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
* Consommé Perles du Nizam.	52	3 pints	0	3	0	Clear Soup.
Eperlaus Frits, Sce. Tartare	635, 213	18 smelts	0	3	6	Fried Smelts, Tartare Sauce.
Carré de Mouton braisé.	1050	2 necks	0	7	0	Braised Neck of Mutton.
Dindonneau rôti.	1271	1 bird	0	8	6	Roast Turkey Poult.
Salade.	2386	1 dish	0	2	0	Salad.
Tomatoes farcies.	1617	10 tomts.	0	2	6	Stuffed Tomatoes.
Beignets aux Amandes.	1951	1 dish	0	0	9	Almond Fritters.
Pouding Cabinet.	2097	1 mould	0	2	3	Cabinet Pudding.
Croûtes à la Russe.	2749	10 croutes	0	1	0	Russian Croutes.
Légumes { Haricot Verts.	1451	2 lbs.	0	1	0	Vegetables { Scarlet Runners.
Pommes Parisiennes.	1579	2 dishes	0	0	9	with joint { Fried Potatoes.
			1	12	3	

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Cotage à la Reine.	80	3 pints	0	6	6	
Pilets de Merlan à la Italienne.	577	10 fillets	0	4	0	White Soup.
Fôtelettes de Veau à la Française.	783	10 cutlets	0	3	0	Fillets of Whiting, Italian Sauce.
Lievre farcie and rotic.	1350	1 hare	0	6	6	Veal Cutlets.
Salade.	2386	1 dish	0	2	0	Stuffed and roasted Hare.
Pouding à la Madère.	1871	1 mould	0	1	4	Salad.
Chartreuse aux Oranges.	2002	1 ,,	0	2	3	Madeira Pudding.
Ramaquin de Merluche fumée.	2889	10 cases	0	0	9	Oranges in Jelly.
						Cream of Haddock on Toast.
Légumes { Céleri au jus.	1481	4 heads	0	1	9	
Pommes frites.	1570	2 dishes	0	0	9	Vegetables { Stewed Celery.
			1	8	10	with Cutlets { Fried Potatoes.

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* Substitute Perles du Nizam for the Sago.

DINNERS FOR EIGHT PERSONS.—NOVEMBER.

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Consommé aux Queues de Boeuf.	40	3 pints	0	3	0	Ox Tail Soup.
Filets de Sole à la Colbert.	645	5 fillets	0	3	6	Baked Fillets of Sole.
*Côtélettes de Volaille.	1157	10 cutlets	0	2	3	Chicken Cutlets.
Filet de Boeuf braisé.	884	4 lbs.	0	5	6	Braised Fillet of Beef.
Perdreaux rotis.	1304	2 brace	0	8	6	Roast Partridges.
Salade.	2369	1 dish	0	1	6	Salad.
†Omelette aux Confitures.	1950	2 omelets	0	2	6	Jam Omelet.
Charlotte à la St. José.	2033	1 mould	0	3	0	Pineapple Charlotte.
Eclairs aux Anchois.	2712	10 eclairs	0	1	0	Anchovy Eclairs.
Légumes Topinambours à la Crême.	1443	3 lbs.	0	1	0	Vegetables with joint Artichokes.
Pommes Dauphine.	1562	2 dishes	0	0	9	Potato Croquettes.
			1	12	6	
Potage à la Palestine.	101	3 pints	0	2	3	Artichoke Soup.
Petites Soles frites Sce. Anchois.	650	8 small	0	5	8	Fried Soles. Anchovy Sauce.
Pâtes aux Huîtres.	565	10 patties	0	3	6	Oyster Patties.
Fricandeau de Veau.	733	3 lbs.	0	5	0	Braised Fillet of Veal.
Coq de Bruyère rôti.	1294	3 birds	0	9	0	Roast Grouse.
Salade.	2421	1 dish	0	1	3	Salad.
Flan de Pommes Meringuée.	1700	1 flan	0	1	6	Apple Tart.
Macedoine de Fruits en gelée.	2001	1 mould	0	3	6	Mixed Fruit in Jelly.
Crème au Parmésan.	2731	10 cases	0	1	0	Cheese Creams.
Légumes Choux de Bruxelles.	1461	3 lbs.	0	0	9	Vegetables with joint Brussels Sprouts.
Pommes Sautés.	1584	2 dishes				Fried Potatoes.
			1	14	2	
Consommé au Semoule	53	3 pints	0	3	0	Semolina Soup.
Cabillaud, Sce. aux Huîtres.	428 310	4 lbs.	0	5	6	Boiled Cod. Oyster Sauce.
Salmi de Faisan.	1311	2 birds	0	10	0	Stewed Pheasant.
Selle de Mouton rôtie.	1059	11 lbs.	0	11	0	Saddle of Mutton.
Artichauts, Sce. Vinaigrette.	1435 218	5 large	0	3	0	Artichokes. Vinaigrette Sauce.
‡ Tartlettes d'Airelles à la Chantilly.	1687	10 tartlets	0	1	3	Cranberry Tartlets with Cream.
Créme au Café.	2038	1 mould	0	2	0	Coffee Cream.
Canapés de Homard à la Newbury	2766	10 croutes	0	2	0	Croutes of Creamed Lobster.
Légumes Choufleur à la Crème.	1478	2 dishes	0	1	4	Vegetables with joint Cauliflowers.
Pomme purée.	1575	2 dishes	0	0	9	Mashed Potato.
			1	19	10	
Potage à la Crème de Celeri.	109	3 pints	0	4	0	Celery Soup.
Rougets au gratin.	533, 653	9 mullet	0	6	0	Baked Mullet.
Noisette de Mouton aux petits pois.	985, 1033	10 noisettes	0	7	0	Noisettes of Mutton.
Poulet rôti.	1226	2 chickens	0	9	0	Roast Chickens.
Salade.	2411	1 dish	0	1	9	Salad.
Céléri à la Crème.	1487	4 heads	0	1	9	Celery with Cream Sauce.
Pouding au Chocolaté.	1810	8 dariols	0	1	3	Chocolate Pudding.
Charlotte Russe.	2032	1 mould	0	2	6	Russian Charlotte.
Canapés de Laitance.	2761	10 croutes	0	1	3	Herring Roes on Toast.
Légumes Epinards au jus.	1607	2 dishes	0	1	9	Vegetables with entrée Spinach.
Pommes pailles.	1585	2 dishes	0	0	9	Potato Straws.
			1	17	0	

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* Shape as cutlets and insert a short piece of macaroni to substitute the bone.
† Add apricot, or other jam, before folding the omelet.
‡ Use cranberries instead of black currants, wash and drain well before stewing, and add sugar to taste.

DINNERS FOR EIGHT PERSONS.—DECEMBER.

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Consommé à la Royale.	41	3 pints	0	3	6	Royal Soup.
Filet de Barbue à la Mornay.	599	5 slices	0	6	0	Baked Filleted Brill.
Cotelette de Mouton à la Reforme.	1032	10 cutlets	0	7	0	Mutton Cutlets.
Dinde braise et Langue.	1273	1 bird	0	10	0	Braised Turkey and Tongue.
Cailles rôties au cresson.	1317	8 birds	0	11	6	Roast Quail.
Salade.	2397	1 dish	0	1	3	Salad.
Pouding Noel.	1889	1 pudding	0	2	0	Christmas Pudding.
Pommes à la Chantily.	2074	10 cups	0	1	9	Apple Fool and Cream.
Canapés au Caviar.	2727	10 canapes	0	3	6	Caviare on Toast.
Légumes { Flageolets à la Crème.		2 dishes	0	1	4	Vegetables with Turkey { Flageolets.
Pomme Naturel.	1565	2 dishes	0	0	6	Boiled Potatoes.
			2	8	4	

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Potage Fausse Tortue Clair.	37	3 pints	0	3	6	Mock Turtle Soup.
Sole à la Colbert.	645	8 fillets	0	4	6	Baked Fillets of Sole.
Crème de Volaille.	1155	8 dariols	0	3	6	Chicken Creams.
Carré de Mouton braisé.	1052	4 lbs.	0	5	0	Braised Neck of Mutton.
Faisan rôti.	1310	2 birds	0	9	0	Roast Pheasant.
Salade.	2455	1 fish	0	2	0	Salad.
Pâte de Fruit.	1716	10 pies	0	1	3	Mince Pies.
Crème de Vanille.	2062	1 mould	0	2	9	Vanilla Cream.
Foie de Coq à la Diable.	2752	10 croutes	0	1	0	Devilled Chicken Livers.
Légumes { Choux de Bruxelles.	1461	3 lbs.	0	0	9	Vegetables with joint { Brussels Sprouts.
Croquettes de Pommes de terre.	1562	2 dishes	0	0	9	Potato Croquettes.
			1	14	0	

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Potage Queue de boeuf, clair.	40	3 pints	0	3	3	Clear Ox-tail Soup.
Turbot Sauce Mousseline.	680, 306	4 lbs.	0	5	6	Boiled Turbot, Mousseline Sauce.
Pigeons a la Duchesse.	1252	5 birds	0	10	0	Braised Pigeons.
Selle de Mouton rôtie.	1059	11 lbs.	0	11	0	Roast Saddle of Mutton.
Céleri au jus.	1481	4 heads	0	2	6	Stewed Celery.
Charlotte de pommes.	1755	1 mould	0	1	6	Apple Charlotte.
Meringues à la Crème.	2136	10 merges.	0	2	3	Meringues with Cream.
Beignets aux Anchois.	2715	10 anchois	0	1	3	Anchovy Fritters.
Légumes { Topinambours à la crème	1443	3 lbs.	0	0	9	Vegetables with joint } Artichokes.
Pomme Dauphine.	1562	2 dishes	0	0	9	Potato Croquettes.
			1	18	9	

French.	Recipe No.	Quantity.	Average Cost.			English.
			£	s.	d.	
Potage à la Indienne.	76	3 pints	0	2	3	Mulligatawny Soup.
Filets de Cabillaud, frits.	443	3 lbs.	0	2	6	Fried Fillets of Cod.
Tournedos à la Parmentier.	897	10 fillets	0	4	6	Fillets of Beef.
Dinde rôtie au Marrons.	1226, 1272	1 bird	0	12	0	Roast Turkey.
Salade.	2435	1 dish	0	2	0	Salad.
Choufleur au gratin.	1477	2 dishes	0	2	0	Baked Cauliflower.
Pouding Cabinet.	1795	1 mould	0	1	6	Cabinet Pudding.
Pommes Meringué à la crème.	2068	1 dish	0	2	9	Apples with Meringue.
Fondu au Parmesan.	2744	1 mould	0	1	6	Cheese Soufflé.
Légumes { Chou de Mer braisé	1603	2 baskets	0	2	0	Vegetables { Braised Seakale.
Pommes Saratoga.	1572	2 dishes	0	0	9	Potato Ribands.
			1	13	9	

SPECIMEN MENUS FOR SIX-COURSE DINNERS.

FRENCH.	ENGLISH.
Consommé à la Boquetière.	Clear Soup with Vegetable Garnish.
Purée à la Palestine.	Artichoke Soup.
Saumon, Sauce Mousseline.	Boiled Salmon, Mousseline Sauce.
Poulet à la Stanley.	Chicken stewed with Rice.
Selle de Mouton Riôte.	Roast Saddle of Mutton.
Choufleurs à la Crème.	Cauliflowers with White Sauce.
Pommes Dauphine.	Dressed Potatoes.
Pêches à la Colbert.	Peaches, Colbert style.
Riz à l'Imperatrice.	Rice Mould, Empress style.
Aigrettes au Parmesan.	Cheese Fritters.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé à la Royale.	Clear Soup, Custard Garnish.
Potage à la Crème d'Orge.	Barley Cream Soup.
Rouget à l'Italienne.	Red Mullet, Italian Sauce.
Ris d'Agneau en Caisses.	Lamb's Sweetbread in Cases.
Petits Pois à la Français.	Green Peas, French style.
Pommes Sautées.	Fried Potatoes.
Poulet Rôti au Cresson.	Roast Chicken, Watercress Garnish.
Salade Céleri et Pimientos.	Celery and Pimento Salad.
Soufflé à la Vanille.	Vanilla Soufflé.
Flans aux Fraises.	Strawberry Open Tart.
Tartlettes de Saumon, Eçossaise.	Small Salmon Tartlets, Scotch style.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé à la Caroline.	Clear Soup garnished with Rice, etc.
Potage à la St. Germain.	Green Pea Purée.
Soufflé aux Huîtres.	Oyster Soufflé.
Poulet Sauté à la Maréngo.	Chicken, Marengo style.
Agneau Rôti, Sauce Menthe.	Roast Lamb, Mint Sauce.
Asperges, Sauce Hollandaise.	Asparagus, Hollandaise Sauce.
Pommes Nouvelles au Beurre.	New Potatoes dressed in Butter.
Ananas à la Créole.	Pineapple and Rice.
Charlotte Russe.	Charlotte Russe.
Oeufs à la Suédoise.	Eggs, Swiss style.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé à la Portugaise.	Clear Soup garnished with Tomatoes.
Bisque de Homard.	Lobster Soup.
Blanchaille à la Diable.	Devilled Whitebait.
Noisettes d'Agneau à l'Union.	Fillets of Lamb.
Choufleurs à la Crème.	Cauliflower with White Sauce.
Pommes Pailles.	Potato Straws.
Dindonneau rôti.	Roast Turkey Poult.
Salade.	Salad.
Soufflé au Chocolat.	Chocolate Soufflé.
Chartreuse de Bananes.	Bananas in Jelly.
Médaillons de Foie Gras.	Medallions of Foie Gras.

SPECIMEN MENUS FOR SIX-COURSE DINNERS.

FRENCH.	ENGLISH.
Consommé à la Brunoise.	Clear Soup with Vegetable Garnish.
Potage à la Reine.	Chicken and Cream Purée.
Sole à la Colbert.	Sole, Colbert Style.
Ballotines de Volaille.	Ballotines of Chicken.
Boeuf braisé aux Légumes.	Braised Beef with Vegetables.
Haricots verts au Beurre.	French Beans dressed in Butter.
Pommes Rousettes.	Rosettes of Potato Purée.
Petites Charlottes de Pommes.	Small Apple Charlottes.
Bavaroise au Chocolat.	Chocolate Cream.
Fondu à la Piémontaise.	Cheese Tartlets.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé à la Mikado.	Clear Soup garnished with Rice and Chicken.
Potage à l'Américaine.	Tomato Soup.
Filets de Soles à la Dieppoise.	Fillets of Sole, Dieppe Style.
Tournedos de Boeuf à la Bearnaise.	Fillets of Beef with Bearnaise Sauce.
Caneton Rôti.	Roast Ducks.
Petits Pois Naturel.	Green Peas.
Pommes à la Princesse.	Fried Potatoes.
Salade d'Oranges.	Orange Salad.
Pouding au pain noir.	Brown Bread Pudding.
Bavaroise aux Pêches.	Peach Cream.
Pailles au Parmesan.	Cheese Straws.
Fromage.	Cheese
Dessert.	Dessert.

SPECIMEN MENUS FOR FIVE-COURSE DINNERS.

FRENCH.	ENGLISH.
Consommé à la Nantaise.	Clear Soup garnished with Green Peas.
Petites Soufflés à la Merlan.	Small Whiting Soufflés.
Filets de Veau à la Tallyrand.	Fillets of Veal, Tallyrand Style.
Epinards au jus.	Spinach dressed with Gravy.
Pommes de terre à la Princesse.	Fried Potatoes.
Faisan Rôti.	Roast Pheasants.
Salade Verte.	Green Salad.
Baba au Rhum.	Baba with Rum Syrup.
Laitance sur Croûtes.	Soft Roes on Toast.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé à la Julienne.	Clear Soup with Vegetable Garnish.
Petites Soles au Beurre.	Small Soles fried in Butter.
Côtelettes de Mouton à la Milanaise.	Mutton Cutlets, Milanese Style.
Topinambours à la Crème.	Jerusalem Artichokes with White Sauce.
Croquettes de Pommes de terre.	Potato Croquettes.
Poulet Rôti au cresson.	Roast Chickens.
Salade de Céleri.	Celery Salad.
Pouding au Chocolat	Chocolate Pudding.
Pailles au Parmesan,	Cheese Straws.
Fromage.	Cheese.
Dessert.	Dessert.

SPECIMEN MENUS FOR FIVE-COURSE DINNERS.

FRENCH.	ENGLISH.
Consommé au Riz.	Clear Soup garnished wth Rice.
Coquilles de Barbue.	Scalloped Brill.
Noisettes de Mouton à la Chasseur.	Fillets of Mutton with Mushrooms.
Petits Pois à la Française.	Green Peas, French Style.
Pommes de terre à la Dauphine.	Dressed Potatoes.
Caneton Rôti, Sauce Bigarade.	Roast Ducks, Orange Sauce.
Salade de Laitues.	Lettuce Salad.
Pêches à la Colbert.	Peaches, Colbert Style.
Soufflé au Parmesan.	Cheese Soufflés.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé à la Royale.	Clear Soup garnished with Custard.
Eperlans frits, Sauce Tartare.	Fried Smelts, Tartare Sauce.
Ris d'Agneau en Caisses.	Lamb's Sweetbread in Cases.
Selle de Mouton Rôtie.	Roast Saddle of Mutton.
Asperges, Sauce Hollandaise.	Asparagus, Dutch Sauce.
Pommes nouvelles au Beurre.	New Potatoes with Butter.
Savarin Sicilienne.	Savarin with Macédoine of Fruit.
Eclairs d'Anchois.	Anchovy Rolls.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé Pâtes d'Italie.	Clear Soup garnished with Italian Paste.
* Filets de Soles à la Mornay.	Fillets of Sole, Morny Style.
Tournedos à la Parmentier.	Fillets of Beef, fried Potato Garnish.
Choufleurs à la Crème.	Cauliflowers with White Sauce.
Pommes de terre Rousette.	Rosettes of Potato Purée.
Poulet Rôti au Cresson.	Roast Chicken.
Salade de Laitues.	Lettuce Salad.
Pouding Viennoise.	Viennoise Pudding.
Aigrettes au Parmesan.	Cheese Fritters.
Fromage.	Cheese.
Dessert.	Dessert.

Consommé au Tapioca.	Clear Soup garnished with Tapioca.
Sole à la Poulette.	Sole, Poulette Style.
Pigeons à la Duchesse.	Pigeons boned and farced.
Quatier d'Agneau Rôti.	Roast Quarter of Lamb.
Haricots verts Sautés.	French Beans fried in Butter.
Pommes de terre en caisses.	Potato Purée in Cases.
Beignets à la Groseille.	Fritters with Red Currant Jelly.
Oeufs à la Suédoise.	Eggs, Swedish Style.
Fromage.	Cheese.
Dessert.	Dessert.

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* Poach the fillets for 8 minutes in white wine, flavoured with lemon juice. Drain, and place them in a flat dish, coat with rich white sauce, mixed with a tablespoonful of grated cheese, and brown in a quick oven.

SPECIMEN MENUS FOR FOUR-COURSE DINNERS.

FRENCH.	ENGLISH.
Potage lié aux Queues de Boeuf, ou	Ox Tail Soup, or
Harengs grillés, Sauce Moutarde.	Grilled Fresh Herrings with Mustard Sauce.
Crepinettes de Volaille.	Crepinettes of Chicken.
Boeuf braisé aux légumes.	Beef Braised, garnished with Vegetables.
Céleri au jus.	Celery stewed in Gravy.
Pommes de terre Princesse.	Potatoes, Princess Style.
Pouding de Cabinet, ou	Cabinet Pudding, or
Oeufs au fromage.	Eggs and Cheese.
Fromage.	Cheese.
Dessert.	Dessert.

Potage de Pois Vert, or	Green Pea Soup, or
Filets de Merlans à la Poulette.	Fillets of Whiting with Poulette Sauce.
Navarin de Mouton.	Haricot Mutton.
Topinambours au Beurre.	Jerusalem Artichokes dressed in Butter.
Croquettes de Pommes de terre.	Potato Croquettes.
Poulet Rôti.	Roast Chicken.
Salade de Laitues.	Lettuce Salad.
Poires à la Florentine, ou	Pears, Florentine Style, or
Pailles au Parmesan.	Cheese Straws.
Fromage.	Cheese.
Dessert.	Dessert.

Potage aux Tomates, or	Tomato Soup, or
Cabillaud grillé, Sauce Anchois.	Grilled Slices of Cod with Anchovy Sauce.
Bouchées à la Moderne.	Bouchées, Modern Style.
Longe de Mouton rôti.	Roast Loin of Mutton.
Choux de Bruxelles au Beurre.	Brussels Sprouts dressed in Butter.
Pommes de terre naturel.	Boiled Potatoes.
Petites Charlotte de Pommes, ou	Small Apple Charlottes, or
Beignets au Parmesan.	Cheese Fritters.
Fromage.	Cheese.
Dessert.	Dessert.

Potage à la Parmentier, or	Potato Soup, or
Filets de Merlans frits, Sce. Tomate.	Fried Fillets of Whiting with Tomato Sauce.
Croquettes de Volaille.	Croquettes of Chicken.
Agneau Rôti, Sauce Menthe.	Roast Lamb with Mint Sauce.
Petits Pois verts au Naturel.	Green Peas.
Pommes nouvelles au Beurre.	New Potatoes dressed in Butter.
Croquettes de Semoule aux Fruits, ou	Croquettes of Semolina with Fruit, or
Sardines sur Croûtes.	Sardines on Toast.
Fromage.	Cheese.
Dessert.	Dessert.

SPECIMEN MENUS FOR FOUR-COURSE DINNERS.

FRENCH.	ENGLISH.
Potage à la Bretonne, ou	Haricot Bean Soup, or
Filets de Plie à l'Horly.	Fillets of Plaice fried in Batter.
Ris d'Agneau en Caisses.	Lambs' Sweetbreads in Case.
Filet de Boeuf Rôti aux fines Herbes.	Fillet of Beef roasted with Herbs.
Chouxfleurs à la Crème.	Cauliflowers with White Sauce.
Purée de Pommes de terre.	Mashed Potatoes.
Abricots à la Condé, ou	Apricots, Condé Style, or
Laitance sur Croûtes.	Soft Roes on Toast.
Fromage.	Cheese.
Dessert	Dessert.

Potage à la Crécy, ou	Carrot Soup, or
Barbue à la Crevette.	Brill with Shrimp Sauce.
Côtelettes de Mouton Vert Pré.	Mutton Cutlets with Green Garnish.
Haricots Verts.	French Beans.
Pommes de terre Sautées.	Fried Potatoes.
Ptarmigan Rôti.	Roast Ptarmigan.
Salade Verte	Green Salad.
Pouding à la Lycée, ou	College Pudding, or
Spaghetti au Gratin.	Spaghetti browned in the Oven.
Fromage.	Cheese.
Dessert.	Dessert.

SPECIMEN MENUS FOR LENTEN DINNERS.

FRENCH.	ENGLISH.
Potage de Sagou au Lait.	Sago and Milk Soup.
Petits Soufflés de Merlans à la Crème.	Small Whiting Soufflés with White Sauce.
Risotto à la Portugaise.	Risotto, Portuguese Style.
Turbot, Sauce aux Huîtres.	Turbot with Oyster Sauce.
Chouxfleurs au Gratin.	Cauliflowers browned in the oven.
Pommes de terre à la Dauphine.	Potatoes, Dauphine Style.
Artichauts froid, S. Vinaigrette.	Cold Globe Artichokes with Vinaigrette Sauce.
Soufflé à la Vanille.	Vanilla Soufflé.
Crème aux Abricots.	Apricot Cream.
Gnocchi au Gratin.	Baked Gnocchi.
Fromage.	Cheese.
Dessert.	Dessert.

Potage de Riz au Choux.	Rice and Cabbage Soup.
Bouchées aux Huîtres.	Oyster Patties.
Macaroni à la Calabraise.	Macaroni, Calabrian Style.
Rougets à l'Italienne.	Red Mullet with Italian Sauce.
Chouxfleurs à la Crème.	Cauliflowers with White Sauce.
Pommes en Caisses de terre.	Potato Purée baked in Cases.
Salade Verte.	Green Salad.
Pouding au Chocolat.	Chocolate Pudding.
Glacé à la Crème de Vanille.	Vanilla Cream Ice.
Bouchées a la Caroline.	Patties, Caroline Style.
Fromage.	Cheese.
Dessert.	Dessert.

SPECIMEN MENUS FOR LENTEN DINNERS.

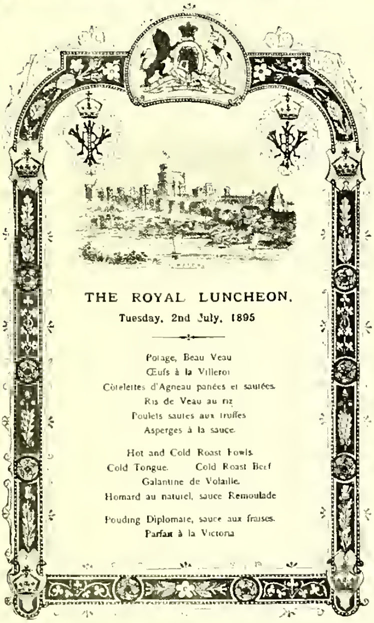
FRENCH.	ENGLISH.
Potage aux Laitues.	Lettuce Soup.
Coquilles de Barbue.	Scalloped Brill.
Spaghetti à la Napolitaine.	Spaghetti, Naples style.
Cabillaud frit, S. Anchois.	Fried Cod, Anchovy Sauce.
Haricots Verts au Beurre.	French Beans, dressed in Butter.
Pommes à la Rosette.	Rosettes of Potato Purée.
Salade de Céleri.	Celery Salad.
Pouding Viennoise.	Viennoise Pudding.
Crème au Caramel.	Caramel Cream.
Eclairs d'Anchois.	Anchovy Rolls.
Fromage.	Cheese.
Dessert.	Dessert.

Potage de Macaroni au Lait.	Macaroni and Milk Soup.
Côtelettes de Homard.	Lobster Cutlets.
Riz à la Piémontaise.	Rice, Piedmont style.
Turbot grillé.	Grilled Turbot.
Asperges, Sauce Hollandaise.	Asparagus with Dutch Sauce.
Pommes de terre Sautées.	Fried Potatoes.
Salade de Tomates.	Tomato Salad.
Petits Pouding au pain noir.	Small Brown Bread Puddings.
Glace au Citron.	Lemon Water Ice.
Croûtes de Fromage à l'Anglaise.	Welsh Rarebit.
Fromage.	Cheese.
Dessert.	Dessert.

Potage de Pommes de terre.	Potato Soup.
Bouchées de Homard.	Lobster Patties.
Macaroni à la Crème.	Macaroni with White Sauce.
Sole au Gratin.	Baked Sole.
Celeri à la Crème.	Celery with White Sauce.
Pommes de terre à la Princesse.	Potatoes Shaped and Fried.
Salade de Légumes.	Vegetable Salad.
Pouding Cabinet.	Cabinet Pudding.
Bavaroise au Chocolat.	Chocolate Cream.
Oeufs à la Suédoise.	Swedish Eggs.
Fromage.	Cheese.
Dessert.	Dessert.

Crème de Céleri.	Celery and Cream Soup.
Filets de Soles à la Cancale.	Fillets of Sole wth Shrimp Sauce.
Risotto à la Milanaise.	Risotto, Milanese style.
Saumon, Sauce Hollandaise.	Boiled Salmon, Dutch Sauce.
Petits Pois à la Française.	Green Peas, French style.
Pommes Nouvelles.	New Potatoes.
Asperges Froide, Sce. Vinaigrette.	Cold Asparagus with Vinaigrette Sauce
Baba au Rhum.	Babas with Rum Syrup.
Glacé au Moka.	Coffee Ice
Canapés de Sardines à la Française.	Sardines on Croûtes.
Fromage.	Cheese.
Dessert.	Dessert.

COURT MENUS.

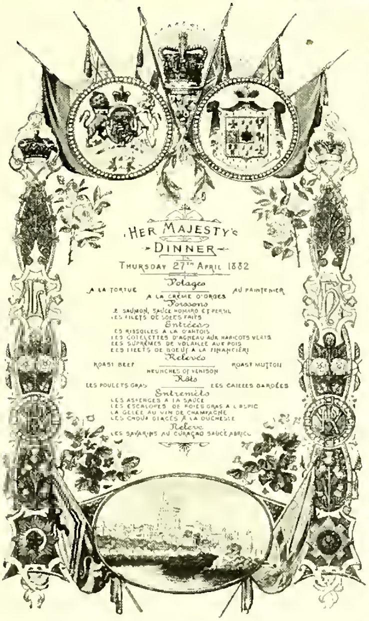


THE ROYAL LUNCHEON.
Tuesday, 2nd July, 1895

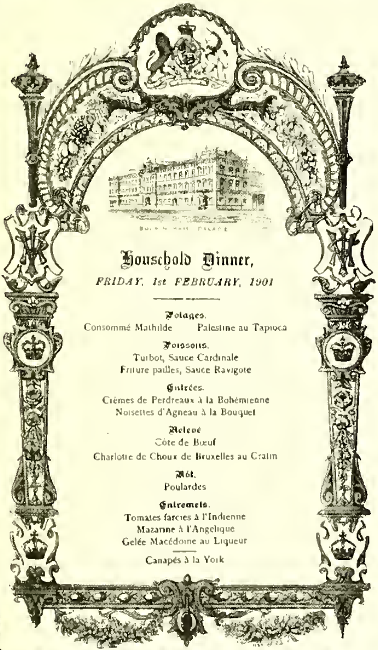
Potage, Beau Veau
Œufs à la Villeroi
Côtelettes d'Agneau panées et sautées.
Ris de Veau au riz
Poulets sautés aux truffes
Asperges à la sauce.

Hot and Cold Roast Fowls.
Cold Tongue. Cold Roast Beef
Galantine de Volaille.
Homard au naturel, sauce Remoulade

Pouding Diplomate, sauce aux fraises.
Parfait à la Victoria

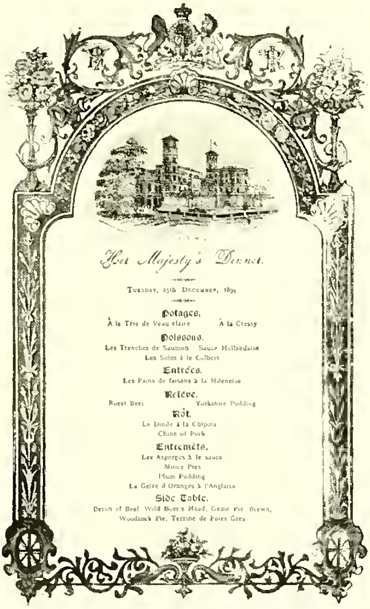


HER MAJESTY'S
DINNER
THURSDAY 27TH APRIL 1882
Potages
A LA TORTUE AU PRINTANIER
A LA CRÈME D'ORGES
Poissons
LE SAUMON, SAUCE HOMARD ET PERSIL
LES FILETS DE SOLES FRITS
Entrées
LES RISSOLES A LA D'ARTOIS
LES CÔTELETTES D'AGNEAU AUX HARICOTS VERTS
LES SUPRÊMES DE VOLAILLE AUX POIS
LES FILETS DE BOEUF A LA FINANCIÈRE
Relevés
ROAST BEEF ROAST MUTTON
HAUNCHES OF VENISON
Rôts
LES POULETS GRAS LES CAILLES BARDÉES
Entremets
LES ASPERGES A LA SAUCE
LES ESCALOPES DE FOIES GRAS A L'ASPIC
LA GELÉE AU VIN DE CHAMPAGNE
LES CHOUX GLACÉS A LA DUCHESSE
Relevé
LES SAVARINS AU CURAÇAO SAUCE ABRICOT



Household Dinner,
FRIDAY, 1st FEBRUARY, 1901

Potages.
Consommé Mathilde Palestine au Tapioca
Poissons.
Turbot, Sauce Cardinale
Friture pailles, Sauce Ravigote
Entrées.
Crêmes de Perdreaux à la Bohémienne
Noisettes d'Agneau à la Bouquet
Relevé
Côte de Bœuf
Charlotte de Choux de Bruxelles au Gratin
Rôt.
Poulardes
Entremets.
Tomates farcies à l'Indienne
Mazarine à l'Angelique
Gelée Macédoine au Liqueur
Canapés à la York



Her Majesty's Dinner.

Tuesday, 25th December, 1894

Potages.
À la Tête de Veau claire À la Cressy
Poissons.
Les Tranches de Saumon Sauce Hollandaise
Les Soles à la Colbert
Entrées.
Les Pains de faisans à la Milanaise
Relevé.
Roast Beef Yorkshire Pudding
Rôt.
La Dinde à la Chipolata
Chine of Pork
Entremets.
Les Asperges à la sauce
Mince Pies
Plum Pudding
La Gelée d'Oranges à l'Anglaise
Side Table.
Baron of Beef, Wild Boar's Head, Game Pie, Brawn,
Woodcock Pie, Terrine de Foies Gras

TWELVE MENUS FOR THREE-COURSE DINNERS,

UTILIZING COLD MEAT.

All except the first and last of the following twelve simple three-course dinners include a dish made of the cold remains of the dinner of the previous day.

Lamb's Sweetbread in Cases.
Roast Fillet of Beef.
Macaroni Pudding.

Beef Olives.
Roast Lamb.
Rhubarb Tart.

Minced Lamb and Tomatoes.
Roast Chicken.
Marmalade Pudding.

Chicken Croquettes.
Shoulder of Mutton boned & rolled
Apricots with Rice.

Curried Mutton.
Fillet of Veal Stuffed.
Pancakes.

Minced Veal and Poached Eggs.
Roast Duck.
Gooseberry Fool,

Salmi of Duck.
Beef Steak rolled and stuffed.
Semolina Croquettes and Fruit Syrup.

Beef Scalloped.
Boiled Fowl and Bacon.
Apple Amber.

Chicken and Rice in a Casserole.
Braised Neck of Mutton.
Lemon Pudding.

Meat Fritters.
Stewed Rabbit (or Veal).
Apple Charlotte.

Crépinettes of Rabbit.
Mutton Cutlets and Rice.
Gooseberry Pudding.

Vegetable Curry.
Beef and Kidney Pudding.
Baked Apples.

FAMILY SUPPERS FOR ONE WEEK.—Summer.

Sunday.—Cold salmon, cucumber, roast chickens, salad, tongue, gooseberry tart, cream, ground rice blancmange, cheese, butter, biscuits, bread.

Monday.—Cold roast lamb, veal cake, salad, compote of fruit, cream, cheese, butter, biscuits, bread.

Tuesday.—Soused herrings, galantine of beef, cold roast mutton, salad, gooseberry fool, cheese, butter, biscuits, bread.

Wednesday.—Lobster salad (tinned), cold roast beef, salad, cherry tartlets, cheese, butter, biscuits, bread.

Thursday.—Chicken pie, cold ham, potted beef, salad, chocolate mould, cheese, butter, biscuits, bread.

Friday.—Mayonnaise of salmon (tinned), cold boiled lamb, salad, compote of pears, custard, cheese, butter, biscuits, bread.

Saturday.—Veal and ham pie, pressed brisket of beef, salad, rice shape, stewed fruit, cheese, butter, biscuits, bread.

FAMILY SUPPERS FOR ONE WEEK.—Winter.

Sunday.—Beef steak and kidney pie, chaudfroid of chicken, cold ham, baked apples, Swiss roll, custard, cheese, butter, biscuits, bread.

Monday.—Fish cakes, cold roast beef, pickles, baked potatoes, apple tart, cheese, butter, biscuits, bread.

Tuesday.—Cold meat and potato pie, tongue, queue of bread pudding, cheese, butter, biscuits, bread.

Wednesday.—Fish pie, cold boiled beef, mashed potatoes, apple dumplings, cheese, butter, biscuits, bread.

Thursday.—Stewed rabbits, beef roll, baked potatoes, rice shape, stewed figs, cheese, butter, biscuits, bread.

Friday.—Gateau of minced meat, cold roast beef, mashed potatoes, apple charlotte, cheese, butter, biscuits, bread.

Saturday.—Croquettes of chicken or meat, stewed steak, cold ham, baked potatoes, mince pies, cheese, butter, biscuits, bread.

VERY ECONOMICAL SUPPERS FOR ONE WEEK.

Sunday.—Cold meat, savoury potatoes, cornflour blancmange, jam, cheese, butter, bread.

Monday.—Meat cakes, fried cabbage, treacle tart, cheese, butter, bread.

Tuesday.—Poor man's goose, baked potatoes, baked apples, cheese, butter, bread.

Wednesday.—Savoury cod, pancakes, cheese, butter, bread.

Thursday.—Sheep's heart, baked potatoes, bread and butter pudding cheese, butter, bread.

Friday.—Cold boiled bacon, macaroni cheese, cheese, butter, bread.

Saturday.—Savoury sparerib, baked potatoes, rice shape, stewed figs or rhubarb, cheese, butter, bread.

SPECIMEN MENUS FOR COLD SUPPERS.

FRENCH.	ENGLISH.
Tartelettes de Saumon, Ecossaise.	Salmon Tartlets.
Aspic de Homard.	Lobster in Aspic Jelly.
Fleurettes de Volaille.	Small Moulds of Chicken.
Côtelettes de Mouton en Chaudfroid.	Cold Mutton Cutlets, coated with Sauce.
Pâté de Pigeons à l'Anglaise.	Pigeon Pie.
Salade de Laitues.	Lettuce Salad.
Bavaroise au Chocolat.	Chocolate Cream.
Cornets à la Crème.	Cornets filled with Cream.
Dessert.	Dessert.

Petits Pâtes aux Huîtres.	Oyster Patties.
Darne de Saumon à la Rémoulade.	Slice of Salmon with Rémoulade Sauce.
Crème de Volaille en Tomates.	Cream of Chicken with Tomatoes.
Galantine de Veau en Aspic.	Galantine of Veal garnished with Savoury Jelly.
Langue de Boeuf.	Ox Tongue.
Salade de Chouxfleurs.	Cauliflower Salad.
Petites Crèmes à la Vanille.	Small Vanilla Creams.
Eclairs au Café.	Coffee Eclairs.
Dessert.	Dessert.

Crabe Garni.	Dressed Crab.
Paniers d'Ecrevisses	Shrimp Tartlets with Mayonnaise.
Côtelettes d'Agneau à la Moscovienne.	Lamb Cutlets, Muscovy style.
Poulet en Aspic.	Chicken in Savoury Jelly.
Boeuf Pressé.	Pressed Beef.
Salade de Légumes.	Vegetable Salad.
Petits Pains aux Abricots.	Small Apricot Creams.
Meringues à la Crème.	Meringues filled with Cream.
Dessert.	Dessert.

Salade de Homard.	Lobster Salad.
Ecrevisses en Aspic.	Prawns in Aspic.
Petites Bouchées de Jambon.	Small Ham Patties.
Chaudfroid de Volaille.	Chicken coated with Sauce.
Pâté de Veau à l'Anglaise.	Veal and Ham Pie.
Salade de Tomates.	Tomato Salad.
Petites Crèmes au Café.	Small Coffee Creams.
Bouchées des Dames.	Genoise Baskets filled with Cream.
Dessert.	Dessert.

Anchois en Salade.	Anchovy Salad.
Tranches de Caviar.	Caviare Sandwiches.
Aspic aux Oeufs de Pluviers.	Plover's Eggs in Aspic.
Galantine de Volaille.	Galantine of Chicken
Jambon de York.	York Ham.
Salade de Haricots Verts.	French Bean Salad.
Petits Pains aux Pruneaux.	Small Prune Creams.
Tartelettes Balmoral.	Balmoral Tartlets.
Dessert.	Dessert.

Salade à la Russe.	Lobster and Vegetables in Aspic.
Tartines de Caviar en Chaudfroid.	Caviare Croûtes coated with Sauce.
Mayonnaise de Volaille.	Chicken with Mayonnaise Dressing.
Filets de Boeuf en Chaudfroid.	Fillets of Beef coated with Sauce.
Pâté de Gibier.	Game Pie.
Salade de Céleri.	Celery Salad.
Charlotte St. José.	Charlotte Russe with Pineapple.
Tartelettes aux Amandes.	Almond Tartlets.
Dessert.	Dessert.

SPECIMEN MENUS FOR HOT SUPPERS.

FRENCH.	ENGLISH.
Homard au Gratin.	Lobster Browned in the Oven.
Filets de Boeuf à la Rossini.	Fillets of Beef, Rossini style.
Poulet à la Diable.	Devilled Chicken.
Salade à la Française.	French Salad.
Canapés Laitance de Hareng sour.	Soft Roes on Toast.

Coquilles d'Huîtres.	Scalloped Oysters.
Côtelettes de Mouton aux Pois.	Mutton Cutlets with Green Peas.
Salmi de Faisan aux Truffes.	Salmi of Pheasant with Truffles.
Salade à la Cazanova.	Celery Salad, Cazanova style.
Allumettes d'Anchois.	Anchovy Matches.

Eperlans au Citron.	Smelts with Lemon.
Rognons Sautés au Madère.	Kidneys tossed in Madeira Sauce.
Poussins à la Turenne.	Small Chickens, Turenne style.
Salade à l'Espagnole.	Spanish Salad.
Croûtes de Fromage à l'Anglaise.	Welsh Rarebit.

Blanchailles à la Diable.	Devilled Whitebait.
Cailles en Casserole.	Quails served in Stoneware.
Noisettes de Mouton à la Française.	Mutton Fillets, French style.
Salade de chicorée.	Endive Salad.
Huîtres en Brochettes.	Grilled Oysters.

Homard à l'Indienne.	Curried Lobster.
Pigeons à la Broche.	Grilled Pigeons.
Côtelettes de Mouton à la Pompadour.	Mutton Cutlets, with Stuffed Tomatoes.
Epinards à le Crême.	Creamed Spinach.
Foie de Volaille à la Diable.	Devilled Chicken Livers.

Coquilles de Crevettes.	Scalloped Shrimps.
Côtelettes d'Agneau à la Chasseur.	Lamb Cutlets, Chasseur style.
Kari de Poulet.	Curried Chicken.
Croquettes de Pommes de terre.	Potato Croquets.
Sardines à la Diable.	Devilled Sardines.

SPECIMEN MENUS FOR SMALL SUPPER PARTIES.

COLD SUPPERS.

Pigeon Pie.
Galantine of Beef.
Lettuce Salad.
Stewed Figs and Custard.
Cheese, Butter, Biscuits.

Chicken Mayonnaise.
Pressed Beef.
Tomato Salad.
Gooseberry Tartlets.
Cheese, Butter, Biscuits.

Veal and Ham Pie.
Chaudfroid of Chicken.
Salad of Mixed Vegetables.
Swiss Roll and Custard.
Cheese, Butter, Biscuits.

Chicken Pie.
Cold Lamb and Mint Sauce.
Green Pea Salad, Cucumber and Radishes.
Strawberry Trifle.
Cheese, Butter, Biscuits.

Veal and Ham Patties.
Roast Chicken and Tongue.
Celery Salad.
Bartlett Pears and Cream.
Cheese, Butter, Biscuits.

Slices of Fried Cod.
Veal and Ham Pie.
Spaghetti with Tomato Sauce.
Cheese, Butter, Biscuits.

HOT SUPPERS.

Grilled Salmon and Tartare Sauce.
Curried Veal.
Potato Balls.
Apple Charlotte.
Cheese, Butter, Biscuits.

Savoury Cod and Tomatoes.
Rabbit Pie.
Tossed Potatoes.
Baked Apples and Custard.
Cheese, Butter, Biscuits.

Baked Fillets of Plaice.
Stewed Steak.
French Beans.
Bakewell Tart.
Cheese, Butter, Biscuits.

Fried Fillets of Whiting.
Beef Steak and Kidney Pie.
Macaroni au Gratin.
Cheese, Butter, Biscuits.

SPECIMEN MENUS FOR SMALL FAMILY SUPPERS.

FRENCH.	ENGLISH.
Bouchées aux Huîtres.	Oyster Patties.
Châteaubriand à la St. Louis.	Double Fillet of Beef, St. Louis style.
Pommes de terre Duchesse.	Duchesse Potatoes.
Céleri en Mayonnise.	Celery Salad.
Beignets de Bananes.	Banana Fritters.
Omelette au Saumon.	Salmon Omelet.
Croquettes de Dinde.	Croquets of Turkey.
Salade de Marrons.	Chestnut Salad.
Crabe à la Diable.	Devilled Crab.
Oranges à la Napolitaine.	Neapolitan Oranges.

SUPPER FOR TWELVE PERSONS.—Summer.

	£	s.	d.		£	s.	d.
Cold Salmon	0	5	3	Lobster Salad	0	6	0
Cucumber	0	1	0	Galantine of Veal	0	4	6
Veal and Ham Pie	0	4	6	Roast Chickens	0	7	6
Chaudfroid of Chicken	0	6	0	Ham	0	4	6
Ox Tongue	0	4	6	Cold Beef	0	7	0
Cold Lamb	0	8	6	Tomatoes	0	2	0
Mint Sauce	0	0	4	Horseradish Sauce	0	0	6
Salad	0	1	0	Salad	0	1	0
Fruit Tarts. Custard	0	3	6	Compote of Fruit Cream	0	3	6
Vanilla Cream	0	2	0	Balmoral Tartlets	0	1	3
Cheese and Butter	0	1	6	Cheese and Butter	0	1	6
Bread and Biscuits	0	0	9	Bread and Biscuits	0	0	9
Average Cost	£1	18	10	*Average Cost*	£2	0	0

SUPPER FOR TWELVE PERSONS.—Winter.

	£	s.	d.		£	s.	d.
Baked Halibut	0	3	6	Fried Cod	0	3	0
Salmi of Game	0	8	6	Curried Rabbits	0	3	9
Cold Roast Turkey	0	12	6	Game Pie	0	8	6
Cold Ham	0	4	9	Cold Roast Beef	0	8	6
Salad	0	2	0	Salad	0	2	0
Baked Apples	0	1	6	Fried Plum Pudding	0	2	6
Mince Pies	0	2	0	Apple Tart	0	2	0
Stewed Pears	0	1	0	Ground Rice Blancmange	0	1	0
Custard	0	0	9	Stewed Figs	0	1	0
Celery	0	1	0	Celery	0	1	0
Cheese and Butter	0	1	6	Cheese and Butter	0	1	6
Bread and Biscuits	0	0	9	Bread and Biscuits	0	0	9
Average Cost	£1	19	9	*Average Cost*	£1	15	6

FRENCH MENU FOR A SMART BUFFET SUPPER.

Pâtés de Homard.
Mayonnaise de Saumon.
Salade de Homard.
Crevettes en Aspic.
Terrine de Foie Gras de Strasbourg.
Croûtes de Caviar d'Astrakan.
Chaudfroid de Cailles en Caisses.
Mousse de Jambon.
Chaudfroid de Côtelettes d'Agneau.
Supréme de Volaille.
Galantine de Poularde aux Truffes.
Chaudfroid de Poulet.
Jambon et Langue découpés.
Dindonneaux à la Gelée.
Poulet découpé.
Sandwiches variés.
Salade verte.
Charlotte Russe.
Bavaroise au Chocolate.
Crême à la Vanille.
Gelée aux Fraises.
Gelée au Marasquin.
Macédoine de Fruits au Kirsch.
Meringues à la Chantilly.
Pâtisseries assorties.
Glace à la Crême de Vanille.
Glace à la Crême de Framboise.
Glace à l'eau D'Ananas. Dessert.

MENU FOR BALL SUPPERS. (*Fr.*—Souper de Bal.)

French.

Plats Chauds.

Homard à la Gauloise.
Mauviettes en Casserole.
Ris de Veau en Caisses à la Chasseur.

Plats Froids.

Filets de Soles en Aspic.
Filets de Foie Gras à la Martin.
Dindonneau farci à la Moderne.
Jambon de York à la Gelée.
Faisan rôti.
Salade de Saison.
Denises à la Princesse.

Entremets.

Gelée au Vin.
Créme aux Amandes.
Corbeilles de Nougat à la Chantilly.
Pattisserie. Dessert.

English.

Hot Dishes.

Lobster served in Shells.
Larks stewed in Stoneware.
Sweetbread in Cases with Mushroom Purée.

Cold Dishes.

Fillets of Soles in Savoury Jelly.
Zephyrs of Foie Gras (Goose Liver).
Young Turkey, Stuffed.
York Ham with Aspic Jelly.
Roast Pheasant.
Salad.
Princess Sandwiches.

Sweets.

Wine Jelly.
Almond Cream.
Nougat Baskets with Whipped Cream.
French Pastry Dessert.

MENUS FOR BALL SUPPERS.

FRENCH.	ENGLISH.
Huîtres au Naturel.	Natives.
Plats Chauds.	*Hot Dishes.*
Homard àl 'Americaine.	Lobster, American style.
Pigeon en Casserole.	Quails stewed in Stoneware.
Ris de Veau.	Sweetbread.
Plats Froids.	*Cold Dishes.*
Filets de Soles en Aspic.	Fillets of Sole in Savoury Jelly.
Pâté de Foie Gras.	Foie Gras (Goose Liver) Raised Pie.
Chaudfroid de Volaille.	Cold Chicken masked with Sauce.
Dindonneau farci.	Stuffed Turkey Poult.
Jambon de York à la Gelée.	York Ham with Aspic Jelly.
Faisan rôti.	Roast Pheasant.
Pâté de Gibier à la Anglaise.	Game Pie, English fashion.
Salade de Saison.	Salad.
Entremets.	*Sweets.*
Gelée au Champagne.	Champagne Jelly.
Crème aux Amandes.	Almond Cream.
Chartreuse de Raisins.	Grapes in Jelly.
Cornets à la Chantilly.	Cornets with Whipped Cream.
Patisserie.	French Pastry.
Dessert.	Dessert.

FRENCH.	ENGLISH.
Plats Chauds.	*Hot Dishes.*
Consommé en Tasses.	Clear Soup in Cups.
Poulet Sauté en Casserole.	Chicken stewed in Casserole.
Plats Froids.	*Cold Dishes.*
Bouchées aux Huîtres.	Oyster Patties.
Filets de Sole en Mayonnaise.	Fillets of Sole in Mayonnaise Sauce
Salade de Homard.	Lobster Salad.
Oeufs de Pluviers.	Plovers' Eggs.
Côtelettes d'Agneau en Aspic.	Lamb Cutlets in Aspic.
Mousse de Jambon.	Ham Creams.
Cailles farcies en Caisses.	Stuffed Quails in Cases.
Poulet et Langue.	Chicken and Tongue.
Pâté de Pigeon.	Raised Pigeon Pie.
Galantine de Veau.	Galantine of Veal.
Salade de Laitues.	Lettuce Salad.
Sandwiches variés.	Sandwiches Various.
Gelée aux Fruits.	Fruit in Jelly.
Crème à la Vanille.	Vanilla Cream.
Trifle à la Chantilly.	Trifle with Cream.
Patisserie.	French Pastry.
Glace au Café.	Coffee Ice.

MENU FOR BALL SUPPERS.—Summer.

(*Fr.*—Souper de Bal.)

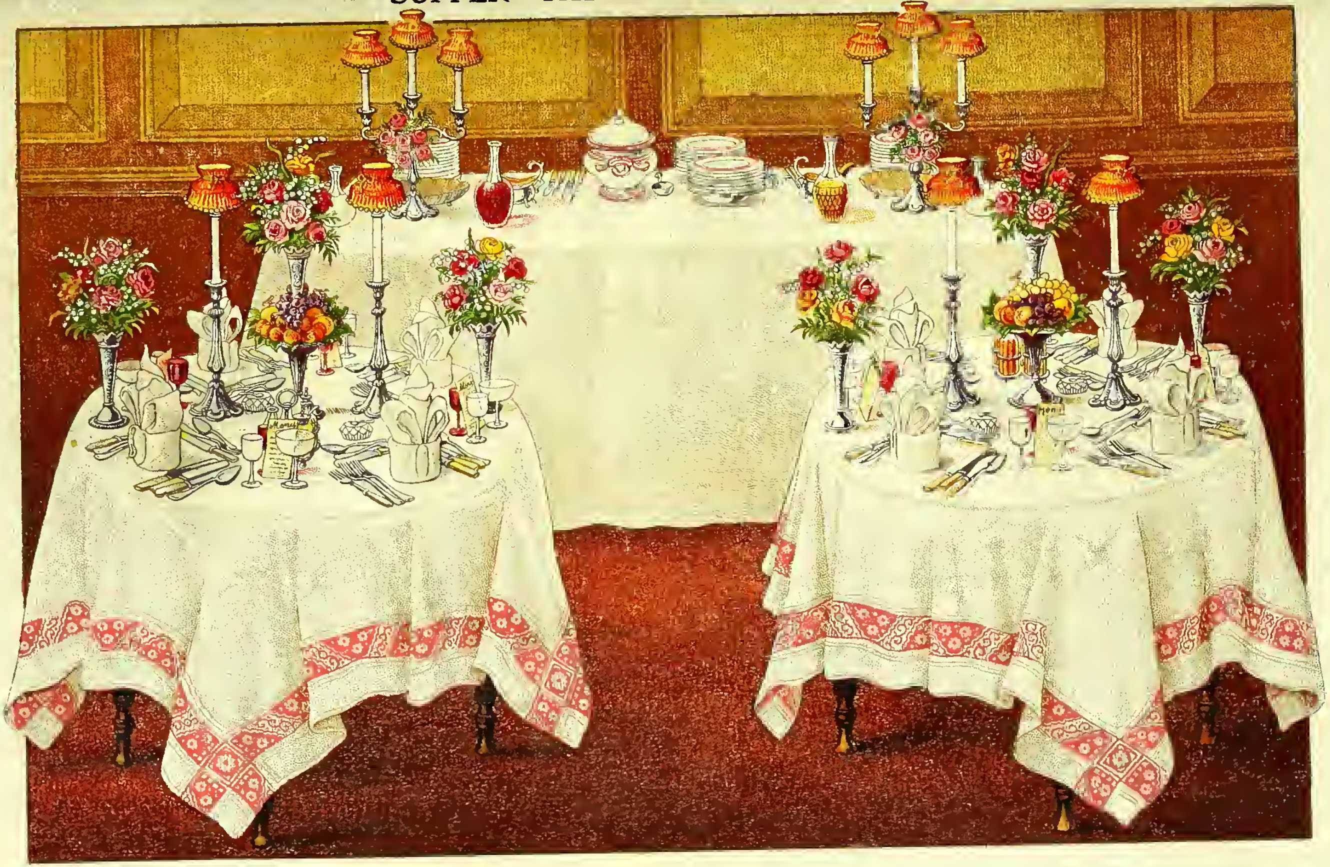
French.	English.
Plats Chauds.	*Hot Dishes.*
Consommé Julienne.	Julienne Soup.
Côtelettes d'Agneau aux petits Pois.	Lamb Cutlets with Peas.
Cailles au Cresson.	Quails and Watercress.
Plat Froids.	*Cold Dishes.*
Mayonnaise de Saumon.	Salmon Mayonnaise.
Salade de Homard.	Lobster Salad.
Crevettes en Aspic.	Prawns in Aspic.
Chaudfroid de Volaille.	Chicken masked with Sauce.
Pâté de Pigeon à la Française.	French Pigeon Pie.
Galantine de Dindonneau.	Galantine of Turkey Poult.
Poulet rôti découpé.	Roast Chickens.
Jambon et Langue.	Ham and Tongue.
Médallions de Foie Gras.	Medallions of Foie Gras (Goose Liver).
Sandwiches assorties.	Sandwiches.
Salade de Saison.	Salad.
Chartreuse de Fraise.	Strawberries in Jelly.
Bavaroise aux Pistachis.	Pistachio Cream.
Gâteau au Chocolat.	French Chocolate Cake.
Macédoine de Fruits au Kirsch.	Mixed Fruit with Kirsch.
Eclairs au Café.	Coffee Eclairs.
Patisserie assorties.	French Pastry.
Glace Crème de Vanille.	Vanilla Cream Ice.
Glace au Citron.	Lemon Water Ice.

MENU FOR BALL SUPPERS.—Winter.

(*Fr.*—Souper de Bal.)

French.	English.
Plats Chauds.	*Hot Dishes.*
Consommé Clair.	Clear Soup.
Homard à la Diable.	Devilled Lobster.
Pigeon sauté en Casserole.	Pigeons stewed in Casserole.
Plats Froids.	*Cold Dishes.*
Petits Pâtes aux Huîtres.	Oyster Patties.
Filets de Sole en Aspic.	Fillets of Sole in Aspic.
Mayonnaise de Homard.	Lobster Mayonnaise.
Chaudfroid de Perdreaux.	Partridges masked with Sauce.
Pâté de Gibier à l'Anglaise.	Game Pie.
Galantine de Dinde.	Galantine of Turkey.
Faisan rôti.	Roast Pheasants.
Boeuf pressé.	Pressed Beef.
Suprême de Volaille.	Chicken Creams.
Sandwiches assorties.	Sandwiches.
Salade de Saison.	Salad.
Chartreuse d'Oranges.	Oranges in Jelly.
Crème aux Amandes.	Almond Cream.
Charlotte Russe.	Russian Charlotte.
Compôte de Poires à la Chantilly	Stewed Pears and Cream.
Meringues à la Crème Vanillée.	Meringues with Vanilla Cream.
Patisserie.	French Pastry.
Glace Napolitaine.	Neapolitan Ice.
Glace Crème d'Ananas.	Pineapple Ice.

SUPPER TABLES WITH BUFFET.



DOMESTIC SERVANTS AND THEIR DUTIES

CHAPTER LXVIII

General Observations on Domestic Servants, and on the Duties of the Butler, Footman, Page, Coachman, Groom, Stable Boy, Chauffeur, Valet, Lady's-maid, Parlour-maid, Housemaid, General Servant, Dairy-maid, and Laundry-maid.

Masters and Mistresses.—It is said that good masters and mistresses make good servants, and this to a great extent is true. There are certainly some men and women whom it would be impossible to train into good servants, but the conduct of both master and mistress is seldom without its effect upon these dependents. The sensible master and the kind mistress know, that if servants depend on them for their means of living, in their turn they are dependent on their servants for very many of the comforts of life ; and that, using a proper amount of care in choosing servants, treating them like reasonable beings, and making slight excuses for the shortcomings of human nature, they will be tolerably well served, and surround themselves with attached domestics.

Women Servants are specially likely to be influenced by their mistress's treatment of them. In many cases mistresses do not give their servants the help which it is their duty to afford. A timely hint, or even a few words of quiet reproof, may be lacking when needed, and still more so the kind words and the deserved praise for work well and carefully done. It is a fact that we must take some trouble with our servants. There is no necessity for a mistress to be continually fussing round and superintending her servants' work, but she must first make sure that they do it thoroughly and well. Also she must take time and pains to show her domestics how she likes the work done.

A strict mistress is not necessarily a harsh one, and for the sake of others as well as herself she should insist upon the daily duties of each servant being faithfully and punctually performed. Every mistress should know for herself how long it takes for each household task, and it is then easy to see whether or no time has been wasted.

Work hurried is pretty nearly sure to be work ill done ; and it is a fact that cannot be too firmly impressed upon all, that time must be proportionate to labour, and that a fair amount of rest should be regular and certain. In large households with a full staff of servants it is comparatively easy to have order, regularity and comfort, but where there are but few, or it may be only one woman servant, then the mistress has much to think of and to do. There are not only so many ways in which we may assist our servants, there are twice as many in which we can save them labour, and in which we can show them how to save themselves.

They for their own part having chosen their own way of earning their livelihood should be only too ready and willing to learn to rise in an honourable calling such as service is, and where their comfort and welfare is made the care of their mistress, it should surely be their pleasure as well as their duty to serve her to the best of their ability.

The number of men-servants in a family varies according to the wealth and position of the master, from the owner of the ducal mansion, with a retinue of attendants, at the head of which is the chamberlain and house-steward, to the occupier of the house, where a single footman is the only male retainer.

To a certain extent the number of men-servants kept is regulated by the number of women-servants, this statement, of course, not applying to such out-door servants as coachman, groom, or gardener.

Occasionally a parlour-maid is kept instead of a second footman, or a kitchen or scullery-maid does the work in the way of boot-cleaning, etc., that would fall to a third footman or page. A man cook is now more rarely to be found in private service than formerly, women having found it expedient to bring their knowledge of the culinary art more to the level of the *chef* ; while in many cases those who have graduated at one of the schools for cookery have risen superior to him both in the way they flavour and serve the various dishes that call for skill and taste.

THE BUTLER

The butler is the head of the male house-servants, and his duties are the most responsible, not the least amongst them being the superintending of the men under him if there be several. To him is confided the charge of all the most valuable articles in daily use, and under his sole charge is the cellar. It is needless to say, therefore, that he should be a man whose conduct is above suspicion, as his influence for good or bad will materially affect the other male domestics.

The domestic duties of the butler are to bring in the eatables at breakfast and wait upon the family at that meal, assisted by the footman, and see to the cleanliness of everything at table. On taking away, he removes the tray with the china and plate, for which he is responsible. At luncheon, he arranges the meal, and waits unassisted, the footman being now engaged in other duties. At dinner, he places the silver and plated articles on the table and sees that everything is in its place. Where the dishes are carved on the dinner table he carries in the first dish, and announces in the drawing-room that dinner is on the table, and respectfully stands by the door until the company are seated, when he takes his place behind his master's chair on the left, to remove the covers, handing them to the other attendants to carry out. After the first course of plates is supplied, his place is at the sideboard to serve the wines, but only when called on. The first course ended, he rings the cook's bell, and hands the dishes from the table to the other servants to carry away, receiving from them the second course, which he places on the table, removing the covers as before, and again taking his place at the sideboard.

Carving at dinner is now generally done by the butler, for even the every-day family dinner is not put upon the table, the chief manservant carving each dish at a side table. After serving the soups the butler has time to pour out the wine taken after that course, then he returns to his post at the side table. Entrées have now so superseded the old-fashioned joints, that a skilful carver can easily manage to do all that is necessary even at a large dinner.

After dinner the butler receives the dessert from the other servants, and arranges it on the table, with plates and glasses, and then takes his place behind his master's chair to hand the wines and ices, while the footman stands behind his mistress for the same purpose, the other attendants leaving the room.

Before dinner he should satisfy himself that the lamps, candles, electric globes or gas burners are in perfect order, if not lighted, which will usually be the case. Having served every one with their share of the dessert, put the fires in order (when these are used), and seen the lights are all right, at a signal from his master, he and the footman leave the room. He now proceeds to the drawing-room, arranges the fireplace, and sees to the lights ; he then returns to his pantry, prepared to answer the bell, and attend to the company, while the footman is clearing away and cleaning the plate and glasses.

At tea he again attends. At bedtime he appears with the candles ; he locks up the plate, secures doors and windows, and sees that all the fires are safe.

In addition to these duties, the butler, where only one footman is kept, will be required to perform some of the duties of the valet and to pay bills. But the real duties of the butler are in the wine cellar ; there he should be competent to advise his master as to the price and quality of the wine to be laid in ; "fine," bottle, cork, and seal it, and place it in the bins. Brewing, racking, and bottling malt liquors belong to his office, as well as their distribution. These and other drinkables are brought from the cellar every day by his own hands, except where an under-butler is kept ; and a careful entry of every bottle used, entered in the cellar book.

THE FOOTMAN

The Single Footman.—In households where only one footman is kept, he has to do the work that in larger establishments is allotted to the first, second and third footmen with some little assistance from the butler if one is kept ; but in many cases a parlour-maid lends him help in laying the cloth and waiting at table. His duties we give in detail, these being in effect those of the three named, and it will not be difficult to determine, where several footmen are kept, which portion of the duties belongs to each. In large households the head footman usually stays at home to answer the door to visitors, and the second footman goes out with the carriage.

Footman's Morning Duties.—He is expected to rise early in order to get through his early morning work before the family are stirring. Boots and shoes, knives and forks, should be cleaned, coal scuttles filled, lamps in use trimmed, then any gentleman's clothes that require it brushed, hot water taken up and baths prepared before he tidies himself, has his own breakfast, and lays that for the family. At breakfast the footman carries up the urn and places the chief dishes upon the table. If any waiting is required, he does it assisted by parlour-maid or housemaid. During the morning his time will be occupied in cleaning plate, windows, etc., according to the rules of the house in which he is engaged, and he will have to answer the front door and look after the sitting-room fires. After these duties will come laying the table for luncheon.

Afternoon Duties.—As at breakfast, where only one man-servant is kept, but little waiting is required at luncheon after the soup or hot dishes have been served. These taken away, the footman will have his own dinner. When the family have left the dining-room, the footman clears away, washes the glass used, and cleans the plate. He then prepares himself either to go out with the carriage or to answer the door to visitors, as the case may be. When required to go out with the carriage, it is the footman's duty to see that the inside is free from dust, and he should be ready to open and close the door after his mistress. In receiving messages at the carriage door he should turn his ear to the speaker, so as to comprehend what is said, in order that he may give his directions to the coachman clearly. When the house he is to call at is reached, he should knock and return to the carriage for orders. In closing the door upon the family, he should see that the handle is securely turned, and that no part of the ladies' dress is shut in.

It is the footman's duty to carry messages or letters for his master or mistress to their friends, to the post, or to the tradespeople ; and nothing is more important than despatch and exactness in doing so.

Politeness and civility to visitors is one of the things masters and mistresses should exact rigorously. When visitors present themselves, the servant charged with the duty of opening the door will open it promptly, and answer, without hesitation, if the family are "not at home," or "engaged." On the contrary, if he has no such orders, he will answer affirmatively, open the door wide to admit them, and precede them to open the door of the drawing-room. If the family are not there, he will place chairs for them, and intimate civilly that he goes to inform his mistress If the lady is in her drawing-room, he announces the name of the visitors, having previously acquainted himself with it. In this part of his duty it is necessary to be very careful to repeat the names correctly ; mispronouncing names is very apt to give offence. When the visitor is departing, the servant should be at hand, ready, when rung for, to open the door ; he should open it with a respectful manner, and close it gently when the visitors are fairly beyond the threshold.

Afternoon tea is brought in by the single footman. In many houses a small table is first brought in by him for this purpose (the butler would follow with the tray where the former is kept), then after seeing that there are sufficient cups and hot water ready at hand for his mistress, quits the room, holding himself in readiness to answer the drawing-room bell for change of cups or anything that may be required.

Evening duties.—For dinner, the footman lays the cloth, arranges knives, forks, and glasses, etc. (*see* How to lay the table, pp. 1690–1) and places chairs enough for the party, distributing them equally on each side of the table.

About half an hour before dinner, he rings the dinner-bell or gong, where that is the practice, and occupies himself with carrying up everything he is likely to require. At the expiration of the time, having communicated with the cook, he rings the dinner bell, and proceeds to take it up, with such assistance as he can obtain. Having ascertained that all is in order, that his own dress is clean and presentable and his gloves are without a stain, he announces in the drawing-room that dinner is served, and stands respectfully by the door until the company are seated : he places himself on the left, behind his master, who is to distribute the soup ; where soup and fish are served together, his place will be at his mistress's left hand ; but he must be on the alert to see that whoever is assisting him, whether male or female, are at their posts. If any of the guests has brought his own servant with him, his place is behind his master's chair, rendering such assistance to others as he can, while attending to his master's wants throughout the dinner.

While attentive to all, the footman should be obtrusive to none ; he should give nothing but on a waiter, and always hand it with the left hand and on the left side of the person he serves, and hold it so that the guest may take it with ease. In lifting dishes from the table, he should use both hands, and remove them with care, so that nothing is spilt on the table cloth or on the dresses of the guests.

In opening wine, let it be done quietly, and without shaking the bottle; if crusted, let it be inclined to the crusted side, and decanted while in that position. In opening champagne, it is not necessary to discharge it with a pop ; properly cooled, the cork is easily extracted without any explosion ; when the cork is out, the mouth of the bottle should be wiped with a napkin.

At the end of the first course, notice is conveyed to the cook, who is waiting to send up the second, which is introduced in the same way as before ; the attendants who remove the fragments carrying the dishes from the kitchen and handing them to the footmen or butler, whose duty it is to arrange them on the table. After dinner, the dessert-glasses and wines are placed on the table by the footman, who places himself behind his master's chair, to supply wine and hand round the ices and other refreshments, all other servants leaving the room.

As soon as the drawing-room bell rings for tea, the footman enters with the tray, which has been previously prepared ; hands the tray round to the company, with cream and sugar, the tea and coffee being generally poured out, while another attendant hands cakes toast, or biscuits. If it is an ordinary family party, where this social meal is prepared by the mistress, he carries the urn or kettle, as the case may be ; hands round the toast, or such other eatable as may be required, removing the whole in the same manner when tea is over.

Receptions and Evening Parties.—The drawing-rooms being prepared, the card tables laid out with cards and counters, and such other arrangements as are necessary made for the reception of the company, the rooms should be lighted up. The attendant should avoid displaying an interest in his master or mistress's game.

Footman's Livery.—It is usual to allow each man two suits per year, also to find him in silk stockings, and fur capes, if they are worn.

THE SINGLE MAN-SERVANT OR PAGE

Duties of Single Man-servant.—According to the household in which either of these is employed so will his duties be, but in all or any they partake of the various ones of the servants before mentioned. In many places the single man-servant devotes most of his time to the garden, the remainder being spent in cleaning windows, boots, knives, etc., bringing in water and coal, carrying messages and such work as would fall to the under-footman in larger establishments. When this is the case, the man so employed is seldom required to wear livery or wait at table. In other establishments where a gardener is kept and no out-door work demanded of the one indoor servant, his duties are all that he can contrive to do of those of the butler and footman, A page is supposed as a rule (that is where no man-servant is kept) to do duty, to a certain extent, for all.

THE COACHMAN, GROOM AND STABLE BOY

The Head of the Stables.—The establishment we have in view will consist of coachman, groom and stable boy, who are capable of keeping in perfect order four horses, and perhaps a pony. Of this establishment the coachman is chief. Besides skill in driving, he should possess a good general knowledge of horses ; he has usually to purchase provender, to see that the horses are regularly fed and properly groomed, watch over their condition, apply simple remedies to trifling ailments in the animals under his charge, and report where he observes symptoms of more serious ones which he does not understand. He has either to clean the carriage himself, or see that the stable boy does it properly.

The groom's first duties are to keep his horses in condition. In the morning, about six o'clock, or rather before, the stables should be opened and cleaned out, and the horses fed, first by cleaning the rack and throwing in fresh hay, putting it lightly in the rack, that the horses may get it out easily ; a short time afterwards their usual morning feed of oats should be put into the manger. While this is going on, the stable boy should remove the stable dung, and sweep and wash out the stables, in order to keep them sweet and clean. The real duties of the groom follow : where the horses are not taken out for early exercise, the work of grooming immediately commences. The curry-comb ought not to be necessary if a horse is in good condition, but a good strapping with a damp wisp is the principal thing requisite ; the horse should be strapped so that every hair is touched and cleaned to the root. The best wisp is made from a hay band, untwisted, and again doubled up after being moistened with water ; this is applied to every part of the body, as the brushing has been, by changing the hands, taking care in all these operations to carry the hand in the direction of the coat. Stains in the hair are removed by sponging, or, when the coat is very dirty, by the water brush ; the whole being finished off by a linen or flannel cloth. The horse cloth should be put on by taking the cloth in both hands, with the outside next you, and with your right hand to the off side, throw it over his back, placing it no farther back than will leave it straight and level, which will be a foot from the tail. Put the roller round, and the pad piece under it, about six or eight inches from the fore legs. The horse's head is now loosened ; he is turned about in his stall to have his eyes and nose sponged out, his head and ears rubbed and brushed over every part, including throat, with the dusting cloth, finishing by "pulling his ears," which all horses seem to enjoy very much. This done, the mane and foretop should be combed out, passing a wet sponge over them, sponging the mane on both sides, by throwing it back to the midriff, to make it lie smooth. The horse is now turned to his head stall, his tail combed out, cleaning it of stains with a wet brush or sponge, trimming both tail and mane, and forelock when necessary, smoothing them down with a brush on which a little oil has been dropped.

Watering usually follows dressing ; but some horses refuse their food until they have drunk : the groom should not, therefore, lay down exclusive rules on this subject, but study the temper and habits of his horse. Some great authorities on stable management recommend that drinking water should always be kept in the stalls, so that the horses can drink when inclined. This arrangement however is not popular with most grooms

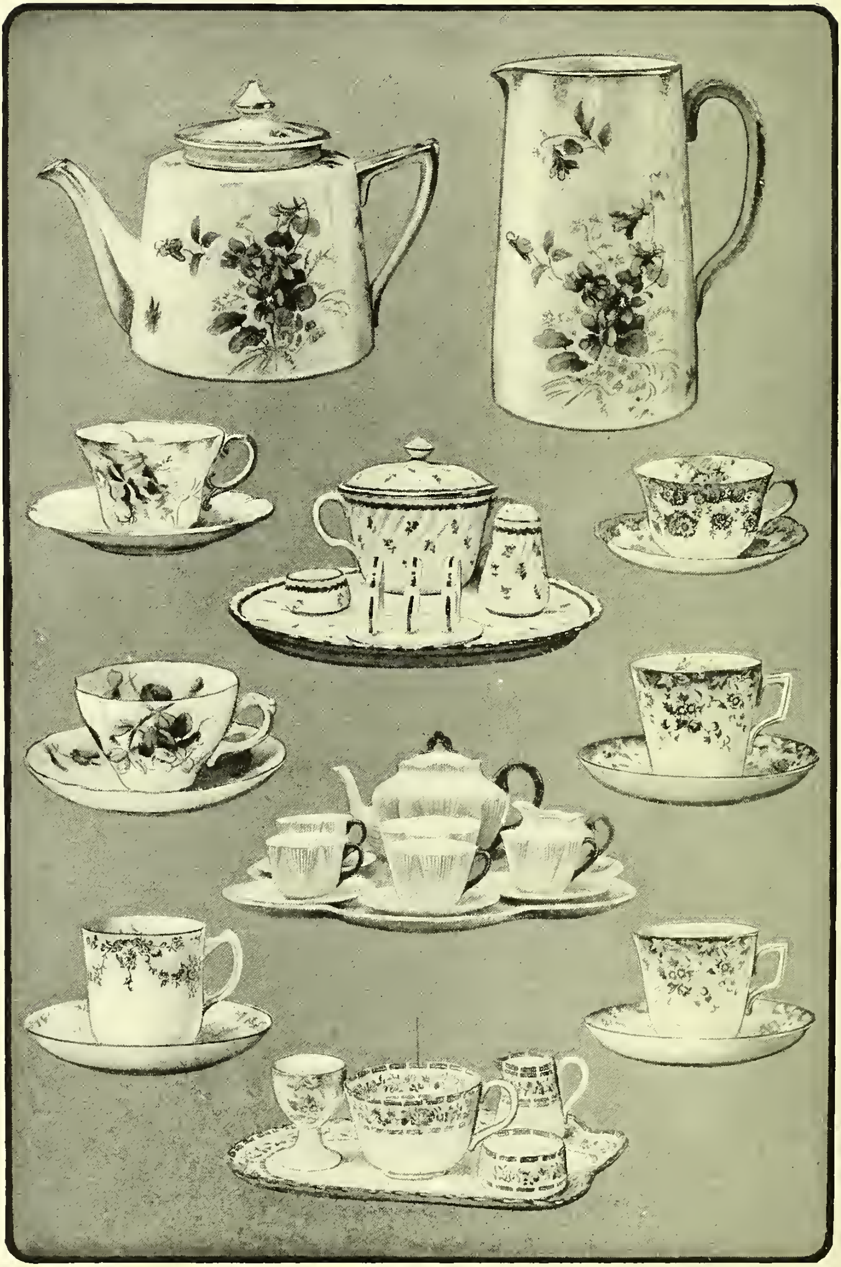
Exercise.—All horses not in work require at least two hours' exercise daily, and in exercising them a good groom will put them through the paces to which they have been trained. In the case of saddle horses, he will walk, trot, canter and gallop them, in order to keep them up to their work. With draught horses they ought to be kept up to a smart walk and trot.

Feeding must depend on their work, but they require feeding three times a day, with more or less corn each time, according to their work. In the fast coaching days it was a saying among proprietors, that "his belly was the measure of his food" ; but the horse's appetite is not to be taken as a criterion of the quantity of food. Horses vary very much in their appetites, as well as in their digestive powers. The following are safe signs that a horse is not being over fed : a healthy pink mouth, clearing up his food to the last oat, and healthy droppings. If the mouth be yellow, food left, or the dung loose or hard and slimy, give bran mashes for a day, afterwards include allowance of corn.

A fresh young horse can bruise its own oats when it can get them ; but aged horses, after a time, lose the power of masticating and bruising them, and bolt them whole : thus much impeding the work of digestion. For an old horse, bruise the oats ; for a young one it does no harm and little good. Oats should be bright and dry, and not too new. Where they are new, sprinkle them with salt and water ; otherwise, they overload the horse's stomach. Chopped straw mixed with oats, in the proportion of a third of straw or hay, is a good food for horses in full work ; and carrots, of which horses are remarkably fond, have a perceptible effect in a short time on the gloss of the coat.

Shoeing.—A horse should not be sent on a journey or any other hard work immediately after new shoeing ; the stiffness incidental to new shoes is not unlikely to bring him down. A day's rest, with reasonable exercise, will not be thrown away after this operation. Have the feet stopped at night after being shod ; it will keep the feet moist, and allow the nails to better hold.

On reaching home very hot.—Should necessity cause the horse to arrive in that state, the groom should walk him about for a few minutes ; this done, he should take off the moisture with the scraper, and after-



wards wisp him over with a handful of straw and a flannel cloth; if the cloth is dipped in some spirit all the better. He should wash, pick, and wipe dry the legs and feet, take off the bridle and crupper, and fasten it to the rack, then the girths, and put a wisp of straw under the saddle. When sufficiently cool, the horse should have some hay given him, and then a feed of oats: if he refuse the latter, offer him a little wet bran, or a handful of oatmeal in tepid water. When he has been fed, he should be thoroughly cleaned, and his body clothes on, and, if very much harassed with fatigue, a little good ale or wine will be well bestowed on a valuable horse, adding plenty of fresh litter under the belly.

Harness.—Every time a horse is unbridled, the bit should be carefully washed and dried, and the leather wiped, to keep them sweet, as well as the girths and saddle, the latter being carefully dried and beaten with a switch before it is again put on. In washing a horse's feet after a day's work, the master should insist upon the legs and feet being washed thoroughly with a sponge until the water flows over them, and then rubbed with a brush till quite dry. Harness, if not carefully preserved, very soon gets a shabby, tarnished appearance. Where the coachman has a proper harness room and sufficient assistance, this is inexcusable and easily prevented. The harness room should have a wooden lining all round, and be perfectly dry and well ventilated. Around the walls, hooks and pegs should be placed for the several pieces of harness, at such a height as to prevent their touching the ground; and every part of the harness should have its peg or hook—one for the halters, another for the reins, and others for snaffles and other bits and metal work: and either a wooden horse or saddle-tree for saddles and pads. All these parts should be dry, clean and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned by a soft brush and plate powder; the copper and brass parts burnished with rottenstone powder and oil; steel with emery powder—both made into a paste with a little oil.

DUTIES OF THE GROOM

Carriages being valuable and costly have to be most carefully dealt with. They should be carefully cleaned before putting away, and the coach-house should be perfectly dry and well ventilated, for the wood work swells with moisture; it shrinks with heat, unless the timber has undergone a long course of seasoning; it should also have a dry floor, a boarded one being recommended. It must be removed from the ammoniacal influence of the stables, from open drains and cesspools, and other gaseous influences likely to affect the paint and varnish. When the carriage returns home, it should be carefully washed and dried, and that, if possible, before the mud has time to dry on it. This is done by first well slushing it with clean water, so as to wash away all particles of sand, having first closed the sashes to avoid wetting the linings. The body is then gone carefully over with a soft mop, using plenty of clean water, and penetrating every corner of the carved work, so that not an atom of dirt remains ; the body of the carriage is then raised by placing the jack under the axletree, and raising it so that the wheel turns freely ; this is now thoroughly washed with the mop until the dirt is removed, using a wash-brush for corners where the mop does not penetrate. Every particle of mud and sand removed by the mop, and afterwards with a wet sponge, the carriage is wiped dry, and, as soon after as possible, the varnish is carefully polished with soft leather, using a little sweet oil for the leather parts, and even for the panels, so as to check any tendency of the varnish to crack. Stains are removed by rubbing them with the leather and sweet oil ; if that fails, a little Tripoli powder mixed with the oil will be more successful.

In preparing the carriage for use, the whole body should be rubbed over with a clean leather and carefully polished, the iron work and joints oiled, the plated and brass work occasionally cleaned—the one with plate powder, or with well-washed whiting mixed with sweet oil, and leather kept for the purpose—the other with rottenstone mixed with a little oil, and applied without too much rubbing, until the paste is removed ; but, if rubbed every day with the leather, little more will be required to keep it untarnished. The linings require careful brushing every day, the cushions being taken out and beaten, and the glass sashes should always be bright and clean. The wheel tires and axletree are carefully seen to, and greased when required, the bolts and nuts tightened, and all the parts likely to get out of order overhauled. These duties, however, are only incidental to the coachman's office, which is to drive ; and much of the enjoyment of those in the carriage depends on his proficiency in his art—much also of the wear of the carriage and horses. He should have sufficient knowledge of the construction of the carriage to know when it is out of order—to know, also, the pace at which he can go over the road he has under him without risking the springs, and without shaking those he is driving too much.

Driving.—Having, with or without the help of the groom or stable boy, put his horses to the carriage, and satisfied himself, by walking round them, that everything is properly arranged, the coachman proceeds to the off-side of the carriage, takes the reins from the back of the horses, where they were thrown, buckles them together, and, placing his foot on the step, ascends to his box, having his horses now entirely under control. In ordinary circumstances, he is not expected to descend, for where no footman accompanies the carriage, the doors are usually so arranged that even a lady may let herself out, if she wishes to, from the inside. The coachman's duties are to avoid everything approaching an accident, and all his attention is required to guide his horses. The pace at which he drives will depend upon his orders—in all probability a moderate pace of seven or eight miles an hour; less speed is injurious to the horses, getting them into lazy and sluggish habits; for it is wonderful how soon these are acquired by some horses. Unless he has contrary orders, a good driver will choose a smart pace, but not enough to make his horses sweat; on level roads this should never be seen. The true coachman's hands are so delicate and gentle, that the mere weight of the reins is felt on the bit, and the directions are indicated by a turn of the wrist rather than by a pull; the horses are guided and encouraged, and only pulled up when they exceed their intended pace, or in the event of a stumble; for there is a strong though gentle hand on the reins.

In choosing his horses every master will see that they are properly paired —that their paces are about equal. When their habits differ it is the coachman's duty to discover how he can, with least annoyance to the horses, get that pace out of them. Some horses have been accustomed to be driven on the check, and the curb irritates them; others, with harder mouths, cannot be controlled with the slight leverage this affords; he must, therefore, accommodate the horses as he best can. The reins should always be held so that the horses are "in hand"; but he is a very bad driver who always drives with a tight rein; the pain to the horse is intolerable and causes him to rear and plunge, and finally break away, if he can. He is also a bad driver when the reins are always slack; the horse then feels abandoned to himself; he is neither directed nor supported, and if no accident occurs, it is great good luck.

The whip, in the hands of a good driver, and with well-bred cattle, is there more as a precaution than a "tool" for frequent use; if he uses it, it is to encourage, by stroking the flanks; except, indeed, he has to punish some waywardness of temper, and then he does it effectually, taking care, however, that it is done on the flank, where there is no very tender part, never on the crupper.

THE CHAUFFEUR

The duties of the Chauffeur are very similar to those of the Coachman, and a careful perusal of the preceding article will instruct him in many important matters. His foremost duty is to possess a thorough knowledge of the mechanism of the car he controls, and to acquaint himself quickly with its vagaries. After a run he should always clean the car in accordance with the instructions given to the coachman for cleaning a carriage, and before starting out again he should see that all parts of the car are properly oiled, and that the tank of a petrol-driven car has been filled, that he carries a plentiful supply of petrol and accessories for slight repairs, that the lamps are filled and in proper order, and that the metal work and the seating of the car are clean and bright. When a long trip is contemplated the Chauffeur should always thoroughly acquaint himself with the route by a study of the maps of the district before setting out.

THE VALET AND THE LADY'S-MAID

Attendants on the person.—The valet and waiting-maid are placed near the persons of the master and mistress, receiving orders only from them, dressing them, accompanying them in all their journeys, the confidants and agents of their most unguarded moments, of their most secret habits. All that can be expected from such servants is polite manners, modest demeanour, and a respectful reserve, which are indispensable.

Some of the duties of the valet we have hinted at in treating of the duties of the footman. His and the lady's-maid's day commences by seeing that their employer's dressing-room is in order ; that the housemaid has swept and dusted it properly ; that the fire is lighted and burns cheerfully ; and some time before the master or mistress is expected, they will do well to throw up the sash to admit fresh air, closing it, however, in time to recover the temperature which they know is preferred. It is their duty to air the body linen before the fire ; to lay out the clothes intended to be worn, carefully brushed and cleaned. All the articles of the toilet should be in their places, the razors properly set and stropped, and hot water ready for use. A valet often accompanies his master when shooting, when he would carry the extra gun and load for him.

Shaving.—A valet should be prepared to shave his master if required ; and he should, besides, be a good hairdresser. Shaving over, he has to brush the hair, beard and moustache, arranging the whole simply and gracefully, according to the style preferred. Every fortnight, or three weeks at the utmost, the hair should be cut, and the whiskers trimmed as often as required. A good valet will now present the various articles of the toilet as they are wanted ; the body linen, necktie, which he will put on, if required, and afterwards, waistcoat, coat and boots, in suitable order, and carefully brushed and polished. Having thus seen his master dressed, if he is about to go out, the valet will hand him his cane, gloves and hat, the latter well brushed on the outside with a soft brush, and wiped inside with a clean handkerchief, respectfully attend him to the door, open it for him, and receive his last orders for the day. He now proceeds to put everything in order in the dressing-room, cleans the combs and brushes, and brushes and folds up any clothes that may be left about the room, and puts them away in the drawers.

Hairdressing is one of the most important parts of the lady's-maid's office. Lessons in hairdressing may be obtained, and at not an unreasonable charge, and a lady's-maid should initiate herself in the mysteries of hairdressing before entering on her duties. If a mistress finds her maid handy, and willing to learn, she will not mind the expense of a few lessons, which are almost necessary, as the fashion and mode of dressing the hair is continually changing. Brushes and combs should be kept scrupulously clean, by washing them about twice a week ; to do this oftener spoils the brushes, as very frequent washing makes them so very soft.

Care of Linen.—On its return from the wash, it is very necessary to examine every piece separately, so that all missing buttons be supplied, and only articles properly washed and in perfect repair passed into the wardrobe.

The Wardrobe.—It is the valet's and lady's-maid's duty, where it is permitted, to select from the wardrobe such things as are suitable for the occasion, to see that their employer's wardrobe is in thorough repair, and to make him or her acquainted with the fact if they see that any additions to it are required.

A lady's-maid should possess a thorough knowledge of dressmaking and repairing and restoring clothes.

Dresses of tweed, and other woollen materials may be laid out on a table and brushed all over ; but in general, even in woollen fabrics, the lightness of the issues renders brushing unsuitable to dresses, and it is better to remove the dust from the folds by beating them lightly with a handkerchief or thin cloth. Silk dresses should never be brushed, but rubbed with a piece of merino, or other soft material, of a similar colour, kept for the purpose. Summer dresses of barège, muslin, mohair, and other light materials, simply require shaking ; but if the muslin be tumbled, it must be ironed afterwards.

If feathers have suffered from damp, they should be held near the fire for a few minutes, and restored to their natural state by the hand or a soft brush, or re-curled with a blunt knife, dipped in very hot water. Satin boots or shoes should be dusted with a soft brush, or wiped with a cloth. Kid or varnished leather should have the mud wiped off with a sponge charged with milk, which preserves its softness and polish. Furs, feathers and woollens require the constant care of the waiting-maid. Furs and feathers not in constant use should be wrapped up in linen washed in lye. From May to September they are subject to being made the depository of the moth-eggs.

The valet's and lady's-maid's attire should, in its way, be as irreproachable as their employer's on all occasions, and there being no hard or heavy work for them to perform, this is not difficult to manage. The valet has his meals served in the housekeeper's or steward's room, he and the lady's-maid taking, after the two here mentioned, precedence of the other servants.

Attendance.—It is, perhaps, unnecessary to add that it is their duty to be in waiting when the master or mistress returns home to dress for dinner, or for any other occasion, and to have all things prepared for their second dressing. Previous to this, they bring under notice the cards of visitors who may have called, deliver the messages they may have received, and otherwise acquit themselves of the morning's commissions, and receive orders for the remainder of the day. The routine of evening duty is to have the dressing-room and study, where there is a separate one, arranged comfortably, the fires lighted, candles prepared, slippers in their place, and aired, and everything in order that is required for their employer's comfort.

The valet and the lady's-maid should have a good knowledge of packing, and on them devolves the task of getting tickets, looking out routes, securing seats, carriages and berths, as the case may be: while they are also responsible for the luggage.

When travelling by rail, unless they occupy the same carriage as their master or mistress, they should, when the train stops for any length of time, be in attendance in case anything should be required. A knowledge of foreign languages is a most useful qualification.

General Observations.—The valet and lady's-maid, from their supposed influence with their master and mistress, are exposed to some temptations to which other servants are less subjected. They are probably in communication with the tradespeople who supply articles for the toilet; such as hatters, tailors, dressmakers, and perfumers. The conduct of waiting-maid and valet to these people should be civil but independent, making reasonable allowance for want of exact punctuality if any such can be made; they should represent any inconvenience respectfully, and if an excuse seems unreasonable, put the matter fairly to master or mistress, leaving it to them to notice it further, if they think it necessary. No expectations of a personal character should influence them one way or the other. Deference to a master and mistress, and to their friends and visitors, is one of the implied terms of their engagement; and this deference must apply even to what may be considered their whims.

THE PARLOUR-MAID

A parlour-maid is kept in many households in place of a single footman, and in these cases her duties (indoor duties we should say) are practically the same as his, with attendance on her mistress in place of that given by him to his master.

It will be best to detail her work in a household of three servants (the other two, cook and housemaid, with, perhaps, a kitchen-maid beside). We are of course not reckoning the nursery and its attendants in speaking of the servants, as the former are, or should be, a thing apart, and the cook would be the only one to whom the existence of a nursery, properly arranged, would give any extra work.

The duties of the parlour-maid are to open the door to visitors, show them into the drawing-room, bring up afternoon tea and clear it away, lay the table for luncheon and dinner, and wait during the latter meal, with or without the assistance of the housemaid; she keeps the linen in repair, waits upon her mistress, assisting her to dress when required, also upon any lady visitor. She has often to help in bed making, and is generally required to dust the drawing-room, often to arrange the flowers for that and the dining-room, to put up fresh curtains, look after the drawing-room fire, and answer the sitting-room bell. She washes up the breakfast, tea and coffee things, and the glass and plate from dinner, and the plate is under her charge to be kept clean and in order. She does, in fact, all the lighter and less menial work of a housemaid, combining with these many little tasks that a mistress who kept only two servants would in all probability do for herself.

Everyday Dress.—As a housemaid, her morning attire should be a print gown and simple white cap, but she will not need the rough apron worn by the former, and can wear a white one, so that she is always ready to answer bells. In the afternoon her dress should be a simply-made black one, relieved by white collar, cuffs and cap, and a pretty lace-trimmed bib apron.

Waiting at Table.—The parlour-maid should move about the room as noiselessly as possible, anticipating people's wants by handing them things without being asked for them, and altogether be as quiet as possible. It will be needless here to repeat what we have already said respecting waiting at table in the duties of the butler and footman: rules that are good to be observed by them, are equally good for the parlour-maid. If there be a man-servant in attendance, he takes the butler's place and she the footman's, as already detailed; if the housemaid assists, then the parlour-maid takes the first place.

Evening Work.—Dinner over, the parlour-maid will now have to remove and wash up the plate and glass used, restoring everything to its place; next prepare the tea and take it up, bringing the tea-things down when finished with, and lastly, give any attendance required in the bedrooms.

A still-room maid is kept in some large establishments where there is a full staff of men, and she does some few of the duties of the parlour-maid of smaller households. She washes and puts away the china, for example, from breakfast and tea, prepares the tea-trays for the drawing-room, arranges the dining-room dessert and sometimes the flowers, and generally waits on and assists the housekeeper.

We can more easily define her duties, however, by calling her what she practically is, the housekeeper's assistant.

THE HOUSEMAID

Upper Housemaids.—In large establishments there are several housemaids, and according to the number kept the actual work of the head housemaid may be determined—being practically little if there be many, while her responsibilities are in inverse ratio. She has not so much to *do* the work as to see that it is done, reserving the lighter and more important tasks for her own share.

The best upper housemaids are those that have risen to the post, having thus had a good sound training and possessing a practical knowledge of how every household task should be performed.

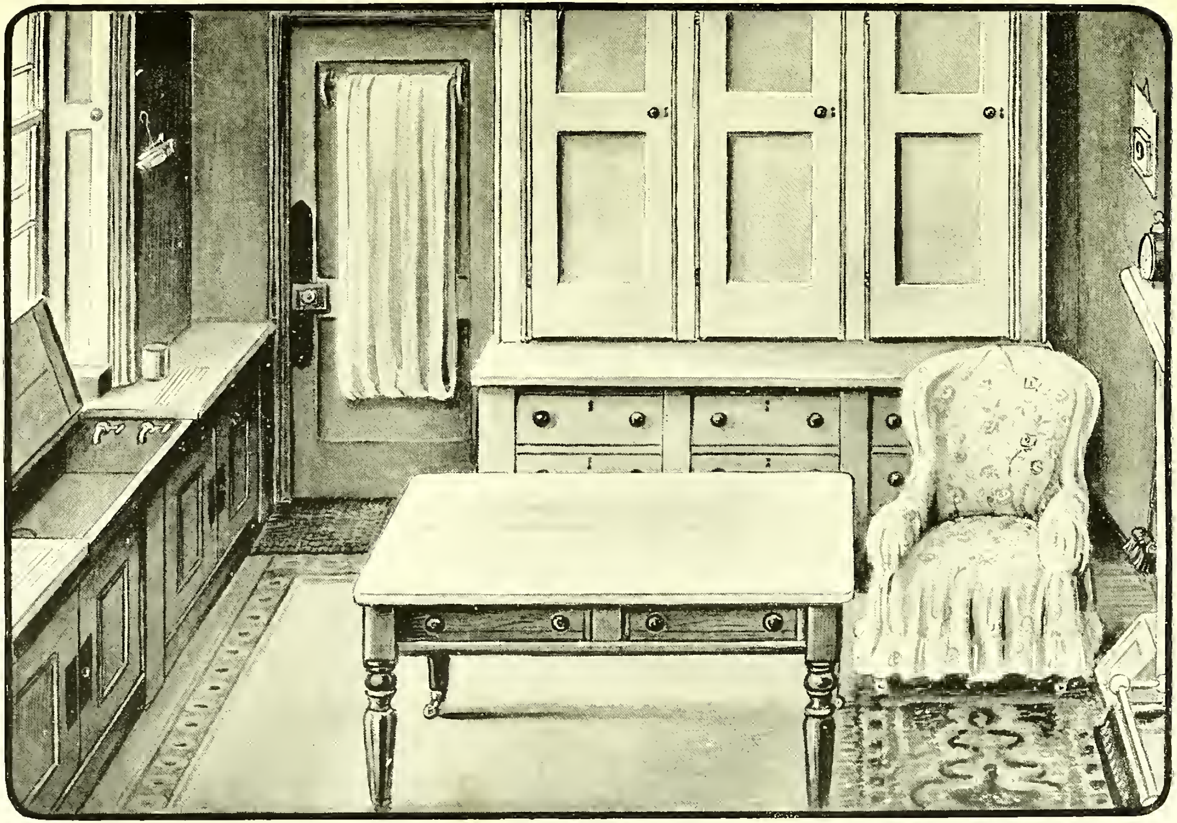
The upper housemaid's duties would include, besides a general superintendence, the care of the household linen, the covering of furniture, the dusting, if not the sweeping, of the drawing-room, the helping to make the chief beds and other tasks, always making it her duty to go the round of the bedrooms, both morning and evening, to see that toilet tables, wash-hand stands, fires, etc., are in order.

The first duty of the housemaid in winter is to open the shutters of all the lower rooms in the house, and take up the hearthrugs in those rooms which she is going to " do " before breakfast. In some families, where there are only a cook and housemaid kept, and where the drawing-rooms are large, the cook has the care of the dining-room, and the housemaid that of the breakfast-room, library and drawing-rooms. After the shutters are all opened, she sweeps the breakfast-room, sweeping the dust towards the fireplace, of course previously removing the fender. She should then lay a cloth (generally made of coarse wrappering) over the carpet in front of the stove, and on this should place her housemaid's box, containing blacklead brushes, leathers, emery-paper, cloth, blacklead, and all utensils necessary for cleaning a grate, with the cinder-pail on the other side. She now sweeps up the ashes and deposits them in her cinder-pail, which is a japanned tin pail, with a wire sifter inside, and a closely-fitting top. In this pail the cinders are sifted, and reserved for use in the kitchen or under the copper, the ashes only being thrown away. The cinders disposed of, she proceeds to blacklead the grate, producing the blacklead, the soft brush for laying it on, her blacking and polishing brushes, from the box which contains her tools. The housemaid's box should be kept well stocked. Having blackened, brushed and polished every part, and made all clean and bright, she now proceeds to lay the fire. Sometimes it is very difficult to get a proper polish to black grates, particularly if they have been neglected and allowed to rust at all. But later on we give recipes for treating them that will be found useful.

Bright grates require unceasing attention to keep them in perfect order. A day should never pass without the housemaid rubbing with a dry leather the polished parts of a grate, as also the fender and fire-irons. A careful and attentive housemaid should have no occasion ever to use emery-paper for any part but the bars, which, of course, become blackened by the fire.

The several fires lighted, the housemaid proceeds with her dusting and polishing the several pieces of furniture in the breakfast parlour, leaving no corner unvisited. Before sweeping the carpet, it is a good practice to sprinkle it all over with tea-leaves, which not only lay all dust, but give a slightly fragrant smell to the room. It is now in order for the reception of the family, and where there is neither footman nor parlour-maid, she now proceeds to the dressing-room, and lights her

THE BUTLER'S PANTRY.



mistress's fire if she is in the habit of having one to dress by. Her mistress is called, hot water placed in the dressing-room for her use, her clothes—as far as they are under the housemaid's charge—put before the fire, hanging a fire-guard on the bars where there is one, while she proceeds to prepare the breakfast.

The housemaid's work in summer is considerably abridged : she throws open the windows in the several rooms not occupied as bedrooms, that they may receive the fresh morning air before they are occupied ; she prepares the breakfast-room by sweeping the carpet, rubbing tables and chairs, dusting mantel-shelf and picture-frames with a light brush, dusting the furniture and sweeping the rug ; she cleans the grate when necessary, and re-arranges the ornaments with which it is filled when necessary, leaving everything clean and tidy for breakfast. It is not enough, however, in cleaning furniture, just to pass lightly over the surface ; the rims and legs of tables, and the backs and legs of chairs and sofas, should be rubbed vigorously daily ; if there is a bookcase, every corner of every pane and ledge requires to be carefully wiped, so that not a speck of dust can be found in the room.

Morning Work.—After the breakfast-room is finished, the housemaid should proceed to sweep down the stairs, commencing at the top, whilst the cook has the charge of the hall, doorstep and passages. After this she should go into the drawing-room, cover up every article of furniture that is likely to spoil, with large dusting-sheets, and put the chairs together, by turning them seat to seat, and, in fact, make as much room as possible, by placing all the loose furniture in the middle of the room, whilst she sweeps the corners and sides. When this is accomplished, the furniture can then be put back in its place, and the middle of the room swept, sweeping the dirt, as before said, towards the fireplace. The same rules should be observed in cleaning the drawing-room grates as we have just stated, putting down the cloth, before commencing, to prevent the carpet from getting soiled. In the country, a room would not require sweeping thoroughly like this more than twice a week ; but the housemaid should go over it every morning with a dust-pan and broom, taking up every crumb and piece she may see. After the sweeping she should leave the room, shut the door, and proceed to lay the breakfast. Where there is neither footman nor parlour-maid kept, the duty of laying the breakfast cloth rests on the housemaid.

Laying the Cloth for Breakfast.—The heater of the tea-urn is to be first placed in the hottest part of the kitchen fire ; or, where the kettle is used, boiled on the kitchen fire, and then removed to the parlour, where it is kept hot. Having washed herself free from the dust arising from the morning's work, the housemaid collects the breakfast things on her tray, takes the breakfast-cloth from the napkin-press, and carries them all on the tray into the parlour ; arranges them on the table, placing a sufficiency of knives, forks and salt-cellars for the family, taking care that the salt is plentiful, and soft and dry, and takes the tray back to the pantry ; gets a supply of milk, cream and bread ; fills the butter-dish, and sees that hot plates and egg-cups are ready where warm meat or eggs are served, and that the butter-knife and bread-knife are in their places. And now she should give the signal for breakfast, holding herself ready to fill the urn with hot water, or hand the kettle, and take in the rolls, toast and other eatables, with which the cook supplies her, when the breakfast-room bell rings ; bearing in mind that she is never to enter the parlour with dirty hands or with a dirty apron, and that everything is to be handed on a tray ; that she is to hand everything she may be required to supply on the left hand of the person she is serving, and that all is done quietly and without bustle or hurry. In some families, where there is a large number to attend on, the cook waits at breakfast whilst the housemaid is busy upstairs in the bedrooms, or sweeping, dusting and putting the drawing-room in order.

Bedroom Work.—Breakfast served, the housemaid proceeds to the bedchambers, throws up the sashes, if not already done, pulls up the blinds, throwing back the curtains at the same time, and opens the beds by removing the clothes, placing them over a horse, or failing that, over the backs of chairs. She now proceeds to empty the slops. In doing this, everything is emptied into the slop-pail, leaving a little scalding-hot water for a minute in vessels that require it ; adding a drop of turpentine to the water, when that is not sufficient to cleanse them. The basin is emptied, well rinsed with clean water, and carefully wiped ; the ewers emptied and washed ; finally, the water-jugs themselves emptied out and rinsed, and wiped dry. As soon as this is done, she should remove and empty the pails, taking care that they also are well washed, scalded and wiped as soon as they are empty. Next follows bed-making, at which one of the other servants usually assists ; but, before beginning, velvet chairs, or other things injured by dust, should be removed to another room. In bed-making, the fancy of its occupant should be consulted : some like beds sloping from the top towards the feet, swelling slightly in the middle ; others, perfectly flat ; a good housemaid will accommodate each bed to the taste of the sleeper, taking care to shake, beat and turn it well in the process. Some persons prefer sleeping on the mattress ; in which case a feather bed is usually beneath, resting on a second mattress, and a straw palliasse at the bottom. In this case, the mattresses should change places daily ; the feather bed placed on the mattress shaken, beaten, taken up and opened several times, so as thoroughly to separate the feathers ; if too large to be thus handled, the maid should shake and beat one end first, and then the other, smoothing it afterwards equally all over into the required shape, and place the mattress gently over it. Any feathers which escape in this process a tidy servant will put back through the seam of the tick ; she will also be careful to sew up any stitch that gives way the moment it is discovered. The bed-clothes are laid on, beginning with an under blanket and sheet, which are tucked under the mattress at the bottom. The bolster is then beaten and shaken, and put on, the top of the sheet rolled round it, and the sheet tucked in all round. The pillows and other bed-clothes follow, and the counterpane over all, which should fall in graceful folds, and at equal distance from the ground all round. The curtains are drawn to the head and folded neatly across the bed, and the whole finished in a smooth and graceful manner. Where spring mattresses are used, care should be taken that the over one is turned every day. The housemaid should now take up in a dust-pan any pieces that may be on the carpet ; she should dust the room, shut the door, and proceed to another room. When all the bedrooms are finished, she should dust the stairs and polish the hand-rail of the banisters, and see that all ledges, window-sills, etc., are quite free from dust. It will be necessary for the housemaid to divide her work, so that she may not have too much to do on certain days, and not sufficient to fill up her time on other days. In the country, bedrooms should be swept and thoroughly cleaned once a week ; and to be methodical and regular in her work, the housemaid should have certain days for doing certain rooms thoroughly. For instance, two bedrooms on Monday, two on Tuesday, the drawing-room on Wednesday, and so on, reserving a day for thoroughly cleaning the plate, bedroom candlesticks, etc., etc., which she will have to do where there is no parlour-maid or footman kept. By this means the work will be divided, and there will be no unnecessary bustling and hurrying, as is the case where the work is done at any time, without rule or regulation.

Weekly Work.—Once a week, when a bedroom is to be thoroughly cleaned, the housemaid should commence by brushing the mattresses of the bed before it is made ; she should then make it, shake the curtains, lay them smoothly on the bed, and pin or tuck up the bottom valance, so that she may be able to sweep under the bed. She should then unloop the window-curtains, shake them, and pin them high up out of the way. After clearing the dressing-table, and the room altogether of little articles of china, etc., etc., she should shake the toilet-covers, fold them up, and lay them on the bed, over which a large dusting sheet should be drawn. She should then sweep the room, clean the grate, wash the washing-table apparatus, removing all marks or fur round the jugs caused by the water. The water-bottles and tumblers must also have her attention, as well as the top of the washing-stand. When these are all clean and arranged in their places, the housemaid should scrub the floor where it is not covered with carpet, under the bed, and round the wainscot. She should use as little soap and soda as possible, as too free a use of these articles is liable to give the boards a black appearance. In winter it is not advisable to scrub rooms too often, as it is difficult to dry them thoroughly, and nothing is more dangerous than to allow persons to sleep in a damp room. The housemaid should now dust the furniture, blinds, ornaments, etc.; polish the looking-glass ; arrange the toilet-cover and muslin ; remove the cover from the bed, and straighten and arrange the curtains and counterpane. A bedroom should be cleaned like this every week. As modern furniture is now nearly always French-polished, it should often be rubbed with an old silk rubber, or a fine cloth or duster, to keep it free from smears. Three or four times a year, any of the polishes, for which we give recipes, may be applied with very great success, as any of them make French-polished furniture look very well. One precaution must be taken—not to put too much of the polish on at one time, and to *rub, not smear* it over the articles.

Lights.—The chamber candlesticks should be brought down and cleaned, gas and electric globes cleaned, and the parlour lamps trimmed—and here the housemaid's utmost care is required. In cleaning candlesticks, as in every other cleaning, she should have cloths and brushes kept for that purpose alone ; the knife used to scrape them should be applied to no other purpose ; the tallow-grease should be thrown into a box kept for the purpose ; the same with everything connected with the lamp-trimming ; always bearing in mind, that without perfect cleanliness, which involves occasional scalding, no lamp can be kept in order. After scalding a lamp, it should be rinsed out with a little spirits ; this will prevent the oil sputtering on first being lighted after the scalding.

Evening Duties.—In summer-time the windows of all the bedrooms, which have been closed during the heat of the day, should be thrown open for an hour or so after sunset, in order to air them. Before dark they should be closed, the bed-clothes turned down, and the night-clothes laid in order for use when required. During winter, where fires are required in the dressing-rooms, they should be lighted an hour before the usual time of retiring, placing a fire-guard before each fire. At the same time, the night-things on the horse should be placed before it to be aired. The upper housemaid may be required to assist her mistress to undress and put her dress in order for the morrow ; in which case her duties are very much those of the lady's-maid. And now the fire is made up for the night, the fireguard replaced, and everything in the room in order for the night, the housemaid taking care to leave the night-candle and matches together in a convenient place, should they be required. On leisure days the housemaid should be able to do some needlework for her mistress—such as turning and mending sheets and darning the house-linen, or assist her in anything she may think fit to give her to do. For this reason it is almost essential that a housemaid, in a small family, should be an expert needlewoman.

Spring Cleaning.—This general cleaning usually takes place in the spring or early summer, when the warm curtains of winter are replaced by the light and cheerful muslin ones. Carpets are at the same time taken up and beaten. In this case she will probably have made up her mind to try the cleaning process, and arranged with the company to send for them on the morning when cleaning commenced. It is hardly necessary to repeat that on this occasion every article is to be gone over. The same thorough system of cleaning should be done throughout the house ; the walls cleaned where painted, and swept down with a soft broom or feather brush where papered ; the window and bed curtains, which have been replaced with muslin ones, carefully brushed, or if, they require it, cleaned ; lamps not likely to be required washed out with hot water, dried and cleaned. The several grates should be furnished with their summer ornaments.

As winter approaches, this house-cleaning will have to be repeated, and the warm bed and window curtains replaced. The process of scouring and cleaning is again necessary, and must be gone through, beginning at the top, and going through the house, down to the kitchens.

Occasional Work.—Independently of these daily and periodical cleanings, other occupations will present themselves from time to time which the housemaid will have to perform. When spots show on polished furniture they can generally be restored by soap-and-water and a sponge, the polish being brought out by using a little polish, and then well rubbing it. Again, drawers which draw out stiffly may be made to move more easily if the spot where they press is rubbed over with a little soap.

These are the duties of the housemaid or housemaids, and according to the number kept so will the work be divided between them, every household having different rules and management.

THE GENERAL SERVANT

The general servant's duties depend entirely upon the size of the household of which she is a member and upon the number of other domestics employed. Speaking generally her duties comprise those that are already treated of in the articles on the housemaid and the parlour maid. Often indeed she is expected to do the cooking as well.

The routine of a general servant's duties depends upon the kind of situation she occupies ; but a systematic servant should so contrive to divide her work, that every day in the week may have its proper share. By this means she is able to keep the house clean with less fatigue to herself than if she left all the cleaning to do at the end of the week. Supposing there are five bedrooms in the house, two sitting-rooms, kitchen, scullery, and the usual domestic offices :—on Monday she might thoroughly clean two of the bedrooms ; on Tuesday, two more bedrooms ; on Wednesday, the other bedroom and stairs ; on Thursday, the drawing-room ; on Friday morning she should sweep the dining-room very thoroughly, clean the hall, and in the afternoon her kitchen tins and bright utensils. By arranging her work in this manner, no undue proportion will fall to Saturday's share, and she will then have this day for cleaning plate, cleaning her kitchen, and arranging everything in nice order. The regular work must, of course, be performed in the usual manner, as we have endeavoured to describe. Before retiring to bed she will do well to clean up plate, glasses, etc., which have been used for the evening meal, and prepare for her morning's work by placing her wood near the fire on the hob to dry, taking care there is no danger of it igniting, before she leaves the kitchen for the night. Before retiring, she will have to lock and bolt the doors, unless the master undertakes this office himself.

Home Washing.—If the washing, or even a portion of it, is done at home, it will be impossible for the general servant to do her household duties thoroughly during the time it is about, unless she have some assistance. Usually, if all the washing is done at home, the mistress hires some one to assist at the wash-tub, and sees to little matters herself, in the way of dusting, clearing away breakfast things, folding, starching and ironing, the fine things. With a little management much can be accomplished provided the mistress be industrious, energetic, and willing to lend a helping hand. Let washing-day or week be not the excuse for having everything in a muddle ; and although " things " cannot be cleaned so thoroughly, and so much time spent upon them, as ordinarily, yet the house may be kept tidy and clear from litter without a great deal of exertion, either on the part of the mistress or servant.

THE DAIRYMAID

The duties of the dairymaid differ considerably in different districts. In Scotland, Wales, and some of the northern counties women milk the cows. On some of the large dairy-farms in other parts of England, she takes her share in the milking ; but in private families the milking is generally performed by the cowkeeper, and the dairymaid only receives the milk-pails from him morning and night, and empties and cleans them preparatory to the next milking, her duty being to supply the family with milk, cream and butter, and other luxuries depending on the " milky mothers " of the herd.

The Dairy.—The locality of the dairy is usually fixed near to the house ; it should neither be exposed to the fierce heat of the summer's sun, nor to the equally unfavourable frosts of winter—it must be both sheltered and shaded. If it is a building apart from the house and other offices, the walls should be tolerably thick, and if hollow, the temperature will be more equable. This should range from 60° to 65° F., never exceeding the latter. The floor should slope very gently to one side or corner, where there should be an outlet for the water to escape when the floor is flushed ; and the dairy should contain at least two apartments, besides a cool place for storing away butter. One of the apartments, in which the milk is placed to deposit cream, or to ripen for churning, is usually surrounded by shelves of marble or slate (perforated ones keep the milk freshest), on which the milk-dishes rest ; but it will be found a better plan to have a large square or round table of stone in the centre, with a water-tight ledge all round it, in which water may remain in hot weather. Round this table the milk-dishes should be ranged, one shelf, or dresser, of slate or marble, being kept for the various occupations of the dairymaid ; it will be found a better plan than putting them on shelves and corners against the wall. There should be a funnel or ventilator in the ceiling, communicating with the open air, made to open and shut as required. Double windows are recommended, but of the lattice kind, so that they may open, and with wire-gauze blinds fitted into the opening, and calico blinds, which may be wetted when additional coolness is required. The other apartment will be used for churning, washing and scrubbing—in fact, the scullery of the dairy, with a boiler for hot water, and a sink with cold water laid on, which should be plentiful and good. In some dairies a third apartment, or, at least, a cool airy pantry, is required for storing away butter, with shelves of marble or slate, to hold the cream-jars while it is ripening, and where cheeses are made, a fourth becomes necessary. The dairy should be removed both from stable and cowhouse, and larder ; no animal smells should come near it, and the drainage should be perfect.

The dairy utensils are not numerous—churns, milk-pails for each cow ; hair-sieves, slices of tin, milk-pans, marble dishes for cream for family use, scales and weights, a portable rack for drying the utensils, wooden bowls, butter-moulds, and butter patters, and wooden tubs for washing the utensils, comprising pretty nearly everything. Pails are made of maple-wood or elm, and hooped, or of tin, more or less ornamented. One is required for each cow. The hair-sieve is made of closely-twisted horse-hair, with a rim, through which the milk is strained to remove any hairs which may have dropped from the cow in milking. Milk dishes are shallow basins of glass, of glazed earthenware, or tin, about 16 inches in diameter at top, and 12 at the bottom, and 5 or 6 inches deep, holding about 8 to 10 quarts each when full. Churns are all sorts and sizes, from that which churns 70 or 80 gallons by means of a strap from the engine, to the square box in which a pound of butter is made. The churn used for families is a square box, 18 inches by 12 or 13, and 17 deep, bevelled below to the plane of the *dashers*, with a loose lid or cover. The dasher consists of an axis of wood, to which the four beaters or fanners are attached; these fans are simply four pieces of elm strongly dovetailed together, forming an oblong shape, with a space left open, two of the openings being left broader than the others ; attached to an axle they form an axis with four projecting blades ; the axle fits into supports at the centre of the box ; a handle is fitted to it, and the act of churning is done by turning the handle.

Supply of Milk.—The dairymaid receives the milk from the cow-keeper, each pail being strained through the hair-sieve into one of the milk-basins. This is left in the basins from twenty-four to thirty-six hours in the summer, according to the weather ; after which it is skimmed off by means of the slicer, and poured into glazed earthenware to " turn " for churning. Some persons prefer making up a separate churning for the milk of each cow, in which there is some advantage.

In this case the basins of each cow, for two days, would either be kept together or labelled. As soon as emptied, the pails should be scalded and every particle of milk washed out, and placed away in a dry place till next required ; and all milk spilt on the floor, or on the table or dresser cleaned up with a cloth and hot water. Where very great attention is paid to the dairy, the milk-coolers are used larger in winter, when it is desirable to retard the cooling down and increase the creamy deposit, and smaller in summer to hasten it ; the temperature required being from 55° to 60°. In summer it is sometimes expedient, in very sultry weather, to keep the dairy fresh and cool by suspending clothes dipped in chloride of lime across the room.

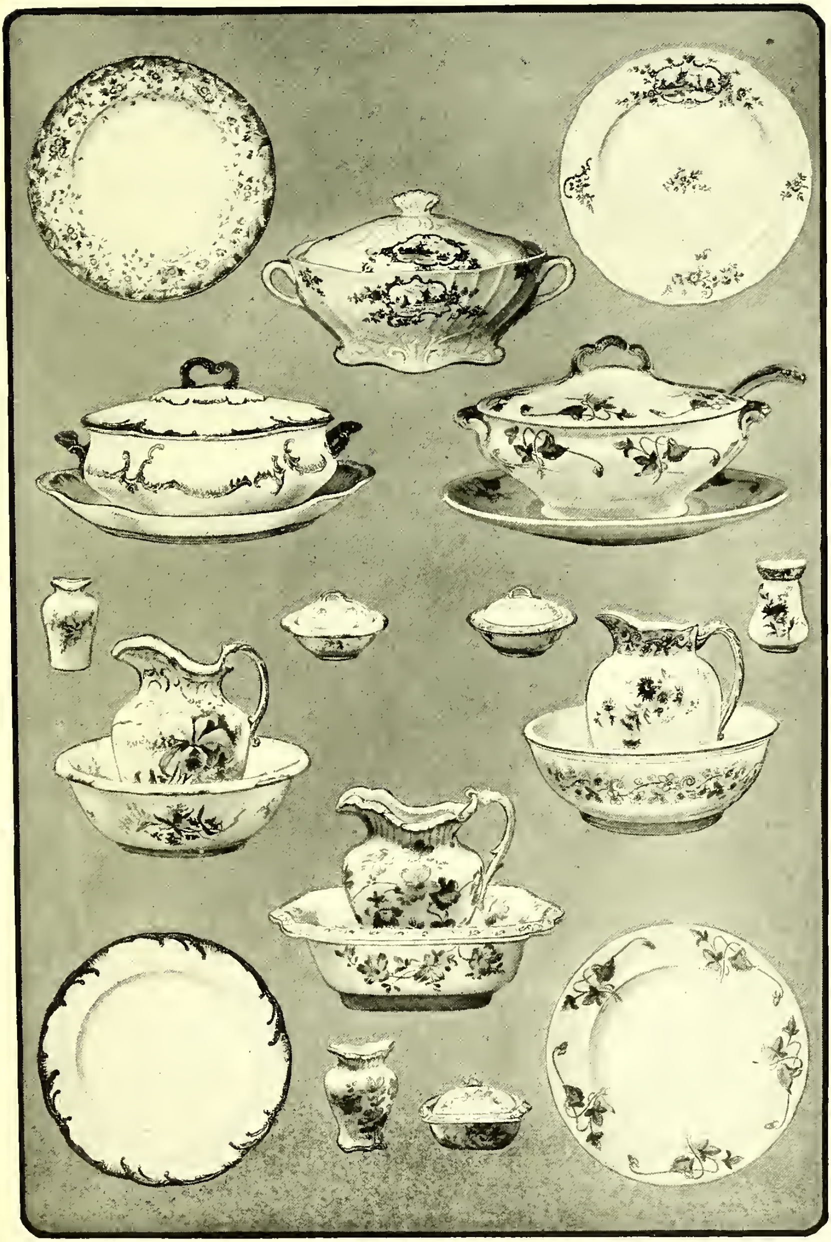
Times for Churning.—In some dairies it is usual to churn twice, and in others three times a week ; the former produces the best butter, the other the greatest quantity. With three cows, the produce should be 27 to 30 quarts a day. The dairymaid should churn every day when very hot, if they are in full milk, and every second day in more temperate weather ; besides supplying the milk and cream required for a large establishment. The churning should always be done in the morning ; the dairymaid will find it advantageous in being at work on churning mornings by five o'clock. The operation occupies from twenty minutes to half an hour in summer, and considerably longer in winter. A steady, uniform motion is necessary to produce sweet butter ; neither too quick nor too slow. Rapid motion causes the cream to heave and swell, from too much air being forced into it ; the result is a tedious churning, and soft, bad-coloured butter.

Colouring.—In spring and summer, when the cow has her natural food, no artificial colour is required ; but in winter, under stall feeding, the colour is white and tallowy, and some persons prefer a high colour. This is communicated by mixing a little finely-powdered annatto with the cream before putting it into the churn ; a still more natural and delicate colour is communicated by scraping a red carrot into a clean piece of linen cloth, dipping it into water, and squeezing it into the cream.

Washing the Butter.—As soon as the butter comes, the milk is poured off, and the butter put into a shallow wooden tub or bowl, full of pure spring water, in which it is washed and kneaded, pouring off the water and renewing it until it comes away perfectly free from milk. Imperfect washing is the frequent cause of bad butter, and in nothing is the skill of the dairymaid tested more than in this process ; moreover, it is one in which cleanliness of habits and person are most necessary.

Butter Milk.—The operations of churning and butter-making over, the butter-milk is disposed of : usually, in England, it goes to the pigs, but it is a very wholesome beverage when fresh, and some persons like it ; the disposal, therefore, will rest with the mistress : the dairymaid's duty is to get rid of it. She must then scald with boiling water

CHINA AND EARTHENWARE.



and scrub out every utensil she has used ; brush out the churn, clean out the cream jars, which will probably require the use of a little common soda to purify ; wipe all dry, and place them in a position where the sun can reach them for a short time, to sweeten them.

Devonshire Cream.—In Devonshire, celebrated for its dairy system, the milk is always scalded. The milk-pans, which are of tin, and contain from 10 to 12 quarts, after standing 10 or 12 hours, are placed on a hot plate of iron, over a stove, until the cream has formed on the surface, which is indicated by the air-bubbles rising through the milk, and producing blisters on the surface-coating of cream. This indicates its approach to the boiling-point ; and the vessel is now removed to cool. When quite cool, the cream is skimmed off with the slice. It is now the clouted cream for which Devonshire is so famous and is placed in the churn, and churned until the butter comes, which it generally does in a much shorter time than by the other process. The butter so made contains more *caseine* than butter made in the usual way, but does not keep so long.

Cost of Dairy.—It is calculated that a good cow costs, from May 1 to October 1, when well but economically kept, £5 16*s.* 6*d.*; and from October 1 to April 30, £10 2*s.* 6*d.* During that time she should produce 227 lbs. of butter, besides the skimmed milk. Of course, if new milk and cream are required, that will diminish the quantity of butter.

Besides churning and keeping her dairy in order, the dairymaid has charge of the whole produce, handing it over to the cook, butler, or housemaid as required ; and she will do well to keep an exact account both of what she receives, and how and when she disposes of it.

THE LAUNDRY-MAID

The Laundry-maid is charged with the duty of washing and getting-up the family linen—a situation of great importance where the washing is all done at home ; but in large towns, where there is little convenience for bleaching and drying, it is chiefly done by professional laundresses and companies, who apply mechanical and chemical processes to the purpose. These processes, however, are supposed to injure the fabric of the linen ; and in many families the fine linen, cottons, and muslins are washed and got-up at home, even where the bulk of the washing is given out. In country and suburban houses, where greater conveniences exist, washing at home is more common—in country places universal.

A good laundry establishment for a large household consists of a washing-house, an ironing and drying-room, and sometimes a drying-closet heated by furnaces. The washing-house will probably be attached to the kitchen ; but it is better that it should be completely detached from it, and of one story, with a funnel or shaft to carry off the steam. It will be of a size proportioned to the extent of the washing to be done. A range of tubs, either round or oblong, opposite to, and sloping towards, the light, narrower at the bottom than the top, for convenience in stooping over, and fixed at a height suited to the convenience of the women using them ; each tub having a tap for hot and cold water, and another in the bottom, communicating with the drains, for drawing off foul water. A boiler and furnace, proportioned in size to the wants of the family, should also be fixed. The flooring should be York stone, laid on brick piers, with good drainage, or asphalte, sloping gently towards a gutter connected with the drain. Adjoining the bleaching-house, a second room, about the same size, is required for ironing, drying, and mangling. The contents of this room should comprise an ironing-board, opposite to the light ; a strong white deal table, about twelve or fourteen feet long, about three and a half feet broad, with drawers for ironing-blankets ; a mangle in one corner, and clothes-horses for drying and airing ; cupboards for holding the various irons, starch, and other articles used in ironing ; a hot-plate built in the chimney, with furnace beneath it for heating the irons ; sometimes arranged with a flue for carrying the hot air round the room for drying. Where this is the case, however, there should be a funnel in the ceiling for ventilation and carrying off steam ; but a better arrangement is to have a hot-air closet adjoining, heated by hot-air pipes, and lined with iron, with proper arrangements for carrying off steam, and clothes-horses on castors running in grooves, to run into it for drying purposes. This leaves the laundry free from unwholesome vapour.

Sorting of Linen.—The laundry-maid should commence her labours on Monday morning by a careful examination of the articles committed to her care, and enter them in the washing-book, separating the white linen and collars, sheets and body-linen into one heap, fine muslins into another, coloured cotton and linen fabrics into a third, woollens into a fourth, and the coarser kitchen and other greasy cloths into a fifth. Every article should be examined for ink or grease spots, or for fruit or wine-stains. Ink-spots are removed by dipping the part into hot water, and then spreading it smoothly on the hand or on the back of a spoon, pouring a few drops of oxalic acid or salts of sorrel over the ink-spot, rubbing and rinsing it in cold water till removed; grease spots, by rubbing over with yellow soap, and rinsing in hot water ; fruit and wine spots by dipping in a solution of sal ammoniac or spirits of wine and rinsing.

Soaking.—The sheets and fine linen should be placed in a tub and just covered with lukewarm water, in which a little soda has been dissolved and mixed, and left there to soak till the morning. The greasy cloths and dirtier things should be laid to soak in another tub, in a liquor composed of ½ lb. of unslaked lime to every 6 quarts of water which has been boiled for two hours, then left to settle, and strained off when clear. Each article should be rinsed in this liquor to wet it thoroughly, and left to soak till the morning, just covered by it when the things are pressed together. Coppers and boilers should be filled, and the fires laid ready to light.

Washing.—Early on the following morning the fires should be lighted, and, as soon as hot water can be procured, washing commenced; the sheets and body-linen should be taken first, each article being removed in succession from the lye in which it has been soaking, rinsed, rubbed, and wrung, and laid aside until the tub is empty, when the foul water is drawn off. The tub should be again filled with lukewarm water, about 80°, in which the articles should again be plunged, and each gone over carefully with soap, and rubbed. Experienced washerwomen rub one linen surface against the other, two parts being thus cleaned at once. After the first washing, the linen should be put into a second water, as hot as the hand can bear it, and again rubbed over in every part, examining every part for spots not yet removed, which require to be again soaped over and rubbed till thoroughly clean: then rinsed and wrung, the larger and stronger articles by two of the women; the smaller and more delicate articles requiring gentler treatment.

Boiling.—In order to remove every particle of soap, and produce a good colour, they should now be placed, and boiled for about an hour and a half, in the copper, in which soda, in the proportion of a teaspoonful to every two gallons of water, has been dissolved. Some very careful laundresses put the linen into a canvas bag to protect it from the scum and sides of the copper. When taken out it should again be rinsed, first in clean hot water, and then in abundance of cold water, slightly tinged with blue and again wrung dry. It should now be removed from the washing-house and hung up to dry or spread out to bleach, if there are conveniences for it; and the earlier in the day this is done, the clearer and whiter will be the linen.

Coloured muslins, cottons, and linens require a milder treatment; any application of soda will discharge the colour, and soaking all night, even in pure water, deteriorates the more delicate tints. When ready for washing, if not too dirty, they should be put into cold water and washed very speedily, using the common yellow soap, which should be rinsed off immediately. One article should be washed at a time, and rinsed out immediately before any others are wetted. When washed thoroughly they should be rinsed in succession, in soft water, in which common salt has been dissolved, in the proportion of a handful to three or four gallons, and afterwards wrung gently, as soon as rinsed, with as little twisting as possible, and then hung out to dry. Delicate-coloured articles should not be exposed to the sun, but dried in the shade, using clean lines and wooden pegs.

Woollen articles are liable to shrink unless the flannel has been well shrunk before making up. This liability is increased where very hot water is used: cold water would thus be the best to wash woollens in; but as this would not remove the dirt, lukewarm water, about 85°, and yellow soap, are recommended. When thoroughly washed in this, they require a good deal of rinsing in cold water, to remove the soap. Greasy cloths, which have soaked all night in the liquid described, should be now washed out with soap-and-water as hot as the hands can bear, first in one water, and rinsed out in a second (soda will be needed in the water used), and afterwards boiled for two hours in water in which a little soda is dissolved. When taken out, they should be rinsed in cold water, and laid out or hung up to dry.

Silks and Stuffs.—Silk handkerchiefs require to be washed alone. When they contain snuff, they should be soaked by themselves in lukewarm water for two or three hours; they should be rinsed out and put to soak with the others in cold water for an hour or two; then washed in lukewarm water, being soaped as they are washed. If this does not remove all stains, they should be washed a second time in similar water, and when finished, rinsed in soft water in which a handful of common salt has been dissolved. In washing stuff or woollen dresses, the band at the waist and the lining at the bottom should be removed, and wherever it is gathered into folds; and, in furniture, the hems and gatherings. A black silk dress, if very dirty, must be washed; but, if only soiled, soaking for four-and-twenty hours will do; if old and rusty, a pint of common spirits should be mixed with each gallon of water, which is an improvement under any circumstances. The operations should be concluded by rinsing the tubs, cleaning the coppers, scrubbing the floors of the washing-house, and restoring everything to order and cleanliness.

Washing Machines.—The use of machines for washing, wringing and mangling has now become general. They can be had suitable for the smallest as well as the largest family, and materially save labour, and in a short time, their cost. According to the machines used so do the instructions vary, each maker having some specialty. It may, however, be roughly stated that stains should be rubbed out of clothes before they are put into the machines, and that care should be taken in wringing the articles that the buttons be not dragged off. An ordinary family washing machine when opened out occupies a space of about from 4 ft. to 5 ft. square (not more room than tubs would take), but when not in use it can be greatly reduced. A wringing machine is sometimes attached to a washing one, and is occasionaly a thing apart, which can be fixed to an ordinary tub. It may be said that it is of the greatest use if there is anything like heavy washing to be done, as with very little trouble the clothes are thoroughly wrung, and all the water being squeezed out, time in drying is thus saved. Wringing machines also serve for mangling ones.

Mangling.—Linen, cotton, and other fabrics, after being washed and dried, are made smooth and glossy by mangling and by ironing. The mangling process, which is simply passing them between rollers subjected to a very considerable pressure, produced by weight, is confined to sheets, towels, table linen, and similar articles which are without folds or plaits. Ironing is necessary to smooth body-linen, and made-up articles of delicate texture or gathered into folds.

Starching is a process by which stiffness is communicated to certain parts of linen, as the collars and fronts of shirts, by dipping them in a paste made of starch boiled in water, mixed with a little gum Arabic, where extra stiffness is required.

When the "things to be starched" are washed, dried, and taken off the lines, they should be dipped into the hot starch made as directed, squeezed out, and then just dipped into cold water, and immediately squeezed dry. If fine things be wrung, or roughly used, they are very liable to tear, so too much care cannot be exercised in this respect. If the article is lace, clap it between the hands a few times, which will assist to clear it; then have ready laid out on the table a large clean towel or cloth, shake out the starched things, lay them on the cloth, and roll it up tightly, and let it remain for three or four hours, when the things will be ready to iron.

Ironing.—The irons consist of the common flat-iron, which is of different sizes, varying from 4 to 10 inches in length, triangular in form, and from 2½ to 4½ inches in width at the broad end; the oval iron, which is used for more delicate articles; and the box-iron, which is hollow, and heated by a red-hot iron inserted into the box. The Italian iron is a hollow tube, smooth on the outside and raised on a slender pedestal with a footstalk. Into the hollow cylinder a red-hot iron is pushed, which heats it; and the smooth outside of the latter is used, on which articles such as frills and plaited articles are drawn. Crimping and gauffering-machines are used for a kind of plaiting where much regularity is required.

To be able to iron properly requires much practice and experience. Strict cleanliness with all the ironing utensils must be observed, as, if this is not the case, not the most expert ironer will be able to make her things look clear and free from smears, etc. After wiping down her ironing table, the laundry-maid should place a coarse cloth on it, and over that the ironing-blanket, with her stand and iron-rubber; and having ascertained that her irons are quite clean and of the right heat, she proceeds with her work.

It is a good plan to try the heat of the iron on a coarse cloth or apron before ironing anything fine; there is then no danger of scorching. For ironing fine things, such as collars, cuffs, muslins, and laces, there is nothing so clean and nice to use as the box-iron, the bottom being bright, and never placed near the fire. It is always perfectly clean; it should, however, be kept in a dry place, for fear of its rusting. The skirts of muslin dresses should be ironed on a skirt-board covered with flannel, and the fronts of shirts on a smaller board, also covered with flannel, this board being placed between the back and front. After things are mangled, they should also be ironed in the folds and gathers; dinner-napkins smoothed over, as also table-cloths; pillow-cases, and sometimes sheets. The bands of flannel petticoats, and shoulder-straps to flannel waistcoats, must also undergo the same process.

HOUSEHOLD RECIPES

CHAPTER LXIX

Recipes for the Use of Butler, Footman, Coachman, Groom, Valet, Lady's-Maid, Parlour-Maid, House-Maid and Laundry-Maid.

Recipes for the Butler

TO FINE WINES

There are various methods of fining wine ; eggs, isinglass, gelatine and gum Arabic are all used for the purpose. Whichever of these articles is used, the process is always the same. Supposing eggs (the cheapest) to be used :—Draw a gallon of wine and mix 1 quart of it with the white of 4 eggs, and stir with a whisk ; afterwards, when thoroughly mixed, pour it back into, the cask through the bunghole, and stir up the whole cask in a rotary direction with a clean split stick inserted through the bunghole. Having stirred it sufficiently, pour in the remainder of the wine drawn off, until the cask is full ; then stir again, skimming off the bubbles that rise to the surface. When thoroughly mixed by stirring, close the bunghole, and leave it to stand for 3 or 4 days. A cask of clarified wine will fine thirteen dozen bottles of port or sherry. The other clearing ingredients are applied in the same manner, the material being cut into small pieces, and dissolved in a quart of wine, and the cask stirred in the same manner.

TO BOTTLE WINES

Having thoroughly washed and dried the bottles, supposing they have been before used for the same kind of wine, provide corks which will be improved by being slightly boiled, or at least steeped in hot water, a wooden hammer or mallet, a bottling boot, and a squeezer for the corks. Bore a hole in the lower part of the cask with a gimlet, receiving the liquid stream which follows in the bottle and filterer, which is placed in a tub or basin. This operation is best performed by 2 persons, 1 to draw the wine, the other to cork the bottles. The drawer is to see that the bottles are up to the mark, but not too full, the bottle being placed in a clean tub to prevent waste. The corking-boot is buckled by a strap to the knee, the bottle placed in it, and the cork, after being squeezed in the press, driven in by a flat wooden mallet. As the wine draws near to the bottom of the cask, a thick piece of muslin is placed in the strainer, to prevent the viscous grounds from passing into the bottle. Use good corks, which may be known by their elasticity and the absence of large pores. They can be used again if removed without a corkscrew.

TO CLEAN BOTTLES

Make a lye by boiling equal quantities of soda and quicklime. When cold, put this in the bottles with some small pebbles and shake well. Set the bottles to drain thoroughly, then warm them, and blow inside with a pair of bellows to dry all moisture.

TO LAY DOWN WINE

Having carefully counted the bottles, they are stored away in their respective bins, a layer of sand or sawdust being placed under the first tier, and another over it ; a second tier is laid over this, protected by a lath, the head of the second being laid to the bottom of the first ; over this another bed of sawdust is laid, not too thick, then another lath ; and so on till the bin is filled. Wine so laid in will be ready for use according to its quality and age. Port wine, old in the wood, will be ready to drink in 5 or 6 months ; a fruity wine will improve every year. Sherry, if of good quality, will be fit to drink as soon as the "sickness" (as its first condition after bottling is called) ceases, and will also improve ; but the cellar must be kept at a perfectly steady temperature, neither too hot nor too cold, say about 55° or 60°, and absolutely free from draughts of cold air.

TO PRESERVE CORKS FROM INSECTS

Dip the heads of the bottles when corked into quicklime slaked into a paste and let it harden on. Petroleum rubbed over the corks and necks will also serve to keep the insects away, but it is not quite so efficacious as the lime.

DAMP CUPBOARDS

Leave a quantity of quicklime in the cupboard for a few days, and the moisture will be entirely absorbed.

TO CLEAN CASKS

It is important that casks for wine or ale should be perfectly clean and free from any acid smell or mustiness before they are used. Lactic and acetic acid get absorbed in the wood very often, and do great damage to fermenting liquid. The ordinary way of washing a cask is with boiling water, and when cool examining it with a light inside. If there be any sour or musty smell, however, lime must be used to remove it. Break the lime into lumps and put it in the cask dry (it will take from 3 to 4 lb. for each cask), then pour in as many gallons of boiling water as there are pounds of lime, and bung. Roll the cask about now and then, and after a few hours wash it out, steam it, and let it cool.

Recipes for Man-servant or Parlour-Maid

TO CLEAN PLATE

Wash the plate in a strong lather of common yellow soap and boiling water to remove all grease and wipe it quite dry ; then mix as much hartshorn powder as will be required into a thick paste, with cold water or spirits of wine ; smear this lightly over the plate with a piece of soft rag, and leave it to dry. When perfectly dry. brush it off quite clean with a soft plate-brush and polish the plate with a dry leather. If the plate be very dirty or much tarnished, spirits of wine will be found to answer better than the water for mixing the paste.

TO CLEAN PLATE (Another Method)

Mix to a paste ¼ lb. of prepared chalk with 2 dr. of spirits of camphor, 1 dr. of ammonia, 1 oz. of turpentine and a dessertspoonful of spirits. When the silver is washed and dry, dab on the paste with a sponge and leave it to dry before brushing off.

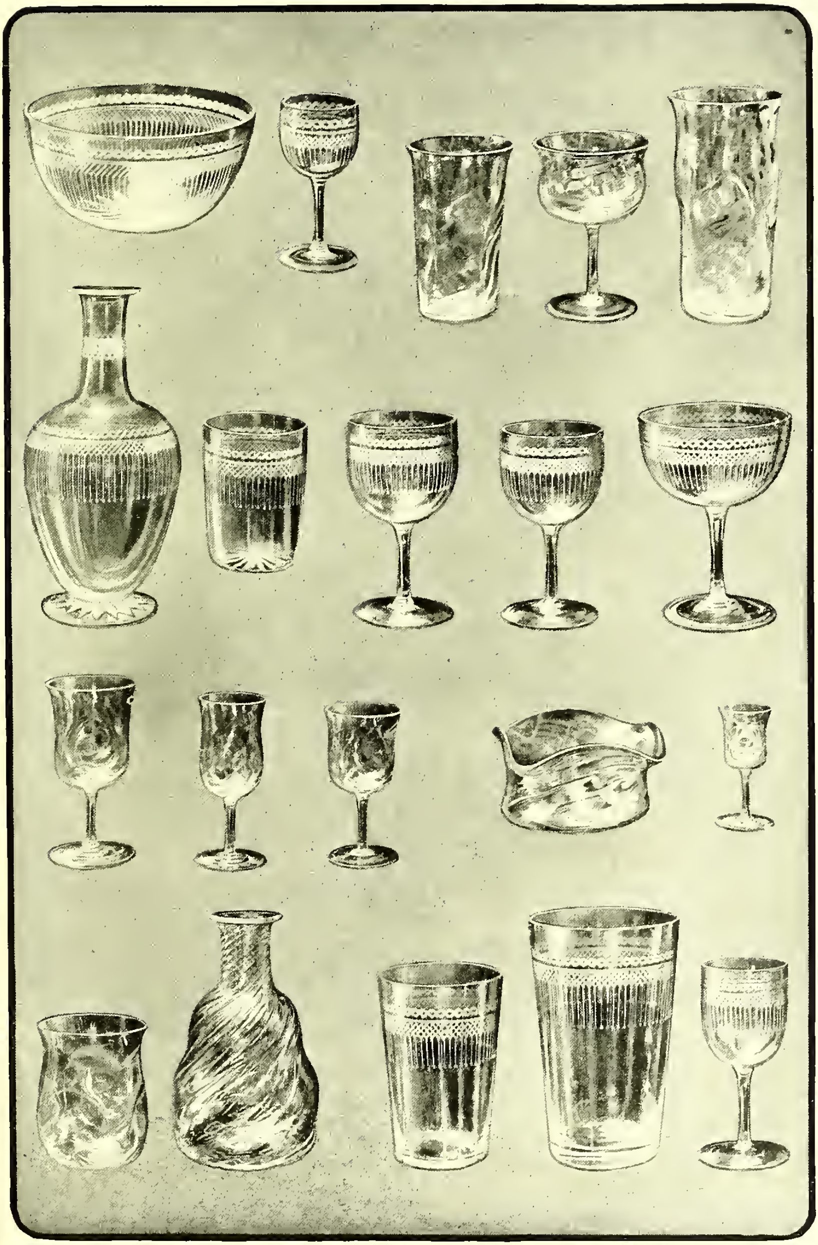
PLATE RAGS FOR DAILY USE

Boil soft rags for 5 minutes (nothing is better for the purpose than the tops of old cotton stockings) in a mixture of new milk and hartshorn powder, in the proportion of 1 oz. of powder to a pint of milk ; as soon as they are taken out wring them for a moment in cold water, and dry before the fire. With these rags rub the plate briskly as soon as it has been well washed and dried after daily use. A most beautiful deep polish will be produced, and the plate will require nothing more than merely to be dusted with a leather or a dry, soft cloth before it is again put on the table.

TO TRIM LAMPS

Lamp-trimming requires a thorough acquaintance with the mechanism of the lamp ; clean out the reservoir occasionally with hot water ; when this is done, all the parts should be carefully dried before filling again with oil. When lacquered, wipe the lacquered parts with a soft brush and cloth, and wash occasionally with weak soap-suds, wiping carefully afterwards. Brass lamps may be cleaned with oil and rottenstone every day when trimmed. With bronze and other ornamental

TABLE GLASS.



lamps, more care will be required, and soft flannel and oil only used, to prevent the removal of the bronze or enamel. Brass-work or any metal work not lacquered may be cleaned with a little oil and rottenstone made into a paste, or with fine emery-powder and oil mixed in the same manner. A small portion of sal-ammoniac, beat into a fine powder and moistened with soft water, rubbed over brass ornaments, and heated over a charcoal fire, and rubbed dry with bran or whitening, will give to brasswork the brilliancy of gold. In trimming lamps, let the wick be cut evenly all round ; as, if left higher in one place than it is in another, it will cause it to smoke and burn badly. The lamp should then be filled with oil from a feeder and afterwards well wiped with a cloth or rag. Small sticks, covered with wash-leather pads, are the best things to use for cleaning the inside of the chimney, and a clean duster for polishing the outside. Chimneys should not be washed. The globe of a moderator lamp should be occasionally washed in warm soap-and-water, then well rinsed in cold water, and either wiped dry or left to drain. Where candle-lamps are used, take out the springs occasionally and free them well from the grease that adheres to them.

TO LOOSEN GLASS STOPPERS

Pour a little salad oil round the stopper, and place the bottle near the fire, then tap the stopper with a wooden instrument. The heat will cause the oil to work round the stopper, and it should be easily removed.

TO LOOSEN SCREWS WHEN RUSTED IN WOOD

Pour a small quantity of paraffin round the top of the screw. When sufficient time has been allowed for the oil to sink in, the screw can be easily removed.

TO WASH GLASS

Great care is required in washing glasses. Two perfectly clean bowls are necessary : one for moderately hot and another for cold water. Wash the glasses well in the first, rinse them in the second, and turn them down on a linen cloth folded 2 or 3 times, to drain for a few minutes. When sufficiently drained, wipe with a cloth and polish with a finer one, doing so tenderly and carefully.

Decanters and water-jugs require very tender treatment in cleaning. Fill about two-thirds with hot but not boiling water, and put in a few pieces of well-soaped brown paper : leave them thus for 2 or 3 hours ; then shake the water up and down in the decanters ; empty this out, rinse them well with clean cold water, and put them in a rack to drain. When dry, polish them outside and inside, as far as possible, with a fine cloth. To remove the crust of port or other wines, add a little muriatic acid to the water and let it remain for some time. Fine pieces of coal placed in a decanter with warm water, and shaken for some time, will also remove stains.

RATTLING WINDOWS

Make some wooden wedges, and insert between sashes whenever the weather is rough.

TO WASH KNIVES

The handles of knives should never be immersed in water, as, after a time, if treated in this way the blades will loosen and the handles discolour. The blades should be put in a jug or vessel kept for the purpose, filled with hot soda water. This should be done as soon after the knives are used as possible, as stain and rust quickly sink into steel.

TO CLEAN KNIVES AND FORKS

Knives are now generally cleaned by means of a knife-cleaning machine, which gives very little trouble, and is very effective. Before putting the knives into the machine, they should be first washed in a little warm (not hot) water and then thoroughly wiped ; if put into the machine with any grease on them, it adheres to the brushes, which become unfit for use. When this precaution is not taken, the machine must come to pieces, so causing an immense amount of trouble, which may all be avoided by having the knives thoroughly free from grease before using the machine. Brushes are also used for cleaning forks, which facilitate the operation. When they are so cleaned, see that they are carefully polished, wiped and the knives with a good edge, the ferrules and prongs of forks free from dirt, and place them in the basket with the handles all one way.

TO KEEP KNIVES NOT IN USE

Knives not in use will soon spoil. They are best kept in a box in which sifted quicklime has been placed, deep enough to admit of the blades being completely plunged into it. The lime must not touch the handles, which should be occasionally exposed to the air, to keep them from turning yellow.

TO CLEAN DISH COVERS

Wash in hot soapy water, and then rub the inside of the cover with sweet oil and a rag. Clean the outside with finely powdered whitening and polish with leather.

TO DETECT AN ESCAPE OF GAS

Never take a light into the room or look for the leak with a light. Soap and water mixed, and applied with a brush to the pipe will commence to bubble if there is a leak. Send for the plumber at once.

TO CLEAN AND STORE A BICYCLE

A little box containing all the accessories necessary for cleaning a bicycle is obtainable from any dealer. After a ride, and while the mud and dust are quite fresh, brush the machine thoroughly. Clean the chain with paraffin, and oil very slightly with cycle oil, taking care to wipe carefully afterwards, or dust will accumulate on the oil and clog the machine. Wash the enamelled and plated parts, dry carefully and polish the latter with plate powder. Avoid wetting the tyres.

In storing a bicycle away for the winter, cover the metal parts with vaseline. If the room in which the bicycle is to be kept is very dry, keep a basin of water there. A moist atmosphere will prevent the tyres from spoiling.

Recipes for the Coachman and Groom

STABLE FURNITURE

The furniture of a stable, with coach-house, consists of coach-mops, jacks for raising the wheels, horse-brushes, spoke-brushes, water-brushes, crest and bit-brushes, dandy-brushes, curry-combs, birch and heath brooms, trimming-combs, scissors and pickers, oil-cans and brushes, harness-brushes of three sorts, leathers, sponges for horse and carriage, stable-forks, dung-baskets or wheel-barrow, corn-sieves and measures, horse-cloths and stable-pails, horn or glass lanterns. It is desirable that there should be accommodation for the coachman or groom to sleep over the stables.

THE HARNESS-ROOM

A harness-room is indispensable to every stable. It should be dry and airy, and furnished with a fireplace and boiler, both for the protection of the harness and to prepare mashes for the horses when required. The partition-wall should be boarded, and around the walls hooks and pegs should be placed, for the several pieces of harness, at such a height as to prevent their touching the ground ; and every part of the harness should have its peg or hook—one for the halters, another for the reins, and others for snaffles and other bits, and metal-work ; and either a wooden horse or saddletrees for the saddles and pads. All these parts should be dry, clean and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned with a soft brush and plate-powder ; the copper and brass parts burnished with rottenstone-powder and oil ; steel with emery-powder—both made into a paste with a little oil.

HARNESS POLISH

An excellent paste for polishing harness and the leather work of carriages is made by melting 8 lb. of yellow wax, stirring it till completely dissolved. Into this pour 1 lb. of litharge of the shops, which has been pounded up with water, and dried and sifted through a sieve, leaving the two, when mixed, to simmer on the fire, stirring them continually till all is melted. When it is a little cool, mix this with 1½ lb. of good ivory-black ; place on the fire, and stir till it boils anew, and then let it cool. When cooled a little, add distilled turpentine till the mixture has the consistence of a thickish paste. Scent with any essence at hand ; thin when necessary from time to time by adding distilled turpentine.

HARNESS PASTE

Mix 2 ozs. of ivory-black, 4 ozs. of beeswax, ½ an oz. of Prussian blue, and 3 ozs. of spirits of turpentine in a jar, and dissolve them by heat, by placing the jar in a saucepan of hot water.

HARNESS DYE

Put 2 lb. of logwood chips, 3 ozs. of copperas, 3 ozs. of nut-gall, 1 oz. of indigo, a 6d. packet of British ink powder into 2 quarts of water, and let all boil gently for half an hour. This dye will be found very useful for harness which has been for some time neglected and become rusty-looking.

HARNESS-MAKERS' JET

Take 1 drachm of indigo, ¼ of an oz. of isinglass, ½ an oz. of soft soap, 4 ozs. of glue, 1 pennyworth of logwood raspings and 1 quart of vinegar ; boil the whole over a slow fire till reduced to 1 pint. A small quantity is then taken up on a piece of clean sponge and thinly applied to previously well cleaned harness, boots, etc.

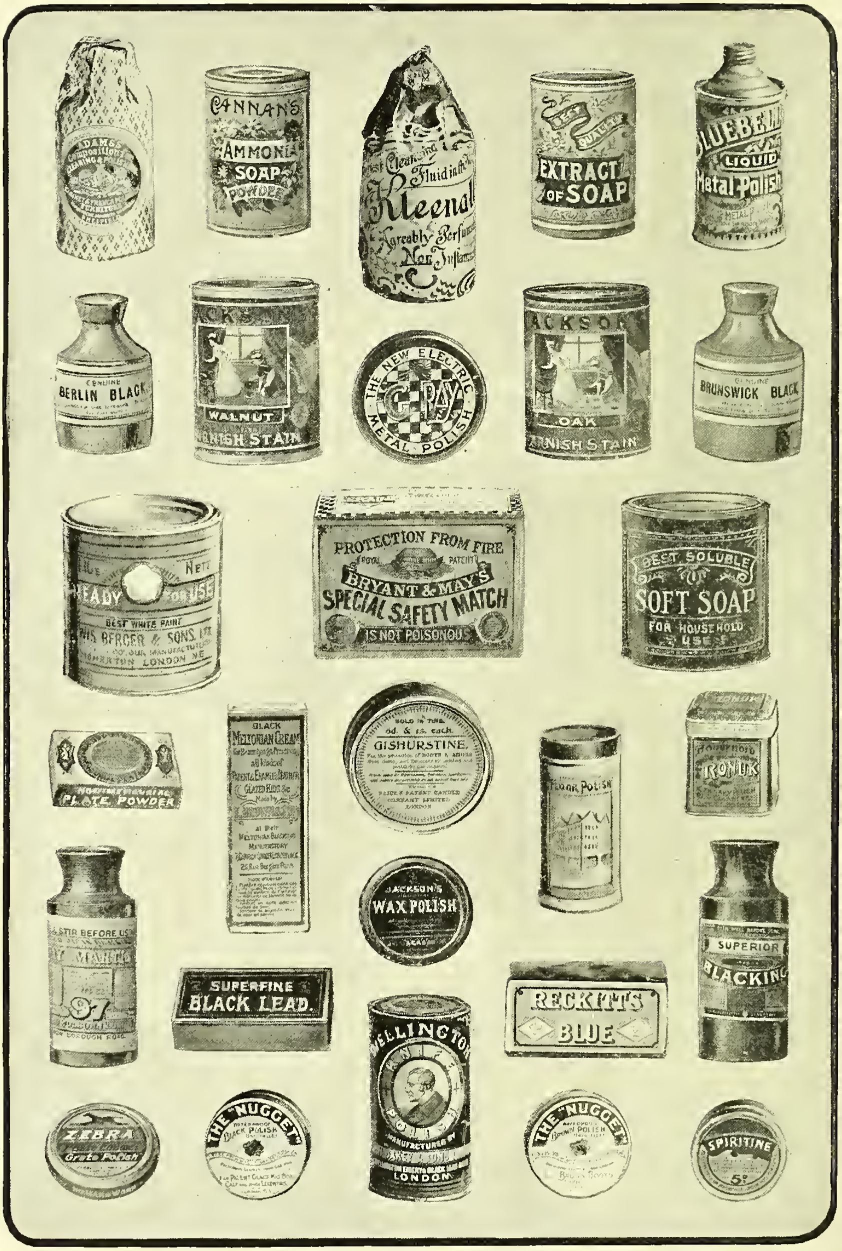
HARNESS BLACKING, FOR PRESERVING THE LEATHER

Melt 4 ozs. of mutton suet with 12 ozs. of beeswax ; add 12 ozs. of sugar-candy, 4 ozs. of soft soap dissolved in water, and 2 ozs. of indigo, finely powdered. When melted and well mixed, add ½ a pint of turpentine. Lay the blacking on the harness with a sponge, and polish off with a brush.

TO CLEAN LEATHER

When the leather is old and greasy, it should be cleaned, before applying this polish, with a brush wetted in a weak solution of potass and water, washing afterwards with soft river water, and drying thoroughly. If the leather is not black, one or two coats of black ink may be given before applying the polish. When quite dry, the varnish should be laid on with a soft shoe-brush, using also a soft brush to

HOUSEHOLD REQUISITES.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polish the leather. When the leather is very old, it may be softened with fish-oil, and, after putting on the ink, a sponge charged with distilled turpentine passed over, to scour the surface of the leather, which should be polished as directed.

TO CLEAN LIGHT-COLOURED LEATHER

For fawn or yellow-coloured leather, take a quart of skimmed milk, pour into it 1 oz. of sulphuric acid, and, when cold, add to it 4 ozs. of hydrochloric acid, shaking the bottle gently until it ceases to emit white vapours ; separate the coagulated from the liquid part, by straining through a sieve, and store it away till required. Clean the leather with a weak solution of oxalic acid, washing it off immediately, and when dry apply the composition with a sponge.

WHEEL-GREASE

Wheel-grease is usually purchased at the shops ; but a good paste is made as follows :—Melt 80 parts of grease, and stir 20 parts of fine blacklead powder into it, mixing thoroughly and smoothly. Store in a tin box.

TO PROTECT HORSES' HOOFS

Gutta-percha may be used to protect the feet of horses when tender. Cut it into small pieces, soften with hot water, then mix with half its weight of powdered sal-ammoniac, and melt the mixture in a tinned saucepan over a gentle fire, keeping it well stirred. When required for use, melt in a glue-pot, scrape the hoof clean, and apply the mixture with a knife.

TO STOP HORSES' FEET

This, in some cases, is a very useful operation. It depends, however, upon the nature of the sole, for if the sole is flat and very thin, the additional moisture afforded by stopping will do more harm than good. When the sole is dry, thick and hard, stopping is useful : it is only practised on the fore feet. The best stopping is a mixture of clay and cowdung, and the proper manner of using it is to fill the hollow of the sole of the foot with it up to the level of the shoe. Some horses require their feet to be stopped much oftener than others. In hot summer weather it is frequently desirable to use stopping two or three times a week, and if the horse stands in the stable, to keep it in from Saturday till Monday. Some grooms use tow, and some moss, both of which must be kept moistened with water, as stopping ; but there is nothing better or more easily managed than clay and cowdung well mixed together.

TO ROUGH HORSES

The old-fashioned plan of turning up the shoe is a very bad and dangerous one. Many horses have done themselves great injury while standing in their stables with their shoes so roughed. The movable calking answers every purpose. In frosty weather, every time a horse is fresh shod, the shoes should have holes drilled in them, one at each heel and one at the toe, to admit of the small iron calkings being screwed into them, when the horse has to travel on a slippery road. As soon as he comes into the stable the calking should be unscrewed, and put aside till again required for the road. The horse so roughed is in no danger of accident or injury.

TO ROUGH HORSES FOR ANY EMERGENCY

In our very variable climate frost often sets in so suddenly that there is little or no opportunity of having horses roughed in the usual way, which always takes some time, even when the farrier is close at hand. Whenever such is the case, the following simple plan is recommended :—With a chisel and hammer rough well the surface of the shoe. This operation, with the proper tools, may be easily and quickly performed The hammer may be an ordinary one, but the chisel should be short and stout, of the best cast steel, and what is usually termed "diamond-pointed." With such tools, that might easily be carried in the pocket, any one may rough a horse sufficiently to carry him firm and safe upon ice for a long journey. Take up the horse's feet, one after the other, precisely as the farrier would, and, if the shoe is tightly nailed on, with the point of the chisel on the flat surface, inclining to the toe of the shoe, give sharp blows with the hammer, and you will raise projecting barbs or teeth, deeper cut than any on a farrier's rasp, and quite large enough to prevent all possibility of slipping upon the smoothest of ice. In the depth of winter, troopers, horse-artillerymen, cabmen and others who are often on the roads, should always carry such simple tools with them.

WOUNDS IN HORSES

All wounds of a bad character require the attention of an experienced veterinary, and they are best let alone till he comes. All that can be done is to sponge the place well with warm water to keep it clean. If the wound be not deep-seated, and also not in a dangerous place, the divided parts of the skin should be carefully drawn together by means of a few stitches with a needle and thread. Strappings of adhesive plaster may be made use of, friar's-balsam applied upon a piece of lint, and the whole secured by a bandage. When the edges of the wound are so far apart that they cannot conveniently be drawn together, the best plan is to apply a poultice, either of linseed meal or bread and water ; the former is to be preferred, as retaining warmth for the longest time. If the place comes to a swelling, and is likely to break, it may be forwarded by the free use of the following liniment :—4 ozs. of fresh olive-oil, 1½ ozs. of spirits of turpentine, 1 oz. of tincture of camphor, 1 oz. of tincture of opium, the yolk of 1 fresh egg. Mix all these ingredients well together, and keep them in a bottle for use. Apply the liniment warm to the wound, but do not touch the surrounding swelling. When all the matter has been discharged, wash the part with warm water, and dress it with friar's-balsam or tincture of arnica diluted in the proportion of one part arnica to ten of water. If proud flesh appears, it must be got rid of by the judicious application of caustic, or by a little blue-stone or burnt alum.

CRACKED HOOFS

When horses' hoofs are inclined to crack, it is an evidence that the horn is not in a healthy state. The cause may be uncertain ; very often it is the result of washing the legs and feet without drying them. To promote the growth of the horn and get rid of cracks, nothing is better than to anoint the top of the hoof, just round the coronet, with a salve made of equal parts of soft soap and tar. The cracks, as far as possible, should be kept cut, so as to present a smooth surface and prevent them from going any further.

CRAMP IN HORSES

This is a dangerous complaint in horses unless timely remedies be applied. It comes on very suddenly, and the pain is at times most intense. The general causes of cramp and spasms are drinking profusely of cold water while the horse is heated, exposure to cold, improper food, rank grass, etc. It is hardly possible to mistake the symptoms of it. The horse shows evident marks of uneasiness, shakes, lies down and rolls about while the fit is on him. He then becomes quiet again, and will, perhaps, take food. As soon as the complaint is detected, no time should be lost in administering the following anti-spasmodic draught :—Mix together 1½ ozs. of laudanum, 3 ozs. of turpentine, 1 pint of linseed oil. If the symptoms do not abate shortly, apply hot fomentations to the belly and administer the following laxative ball : 6 drachms of Barbadoes aloes, 1 scruple of croton bean, 1 drachm of calomel. Take the horse off his corn ; give him dry bran and cut hay, and keep him warm in a loose box.

TO TREAT BROKEN-WINDED HORSES

This complaint is no doubt in some cases hereditary ; but, in general, it is brought about by injudicious management, and especially by the use of mouldy hay. Owners of horses cannot be too particular about the hay they buy. Bad and indifferent hay is dear at any price, and no horse should be allowed to eat hay with the slightest tinge of mould about it. Much relief may be given to a broken-winded horse by proper feeding. Never give long hay. Let the food be the most nutritious possible, and that which will go into the smallest compass, as cut hay, and corn, and a few beans. Also be careful never to let a broken-winded horse have water within an hour after taking him out. The breathing will be much improved, and the horse will do its work more pleasantly if a ball of the following mixture be administered about half an hour before he takes a journey. Mix together equal parts of linseed-meal, hog's lard, and tar; and give for a ball a piece about the size of a walnut, in paper.

TO CLIP HORSES

The value of clipping for horses cannot be overrated. Every horse that is worked at such a pace as to cause sweating should be clipped at the proper season. The best time for clipping is when the winter coat is "well up," as it is termed. The sooner this is the case the better, for the autumn is proverbially a faint time for horses. The clipping lasts best the later in the year it is done, for the colder the weather the less the coat grows; still, for the reason we have stated, the coat should be taken off as early as possible, and when it starts again, it should be kept down by singeing. Every one must appreciate the benefit of clipping who knows the difficulty of getting a horse, with its winter coat on, dry after a journey. The labour is immense, and, what is worse, generally ineffectual; for the horse after the first drying will break out into a heat again, and in all probability be found quite wet in the morning.

Recipes for the Valet

TO CLEAN BOOTS

Three good brushes and good blacking must be provided: one hard brush to brush off the mud; the second soft, to lay on the blacking; the other of a medium hardness, for polishing; and each should be kept for its particular use. The blacking should be kept corked up, except when in use, and applied to the brush with a sponge tied to a stick, which, when put away, rests in a notch cut in the cork. When boots come in very muddy, it is a good practice to wash off the mud, and wipe them dry with a sponge; then leave them to dry very gradually on their sides, taking care they are not placed near the fire, or scorched. Much delicacy of treatment is required in cleaning ladies' boots, so as to make the leather look well-polished, and the upper part retain a fresh appearance, with the lining free from handmarks.

TO CLEAN PATENT LEATHER BOOTS

Patent leather boots require to be wiped with a wet sponge, and afterwards with a soft dry cloth, and occasionally with a soft cloth and sweet oil; black and polish the edges of the soles in the usual way, but so as not to cover the patent polish with blacking. A little milk may also be used with very good effect for patent leather boots.

TO CLEAN TOP-BOOTS

While cleaning the lower part in the usual manner, protect the tops, by inserting a cloth or brown paper under the edges and bringing it over them. In cleaning the tops, let the covering fall down over the boot ; wash the tops clean with soap and flannel, and rub out any spots with pumice-stone. If the tops are to be whiter, dissolve an oz. of oxalic acid, ½ an oz. of muriatic acid, ½ an oz. of alum, ½ an oz. of gum-arabic, and ½ an oz. of spirit of lavender, in 1½ pints of skimmed milk "turned." Apply these mixtures by means of a sponge, and, when dry, polish with a rubber made of soft flannel.

BOOT POLISH

Take 4 ozs. of ivory-black, 4 ozs. of treacle, 1 oz. of sulphuric acid, 2 spoonfuls of best olive oil, 1½ pints of best white-wine vinegar : mix the ivory-black and treacle well in an earthen jar ; then add the sulphuric acid, and stir ; next pour in the oil ; and, lastly, add the vinegar, stirring it in by degrees, until thoroughly incorporated.

JAPAN BLACKING FOR BOOTS AND SHOES

Take 8 parts of treacle, 1 part lamp-black, 1 part sweet oil, 1 part gum-arabic, 1 part isinglass, 32 parts water, 1 oz. of spirits of wine, and a little ox-gall. Mix the treacle, lamp-black, sweet oil, gum and isinglass in the water ; set the pipkin over the fire to heat, stirring it well ; add the spirits of wine and ox-gall, and as soon as possible bottle it. Warm the bottle before using the blacking, which must be put on with a sponge.

BLACKING (Five Methods)

1. Mix 12 ozs. of ivory-black, 1 oz. of olive oil, 8 ozs. of treacle and ½ an oz. of powdered gum-arabic into a paste, then gradually add 2 quarts of vinegar and stir well. Next add 1½ ozs. of sulphuric acid.

2. Rub ¼ of a lb. of ivory-black, ¼ of a lb. of treacle, and 1 oz. of sweet oil together until the oil is quite "killed," then gradually add 1 oz. of vitriol, diluted with three or four times its weight of water. Mix well and let stand for 3 or 4 hours, when it may be reduced to its proper consistence with water or sour beer.

3. Mix 2 ozs. of ivory-black, 2 ozs. of brown sugar-candy, and 1 tablespoonful of sweet oil ; add gradually 1 pint of cold vinegar and stir the whole gently until incorporated.

4. Dissolve 8 ozs. of gum-arabic and 2 ozs. of treacle in ½ a pint of ink and 2 ozs. of vinegar ; then strain and add the spirits.

5. Rub 1 lb. of ivory-black in fine powder, ¾ of a lb. of molasses and 2 ozs. of sweet oil together until the oil is quite "killed" ; then add 1 pint of beer, and 1 pint of vinegar.

TO POLISH BROWN BOOTS

Remove stains with lemon juice, and polish with beeswax dissolved in turpentine.

WASH FOR BOOT-TOPS

1. Mix in a phial 1 drachm of chlorate of potass with 2 ozs. of distilled water, and when the salt is dissolved, add 2 ozs. of muriatic acid. Then shake well together in another phial 3 ozs. of strong spirits of wine, with ½ an oz. of the essential oil of lemons ; unite the contents of the two phials, and keep the liquids thus prepared closely corked for use. This chemical liquid should be applied with a clean sponge, and dried in a gentle heat, after which the boot-tops may be polished with a soft brush, and they will appear like new leather.

TO BRUSH CLOTHES

Fine clothes require to be brushed lightly, and with a rather soft brush, except where mud is to be removed, when a hard one is necessary ; previously beat the clothes lightly to dislodge the dirt. Lay the garment on a table, and brush in the direction of the nap. Having brushed it properly turn the sleeves back to the collar, so that the folds may come at the elbow-joints ; next turn the lapels or sides back over the folded sleeves ; then lay the skirts over level with the collar, so that the crease may fall about the centre, and double one half over the other, so that the fold comes in the centre of the back.

TO RENOVATE FELT HATS

Mix equal quantities of benzine and water, and after well brushing the hat apply the mixture with a sponge.

TO REPAIR A MACINTOSH

Shred finely some pure indiarubber, and dissolve it in naphtha to the consistency of a stiff paste. Apply the cement to each side of the part to be joined, and leave a cold iron upon it until dry.

CHIMNEY ON FIRE

Close all doors and windows tightly, and hold a wet blanket in front of the fire to prevent any draught going up the chimney.

Recipes for the Lady's-Maid

TREATMENT OF THE HAIR

Twice a month wash the head with a quart of soft water, in which a handful of bran has been boiled, and in which a little white soap has been dissolved. Next rub the yolk of an egg, slightly beaten, into the roots of the hair, let it remain a few minutes, and wash it off thoroughly with pure water, rinsing the head well. Wipe and rub the hair dry with a towel, and comb the hair up from the head, parting it with the fingers. If the hair has been very dry *before* the washing, a little pomatum should be used.

POMADE

Take the marrow out of a marrow bone, place it in warm water, heat almost to boiling point, then let it cool and pour the water away. Repeat this three times, until the marrow is thoroughly "fined," then beat the marrow to a cream with a silver fork, stir ½ pint of oil in drop by drop, beating all the time; when quite cold, add 4 pennyworth of citronella, pour into jars and cover down.

POMADE (Another Method)

Beat up ¼ of a lb. of unsalted lard well; then add 2 pennyworth of castor-oil, and mix thoroughly together with a knife, adding a few drops of any scent that may be preferred. Put the pomatum into pots, which keep well covered to prevent it turning rancid.

POMATUM

Mix 8 ozs. of olive-oil, 1 oz. of spermaceti, 3 pennyworth of essential oil of almonds, and 3 pennyworth essence of lemon together, and store away in jars for use.

POMATUM (Another Method)

Wash 1½ lb. of lard well in elder-flower water; drain, and beat it to a cream. Mix ½ a pint of olive oil and ½ a pint of castor oil together, and heat them sufficiently to dissolve 4 ozs. of spermaceti, which should be beaten fine in a mortar. Mix all these ingredients together with whatever kind of scent may be preferred; and whilst warm pour into glass bottles for use, keeping them well corked. The best way to liquefy the pomatum is to set the bottle in a saucepan of warm water. It will remain good for many months.

TO MAKE BANDOLINE

Ingredients.—1 oz. of gum-tragacanth, ¼ pint of cold water, 3 pennyworth of essence of almonds, 2 teaspoonfuls of old rum.

Mode.—Put 1 oz. of gum-tragacanth into a wide-mouthed bottle with ¼ of a pint of cold water; let it stand till dissolved, then stir into it 3 pennyworth of essence of almonds; let it remain for an hour or two, and then pour 2 teaspoonfuls of old rum on the top. This should make the stock bottle, and when any is required for use, dilute it with a little cold water until the desired consistency is obtained, and keep it in a small bottle, well corked, for use. This bandoline improves the hair by increasing its growth and making it always smooth and glossy.

TO PROMOTE THE GROWTH OF HAIR

Ingredients.—Equal quantities of olive-oil and spirit of rosemary; a few drops of oil of nutmeg.

Mix equal quantities of olive-oil and spirit of rosemary and a few drops of oil of nutmeg together, rub the roots of the hair every night with a little of this liniment, and the growth of it will very soon sensibly increase. When illness is the cause of the loss of hair, brandy should be applied 3 times a week, and cold cream on the alternate nights.

WASH FOR THIN HAIR

Mix 8 ozs. of elder-flower water, 4 ozs. of distilled vinegar, 2 ozs. of good rum, 4 drs. of glycerine, 4 drs. of tincture of bark well together, and apply the lotion every night.

Note.—Loss of hair is often occasioned by a weak state of health, and tonics taken in those cases will do more towards restoring the hair than any washes.

WASH FOR THE HAIR

Pour 1 pint of boiling water over 1 pennyworth of borax and ½ a pint of olive-oil ; let it cool ; then put the mixture into a bottle. Shake before using, and apply with a flannel. Camphor and borax, dissolved in boiling water and left to cool, makes a very good wash for the hair ; as also does rosemary-water mixed with a little borax. After using any of these washes, when the hair becomes thoroughly dry, a little pomatum or oil should be rubbed in, to make it smooth and glossy.

TO WASH BRUSHES

Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water. Put the water into a basin, and after combing out the hair from the brushes, dip them, bristles downward, into the water and out again, keeping the backs and handles as free from the water as possible. Repeat this until the bristles look clean ; then rinse the brushes in a little cold water ; shake them well, and wipe the handles and backs with a towel, *but not the bristles*, and set the brushes to dry in the sun, or near the fire ; but take care not to put them too close to it. Wiping the bristles of a brush makes them soft, as does also the use of soap.

TO CLEAN COMBS

If it can be avoided, never wash combs, as the water often makes the teeth split, and the tortoiseshell or horn of which they are made, rough. Small brushes, manufactured purposely for cleaning combs, may be purchased at a trifling cost ; with this the comb should be well brushed, and afterwards wiped with a cloth or towel.

TO REMOVE THE SMELL OF ONIONS FROM THE HANDS

Rub well with celery or parsley.

TO REMOVE TAR STAINS FROM THE HANDS, ETC.

Paraffin is the most efficacious remedy for this.

TO MAKE THE HANDS SOFT AND WHITE

Put a pinch of powdered alum into a basin and break into it the white of an egg. Mix this up and spread over the hands just before retiring. The hands should have been previously washed in hot water and thoroughly dried. A little borax in the water used for washing the hands is an excellent thing, as also is dry oatmeal rubbed on after washing.

CHAPPED HANDS

If the hands are washed in soft water with the best honey soap, and well rubbed dry with a soft towel, they will never chap. It is generally imperfect and careless washing and drying which causes this inconvenience. When the hands are badly chapped, rub them 2 or 3 times a day with lemon-juice, or rub them over occasionally with an ointment made of fresh hog's-lard washed in rose or elder-flower water, a spoonful of honey, 2 spoonfuls of fine oatmeal well beaten up with the yolks of 2 new-laid eggs ; or a useful wash for chapped hands may be made by adding 14 grains of sulphuric acid to 1 pint of rose-water and ½ an oz. of oil of almonds, well shaken together, and when used diluted with a little water.

ANTI-FRECKLE LOTION

Mode.—Mix 2 ozs. of tincture of benzoin, 1 oz. of tincture of tolu, ½ a drachm of oil of rosemary well in a corked bottle. When required for use, add a teaspoonful of the mixture to a wineglassful of water, and apply the lotion where required night and morning, gently dabbing it in with a soft linen cloth.

VIOLET POWDER

Reduce 6 ozs. of the best starch to the very finest powder, and sift it through a piece of muslin ; then rub into it 2 drachms of powdered orris-root. This powder can be tinted with rose-pink or a little stone-blue It can also, if desired, be scented with a drop or two of any essential oil, viz., lavender, lemon, or attar of roses ; but the simple ingredients are quite sweet enough, and best without any addition.

MILK OF ROSES (An Invaluable Wash for Sunburns, Freckles, etc.)

Beat 2 ozs. of blanched almonds to a fine paste in a mortar, then add 12 ozs. of rose-water gradually, so as to make an emulsion. Have ready 2 drachms of soap, 2 drachms each of white wax and oil of almonds and reduce to a liquid in a covered jar near the fire. Work the mixture gradually into the mortar with the emulsion ; strain the whole through a fine muslin and add 1 drachm of oil of bergamot, 15 drops of oil of lavender, and 8 drops of attar of roses, which should previously have been mixed with 3 ozs. of rectified spirits.

A cheaper preparation of milk of roses may be made by using 1 oz. of blanched almonds, 5 ozs. of rose-water, 1 oz. of spirits of wine, ½ a drachm of Venetian soap, 2 drops of attar of roses, beating the almond in a mortar to a paste, then the soap in the same way, and mixing them, adding the rose-water and spirit ; after which the mixture should be strained, and the scent added

ATTAR OF ROSES

The delicious perfume known by this name is a volatile oil, of soft consistency, nearly colourless, and which is for use dissolved in alcohol.

The best quality is prepared at Ghazipoor, in Hindoostan. It is apt to be adulterated with sandal wood and other oils. In the spring of the year, the country about Ghazipoor is a vast garden of roses, and presents a most beautiful appearance. The flowers are gathered and steeped in stone jars filled with water. These are set out in the open air over-night, and early in the morning the essential oil is skimmed off. This is the *attar*, and the water is sold for "rose-water." Two hundred thousand well-grown roses are required to produce half an ounce of the attar; and this quantity, when manufactured, sells, if genuine, for about £12 at the English warehouses. It is very difficult, however, to obtain the genuine article, as even the original manufacturers adulterate it.

Fill a large earthen jar, or other vessel, with the leaves of rose-flowers picked over and freed from all dust and dirt. Pour upon them as much pure spring water as will cover them, and from sunrise to sunset, for 6 or 7 days in succession, set the vessel where it will receive the sun's rays. At the end of the third or fourth day a number of particles of a fine yellow oily matter will float on the surface, which, after a day or two, will gather into a scum. This is the attar of roses. It must be taken up as often as it appears, with a piece of cotton wool tied to a stick, and squeezed from this into a small phial, which must be kept corked and tied over.

AROMATIC VINEGAR

Mode.—Put 2 quarts of best vinegar, with 2 ozs. of each of sage, rosemary, mint, rue and wormwood, into a jar, and let it stand by the side of the fire for a week; then strain it, and add ½ an oz. of spirits of wine.

ARECA-NUT TOOTH-POWDER

Reduce to a very fine charcoal 2½ ozs. of areca nut, and pound as finely as possible another ½ oz. in its raw state, then mix with 1 oz. of finely powdered cuttlefish bone, and flavour with cloves or cassia according to taste.

PRESERVATIVES AGAINST THE RAVAGES OF MOTHS

Place pieces of camphor, cedar-wood, Russia leather, tobacco-leaves, bog-myrtle, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never take harm.

A PLEASANT PERFUME AND PREVENTIVE AGAINST MOTHS

Take 1 oz. each of cloves, caraway-seeds, nutmeg, mace, cinnamon and Tonquin beans; add as much Florentine orris-root as will equal the other ingredients put together; grind the whole well to powder, and then put it in little bags among your clothes, etc. Almost anything aromatic will keep off moths. The common bog-myrtle, which grows so freely in swampy places, is an excellent antidote.

A piece of linen, moistened with turpentine and put into the wardrobe or drawers for a single day, 2 or 3 times a year, is also a sufficient preservative against moths.

TO CLEAN CLOTH

Mix dry fuller's-earth moistened with lemon-juice, and a small quantity of pulverised pearlash into balls with sufficient lemon-juice to moisten. Scour the cloth with the balls.

TO CLEAN CLOTHES FROM GREASE AND OTHER STAINS

Take 1 peck of new lime; pour over it as much water as will leave about 2 gallons of clear liquid after it has been well stirred and has settled. In about 2 hours pour off the clear liquid into another vessel; then add to it 6 ozs. of pearlash; stir well, and when settled bottle for use. With this liquid wash the clothes, using a coarse piece of sponge for the purpose. If the clothes are of very fine fabric and delicate colour, the liquid must be diluted with clear, soft water.

TO CLEAN FURS

Moisten some bran with hot water, rub the fur with it, and dry with a flannel. Then rub with a piece of muslin and some dry bran.

TO REMOVE SPOTS AND STAINS FROM DRESSES

To remove grease-spots from cotton or woollen materials, absorbent pastes, purified bullock's blood, and even common soap, are used, applied to the spot when dry. When the colours are not fast, place a layer of fuller's-earth or pulverised potter's clay over the spot, and press with a very hot iron. For silks, moires, and plain or brocaded satins, pour two drops of rectified spirits of wine over the spot, cover with a linen cloth, and press with a hot iron, changing the linen instantly. The spot will look tarnished, for a portion of the grease still remains; this will be removed entirely by a little sulphuric ether dropped on the spot, and a very little rubbing. If neatly done, no perceptible mark or circle will remain; nor will the lustre of the richest silk be changed, the union of the two liquids operating with no injurious effects from rubbing. Eau-de-Cologne will also remove grease from cloth and silk. Fruit-spots are removed from white and fast-coloured cottons by the use of chloride of soda. Commence by cold-soaping the article, then touch the spot with a hair-pencil or feather dipped in the chloride, and dip immediately into cold water, to prevent the texture of the article being injured. Fresh ink-spots are removed by a few drops of hot water being poured on immediately after applying the chloride of soda. By the same process, iron-mould in linen or calico may be removed, dipping immediately in cold water to prevent injury to the fabric. Wax dropped on a shawl, table-cover, or cloth dress, is easily discharged by applying spirits of wine; syrups or preserved fruits, by washing in lukewarm water with a dry cloth, and pressing the spot between two folds of clean linen. Essence of lemon will remove grease, but will make a spot itself in a few days.

TO CLEAN RIBBONS

Mix ½ a pint of gin, ½ a lb. of honey, ½ a lb. of soft soap, ⅓ of a pint of water together ; then lay each breadth of silk upon a clean kitchen-table or dresser, and scrub it well on the soiled side with the mixture. Have ready three vessels of cold water ; take each piece of silk at two corners, and dip it up and down in each vessel, but do not wring it and take care that each breadth has one vessel of quite clean water for the last dip. Hang it up dripping for a minute or two, then dab it in a cloth and iron it quickly with a very hot iron.

TO CLEAN FEATHERS

Cover the feathers with a paste made of pipe-clay and water, rubbing them one way only. When quite dry, shake off all the powder and curl with a knife. Grebe feathers may be washed with white soap in soft water

TO 'RENEW VELVET

Hold the velvet, pile downwards, over boiling water, in which two pennyworth of stone ammonia is dissolved, double the velvet (pile inwards) and fold it lightly together.

TO RENOVATE CRAPE

Place a little water in a tea-kettle and let it boil until there is plenty of steam from the spout ; then, holding the crape with both hands, pass it to and fro several times through the steam, and it will be clean and look nearly equal to new.

TO REMOVE PAINT FROM CLOTHING

Rub immediately with a rough rag wetted with spirits of turpentine.

TO RESTORE CRAPE WHEN SPOTTED

Black crape when wetted by rain is almost certain to spot. When this is the case, lay the crape—whether a veil or piece of trimming—on a table, and place a piece of old black silk underneath the stains ; then dip a soft camel-hair brush in black ink, and carefully paint the stains over with it : gently wipe off with a piece of silk the superabundant ink, and the stains will disappear as the places dry.

TO REVIVE BLACK LACE

Make some black tea about the strength usual for drinking and strain it off the leaves. Pour enough tea into a basin to cover the material ; let it stand ten or twelve hours, then squeeze the lace several times, but do not rub it. Dip it frequently into the tea, which will at length assume a dirty appearance. Have ready some weak gum-water and press the lace gently through it ; then clap it for a quarter of an hour ; after which, pin it to a towel in any shape which you wish it to take. When nearly dry cover it with another towel and iron it with a cool iron. The lace, if previously sound and discoloured only, will after this process look as good as new.

TO REVIVE BLACK LACE (Another Method)

Wash the lace thoroughly in some good beer ; use no gum-water ; clap the lace well, and proceed with ironing and drying, as in the former recipe.

TO CLEAN JEWELLERY

Jewels are generally wrapped up in cotton wool and kept in their cases ; but they tarnish from exposure to the air and require cleaning. This is done by preparing clean soap-suds from fine toilet-soap. Dip any article of gold, silver, gilt or precious stones into this lye, and dry by brushing with a brush of soft badger's hair, or a fine sponge ; afterwards polish with a piece of fine cloth, and lastly, with a soft leather.

Gold or silver ornaments, and in general all articles of jewellery, may be dressed by dipping them in spirits of wine warmed in a *bain marie*, or shallow kettle, placed over a slow fire or hot plate. Silver ornaments should be kept in fine arrowroot, and completely covered with it.

TO CLEAN DIAMONDS

Wash with soap and water, and dry carefully with blotting paper which, rolled to a point, will reach all the crevices in the setting.

TO TAKE STAINS FROM SILK

Mix 2 ozs. or essence of lemon and 1 oz. of oil of turpentine together in a phial. Grease and other spots in silks are to be rubbed gently with a linen rag dipped in this mixture.

TO RENOVATE SILK

Sponge faded silks with warm water and soap ; then rub them with a dry cloth on a flat board ; afterwards iron them on the *inside* with a smoothing iron. Old black silks may be improved by sponging with spirits. In this case, the ironing may be done on the right side, thin paper being spread over to prevent glazing.

TO WASH SILK

For a dress to be washed, the seams of a skirt do not require to be ripped apart, though it must be removed from the band at the waist, and the lining taken from the bottom. Trimmings or drapings, where there are deep folds, the bottom of which is very difficult to reach, should be undone so as to remain flat. A black silk dress, without being previously washed, may be refreshed by being soaked during twenty-four hours in soft, clear water, clearness in the water being indispensable. If dirty the black dress may be previously washed. When very old and rusty, a pint of gin or whisky should be mixed with each gallon of water. This addition is an improvement under any circumstances, whether the silk be previously washed or not. After soaking, the dress should be hung up to drain dry without being wrung. The mode of washing silks is this :—The article should be laid upon a clean smooth table. A flannel just wetted with lukewarm water should be well soaped, and the surface of the silk rubbed one way with it, care being taken that this rubbing is quite even. When the dirt has disappeared, the soap must be washed off with a sponge and plenty of cold water, of which the sponge must be made to imbibe as much as possible. As soon as one side is finished, the other must be washed precisely in the same manner. Let it be understood that not more of either surface must be done at a time than can be spread perfectly flat upon the table, and the hand can conveniently reach; likewise the soap must be quite sponged off one portion before the soaped flannel is applied to another portion. Silks, when washed, should always be dried in the shade, on a linen-horse, and alone. If black or dark blue, they will be improved if they are placed on a table when dry, and well sponged with gin or whisky, and again dried. Either of these spirits alone will remove, without washing, the dirt and grease from a black necktie or handkerchief of the same colour, which will be so renovated by the application as to appear almost new.

TO CLEAN WHITE SATIN AND SILK

Pin the breadths on a soft blanket ; then take some stale breadcrumbs, and mix with them a little powder-blue. Rub this thoroughly and carefully over the whole surface with the hand or a piece of clean linen ; shake it off and wipe with soft cloths. Satin may be brushed the way of the nap with a clean, soft hair-brush.

BLACK REVIVER FOR CLOTH

Macerate 2 ozs. of blue galls, bruised ; ½ an oz. each of logwood, sulphate of iron, sumach, and 1 pint of vinegar, in a close vessel with heat for twenty-four hours ; strain off the clear liquid, add the galls, and shake twice a day for a week. Keep in a corked bottle, and apply with a brush or sponge. This is improved by the addition of a little sugar and gum.

TO REMOVE SCORCH MARKS FROM LINEN

Boil ½ a pint of vinegar, 2 ozs of fuller's-earth, 1 oz. of dried fowl's dung, ½ an oz. of soap and the juice of 2 large onions together to the consistency of paste ; spread the composition thickly over the damaged part, and if the threads be not actually consumed, after it has been allowed to dry on, and the place has subsequently been washed once or twice, every trace of scorching will disappear.

TO REMOVE IRON-MOULD FROM LINEN

Oxalic acid and hot water will remove iron-mould, so also will common sorrel bruised in a mortar and rubbed on the spots. In both cases, the linen should be well washed after the remedy has been applied.

TO REMOVE IRON-MOULD FROM LINEN (Another Method)

Rub the spot with a little powdered oxalic acid, or salts of lemon and warm water. Let it remain a few minutes, and well rinse in clear water, or wash the spots with a strong solution of cream of tartar and water. Repeat if necessary, and dry in the sun.

VARNISH FOR BOOTS

Dissolve 1 tablespoonful of isinglass in ½ a pint of water, and then add to it the yolks of 6 eggs, well beaten, and 2 ozs. of treacle, using sufficient lamp-black to give the required colour. If the colour needs restoring take a small quantity of good black ink, mix it with the white of an egg, and apply it to the boots with a soft sponge.

TO PRESERVE CUT FLOWERS

A bouquet of freshly-cut flowers may be preserved alive for a long time by placing them in a glass or vase with fresh water, in which a little charcoal has been steeped, or a small piece of camphor dissolved. The vase should be set upon a plate or dish, and covered with a bell glass, around the edges of which, when it comes in contact with the plate, a little water should be poured to exclude the air.

TO REVIVE CUT FLOWERS

Plunge the stems into boiling water, and by the time the water is cold, the flowers will have revived. Then cut the ends of the stems afresh, and place in fresh cold water.

UMBRELLAS

An umbrella should not be folded up when it is wet. Let it stand with handle downwards so that the wet can run off the ends of the ribs instead of running towards the ferrule end and rusting that part of the umbrella.

Recipes for the Housemaid and General Servant

TO SWEEP A CARPET

The Patent Carpet Sweepers are so effective and cheap that they are now in use everywhere,but where the floor is to be swept with the ordinary broom proceed as follows: before sweeping rooms strew the floors with dried tea-leaves; these will attract the dust and save much harm to the furniture, which, as far as possible, should be covered up during the process. Tea-leaves also may be used with advantage upon druggets and short-piled carpets. Light sweeping and soft brooms are desirable. Many a carpet is prematurely worn out by injudicious sweeping. In sweeping thick-piled carpets, such as Axminster and Turkey carpets, always brush the way of the pile: by so doing they may be kept clean for years; but if the broom is used in a different way, all the dust will enter the carpet and soon spoil it.

TO LAY CARPETS

This can hardly be well done without the aid of a proper carpet-fork or stretcher, which may be purchased for about 2*s.* 6*d.* at any ironmonger's. Work the carpet the length way of the material, which ought to be made up the length way of the room. Nail one end all along, but do not nail the sides as you go along until you are quite sure that the carpet is fully stretched, and that there is no ruck anywhere in the length of it.

TO CLEAN CARPETS

Carpets in bedrooms and stair-carpets may be kept clean by being brushed with a soft hair-brush frequently, and, as occasion requires, being taken up and shaken. Larger carpets should be swept carefully with a whisk-brush or hand-brush of hair, which is far better, especially in the case of fine-piled carpets. Thick carpets, as Axminster and Turkey, should always be brushed one way. Grease spots can be removed from carpets by means of a paste made of boiling water poured on equal quantities of magnesia and fuller's-earth. This paste, while hot, must be placed upon the grease spots and brushed off when quite dry. When carpets are very dirty, they may be washed in the following manner:—To every 2 gallons of boiling water add 1 oz. of yellow soap and 1 drachm of soda. With a clean flannel wash the carpet well with the liquid; do a small piece at a time and rinse well with clean hot water. When all has been gone over, the carpet should be left to dry. The colours will be greatly improved by afterwards rubbing over with a clean flannel dipped in a strong solution of ox-gall and water.

TO CLEAN CARPETS (Another Method)

Melt 1 lb. of yellow soap and ½ a lb. of soda in an oven; then mix them well in a gallon of water to which add 1 oz. of nitric acid. With a clean scrub-brush wash the carpet well from seam to seam with this mixture, and rinse it off quickly with clean soft water. Do only a small piece of carpet at the time, and rub dry with a clean cloth as much as is washed.

TO SCOUR CARPETS WITH GALL

Let the carpets first be well beaten and brushed to free them from all dust and dirt. Then scour them quickly with a solution of ox-gall, which will both extract grease and refresh the colours. One pint of gall in three gallons of soft water, warmed, will be sufficient for a large carpet. It is better not to mix the whole at once, but to do a portion of the carpet at a time, especially if it be a large one ; for when the mixture in use gets cold and dirty it should be thrown away. Care must be taken that the carpet does not shrink in drying. It is best washed in the room, after it is nailed down.

TO REMOVE STAINS FROM BOARDS

Take ¼ of a lb. of fuller's-earth and ¼ of a lb. of pearlash ; make them into a paste with about a quart of boiling water ; spread a thick coating of this over the grease-stains and leave it for ten or twelve hours ; then wash it off with clean water, using sand if necessary. If the grease-stains are very numerous and the floor very dirty, a coating may be spread all over the floor, and left for 24 hours before it is washed off. In washing boards never rub crossways ; but always up and down with the grain.

TO SCOUR BOARDS

Mix in a saucer three parts of fine sand and one part of lime ; dip the scrubbing-brush into this and use it instead of soap. This will remove grease and whiten the boards, while at the same time it will destroy all insects. The boards should be well rinsed with clean water. If they are very greasy, they should be covered over in places with a coating of fuller's-earth moistened with boiling water, which should be left on 24 hours before they are scoured as above directed.

TO CLEAN FLOORCLOTH

Shred half an ounce of good beeswax into a saucer, cover it entirely with turpentine, and place in the oven until melted. After washing the floorcloth thoroughly with a flannel, rub the whole surface lightly with a flannel dipped in the wax and turpentine, then rub with a dry cloth. Beside the polish produced, the surface is lightly coated with the wax, which is washed off together with any dust or dirt it may have contracted, while the floorcloth is preserved. Milk is also very useful for cleaning floorcloth, applied after the usual washing with a damp cloth, and it should then be rubbed over with a dry one.

TO WHITEN STONES

Wash the surface with clean water, and let it dry ; then rub it lightly over with a flannel dipped in a mixture of the following materials : —Boil 2 cakes of pipeclay, 2 tablespoonfuls of carbonate of lime, ½ a pint of size and ½ a pint of stoneblue-water, in 2 quarts of water. When the stones are dry, after this mixture has been applied, rub them with a dry flannel till they look well.

TO CLEAN PAINT

Dirty paint should never be wiped with a cloth, but the dust should be loosened with a pair of bellows, and then removed with a dusting-brush. If very dirty, wash the paint lightly with a sponge or soft flannel dipped in weak soda-and-water, or in pearlash and water. The sponge or flannel must be used nearly dry, and the portion of paint gone over must immediately be rinsed with a flannel and clean water; both soda and pearlash, if suffered to remain on, will injure the paint. The operation of washing should therefore be done as quickly as possible, and two persons should be employed: one to follow and dry the paint with soft rags, as soon as the other has scoured off the dirt and washed away the soda. No scrubbing-brush should ever be used on paint.

TO DISPERSE THE SMELL OF PAINT

Place some sulphuric acid in a basin of water and let it stand in the room where the paint is. Change the water daily.

TO REMOVE BAD SMELLS

Place a jar of permanganate of potash in the vicinity of the obnoxious smell.

TO MAKE PASTE FOR PAPER HANGING

Mix flour and water to the consistency of cream, and boil. A few cloves added in the boiling will prevent the paste going sour.

FURNITURE POLISH

Mix equal proportions of linseed-oil, turpentine, vinegar and spirits of wine. When used, shake the mixture well, and rub on the furniture with a piece of linen rag, and polish with a clean duster. Vinegar and oil, rubbed in with flannel, and the furniture rubbed with a clean duster, produce a very good polish.

FURNITURE POLISH (Another Method)

Boil 1 pint of soft water, let it get cold; shred 1 oz. of white wax and 1 oz. of Naples soap into it, stand it in the oven until all is melted; add 1 pint of turpentine slowly, stirring as it is dropped in; stir it until cold; bottle and cork closely; it is fit to use the next day.

FURNITURE PASTE

Mix 3 oz. of common beeswax, 1 oz. of white wax, 1 oz. of curd soap, and 1 pint of turpentine together, adding 1 pint of boiled water when cold; shake the mixture frequently in the bottle, and do not use for 48 hours after it is made. It should be applied with a piece of flannel, the furniture polished with a duster, and then with an old silk rubber.

GERMAN FURNITURE GLOSS

Cut ¼ of a lb. of yellow wax into small pieces and melt it in a pipkin, with 1 oz. of black rosin pounded very fine. Stir in gradually, while these two ingredients are quite warm, 2 ozs. of oil of turpentine. Keep this composition well covered for use in a tin or earthen pot. A little of this gloss should be spread on a piece of coarse woollen cloth, and the furniture well rubbed with it ; afterwards it should be polished with a fine cloth.

TO CLEAN MARBLE

Mix with ¼ of a pint of soap-lees, ½ of a gill of turpentine, sufficient pipeclay and bullock's gall to make the whole into a rather thick paste. Apply it to the marble with a soft brush, and after a day or two, when quite dry, rub it off with a soft rag. Apply this a second or third time till the marble is quite clean.

TO CLEAN MARBLE (Another Method)

Take two parts of soda, one of pumice-stone, and one of finely-powdered chalk. Sift these through a fine sieve, and mix them into a paste with water. Rub this well all over the marble, and the stains will be removed ; then wash it with soap and water, and a beautiful bright polish will be produced.

TO REMOVE STAINS FROM MARBLE

Make a paste of powdered pipe-clay and fullers'-earth ; mix with strong soap lye ; lay a thick coating of this paste on the marble, and pass lightly over it a moderately warm flat-iron until it is dry. Leave it for a short time, and then wash it off with clean water. If the marble be not entirely free from grease, repeat the process till every stain disappears. Discolourisation by smoke may be removed in the same manner.

POLISH FOR BLACK GRATES

Melt 1 lb. of common asphaltum, and add gradually to it ½ a pint of linseed-oil, 1 quart of oil of turpentine. Apply this with a small painter's brush, and leave it to become perfectly dry. The grate will need no other cleaning, but will merely require dusting every day, and occasionally brushing with a dry blacklead brush. This is, of course, when no fires are used. When they are required, the bars, cheeks and back of grate will need black-leading in the usual manner.

POLISH FOR BRIGHT STOVES

Mix 2 tablespoonfuls of turpentine and 2 tablespoonfuls of sweet oil together, stirring in sufficient emery-powder to make the mixture of the thickness of cream. Put it on the article with a piece of soft flannel ; rub off quickly with another piece, then polish with a little emery-powder and clean leather.

TO PRESERVE FROM RUST

Make a strong paste of fresh lime and water, and with a fine brush smear it as thickly as possible over all the polished surface requiring preservation. By this simple means, all the grates and fire-irons in an empty house may be kept for months free from harm, without further care or attention.

TO REMOVE RUST

When bright grates are once neglected, small rust-spots begin to show themselves, which a plain leather will not remove; the following method of cleaning them must then be resorted to:—First, thoroughly clean with emery-paper: then take a large smooth pebble from the road sufficiently large to hold comfortably in the hand, with which rub the steel backwards and forwards one way, until the desired polish is obtained. It may appear at first to scratch, but continue rubbing, and the result will be success.

TO LIGHT A FIRE

Clear out all ash from the grate and lay a few cinders or small pieces of coal at the bottom in open order; over this a few pieces of paper, and over that again eight or ten pieces of dry wood; over the wood, a course of moderate-sized pieces of coal, taking care to leave hollow spaces between for air at the centre; and taking care to lay the whole well back in the grate, so that the smoke may go up the chimney, and not into the room. This done, fire the paper with a match from below and, if properly laid, it will soon burn up; the stream of flame from the wood and paper soon communicating to the coals and cinders, provided there is plenty of air at the centre.

Another method of lighting a fire is sometimes practised with advantage, the fire lighting from the top and burning down, in place of being lighted and burning up from below. This is arranged by laying the coals at the bottom, mixed with a few good-sized cinders, and the wood at the top, with another layer of coals and some paper over it; the paper is lighted in the usual way, and soon burns down to a good fire, with some economy of fuel, it is said.

TO CLEAN BRITANNIA METAL

Articles made of what is usually called Britannia metal may be kept in order by the frequent use of the following composition:—½ a lb. of finely-powdered whiting, a wineglass of sweet oil, a tablespoonful of soft soap, and ½ an oz. of yellow soap melted in water. Add to these in mixing sufficient spirits—gin or spirits of wine—to make the compound the consistency of cream. This cream should be applied with a sponge or soft flannel, wiped off with soft linen rags, and the article well polished with a leather; or they may be cleaned with only oil and soap in the following manner:—Rub the articles with sweet oil on a piece of woollen cloth; then wash well with strong soap-and-water; rub them dry and polish with a soft leather and whiting. The polish thus given will last for a long time.

TO CLEAN BRASS

Dissolve 1 oz. of oxalic acid in one pint of soft water. Rub it on the brass with a piece of flannel, and polish with another dry piece. This solution should be kept in a bottle labelled "poison," and the bottle well shaken before it is used, which should be only occasionally, for in a general way the brass should be cleaned with pulverised rottenstone, mixed into a liquid state with oil of turpentine. Rub this on with a piece of soft leather, leave for a few minutes, and then wipe it off with a soft cloth. Brass treated generally with the latter, and occasionally with the former mode of cleaning, will look most beautiful. A very good general polish for brass may be made of ½ a lb. of rottenstone and 1 oz. of oxalic acid, with as much water as will make it into a stiff paste. Set this paste on a plate in a cool oven to dry, pound it very fine, and apply a little of the powder, moistened with sweet oil, to the brass with a piece of leather, polishing with another leather or an old silk handkerchief. This powder should also be labelled "poison."

TO BRIGHTEN GILT FRAMES

Take sufficient flour of sulphur to give a golden tinge to about 1½ pints of water, and in this boil four or five bruised onions. Strain off the liquid when cold and with it wash with a soft brush any gilding which requires restoring, and when dry it will come out as bright as new work. Frames may also be brightened in the following manner:—Beat up the white of eggs with chloride of potass or soda, in the proportion of 3 ozs. of eggs to 1 oz. of chloride of potass or soda. Blow off as much dust as possible from the frames, and paint them over with a soft brush dipped in the mixture. They will immediately come out fresh and bright.

TO CLEAN OIL PAINTINGS

Rub a freshly cut slice of potato damped in cold water over the picture. Wipe off the lather with a soft damp sponge, and then finish with lukewarm water, and dry and polish with a piece of soft silk that has been washed.

TO TAKE OUT MARKS FROM MAHOGANY

The whitest stain left on a mahogany table by a jug of boiling water, or a very hot dish, may be removed by rubbing in oil, and afterwards pouring a little spirits of wine on the spot and rubbing dry with a soft cloth.

TO CLEAN LOOKING-GLASSES

Remove, with a damp sponge, fly stains and other soils (the sponge may be damped with water or spirits of wine). After this dust the surface with the finest sifted whiting or powder-blue, and polish it with a silk handkerchief or soft cloth. Snuff of candle, if quite free from grease is an excellent polish for looking-glass.

CEMENT FOR CHINA AND GLASS

Dissolve 1 oz. of gum-mastic in a quantity of highly-rectified spirits of wine; then soften 1 oz. of isinglass in warm water, and, finally, dissolve it in rum or brandy, till it forms a thick jelly. Mix the isinglass and gum-mastic together, adding ¼ of an oz. of finely-powdered gum-ammoniac; put the whole into an earthen pipkin, and in a warm place, till they are thoroughly incorporated together; pour it into a small phial, and cork it down for use.

In using it, dissolve a small piece of the cement in a silver teaspoon over a lighted candle. The broken pieces of glass or china being warmed, and touched with the now liquid cement, join the parts neatly together, and hold them in their places till the cement has set; then wipe away the cement adhering to the edge of the joint, and leave it for twelve hours without touching it: the joint will be as strong as the china itself, and if neatly done, it will show no joining. It is essential that neither of the pieces be wetted either with hot or cold water.

TO CLEAN WALL PAPER

If not very dirty, the paper of any room will be much improved by brushing it over in straight lines with a soft broom, covered with a clean soft cloth; if, however, the paper be much soiled, very stale bread is the best thing to clean it with. Cut a very stale quartern loaf into slices, and, in the lightest manner possible, wipe the paper with it in a downward direction. Clean about a yard at a time, all one way, and be careful to leave no marks. By this process very dirty paper-hangings may be made to look like almost new.

TO DESTROY FLIES

Beer or treacle in a saucer or treacle smeared on sheets of paper will attract and kill flies. If a small quantity, say the equivalent of a teaspoonful, of carbolic acid be poured on a hot shovel it will drive the flies from the room.

TO DESTROY CRICKETS AND BEETLES

Place a fairly deep saucer of stale beer upon the hearth at night time, and rest three or four sticks upon the edge of the saucer for the insects to crawl up.

Recipes for the Laundry-Maid

TO MAKE STARCH

Allow ½ a pint of cold water and 1 quart of boiling water to every 2 tablespoonfuls of starch. Put the starch into a tolerably large basin; pour over it the cold water, and stir the mixture well with a wooden spoon until it is perfectly free from lumps and quite smooth. Then take the basin to the fire, and whilst the water is *actually boiling* in the kettle or boiler, pour it over the starch, stirring it the whole time. If made properly in this manner, the starch will require no further boiling; but should the water not be boiling when added to the starch, it will not thicken, and must be put into a clean saucepan, and stirred over the fire until it boils. Take it off the fire, strain it into a clean basin, cover it up to prevent a skin forming on the top, and when sufficiently cool that the hand may be borne in it, starch the things. Many persons, to give a shiny and smooth appearance to the linen when ironed stir round two or three times in the starch a piece of wax-candle, which also prevents the iron from sticking.

TO MAKE STARCH (Another Method)

Mix a teacupful of starch to a paste with warm water, adding about an inch of composite candle, 3 or 4 drops of turpentine, and a tiny piece of spermaceti, then pour into this boiling water, stirring all the while, till the starch becomes clear.

COLD-WATER STARCH

Mix the starch to a smooth cream with cold water, then add borax dissolved in boiling water in the proportion of a dessertspoonful to a teacupful of starch.

TO GLAZE LINEN

The gloss, or enamel, as it is sometimes called, is produced mainly by friction with a warm iron, and may be put on linen by almost any person. The linen to be glazed receives as much strong starch as it is possible to charge it with, then it is dried. To each pound of starch a piece of sperm or white wax, about the size of a walnut, is usually added. When ready to be ironed, the linen is laid upon the table and moistened very lightly on the surface with a clean wet cloth. It is then ironed in the usual way with a flat-iron, and is ready for the glossing operation. For this purpose a peculiar heavy flat-iron, rounded at the bottom, as bright as a mirror, is used. It is pressed firmly upon the linen and rubbed with much force, and this frictional action puts on the gloss. "Elbow grease" is the principal secret connected with the art of glossing linen.

TO BLEACH LINEN

Make a solution of ¼ of a lb. of chloride of lime and 1 quart of soft water and keep the bottle closely corked; dilute what is required for use with an equal quantity of water. This will remove stains from table-linen, etc., that resist milder treatment.

BALL BLUE OR STONE BLUE

Take finely powdered indigo and starch in equal quantities, and make them into a paste with warm water, then form the mass into small lumps or cakes. The quantity of indigo must be increased if the blue is required to be of a very deep colour.

TO REMOVE RUST FROM IRONS

Scour with dry salt and beeswax.

THE DOCTOR

The doses of medicine prescribed in these pages are those intended for adults, unless otherwise stated

CHAPTER LXX

How to keep Well, Infectious and Contagious Diseases, Non-Infectious Diseases and their Remedies, Common Complaints and their Remedies and What to do in Cases of Accident or Sudden Illness.

HOW TO KEEP WELL

Introductory.—Health of body and mind is a blessing of such inestimable value, and is so obviously one of the greatest sources of earthly happiness, that the efforts of all wise persons should be directed towards its attainment. As disease is simply a departure from perfect health, our earliest attention should be given to the chief agents which produce any disturbance of, or departure from, absolute health, so that we may be the more able to combat them successfully. The innumerable external influences which disturb the natural condition of our organs, or the balance of the functions which they perform, as, for example, excess or privation of the air we breathe, the water we drink, the food we eat; variations in the direction of the superabundance or deficiency of the light, heat, and electricity which modify the nutrition of our bodies: all these are among the prime factors in the disturbance of human health, and as such demand our serious consideration.

Heat and Cold as Causes of Disease.—These are two of the most prolific sources of disturbance of perfect health, and they enter very largely into health considerations, chills especially being responsible for a large proportion of our ailments. Unguarded exposure to intense heat, especially from the direct rays of the sun, is liable to produce sunstroke, which often proves rapidly fatal. Ingenious experiments have shown that the faintness, giddiness and insensibility which accompany this seizure are due to the immediate effect of heat upon the brain substance. Every one susceptible to such influence, therefore, should avoid exposure to the sun in very hot weather between the hours of 11 and 3 o'clock; or, if obliged to be out, should wear a large brimmed hat, to which a pugree may be added, so that all parts of the head and the back of the neck are protected from the sun's rays. Failing this a wet handkerchief, arranged to cover the scalp and the back of the neck, is a useful substitute.

When giddiness or weakness with heat about the head come on and an attack of a serious nature is threatened, the patient should be

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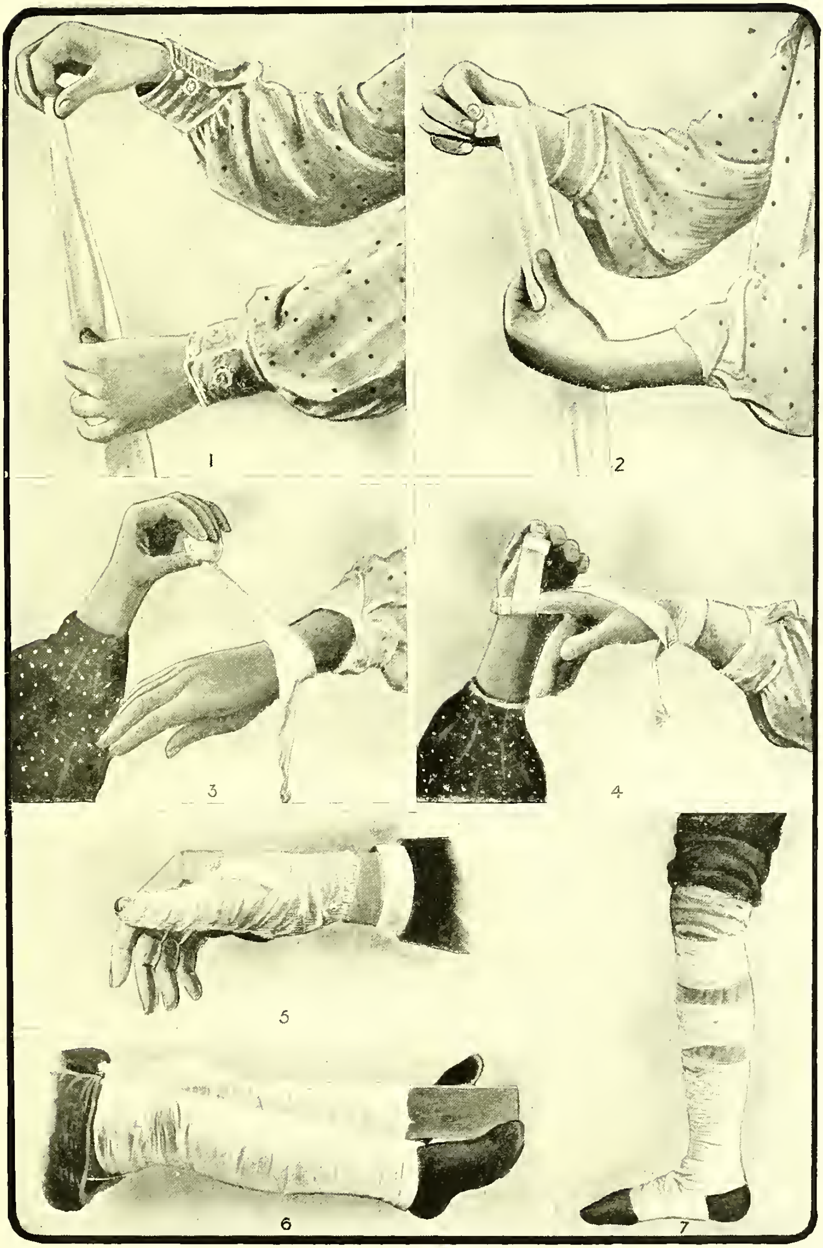


1 and 2. To roll a bandage. 3, 4, and 5. To bandage a finger. 6. To bandage a rickety child. 7. To bandage varicose veins.

at once removed to a cool, shady place, and the head, neck and chest rubbed with small pieces of ice, to reduce the temperature.

Extreme cold is no less fatal in its effects than extreme heat. In a minor degree it gives rise to frost-bite and chilblains. When only a small part of the body has become frozen (recognizable by the spot turning a dull, yellowish-white colour) serious injury may often be prevented by thawing it very gradually, which may be done by bathing the affected part with ice-cold water or rubbing it with snow.

Cold also acts as a disease-producing agent by checking perspiration, and thus prevents the carrying off of injurious worn-out materials of the body by that great avenue of purification—the skin.

Another effect of a chill is to drive a great part of the blood out of the little blood-vessels which run everywhere just beneath the surface of the skin. This it does by its contracting and constricting influence, and the blood so driven away flows inwards to the warm parts of the body, filling them too full of blood, or, as it is called, *congesting* them.

When the surface of the body has been chilled in consequence of exposure to cold and wet, the feet should be soaked for 10 minutes in hot mustard and water, and the patient covered over with blankets in a warm room, and given one or two cups of hot milk, cocoa, tea or gruel, to induce free perspiration.

In soaking the feet, the mustard and water should only be moderately hot, to commence with, and the temperature of the foot-bath gradually raised by the addition of boiling water provided in a jug at the side of the bath. The general mistake is to have the water in the basin or bath so hot to commence with that the sufferer is quite unable to put even his toe in. Consequently he waits till the water is little more than lukewarm, and then immerses his feet, when the bath is of very little practical use. By starting as suggested with water only moderately warm, and then making additions of boiling water as the feet become accustomed to the bath, a much higher temperature can be borne, and the bath is thus rendered much more effectual.

Pure Air.—The importance of a sufficient supply of pure air can scarcely be over-estimated. In ill-ventilated places the proportion of carbonic acid in the air becomes greatly increased, which renders it deleterious and dangerous—our very life being dependent upon the blood unceasingly gaining fresh oxygen, and getting rid of stale carbonic acid.

Among the more important causes of atmospheric vitiation are the carbonic acid and other substances given off from the lungs; gases arising from drains, sewers, cesspools, and decomposing animal matters which often contaminate the air, giving rise to pestilential disorders; the vapours given out from thickly crowded graveyards, which greatly increase the sick and death-rates of the neighbourhoods in which they are disseminated; noxious gases from manufactories, chemical works of various kinds, and the air of marshes or low-lying meadows, which favours the growth and circulation of micro-organisms, producing disease.

The dust in the air contains, among other things, bacteria, innumerable epithelial scales from the skin of men and animals, hairs, fragments of wool, cotton and flax fibres, pollen grains, splinters of wood, bark, shreds of leaves, particles of coal and many other substances. Some of these irritate the lungs mechanically, as, for example, anthracite or bituminous coal, which gives rise to miner's consumption ; the fine particles of steel thrown off in grinding saws and other instruments ; the dust in potteries, and the fragments of wool flax, etc., in cloth factories and cotton mills : all exert an injurious influence upon the lungs.

The great remedy for the impurity of the air within doors is ventilation ; and the best method of accomplishing this has been for many years one of the great problems of science.

As the air of an inhabited room cannot, at the best, be as pure as the external atmosphere, the problem of ventilation is to reduce the impurities of respiration to the point where health will not manifestly suffer by drawing them into our lungs again.

In order to keep the ratio of carbonic acid and its associated animal impurities down to this limit, it has been found by experiments that it is necessary to supply 3,000 cubic feet of perfectly pure air each hour for every adult person who is vitiating the atmosphere of a room by his breath.

It must be remembered also that the gas-lights and other sources of illumination (the electric lights excepted) exercise a powerful influence in rendering the air of an apartment impure, by exhausting the oxygen, and giving off various products in combustion.

With natural ventilation, that is, ventilation from the cracks of doors and windows, and open fireplaces, it is almost impossible to replace the air of a room more than three times in an hour without the inmates being exposed to unpleasant currents of air. To observe the best hygienic conditions, therefore, it would be necessary that persons should not congregate in a room to a greater number than one to every 1,000 cubic feet.

An apartment 10 feet high, 10 feet wide, and 20 feet long, should thus contain 2 persons ; and in a room 20 feet square and 10 feet high 4 persons, but no more, would be able to sit, eat, or sleep. But as it is impossible always to regulate the number of occupants thus, the simpler and entirely feasible plan of always having one window in each room opened at the top, should be invariably observed.

Of course all such laws of health are constantly outraged, but sooner or later such violations are sure to entail their own punishment.

Pure Water.—Water is the second great material necessary for existence. Without food or water life has been prolonged for 14 days. Without food, but with access to water, a man has lived for over 8 weeks.

If water is thus an absolute requisite for life, pure water is a no less imperative necessity for health, and as the possibilities of contamination are very numerous, owing to its great solvent powers, the sources of our drinking supply should be very carefully watched.

Water constitutes about three-fourths of the surface of the earth, and the greater part of the bodies of man and other animals ; some vegetables contain as much as 95 per cent. of this fluid.

A healthy individual requires from 3 to 5 pints of water daily, nearly one-third of this quantity being contained in articles of diet, and the rest supplied to the system in the form of liquids.

Rain-water is the purest of all forms ordinarily met with, if collected in clean vessels as it falls. This only applies to country districts. In towns the rain carries down with it blacks, dust, and organic matter in suspension in the air. Rivers are probably the most usual sources of supply for our drinking-waters, and where due care is exercised to prevent contamination from sewers, factories, etc., this variety of water is one of the least objectionable. A still better source for our large towns is the water of mountain lakes, conveyed direct in covered channels.

A certain amount of saline constituents, especially of the sulphates and chlorides of the alkaline earths, must be present in order to render river and lake waters safe from the contamination of lead house-pipes, if these are used for distributing the fluid, as they are in most of our larger cities and towns.

The way in which these soluble salts act is by forming with the metal an insoluble coating over the inner surface of the pipe, which mechanically precludes the water from acting upon the metallic surface. It is on account of the purity of rain-water from these saline compounds that lead pipes or lead-lined cisterns should never be used for its conveyance or retention.

Rain-Water.—When rain-water falls upon the surface of the ground, a portion of the moisture runs off into brooks, creeks and rivers, but a much larger part soaks downwards through the earth, and after a few hours or days finds its way through the soil into the subterranean streams and reservoirs which feed our wells. In the course of its journey it may meet with materials from the animal kingdom, which will change it into a slow and insidious poison or a swift agent of destruction. One of the most fatal diseases of humanity, typhoid or enteric fever, is particularly apt to be transmitted by the medium of contaminated well-water ; and the same may be said of Asiatic cholera, happily now very rare with us—due chiefly to modern improvements in sanitation and hygiene.

Recent observations on the propagation and spread of typhoid or enteric fever have shown that in all the instances of excessive malignity, when great numbers were swept away in a few weeks, the cause of the fearful mortality lay in contaminated water-supplies. It is most important, therefore, that wells should never be sunk in the vicinity of cesspools or similar anti-hygienic contrivances.

In towns and villages where the water supply is doubtful, during epidemics of typhoid or cholera, all water used for drinking purposes should be boiled and filtered through some reliable make of filter. It must, however, be borne in mind that filtration only removes substances mechanically suspended in the water; to free the liquid thoroughly from all dissolved matter boiling or distillation is requisite. A well-constructed filter, especially one in which sand is the medium, will practically remove all the bacteria. Generally speaking, a filter should be cleansed once a month in summer, and every two months in winter.

When travelling in unhealthy countries, or during the prevalence of an epidemic, it is a wise plan to use for cooking or drinking purposes only boiled rain-water, if obtainable. The small portable filters such as those which were supplied to our soldiers in South Africa are invaluable travelling companions in a malarial district, in an emergency when reliable water cannot be had.

Make it a rule neither to sleep nor eat in a house where the drains are in bad order.

Baths and Bathing.—The employment of baths goes back to the highest antiquity, and was indulged in almost to excess by the Greeks and Romans. So important are baths in warm countries, that the Jewish and Oriental religions enjoin frequent ablutions as a necessary part of the ceremonials of their creeds; this no doubt has largely contributed to the health and well-being of their adherents.

In order to understand the value of bathing we must glance briefly at the anatomy and physiology of the skin. In the first place, we have on the entire outer surface of the body a layer of membrane, like thin leather, called the epidermis or cuticle; this stratum is not supplied with nerves, and is therefore insensitive. It is the portion which rises up when the hands are blistered by rowing, or when a fly blister is applied.

Just beneath the epidermis lies the true skin, or corium, a tough strong membrane, richly supplied with blood vessels and nerves. Hence it bleeds and feels pain at the slightest cut or puncture, since even the finest needle cannot be thrust into it without wounding some little artery or vein and some tiny filament of nerve. Under the true skin again lies the subcutaneous cellular tissue, which generally contains a quantity of fat.

The most important constituents of the skin to be noticed for our present inquiry, are first, the sweat glands; second, the oil glands; and third, the hair and nails are usually spoken of as appendages to the skin.

The sweat glands are twisted and coiled-up tubes, occupying the true skin and the layer of tissue beneath. They open upon *pores*, almost invisible to the naked eye. When we are at rest the flow of perspiration, though constant, is seldom so free that it does not evaporate almost as rapidly as it exudes, so that the skin is only kept pleasantly moist ; but during exercise, especially in warm weather, the cutaneous surface becomes covered with drops of fluid.

When the pores of the skin are partly choked up, so that they cannot perform their work properly, some of this duty of purifying and regulating the volume of the blood is thrown upon certain internal organs, such as the kidneys or intestines ; and should these happen to be weak, diseased, or already overtasked, serious disturbance may be quickly brought on throughout the whole system. Hence the importance of keeping the skin of the whole body clean by the free use of the bath.

Warm Baths.—For purposes of cleanliness, the baths par excellence are those of warm water, this term being applied to those in which water of a temperature from 70° to 80° Fahrenheit is employed.

Liquids of this degree of heat usually give a sensation of warmth when placed in contact with the human skin, and therefore avoid the disadvantages of the shock to our systems produced by a cold bath (that is, below 60°), and the excessive stimulation resulting from a hot bath, i.e., one of 85° and upwards. Soap or alkali in some form is necessary to remove the fatty matter poured out by the oil glands already described, and for most people there is nothing better than the old-fashioned white Castile. Many persons are apt to remain too long in a warm bath, and care should be taken to avoid this error which, if often indulged in, has a very debilitating effect on the system.

The frequency with which a warm bath should be repeated varies with different individuals. A safe rule, to which of course there are exceptions, is to bathe the body twice a week in winter and every other day in summer, gradually increasing the frequency to a tri-weekly washing in winter and a daily one in summer, if experience proves that better health is secured by such a habit.

It is very important to avoid being exposed to cool air after immersion in a warm bath, because the blood vessels of the skin being dilated from the stimulation of the warm water, the amount of prespiration poured out upon the skin, and consequently also the cooling effect of evaporation from the cutaneous surface are greater, and the danger of contracting a chill is much increased.

The condition is accurately expressed by the popular saying that a warm bath "opens the pores," although the exact mechanism by which this opening is accomplished is not so generally understood. The best time for a warm bath for those who are in robust health, but are liable to take cold, is in the evening, when they can go to bed at once, and so avoid all exposure for some hours afterwards. Invalids, however, and those of a delicate constitution, will often find that they endure the exertion of taking a bath best about 11 o'clock in the morning, after the digestion of the morning meal is accomplished, and before they are tired out with the fatigues of the day.

Hot Baths, by which are meant those of a temperature of from 85° to 105° F., are chiefly used in the treatment of ailments and diseases as powerful stimulants. Every parent should remember that a hot bath, causing free perspiration, followed by wrapping up warm in bed with blankets, will often save children and adults from severe attacks of illness, if promptly resorted to after exposure to cold or wet.

Cold Baths are invaluable aids in promoting and preserving health, if properly used in suitable cases ; but may become dangerous agents, causing even fatal results, if employed by the wrong individuals, at improper times, or with excessive frequency. If an experimental cold dip the first thing in the morning, followed by a brisk rubbing with a loofah and drying with a rough towel, produces a healthy glow and a feeling of exhilaration, the practice may be safely followed every day for at least eight months in the year. But if the skin turns blue, or headache, languor or sickness follow, the practice must be given up.

Sea-Bathing is one of the best means of strengthening the system, either to prevent the development of actual disease, or to restore the original vigour to a constitution recovering with difficulty from the effects of some debilitating malady.

Many delicate women and children are not strong enough to endure the shock of cold sea-baths from the beach ; for them a bath of warm salt water, taken comfortably at home, is invaluable.

Baths should never be taken immediately after a meal, nor when the body is very much exhausted by fatigue, or excitement of any kind. Women should avoid bathing at such times when it would be under conditions liable to endanger their health. Children and elderly persons should use warm or tepid baths, never below 70° F.

Food.—Nothing is more important to physical well being, and consequently to the attainment of long life, than the two evidences of a healthy stomach, which the immortal dramatist has linked together in the oft-quoted saying of *Macbeth* :—

> " Let good digestion wait on appetite,
> And health on both."

If we consider the amount of ill-temper, despondency, and general unhappiness which arises from want of proper digestion and the assimilation of our food, it seems obviously well worth while to put forth every effort, and undergo any sacrifice for the purpose of avoiding indigestion and the bodily ills which result.

It would be as reasonable to expect a locomotive to run without plenty of fuel as expect the human body to perform its daily labour without a sufficient supply of suitable food, properly masticated, swallowed, digested, assimilated and carried by the blood to nourish the various organs and tissues of the system, as they hourly wear out and are hourly replaced.

Every part of our organism is the subject of continual change. The flesh of the arm to-day is not precisely the same flesh as yesterday; some of its cells have been used up, dissolved, and carried away by the blood, and have been cast out of the system through the kidneys or bowels, whilst their places have been supplied by new molecules formed by digestive changes from the food taken into the stomach.

If the stomach or the blood do not do their work properly, or if, doing the best they can, they are not supplied with suitable materials in the food furnished them, the effete molecules of the arm do not get fully replaced, and so the muscles become flabby and dwindle away; or, on the other hand, if, by unusually nutritious food and the stimulus of exercise, a greater number of new muscle cells are elaborated in the blood than are carried away by it in a worn-out condition, growth and development of the arm is the result. And so on with all the different parts of the body.

Another very important office of food, especially of the fatty (highly carbonised) articles of our diet, is to supply the bodily heat by being slowly burnt up within our systems, exactly as the coal (mineral carbon) burnt up in fireplaces warms our dwellings, except that the process of combustion is so managed in our bodies that it goes on slowly, and only a very little at a time, giving out no light and but a moderate amount of heat.

Materials of Food.—The materials which make up our food, besides water and saline ingredients, are: first, the nitrogenous (such as meat, eggs, cheese, the gluten of wheat flour, animal jellies, etc.); second, the fatty (as the fat of animals, butter, olive-oil, etc.); and third, the saccharine, comprising starch, sugar and molasses in all their varieties (bread, potatoes, rice, etc.).

The office of the first of these groups is to supply the waste of muscular substance or tissue caused by pulsation of the heart, breathing, eating, etc., and by physical exercise, such as manual labour, walking, or riding. Fatty articles of diet are chiefly employed to sustain the heat of the body by their gradual combustion, and the saccharine elements contribute to the same end.

Quantity of Food.—A healthy, full-grown man, doing a moderate amount of work, requires daily about 4½ ozs. of dry nitrogenous, 3 ozs. of fatty, and 15 ozs. of sugary and starchy food, besides 1 oz. of saline matter.

Under ordinary circumstances, the penalty for taking less than this amount of food is loss of flesh and strength, more or less rapid in proportion to the degree in which economy of nutriment, forced or otherwise, is actively carried on.

The penalty incurred by eating more than these quantities is derangement of the stomach, the liver and intestines, by thus over-loading them; and a consequent production of dyspepsia, biliousness, diarrhœa, or constipation, with their innumerable attendant evils, which, perhaps, more than any other class of influences, prevent the attainment of long life.

As a rule, women need about nine-tenths of the nourishment requisite for men ; boys of 16 about the same as women, and children of 10 years half the amount necessary for adults. Individual peculiarities, whether temporary or permanent, should be studied and conformed to with the utmost care.

Quantities at Different Meals.—The quantity of food taken into the stomach at different meals is a matter of great importance. Speaking generally, the morning meal should comprise one-third of the meat and two-sevenths of the starchy nutriment ; dinner should include the remaining two-thirds of the meat and three-sevenths of the starchy materials ; and the evening repast consist of the last two-sevenths of the saccharine and starchy matters.

Few adults and hardly any children and old people, can be careless about their diet without suffering severely later on, even if no ill effects are immediately experienced.

Mental anxiety or labour, as well as bodily exertion, should be avoided during, and for half an hour after, a full repast. Lighter meals may be advantageously followed by gentle exercise, such as walking or moderate work. Complete mastication of the food is vitally important to health and long life.

Exercise.—Exercise, in the strict signification of the word, means the performance of its function by any and every organ of the body. As generally used, however, it signifies the action of the muscles under control of the will.

The most important effect of exercise is felt by the lungs and the heart. The circulation of the blood is hurried much above the ordinary rate, and, as a consequence of this greater influx of blood to be oxygenated in the air-cells, the quantity of air inspired, and the amount of carbonic acid exhaled, are both largely increased. During active exertion, therefore, the free play of the lungs should not be impeded by tight-fitting clothes.

Muscular exertion very speedily increases the force and frequency of the heart's pulsations ; to a moderate extent, this is very beneficial to the organ, but care must be taken that it is not overdone, even by the strongest. Persons suffering with " weak heart " should indulge in athletics only under medical advice.

Severe muscular exertion increases the flow of blood in the small blood-vessels of the skin, and causes a profuse discharge of perspiration, which may be even doubled or trebled in amount. During active exercise there is little danger of chill ; but immediately afterwards, and also during the intervals of rest, the skin should be so warmly protected as to prevent the least coolness of the surface. For this purpose flannel is by far the best covering.

Moderate exercise causes the muscles employed to increase in size, become harder, and respond more readily to the commands of the will ; but if the exercise is too prolonged, or excessive, the opposite effect is produced, and they begin to soften and waste.

Deficiency of exercise is apt to lead to weakening of the heart's action, from a change of the muscular structure into fat (fatty degeneration).

It has been calculated that, for an individual weighing 150 lb., and in good health, the daily amount of exercise ought to be equal to that put forth in walking 8½ miles on level ground. For females of average strength, a smaller amount of outdoor exercise, equivalent to 3 or 4 miles daily, would generally be appropriate. The modern girl, however, is almost as hardy and athletic as her brother, and can safely exceed this amount.

Exercise in Childhood.—The amount of exercise in childhood and youth should be carefully regulated. It is important not to restrict too much the movements of infants, and care must be taken that their clothing is not too tight to allow ample freedom of the limbs.

During childhood and youth, effort should be made to exercise every important muscle in the body, each in its turn, so as to secure for all the muscles a complete and symmetrical development, and consequently robust health.

Physical exercise, as well as mental exertion, should be regulated with especial care in young girls about the epoch of puberty, since the changes of the constitution at that critical period often render ordinary rules and habits useless or even injurious.

In advanced life the power, as well as the inclination for active exertion, alike fail, but moderate exercise should be encouraged as long as possible.

Sleep.—Sleep is intended to repair the expenditure of power in the system consequent upon mental or bodily fatigue, and its duration should therefore be proportional to the loss of vigour actually met with during the preceding period of daily activity.

In early infancy, the active processes of growth and development going on in the budding organism require a correspondingly greater amount of repair, which is largely contributed to by frequent slumbers, occupying a majority of the twenty-four hours.

The necessity for sleep, which is quite imperative in the young child, becomes gradually less and less pressing until, after the age of 2 or 3 years is reached, repose during the night only is required.

In the prime of manhood or womanhood, the proper period is more readily determined, and is much shorter than that suited to infancy. In advanced life the expenditure of physical and mental power is smaller, and less need of prolonged repose is felt by the system ; although in extreme old age, or second childhood, the body often reverts to its infantile habits of frequent slumber.

Importance of the Habit of Sleep.—Habit, which so powerfully affects all the bodily functions, exercises a great influence upon the duration of sleep. Those who, from necessity or from choice, remain awake through the night, learn to feel, it is true, as soon as the habit is well established, no necessity for nocturnal sleep, yet the enfeebling of their forces and impoverishment of their blood are the usual consequences.

In regard to the influence of temperament, it may be observed that a plethoric habit of body, kept up by a full diet, especially of animal food, predisposes to sleep, provided the digestive powers are in vigorous condition. Persons of lymphatic temperament are usually great sleepers. Thin, wiry people, on the other hand, in whom the nervous temperament predominates, usually require comparatively little sleep ; but their slumber, while it lasts, is very deep.

The amount of sleep is greatly influenced by habit, and, contrary to what might have been anticipated, we find that exceptionally brief sleepers have generally been men of the greatest mental calibre. Thus, Frederick the Great, John Hunter (the often-quoted surgeon), and the first Napoleon, are said to have required only 5 hours' sleep out of the 24. As a general rule, from 6 to 8 hours of repose are required in the 24 to keep the system in a state of healthful activity.

Usually, when people are abruptly aroused from profound slumber, the action of the heart becomes quickened or otherwise disturbed.

The effects of a habitual deficiency of sleep are a sense of wretchedness and prostration, frequently accompanied by great restlessness.

Headache, fulness, heat, throbbing and various other unpleasant sensations about the head, give warning that the brain is being overtasked, and, should this warning pass unheeded, sleep, which at first it was difficult to resist, becomes even more difficult to obtain ; a state of general restlessness and feverish excitement is induced ; and if, in spite of this, the mental task be continued, serious consequences are almost sure to be induced.

In average health, the best cure for sleeplessness is duly regulated exercise of body and mind. Among the simpler and hygienic means of promoting sleep is cold water, or cold water and vinegar, sponged over the forehead and temples when the restlessness appears to be due to congestion and heat about the head.

Mental activity and consequently sleeplessness, mean an excess of blood in the brain. A very efficacious method of procuring sleep after lying awake for some time is to take a small quantity of food, e.g., a glass of milk and a biscuit. This stimulates the digestive organs, draws the excess of blood from the brain into the abdomen, and speedy sleep is the result.

The bed-chamber should be well-ventilated. It is best to lie upon an inclined plane, or with the head moderately raised, but not so high as to produce any strain upon the muscles of the neck. Complete darkness should be secured as far as possible. Anxiety and excessive effort to procure sleep, are foes to slumber. A light supper taken about 2 hours before retiring is in many cases conducive to sleep. People with feeble circulation should guard against cold feet, a common cause of sleeplessness, by the use of bed socks or hot water bottles.

INFECTION, CONTAGION, AND INFECTIOUS AND CONTAGIOUS DISEASES

Contagion, a name derived from the two Latin words, *con* and *tango* to touch together, is the term applied to the substance which communicates disease from an unhealthy person to a healthy one when there is actual contact. The word infection is applied to the vehicle by which a malady is transmitted from one person to another by the air, and with or without actual contact. The type of *infectious* disease is small-pox, and this is also, as is well-known, a highly *contagious* complaint. Scarlet-fever, measles, whooping-cough, mumps, etc., are likewise both contagious and infectious, and make up the class of disorders popularly known as diseases which are "catching."

The most probable doctrine of the true nature of contagion is that set forth in the germ theory of disease. This hypothesis, which has exercised a most important influence on modern medicine and surgery, accounts for the symptoms of contagious diseases by attributing them to the more or less mechanical irritation of groups of microscopic plants (bacteria), and in some cases minute animal micro-organisms, developing in the blood, the skin, and the vital organs of affected persons.

The period of incubation (by which is meant the time between exposure to small-pox, for example, and the outbreak of the complaint) is supposed to correspond with the time required for the sprouting of the seeds of these minute plants within the body. The gradual increase in the severity of the symptoms is attributed to the progressive growth of millions of tiny vegetable organisms, whose period of greatest luxuriance marks the height of the attack, and the death and destruction of which correspond to the decline of the disease.

Germ Theory.—The contagiousness of the communicable maladies is accounted for by the existence of the immense number of almost inconceivably small micro-organisms, which are constantly produced by and given off from the sick person, and carried through the air of a room or house either alone or attached to the innumerable epithelial scales which are all the time being rubbed off, as dandruff, etc., from our bodies.

The general absence of second attacks has been explained by the hypothesis that a substance is produced in the blood by the first attack, which is detrimental to the life of the micro-organism. This substance is called an antitoxin. Another explanation is that the micro-organism, on the first occasion, has exhausted all, or nearly all, of some peculiar unknown organic ingredient in our systems, which is absolutely requisite for its support.

Every individual afflicted with small-pox, scarlet fever, or any of the other diseases above mentioned, is, according to the germ theory, to be looked upon as a sort of hot-bed or forcing-house for the seeds, or spores (as they are called), of that malady.

From his or her body are continually given off in all directions, by the skin, the breath, the perspiration and the other secretions, millions of spores so minute that 20,000 placed end to end would not measure 1 inch in length, and a group of them the size of a grain of sand might contain 50,000,000. Each one of these infinitely minute organisms, if it were received into a human system under favourable circumstances, would rapidly reproduce itself, and after a few days or weeks, corresponding, as already mentioned, to the period of incubation, give rise to a new case of disease—again a new hot-bed for other unprotected persons.

But these spores (like the seeds of larger noxious weeds, which, when allowed to gain a foothold in our fields and gardens, propagate themselves with such immense rapidity) can only develop if they meet with air, moisture, and soil suited to their peculiar requirements. That is to say, if the contagion of small-pox is not carried by the air to unvaccinated persons until it has lost its vitality, or if the microbes of this loathsome disease do not fall upon good ground, then, and then only, no harm is done to mankind.

It must be remembered that small-pox and other contagious maladies do not arise, as is often supposed, without previous exposure to the seeds of disease. It may be, and doubtless is, frequently impossible to say how certain cases of infectious disease have arisen ; but most persons competent to judge are agreed that, in our own day at least, every new case of contagious disease is the immediate offspring of a preceding case.

This truth was clearly demonstrated in an epidemic of measles which appeared last century in the Faroe Islands, an isolated group in the North Sea. For sixty-five years the inhabitants of these islands had been free from measles, when, on April 1, 1846, a workman from Copenhagen, who had arrived three days before, fell ill with the complaint. His two most intimate friends were next attacked, and from that time the malady was traced by Dr. Pannum, the Danish Commissioner, from hamlet to hamlet, and from island to island, until 6,000, out of a total population of 7,782, had been affected by it. Age brought no immunity from the disease, though it was found to spare all who, in their childhood, had suffered at the time of the previous epidemic, more than sixty years before.

Capriciousness of Contagion.—Contagion is often very capricious. Occasionally, in a family of children, one will be very ill with scarlet fever, and the rest, although exposed to the microbes of the disease, will escape without being infected : at other times, all the members of a household, except those protected by a previous attack, will take the malady in spite of the ordinary precautions to seclude the affected child from its brothers or sisters. This is, no doubt, due to some constitutional peculiarity.

The contagion of small-pox is probably the most virulent of any that we have ordinarily to deal with, and, but for the discovery of vaccination by Jenner, would, perhaps, have continued to prevail as a terrible scourge of our race. People of the present day, who complain of the temporary inconvenience and the dangers of vaccination, can only do so through ignorance of the horrible suffering, painful deformity, and appalling mortality which attended small-pox in pre-vaccination days. The method, then, to avoid the contagion of small-pox is to be vaccinated and re-vaccinated with fresh vaccine matter, direct from healthy calves, in order to avoid any possible danger from this virulent poison.

The contagion of small-pox is extremely active, spreading readily through a house, and often to neighbouring dwellings. It may be conveyed by the breath of a person affected with it before any eruption appears, and has been caught from a dead body, 12 days after decease. It may be transmitted for long distances in clothing, bedding, letters, etc., unless great care is taken to thoroughly ventilate and disinfect them. As it is often propagated by unscrupulous persons when travelling whilst sick with mild forms of small-pox, or varioloid, we would advise every one to examine carefully, at the first opportunity, a vaccine pock upon a child's arm, 5 or 7 days after a successful vaccination, and then studiously avoid proximity to any strangers having similar eruptions upon their skin. Stringent laws are properly enforced against persons who endanger the public health by running the risk of disseminating the poison of small-pox or other infectious disease.

Unfortunately, such safeguards as vaccination against other contagious diseases, such as scarlet fever, measles, etc., are not in general use, and precautions against entering the sphere of their influence become doubly important, especially during epidemics, or at times when our systems are enfeebled in any way by other maladies or unfavourable conditions.

Diseases among School Children.—These diseases are very apt to be propagated among school children by the return of scholars recovering from measles or diphtheria, for example, before the poison has entirely passed from their bodies, and without proper purification of their clothing—a pernicious practice which has been legislated against, but which can only be fully abolished by the action of enlightened public opinion in regard to the injustice and criminality of such acts.

At the end of the section dealing with diseases of children (p. 1924) is appended a Quarantine table showing the length of time which should elapse after the various infectious diseases before the patient should mix freely with the outside world.

Isolation and Disinfection.—When any member of a family is attacked with small-pox, scarlet fever, diphtheria, or other contagious disease, the malady may generally be prevented from extending by attention to the following rules : Place the patient in one of the upper rooms of the house, the furthest removed from the rest of the family, where the best ventilation and isolation are to be had. He should be under the *sole* charge of a nurse who is protected by a previous attack of the disease. The apartment should be at first cleared of all curtains, carpets, woollen goods, and unnecessary furniture. To secure the utmost cleanliness, provide a basin partly filled with chloride of lime or strong carbolic acid solution (a teaspoonful of acid to half a pint of water), in which the patient may expectorate when necessary. Change the clothing and bedding of the patient as often as needful, but never let the cast-off articles be carried dry through the house.

A large pail or bath containing carbolic acid solution (4 fluid ozs. of carbolic acid to each gallon of water) should always stand in the room, for the reception of bed or body linen immediately after it has been removed from contact with the patient. The nurse should wear in the chamber a loose gown and tight-fitting cap, to be thrown off at the door, and the hands should be washed, before going out, with the carbolic acid water. Pocket-handkerchiefs and napkins should not be used, but in their stead pieces of rag, which should be at once burned. A solution of carbolic acid, 1 teaspoonful to 4 ozs. of water, should frequently be sprayed over the patient and his bed, about the room and over the nurse's dress.

Glasses, cups, dishes, etc., must be scrupulously cleansed in fresh carbolic acid solution, or in boiling water, before they are carried away from the room. All discharges from the body are to be received at once into vessels containing some disinfectant, such as a solution of per-chloride of mercury, 1 part per 1,000 of water, or the carbolic solution, and immediately removed under cover. They should be thoroughly disinfected before poured down the drains. A sheet kept moistened with carbolic acid solution of double strength, or half a pint to the gallon, should be hung over the door outside, or beyond in the passage way, for the purpose of catching any germs of the disease which might otherwise escape. Boiling is the surest way of disinfecting contaminated clothing, or it may be baked in an oven heated to about 240° Fahr.

After the disease is over, the patient should be kept isolated for 10 days after all the scabs fall off in small-pox, or after desquamation ("peeling" of the skin) is complete in scarlet fever ; for the last week of his seclusion, baths should be given daily, or every other day, containing carbolic acid, Sanitas, or other disinfectant, and every part of the body should be bathed, especially the scalp, as the disease poison is apt to linger about the roots of the hair among the dandruff. The peeling of the feet and palms of the hands may be hastened by the use of pumice stone.

To purify the apartment, wash the furniture, woodwork, floor and walls (scraping off the paper) with the carbolic acid solution and soap. Then shut up the room tightly, pasting up windows and chimney with brown paper, and burn in it 1 lb. of sulphur for every thousand cubic feet of space it contains. (A room 15 feet long, 12 feet broad, and 9 feet high, for instance, would require 1½ lb.) The action of the sulphur dioxide produced is more certain if the air of the room is moist. Steam should therefore be introduced into the room half an hour before the sulphur is burnt, or the walls of the room should be thoroughly sprayed with water.

The sulphur is best burnt in an iron dish supported upon a basin of water. To start it burning moisten with a little methylated spirit. Allow the fumes to remain in the closed room for 24 hours. Lastly, open doors and windows so as to ventilate freely, for a week, at the end of which time disinfection may generally be considered complete.

A more modern method of disinfecting, which has the great advantage over sulphur of not injuring fabrics and pictures and not bleaching colours, is the use of Formic Aldehyde Gas. The same precautions are taken of pasting up windows, chimneys and doors, and the gas is introduced into the room through the keyhole. Formalin, as it is also called, is best made by passing the vapour of methylated spirit over platinised asbestos. Special apparatus can be procured for this purpose, the use of which can be quickly learnt. The principal disinfecting establishments now use formalin in preference to sulphur.

Small-pox, or Variola.—This is a febrile, eruptive and contagious disorder, which in the past raged with much violence in this country. but in recent periods has been vastly controlled by the discovery of vaccination. About its origin not much is known. The earliest records mention a disease which was probably small-pox, as far back as the sixth century; since this period it has appeared with more or less virulence at various periods. The most common varieties are: the *discrete*, in which the pustules are distinct; the *confluent,* in which the pustules run together; the *malignant,* which is often associated with purpura and an eruption resembling measles—a very dangerous form; and the *modified*, which comes on in those partially protected by vaccination, and is a kind that runs a very mild course. In cases of small-pox there are: (1) the stage of incubation, which lasts 12 days from the date of receiving the poison; (2) the stage of eruptive fever, lasting 48 hours; (3) the stage of maturation, wherein the rash is fully developed, lasting about 9 days; (4) the stage of secondary fever or decline, lasting a variable time, according to the severity of the disease. Discrete small-pox is, next to the modified, the simplest form of the disease, and is rarely attended with danger to human life. Confluent small-pox is much more serious, and often proves fatal. In the discrete or distinct form the primary fever is less intense than in the confluent form ; in the latter there is often delirium, and more especially in intemperate persons. The malignant variety is terribly fatal ; the blood seems profoundly poisoned from the first, and is more fluid than usual ; bleeding from the mouth, nose and bowels is not uncommon ; in women there are also genital bleeding and other disastrous results. In modified small-pox the patient is often able to keep about the whole time, and the rash may suddenly decline on the fourth or fifth day, and recovery follow.

Symptoms.—The disease begins with shivering or rigors, pain in the back, vomiting, thirst, headache, and a general feeling of indisposition ; in children, convulsions may come on. In many cases the rash of small-pox in vaccinated cases is preceded by a more or less scarlet or roseolous rash, which is mottled over the body. If the finger be pressed on the forehead, a sensation is experienced as if pressing small shots, for the rash of small-pox generally commences there ; at first a pimple forms, but afterwards a pustule, and then dries or scabs over, and leaves a pit or depression behind. When the rash comes out the temperature falls, but rises again about the eighth or ninth day ; in mild cases, however, the secondary fever is hardly perceptible. The eruption usually appears first on the forehead, face and wrists, then on the rest of the body, coming out on the legs and feet 2 days later. The eruption takes about 8 days to arrive at its full development ; during this time there is much swelling of the face and eyelids, so that the patient cannot see for a few days ; in bad confluent cases the face seems covered with a mask, and a disagreeable odour proceeds from the body. Boils are apt to form in cases of confluent small-pox ; the victims are also very subject to pleurisy, pneumonia and bronchitis ; sometimes the tongue is much swollen and dry, and the patient may be unable to close the mouth or to speak ; this is a very bad symptom. Inflammation of the ear, followed by an abscess, is not uncommon in this disorder. Erysipelas, gangrene, and pyæmia are occasionally met with. Inflammation of the eye and ulceration of the cornea may add to the general mischief. A medical man should always be called in when small-pox appears.

Treatment.—In the early stage, poultices and hot bottles will relieve the pain in the back and the chilly feeling. If the fever is high and delirium is present, sponging the body with tepid water is beneficial. When the eruption appears, warm baths are to be given night and morning. The pocks should be treated with some antiseptic application, such as carbolized oil or zinc ointment, or dusted with finely powdered boracic acid, as soon as the scabs come away. Painting with flexible collodion will both allay the irritation and in many cases prevent pitting. Dilute acetic acid, 1 part to 4 of water, often relieves the intense itching. Pitting is generally worse when the scabs are scratched away ; children should therefore wear fingerless gloves.

Vaccination.—Small-pox is of all diseases the one in which the fact that prevention is better than cure can be most emphatically proved, because we have a means of prevention ready to hand. Vaccination was first practised by Jenner, who noticed that milkmen, whose hands became inoculated with cow-pox in the pursuit of their calling, escaped the scourge of small-pox, so prevalent in those days. Since his day vaccination or inoculation with lymph taken from vesicles, the result of inoculation with calf-lymph, has been practised more and more generally till now it has been made compulsory in most of the countries of the civilized world. Arm to arm vaccination was formerly the custom in this country, but now the law orders that only lymph taken from calves that have been proved to be healthy is to be used. Vaccination undoubtedly protects against small-pox. An infant successfully vaccinated is considered safe against infection for a period of ten years, when he should be re-vaccinated. The operation should be repeated in another seven or eight years' time, and again at similar intervals should there be an epidemic or exposure to infection. A recently successfully vaccinated person never takes small-pox ; and one who has been adequately vaccinated in the past, if he should catch the disease, will have it in a very mild form and make an almost certain recovery.

Scarlet Fever, or Scarlatina.—This is an acute febrile disease, producing a scarlet rash upon the skin, attended by a sore throat, and often swelling of various glands, and sometimes followed by dropsy. The disease is most prevalent during the last 3 months of the year, from October to December. The minimum number of cases occur during April. The cause of scarlet fever is principally due to contagion, but there is a considerable mass of evidence to show that cases have arisen from milk derived from cows suffering from an ulcerative disease of the udders (corresponding in the main to scarlet fever), supposed to be scarlet fever in a modified form.

Measles and whooping cough are more contagious ; typhus fever and diphtheria are less so. The poison may be retained in clothes for a year or more, and then give rise to fever. Both sexes are equally liable to an attack ; between 18 months and five years is the most common time to have the fever. Many people confuse the terms scarlet fever and scarlatina, and imagine the latter is a milder and less dangerous affection ; this is a great mistake, for scarlatina is only the Latin name for scarlet fever, and not a different form ; the term is too often adopted when there is some doubt as to the nature of the case, and then it is used to conceal ignorance. Scarlet fever may be very mild, or malignant, or latent. The period of incubation is generally less than a week, and may be only 24 hours.

Symptoms.—1. *Mild Scarlet Fever.*—The onset is sudden ; there is sore throat with tenderness at the angles of the lower jaw, and stiffness at the back of the neck ; vomiting is very common, and chiefly so in children ; shivering and rigors come on, and occasionally convulsions in young children. The temperature rapidly rises and will go up to 104° or 105° ; the pulse is very quick, the tongue is covered with a thin white fur ; there is thirst and loss of appetite. This stage lasts from 12 to 30 hours, and then a rash comes out. Sometimes the earlier symptoms are so slight that the rash is the first thing noticed. This consists of small scarlet dots on a background of lighter red almost running together so as to give a flush all over the skin ; the colour disappears on pressure, but rapidly reappears when the pressure is removed. It generally appears at first on the sides of the neck and upper part of the chest and in the bends of the joints ; it then spreads downwards, and is found to come out last on the legs ; it begins to fade on the fourth or fifth day, and is generally quite gone within a week. The sore throat is always present in some degree ; there is redness and swelling of the tonsils and soft palate, so that it is often very painful to swallow, while the glands beneath the jaw also swell and are painful. The temperature is generally higher than in measles, and much higher than in diphtheria, but it rarely exceeds 105° F. ; the temperature falls to normal during the second week of the illness, or seventh to tenth day of disease. In no fever is the pulse quicker than in this disorder, and it may be 140 or 160 in a minute. Moderate delirium and headache are often present in these cases. After the rash has gone the epidermis is dry and harsh, and about the ninth or tenth day it begins to peel, and is sometimes cast off in large flakes, and this desquemation or peeling may last a few days or occupy several weeks.

2. *Malignant Scarlet Fever* is characterized by an increased severity of the above symptoms ; there are great prostration, delirium and sleeplessness ; the rash does not always come out well ; the face may be livid, and stupor and coma come on and end in death ; the throat is ulcerated, and there is much difficulty in swallowing.

3. *Latent Scarlet Fever* is when the disease is so mild that until the sequelae appear one is not aware of having had scarlet fever. Sore throat may be the only symptom. There is no relation between the abundance of the rash and the danger to the patient. However mild the disease may be, the sequelae may come on with great severity ; and the fever is just as likely to spread from a mild case as from a severe one.

4. *Sequelae.*—After the fever has passed, a train of symptoms may follow, which are very inconstant in their character and of much danger to the patient. The throat may continue to be affected, and the glands outside may be inflamed and swell, so that the child's head seems encased in a collar ; often these glands suppurate, and a large ulcerated surface is then seen. Deafness may supervene, and a discharge from the ear. Bronchitis and pneumonia are not so common

as in measles. Sometimes convalescence is retarded by abscesses forming in various parts of the body ; at other times there is a painful affection of the joints which much resembles rheumatic fever. Renal dropsy is also one of the most usual sequelae, but it frequently varies in different epidemics. Its onset is associated with a rise of temperature, headache, and often sickness and vomiting ; the face and loose parts of the skin are very pale and puffy, which is best seen under the eyes and on the insteps ; the urine is scanty, and dark from containing blood ; loss of appetite is common, and convulsions sometimes occur, Renal dropsy often comes on 2 or 3 weeks after the first appearance of the rash.

Treatment.—Most cases recover in a fortnight, except the malignant ones, or where the sufferer is at the same time pregnant (this condition much increases the danger, and hence women should then be extremely careful not to go near a case of scarlet fever). Even the mild cases must be nursed, for there is no remedy which will cut short an attack. The patient must be put to bed and administered a milk diet. Hot flannels or cotton wool, or spongio-piline, should be wrapped round the throat, and steam may be inhaled by the mouth when the throat is sore. If dropsy supervenes it is a symptom that the kidneys are affected, and the patient must be put to bed again if he has been up previously, and the diet still consist chiefly of milk. A hot bath and purgatives must be given to remedy the kidney affection, which is a serious development.

Exposure to cold too soon after an attack of scarlet fever often causes dropsy, so that great care should be taken to keep the patient in the house for at least three weeks after the rash and until the peeling has quite finished. During the stage of peeling, baths containing an antiseptic, such as Sanitas, should be occasionally given, care being taken to see that the water is as warm as the patient can comfortably bear it, and that a warm bottle is placed in the bed, or other precaution used, to ensure freedom from chill. When there is great prostration ammonia may require to be given. The throat may be thoroughly syringed with chlorine water by means of a 4 oz. ball syringe. During convalescence tonics should be administered, for which purpose quinine and iron are probably the best. For the disinfecting measures to be used, the reader is referred to the remarks in the earlier part of this section.

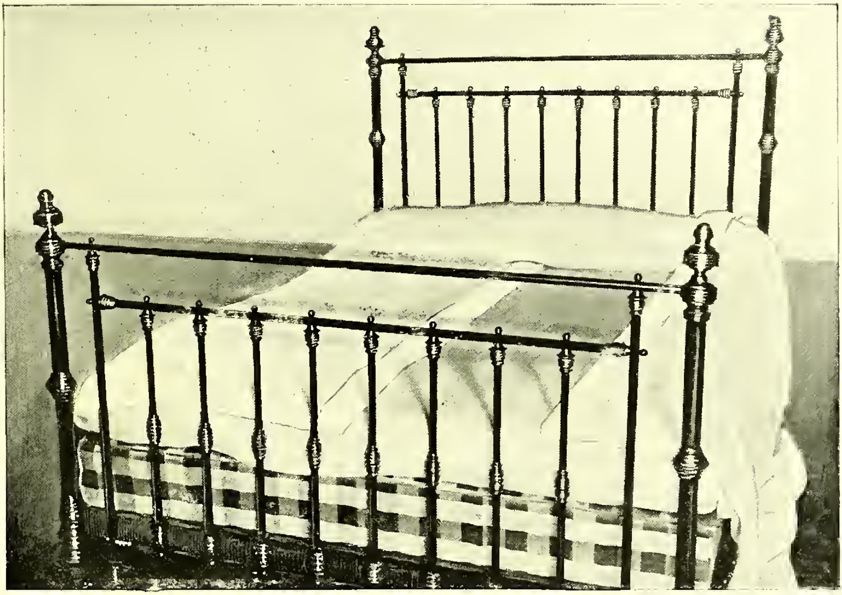
Enteric, or Typhoid Fever.—Typhoid or enteric fever is a continuous and infectious fever, caused chiefly by the contamination of drinking water with sewage containing the bacillus of this disease, lasting an uncertain period of from four to six weeks, and sometimes followed by a relapse. It is also known by the names of low, gastric, and drain fever. It seems to have been known from the earliest times. It is always endemic in the British Isles, but is perhaps most common in England.

Causes.—Among the predisposing causes are age, mode of prevalence, months and seasons, temperature and moisture, idiosyncrasy, residence in an infected locality, overcrowding, deficient ventilation, and bad drainage. (1) Typhoid fever appears to attack one sex as readily as the other ; (2) the disease is chiefly met with in youth and adolescence; (3) typhoid fever is always endemic amongst us, and the cases treated in the London hospitals do not vary greatly from year to year ; (4) it is most common in the autumn and winter ; (5) it is most common after a dry and hot summer, and unusually scarce in summers that are cold and wet ; (6) it does not appear that intemperance, fatigue or mental emotions predispose to this disease ; (7) some people, owing to what is called a peculiar idiosyncrasy, are more liable to it than others ; (8) all classes are alike subject to it when exposed to the exciting cause ; (9) fresh comers in an affected locality take the fever more readily than the ordinary residents of the place ; (10) there is no clear evidence that occupation has much influence. Numbers of cases go to prove that those nursing the sick from this disease very frequently catch it, but this is probably due to neglect of proper precautions in the sanitary management of patients.

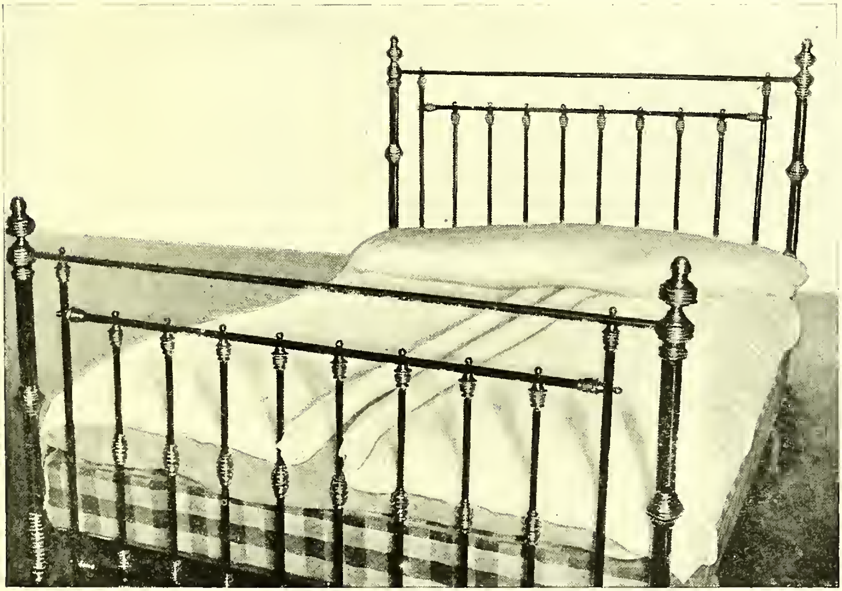
It is not often transmitted to the nurses who take care to wash and disinfect their hands after all attentions to the patients, and carefully avoid breathing when stooping over vessels containing discharges. Whenever any drainage soaks from the surface into a well used for drinking purposes, or when sewer gases escape into a house by a leaky pipe, or when the traps are out of order, or when one drinks foul or stagnant water into which drainage has entered, then arise the conditions which excite the disease. Very many old houses are improperly drained, and whenever a storm occurs and the sewers are suddenly flushed, the gases escape upwards into the waste-pipes of the houses along the route, and overcome the resistance of the traps. It is therefore of the greatest importance that the drains of all old houses should be thoroughly tested by a competent surveyor, and, if possible, an approved modern scheme of pans, traps and ventilating shafts substituted. In any case it is essential that the house drain shall never enter the main sewer without first a communication with the open air, preferably by a shaft carried above the level of the house ; that a small air-pipe be carried from beneath the pan or trap of an indoor water-closet to the house-top ; that a cistern with a continuous supply of water should be applied close to and above each water-closet, and that the cistern for the drinking water should be quite distinct from the other cisterns. In modern houses the sanitary arrangements are usually much better, but to insure health all drains should be thoroughly flushed with a couple of pails of water every other day in winter and every day in summer, and the pans kept thoroughly clean. In small places the dry earth system should be adopted, and lime mixed with the excreta when removed, as otherwise the typhoid bacillus will not be destroyed and will remain active for years. Care must be taken that no leakage from an old cesspool can escape into the well.

Symptoms.—The onset of typhoid fever is always very gradual and

TO CHANGE SHEETS.



Fold the old sheet lengthways in a narrow roll until it reaches the side of the patient, then fold the clean sheet in the same way, leaving enough unrolled to replace the portion of the dirty sheet that has been folded.



Place the clean roll by the side of the dirty one, and a very little shifting will take the patient over. Remove the dirty sheet and unroll the clean one.

insidious ; it begins with an " out of sorts " feeling, aching pains in the limbs, headache, loss of appetite and chilliness. For many days the sufferer is able to go about and think there is not much the matter. Sometimes there is diarrhœa. Then the pulse is quicker, the skin hot, and the tongue red and dry. At the end of the first week or later he is feverish, has no appetite, is thirsty, and the bowels are generally relaxed. The urine is scanty and high-coloured ; there is still more restlessness at night. Between the seventh and twelfth day an eruption, consisting of a few slightly-raised, rose-coloured spots, makes its appearance. They are generally situated on the abdomen and chest, but they may occur over the whole body. These disappear in 2 or 3 days, but fresh crops come in their place. Pain may be experienced, and gurgling felt on pressing over the right side of the abdomen. About the middle of the second week delirium comes on. The tongue is dry, red and glazed, and often cracked. As the disease advances the patient loses flesh and strength ; he lies prostrate and perhaps unconscious of what is going on around, and, if it is to end fatally, he will become quite insensible, have a high temperature, and fumble at the bed-clothes. If the disease progress favourably the symptoms abate during the fourth week, the temperature gradually falls to normal, and the patient slowly recovers.

Complications.—Diarrhœa may be profuse and exhaust the patient. Bleeding from the nose may occur, but is not often a bad symptom ; bleeding from the bowel is common and, if large in amount, is of serious import. Perforation of the bowel may occur from an error in diet ; it is attended by collapse and is very dangerous. Inflammation of the peritoneum adds greatly to the danger. Bronchitis and pneumonia may supervene and increase the mischief.

Treatment—Place the patient in a well-ventilated room. Remove all curtains, carpets and bed-hangings. Prevent exertion on the part of the patient. The greatest cleanliness must be observed, and all excreta removed at once, perchloride of mercury, carbolic acid, Sanitas, or chloride of lime being mixed with them. The diarrhœa need not be checked unless excessive, and then a little starch injection may be made. The diet must be very light, and no solid food should be taken under six weeks or two months, because in consequence of the ulceration of the bowels the coats are very thin and liable to burst. Absolutely nothing should be given to the patient beyond what has been ordered by the medical attendant. Milk must form the main article of diet, and then an egg or two may be beaten up in it, or a custard may be given and beef-tea. If there is much intestinal distension hot flannels sprinkled with turpentine will be useful.

Typhus Fever.—This is a highly infectious fever which occurs in epidemic form, generally in periods of famine and destitution. Formerly it was often confused with typhoid fever, and the difference between the two has only been recognized within the last fifty years.

Typhus fever is now happily rare, only small outbreaks occasionally occurring. This is chiefly due to the general improvement in sanitation, and the fact that badly built and over-crowded hovels are gradually giving place to clean tenements and model dwellings.

Causes.—Typhus is met with in both sexes and at all ages, though it is rare in young children. Famine, bad food, dirt and over-crowding are all important factors in its production. In all probability the essential factor is a micro-organism, but this as yet has not been demonstrated. *Neisseria petechialis* is however found associated with the disease.

Symptoms.—It is difficult to say how long the disease may be incubating in the system before it appears, but the period is certainly not constant, and seems to vary from five to twelve days. The onset is marked by a severe headache, loss of appetite and languor, and aching of the limbs. For three or four days the patient gets worse, is unable to get about, and feels chilly and prostrate ; he is then worse at nights and restless ; the skin is hot, the tongue coated ; there is thirst and sometimes vomiting. The patient then lies prostrate on his back,with a dull and weary if not stupid look ; the eyes are suffused and watery, and a dusky flush overspreads the face. As the disease progresses the eyes are half shut, and the mouth open ; the tongue dry, brown or black, and marked with cracks. The temperature rises from the first, and reaches 103° or 104° F. by the middle of the first week ; the highest temperature reached in the fever is seldom less than 105°, although it may be higher. The fever may slightly abate, in favourable cases, about the ninth or tenth day ; no marked fall, however, takes place until the end of the second week, and generally on the fourteenth day, when defervescence, usually takes place suddenly. The other symptoms then quickly disappear and convalescence is rapid, the normal temperature being reached in 24 hours. A rash appears in nearly every case. Sometimes it looks like a general mottling just beneath the skin, or distinct spots may appear of small size and purplish colour. The rash appears on the fourth or fifth day, rarely later ; it comes on the back of the wrists first, in the armpits, and over the epigastrium ; then it more or less covers the trunk ; it seldom comes on the face and neck.

Treatment.—The patient should be placed in a well ventilated room. The windows should be kept open, for the specific poison of typhus loses its potency when well diluted with air. The diet and treatment is the same as for any other infectious fever. When the temperature has fallen, fish and poultry may be added to the diet sheet.

Fever and delirium should be treated by cold sponging. Isolation should be continued for four weeks from the commencement of the attack.

Influenza is the name applied to an acute febrile disease, which is always present in this country, but sometimes takes an epidemic form, and attacks a large number of people in a particular locality. There seems little doubt that it is extremely infectious. The micro-organisms *Micrococcus roseus* and *Streptococcus seiferti* are associated with this disease.

Symptoms.—The disease begins suddenly with headache, pain at the back of the eyes, and in the back and limbs. The temperature is raised, and usually there is running at the nose, and frequently some bronchitis.

The abnormal temperature continues for 3 or 4 days, there is loss of appetite, with great thirst, and the sufferer is quite incapacitated from work. When the fever declines there is a feeling of great exhaustion or weakness, which may persist for a long time ; in fact, the return to the former state of health is usually slow. Unfortunately one attack is by no means protective, and many people who have suffered from an attack of influenza, whenever the disease is prevalent again fall victims to it.

Treatment.—Absolute rest in bed, with light nutritious diet. A purge should be taken at the onset of the attack. During the fever a mixture containing salicylate of soda (10 grains every 4 hours) relieves the pains and reduces the fever. Later, Easton's syrup after meals is one of the best tonics for the feeling of exhaustion and weakness. A change of air is always beneficial.

Cholera.—Cholera, as known to us, is of two kinds—what is known as British cholera, a disease bad enough, but not particularly fatal—and that terribly fatal disorder, Asiatic, malignant, or epidemic cholera. This last disease seems to have been known in India for centuries, and to have its natural home or headquarters in the Delta of the Ganges. In this country the disease has almost always prevailed in its worst form in poor, crowded dwellings, among those whose food supply was bad, and whose hygienic conditions were otherwise unfavourable, but especially among those who had a tainted supply of water. Very frequently cholera and diarrhœa prevail together.

Causes.—The disease is usually due to drinking water contaminated with sewage containing the cholera vibrio, a twisted motile bacillus (comma-bacillus), the cause of the disease.

Symptoms.—In a case of ordinary intensity, Asiatic cholera is ushered in by an attack of diarrhœa. This may last a longer or shorter period, but speedily the matters passed by the bowel assume a flocculent or rice-water character. Vomiting, too, comes on, the fluid being thin and colourless. Then follow severe cramps, especially of the abdominal muscles and legs. The flow of urine ceases, the body becomes icy cold on the surface, the tongue is cold, and so even is the breath. The lips are blue and shrivelled, the face pinched, the voice is hardly audible. This is called the cold or algid state of the disease. The condition may go on getting worse till the heart stops, the patient being quite conscious to the end. Frequently it is impossible to tell whether the patient will live or die, when suddenly the sickness lessens, the body begins to get warm, the face flushes, and restlessness subsides. The patient may go through this reactionary stage to perfect recovery, or he may relapse into his former state of diarrhœa and vomiting, ultimately dying from heart failure and collapse. Thus, in an ordinary mild case of cholera, a man will pass through three stages, probably, in about 48 hours. Firstly, that of premonitory diarrhœa ; secondly, that of collapse ; and thirdly, that of reaction.

Treatment.—He who would avoid cholera during a cholera season ought to live by rule and method. First, see that the sanitary arrangements are in good order, and that every precaution is taken in cleansing and disinfecting the offices. Calvert's carbolic acid powder, Sanitas, or Jeyes' fluid, answer very well for this purpose. See that the house is clean, sweet and airy, and that no decaying matters remain upon the premises. Be sure that the water supply is pure ; if there is any doubt about the matter, it is safer to drink only water that has been boiled and filtered. Have all cisterns emptied and thoroughly cleaned out, and see that the coverings fit accurately. Let no stale meat or vegetables, no sausages, game, or substances likely to create digestive disturbances be used ; avoid unripe fruit, prolonged abstinence from food and excessive fatigue. Avoid strong aperient medicines of every kind.

Diarrhœa in Cholera time should not be neglected.—The astringents used should not be powerful ; chalk mixture, sulphuric acid, or lemonade, with a little opium added, are best. Try to keep up the bodily heat in every way that does not disturb or fatigue. If the diarrhœa develops into cholera and the patient is consumed with thirst, there is no reason for refusing him drink if it is of a wholesome kind. Should reaction occur, he must be kept quiet. If his head troubles him, and his face is flushed, apply ice or cold water. If there is much sickness let him have a little ice-water to drink. If his lungs become gorged, warm poultices or turpentine stupes will be best. But the kidneys are the chief anxiety. If they do not act, warmth must be tried, perhaps as a warm bath, but this requires caution. If they are acting well and the patient requires a stimulant, let him have some sal-volatile. The food to be given is of especial importance ; broths, soups and jellies may be given, but certainly not meat. Small quantities must be given at a time, and repeated as frequently as necessary.

Erysipelas.—Erysipelas of the face is an infectious disease of somewhat frequent occurrence. It is rarely seen in children, but it attacks adults of both sexes. It comes on without apparent cause in many cases, but a blow or exposure to a cold and cutting wind may be predisposing causes of the inflammation. The inflammation itself is produced by a micro-organism growing in the skin. While only mildly infectious in ordinary cases, erysipelas is very likely to infect persons suffering from unhealed wounds of any kind. Hence great care should be taken to avoid exposing such persons to the risk of infection.

Symptoms.—The disease usually begins at the ear or one side of the nose, and redness and swelling extend over that side of the face; more rarely it crosses over the median line and affects the whole of the upper part of the face. Pain and tingling precede the inflammation, and when the latter has reached its height, the eyelid is so swollen that it cannot be opened; the ear is large, red and flabby, while the skin adjacent is swollen, red and painful. Erysipelas is, in fact, an inflammation of the skin, and it is severe according to the depth to which this tissue is implicated. Sometimes only the upper layer is affected, and then the appearance is like that seen in *erythema*, diffused redness of the skin produced by capillary congestion. There is but slight swelling, and the constitutional symptoms are not severe. But if the whole thickness of the skin be attacked, and, in addition, the loose cellular tissue underneath, then the inflammation is of graver import, and may spread over a large area. A high temperature, quick pulse, thirst, often a sore throat, loss of appetite and a thickly-coated tongue, are among the earliest symptoms. The patient feels very restless and sleeps badly at night: in many cases delirium comes on towards evening: mostly observed in those previously addicted to intemperate habits. The bowels are often constipated, and the urine high coloured and containing a little albumin. Erysipelas of the face without other complications usually runs a course of 6 or 7 days, when the temperature rapidly runs down, the tongue begins to clean, and all the febrile symptoms disappear, leaving the patient weak and anaemic. If, however, the inflammation has affected the deeper layers of the skin, or if the patient has been previously in bad health, matter or pus may form beneath the scalp through the spreading of the disease upwards: when this occurs the pus soon burrows about under the scalp, and an opening must be made to allow the matter to discharge.

Treatment.—The patient must be kept in bed and fed on light and nourishing diet. The light should be kept from his eyes and access of air to the inflamed skin prevented by dusting the surface with flour, or smearing the part gently with a mixture of equal parts of castor-oil and collodion, or castor-oil alone. This effectually keeps off the air and relieves the tightly-stretched skin. Some opening medicine may be given at first, if constipation is present and the tongue is much coated. Steel drops are a useful medicine in this disease: they should be given in doses of from 15 to 20 drops, with the same quantity of glycerine, in a little water, every 3 or 4 hours. Larger doses are frequently administered, but it is better not to give these unless ordered by a medical man. During convalescence, tonics containing iron and quinine may be given; and for some time all exposure to cold winds, etc., should be avoided.

Chicken-pox, Diphtheria, Measles, Mumps and **Whooping Cough**, being more frequently contracted in childhood, are dealt with in the section **Diseases of Children.** All of these complaints, however, may be developed by adults.

NON-INFECTIOUS DISEASES AND THEIR REMEDIES

Anaemia.—This is a condition in which there is an impoverished state of the blood, the red cells being deficient in quantity and quality, the blood becoming more watery than in health. It arises under conditions in which the individual is deprived of the materials necessary for the making of good blood, as, for example, when the food supplied is insufficient in amount or kind, or the greater part of the day is spent in close, badly-ventilated workshops. It also arises in the course of exhausting diseases, and through excessive study and insufficient physical exercise. One of the commonest causes of anaemia is indigestion, due to incomplete mastication of food caused by bad teeth, and by absorption of the discharges from rotten and decayed stumps.

Symptoms.—A pale appearance of the skin and mucous membranes ; the lips and gums lose the rosy look of health, and become of a delicate pink colour ; exertion is difficult, and going upstairs or climbing a height out of doors give rise to breathlessness. Palpitation of the heart, headache, pain in the back, and in the left side, are frequently complained of ; failure of physical and mental energy. Obstinate constipation is nearly always a prominent symptom. Such importance did the late Sir Andrew Clark attach to the treatment of the constipation in this disease that he is reported to have said that had he an anaemic girl to treat, and he were offered the choice of two drugs, iron or aloes, to effect a cure—he would choose aloes.

Treatment.—Remove the patient, if possible, from all influences that tend to injure the health. Have the teeth attended to, and if necessary artificial teeth supplied. Well-ventilated rooms and workshops with plenty of light are desirable. A moderate amount of exercise in the open air is helpful in giving tone to the system. Change of air from the town to the country, or more particularly, to the sea-side, is often beneficial, and cold sponging, especially with salt water, is also helpful. The diet should be plain and nourishing, and a moderate amount of animal food should be taken. Under ordinary circumstances there is no necessity for stimulants. In regard to medicines, the one thing needful is iron. This may be given in the form of steel drops or Blaud's pills ; 10 to 20 drops of the former, and 1 or 2 of the latter 3 times a day. Aloes may be given with iron in the form of a pill ; or as a mixture for the constipation, salines or a dose of cascara daily may be substituted.

Appendicitis.—At the commencement of the large intestine there is a small blind offshoot of gut about 4 inches long. From its resemblance in size and shape to a worm it is called the vermiform appendix.

In man it is a rudimentary structure, but in some of the lower animals it plays an important part in digestion. Inflammation of the vermiform appendix, or, more shortly, appendicitis, is not an uncommon disease, and of later years has received more attention than formerly ; the dangerous illness of King Edward in 1902 especially brought this malady into prominent notice. Appendicitis is more commonly met with in children and young adults.

Causes.—Since the lumen of the appendix is small it may readily become blocked by a faecal concretion or by a foreign body, cherry stone, etc. These, by pressure on the walls of the appendix, and by stopping the exit of the mucus secreted in its interior, set up inflammation.

Over-eating, constipation and indigestion, and a sudden chill, are common factors in its causation.

Symptoms.—Pain in the abdomen, more especially in the lower part on the right side. This pain is often accompanied by nausea and sickness. The tongue is furred, the temperature is often raised, and there is also constipation.

Treatment.—The patient should be put to bed and hot flannels applied to the painful side. The diet should be entirely fluid. Medical assistance must be obtained at once, since some cases, happily the minority, progress very rapidly, and early surgical treatment is essential for the safety of the patient.

Asthma, from a word signifying " to gasp for breath," is a nervous disease, depending upon contraction of the circular muscular fibres surrounding the bronchial tubes. Occasionally it is connected with, and dependent upon, original malformation of the heart, or an unnatural conformation of the chest, in which case it usually makes its first appearance in childhood ; otherwise it is most frequently met with about the middle period of life.

Symptoms.—Asthma, whether connected with malformation or not, is a hurried, oppressed and noisy state of the breathing, coming on in paroxysms, and leaving the patient comparatively well in the intervals ; although in some cases there may be observed wheezing and a more confined dilation of the chest than is natural in inspiration. In a typical asthmatic attack, the patient wakes up in the small hours of the morning with a sensation of suffocation ; the difficulty of breathing continues, and a terrible struggle begins. He sits up in bed, or gets up and goes to the window, where he stands struggling for breath. The wheezing is attended with successional coughing, and at length the expectoration of some viscid phlegm gives him great relief ; he breathes tolerably easily for a while, and after a little more coughing and expectoration the paroxysm ends. A peculiar state of the atmosphere is an exciting cause ; damp, foggy weather will induce it in some, a north-east wind in others ; some asthmatics are liable to attacks while spending a single night in a large town ; others enjoy freedom from attacks while similarly circumstanced. A single indigestible meal, particularly a hearty supper, is another exciting cause.

Treatment.—Avoid everything likely to set up an attack, particularly indigestible articles of diet. During the attack, if there is reason to believe that the stomach is at fault, an emetic of 20 grains of powdered ipecacuanha, or the same of sulphate of zinc, may be given to an adult. Temporary relief may be obtained by the patient taking a few whiffs from a pipe of tobacco or stramonium. Ozone papers are useful, as are also Joy's *Cigares Anti-asthmatiques*. Inhaling the fumes from smouldering Himrod's powder gives relief. The general health of the patient should be carefully attended to. Change of air is often beneficial, and so are such tonics as cold sponging and the shower-bath, when there is no other reason to prevent their employment.

Bright's Disease.—This is a name applied to several inflammatory affections of the kidneys, generally associated with albumin in the urine and often with dropsy. It may be either acute or chronic.

Causes.—Acute Bright's disease may occur from cold, from a blow, from taking substances such as turpentine or cantharides, which irritate the kidneys, but more usually it follows some acute febrile disturbance, and more especially scarlet fever.

Symptoms.—Cold shivers, headache, pain in the back, often sickness. The temperature is raised, and the amount of urine excreted is diminished or almost suppressed, is occasionally bloody, and coagulable. Dropsy is often a secondary disorder.

Treatment.—Hot baths do good by causing sweating and giving free action to the excretory power of the skin. They may be taken at bedtime and repeated every night ; the water should be about 95° to 98° Fahr., and the patient may remain in it for from 5 to 10 minutes, then be quickly dried and put to bed. Purgatives should be taken, such as compound jalap powder, 20 to 30 grains of which may be taken by an adult. Rest in bed in a warm room is most important, nor ought the patient to think of leaving his room until all the dropsy and acute symptoms have subsided. Light nourishing food may be given, such as bread and milk, veal tea, broth, rice pudding, arrowroot and gruel. During convalescence, great care must be taken to avoid cold, and flannel should be worn. Tonics containing iron and quinine are useful.

In *Chronic Bright's Disease*, even if an unskilled person were able to detect it, little if anything of practical use can be done except under medical direction.

Bronchitis.—This is an inflammatory disease of the lining membrane of the bronchial tubes. It may be acute or chronic.

Symptoms.—Acute bronchitis is very liable to attack persons in the winter, and during the prevalence of east or north-east winds. It begins like an ordinary cold, succeeded by a feeling of chilliness, and aching pains in the limbs. The patient is thirsty and feverish, with languor and headache, loss of appetite and restlessness ; there is an uneasy feeling of soreness behind the breast bone. At first there is a dry, hacking cough, and very little phlegm is brought up ; in two or three days the cough becomes looser, and the expectoration is more abundant. Wheezing sounds are heard in the air passages.

Treatment.—When the chilly feeling is experienced, the patient should go to bed and keep there till he is warm again ; in this way an attack may be checked in a short time. The air should be warm, and for this purpose a fire should be lighted and the temperature kept at about 60° F. A *bronchitis kettle* of boiling water placed on the fire, and the steam allowed to pass into the room, will help to keep the air moist. Inhalations of steam are very soothing, and may be obtained through an inhaler, or by holding the face over a jug of boiling water and wrapping a towel round the head and jug so as to prevent the escape of the steam. The inhalations may be medicated by the addition of a few drops of Eucalyptus oil, Terebene, or compound Tincture of Benzoin, to the boiling water. A warm bath before going to bed is also useful, as it encourages free perspiration. A hot linseed-meal poultice may be placed on the chest, and renewed every few hours if necesary. A piece of gutta-percha tissue may be placed over the poultice to prevent the moisture from wetting the clothes. Rubbing the front of the chest with turpentine liniment often gives great relief. Turpentine stupes (cloths steeped in hot water, wrung nearly dry, and made irritant by moistening with a few drops of some volatile liquid) and sinapisms (mustard plasters), may be useful, should milder measures fail to give relief. A mixture such as the following may be given : ipecacuanha wine, 2 drachms ; concentrated infusion of senega, 1 oz. ; water to make 8 ozs. ; a tablespoonful to be taken every 3 or 4 hours. Should the case be one in which stimulation seems necessary, as in old or debilitated subjects, carbonate of ammonia may be given with advantage in doses of 3 to 5 grains. A drachm to a drachm and a half added to the above mixture would answer very well. Five to ten drops of ipecacuanha wine mixed with thirty drops of syrup of squills, and a teaspoonful of glycerine every four hours, is also useful. In children, this disease is at all times to be regarded gravely. The above treatment should be adopted with the modifications necessary to the child's age, and the avoidance of turpentine stupes and sinapisms unless ordered by a medical practitioner. The diet should consist of milk, beef-tea, veal-broth, milk, arrowroot or cornflour.

Chronic Bronchitis is a very common disease, and is very prevalent during winter, causing considerable mortality. It is most usually met with in middle-aged or old people. Cough, shortness of breath and expectoration, are the three most constant symptoms of chronic bronchitis. This disease may occur as a consequence of old age merely, or it may come on as a sequel to an attack of acute bronchitis. Cabmen, porters, costermongers, bargemen, and others whose occupation exposes them to all kinds of bad weather, are extremely subject to this disease.

Treatment.—Removal of the sufferer to a warmer climate for the winter and spring, if possible. If this is out of the question, the treatment must be directed to avoiding, as much as possible, any exposure to cold, or any of the exciting causes of the disease. For those who are engaged in outdoor occupations, and exposed to all the inclemency of the weather, but little can be done to alleviate any distressing symptoms that may arise. Thick boots should be worn, clothes changed when wet, and the patient be told to breathe through the nose, to be out as seldom as possible at night, and use a respirator.

Cancer.—The very name of this disease is fraught with so much significance, and the diagnosis is a matter of so much doubt to the lay mind, that the subject becomes out of the scope of this work. In the case of any tumour being discovered medical advice should be taken at once, as if it should be of a malignant type early treatment may effect a permanent cure.

Colic is a griping pain in the intestines, and often accompanied by a painful distension of the whole of the lower region of the bowels, with vomiting, costiveness and spasmodic contraction of the muscles of the abdomen.

Causes.—The complaint is produced by various causes, such as crude, indigestible fruits, long continued costiveness, cold, or it may be due, as in painter's colic, to poisoning by lead.

Treatment.—If caused by some indigestable article of food, a dose of castor-oil had better be taken, say a tablespoonful for an adult, to which from 10 to 15 drops of laudanum may be added. If the pain is very severe, a turpentine stupe may be applied over the abdomen.

Constipation is a symptom which may be due to disease of the bowels, or to an imperfect performance of their function. Any disease, such as ulceration or cancer, which obstructs the passage of the food, will cause constipation; and any condition which produces a paralysed or sluggish state of the muscular walls of the bowel will likewise cause constipation by removing or interfering with the propelling power. With rare exceptions people can never enjoy good health while they suffer from constipation; liver complaint, dyspepsia, headache, vertigo, and piles are some of the direct results of this condition.

Of all the causes which originate and establish habitual constipation, there is none so general as inattention to regularity. Men of sedentary pursuits are naturally more prone to the error of irregular habits than practical men; hence general and local disorder of the stomach is more prevalent among them. Women often fall into the same error in the neglect of regularity. Habitual constipation is not unusual in women after a confinement, in people of a nervous temperament, and in those who lead a sedentary life. The practice of taking relaxing medicine, pills, etc., habitually, also disposes to this. In all such cases an altered diet and regular habits will nearly always suffice.

Treatment.—A glass of cold water taken on rising in the morning will, in some, prove efficacious. A light breakfast to those who are sedentary will favour this action. Coarse brown or bran bread is very useful; figs, prunes and ripe fruits are also beneficial; exercise in the open air and a cold sponge in the morning are also helpful. The habit of taking an apple or an orange an hour before bedtime will often effect a permanent cure. An occasional aperient may be required, and then Friedrichshall water, in the dose of a wineglassful taken fasting, may be employed. In children a similar treatment may be adopted, with such modification as the age will require, while in infants an altered diet and a little magnesia occasionally, mixed with the milk, will suffice.

Clysters or *Enemata* are now in frequent use in constipation. It is not, however, advisable to use them daily. Where they are employed, care should be taken to see that the fluid is bland in its nature, such as barley-water, thin gruel, linseed tea, or milk and water. Warm water by itself has a tendency to injure the mucus membrane of the bowel. The injection of a teaspoonful of glycerine is a simple and efficacious means of relieving the bowels; also glycerine suppositories.

Consumption.—This disease is called technically phthisis, a Greek word, meaning a wasting away, wasting being a common symptom in the latter stages of the disease.

Cause.—Consumption is a form of lung disease which is characterised by destruction and ulceration of the lung itself. It is caused by the growth and multiplication in the lung substance of the tubercle bacillus, discovered by Professor Koch. These bacilli produce inflammatory changes in the lung; tissue of an inferior kind is then deposited round the bacilli, and gradually invades the lung tissue proper. At a later stage ulceration and degeneration take place in this tissue and in the inflamed lung adjacent, resulting in the destruction of the lung by the formation of cavities in its substance. The blood that is often coughed up is a sign *that destruction of the lung is present.*

Symptoms.—The earliest symptoms of consumption are probably connected with digestion. The appetite becomes capricious, there are pains in the chest, some cough, often dry and hacking, with a small quantity of frothy expectoration. There is debility, flushing of the face and shortness of breath on slight exertion; at other times the countenance is pale, except for a hectic patch of red in the middle of the cheek. There is some fever at night, and a tendency to night-sweats. Very likely there is some spitting of blood. As the disease advances emaciation becomes more marked, and the fingers become clubbed at their ends. The night-sweats, diarrhœa and expectoration reduce the bodily strength and substance; at the same time the capricious appetite and the imperfect digestion leave the bodily supply very deficient. Usually, if the disease be not arrested, the patient dies of exhaustion.

Treatment.—The selection of the conditions under which the consumptive is to live is the first and most important item of the treatment. At different health resorts in Europe there are to be found people who have suffered all their lives from bad chests, but who, by moving from one resort to another, according to the season of the year, are able to live with little pain or discomfort. In selecting a house for a consumptive, the first great thing is to avoid a damp building, and to choose a dry and porous soil. Consumptives should live plainly, but their food should be nourishing; they must avoid excitement, but cheerful society is of the greatest value; they must not fatigue themselves, but daily exercise is essential; they must not be exposed to too great heat, but cold is even more to be dreaded. They should always wear flannel, and the clothing must at all times be warm. There are a great many health resorts that might be mentioned, but only a few are given here. On the south coast of England, Bournemouth, Torquay and South Devon, Hastings, Ventnor and Penzance are all frequented by consumptives. Abroad, the chief places recommended are the Engadine, St. Moritz, Davos Platz, etc., all Alpine climates, situated 4,500 to 6,000 feet above sea level; and the south coast of France. Latterly much attention has been paid to the open-air treatment of consumption, and several sanatoria have been opened for the purpose throughout the United Kingdom and abroad. This treatment has proved very successful, especially in the earlier stages of the disease —the progress of the disease being arrested, and the patient cured.

A sea voyage to South Africa, Australia or New Zealand is also useful in the early stages of the disease. No better climates can be found for the complete cure of the disease than those of the South African veldt, or the interior of Australia. The coast towns should be avoided, as the conditions there are not much better than those obtaining in English cities. When well advanced, it is unwise to send patients from home. Fat is one of the articles of food to which consumptive patients have a great aversion, and it is to be regretted, for it is to them the most necessary. If they cannot be got to take fat in the ordinary way as food, they should take cod-liver oil, which, indeed, is rather food than medicine. It must be given cautiously and after a meal. When oil cannot be taken by the mouth it may be rubbed into the skin. Hypophosphites have proved useful in this disease. Fellows' syrup is an excellent preparation, and may be given to an adult in doses of a teaspoonful 3 times a day. Oil of eucalyptus is useful; it may be dropped on the sponge of one of Dr. Yeo's respirators and inhaled; 3 to 5 drops may be used at a time. Should bleeding come on, the patient should be kept at rest, and the liquid extract of ergot given in 15 drop doses in water every 2, 3, or 4 hours, according to severity. Ice, if it can be had, should be taken internally. 10 grains of gallic acid with 15 drops of aromatic sulphuric acid may be given every 3 hours instead of the ergot if more convenient. An ice bag may be applied to the side from which the blood is supposed to come. The night-sweats may be relieved by the administration of dilute sulphuric acid in 15 drop doses in water at bedtime, or by 10 drops of tincture of belladonna in water. If diarrhœa is troublesome, 10 to 15 drops of laudanum may be given with 15 drops of dilute sulphuric acid every 4 hours, in water. Patients afflicted with the disease should avoid indiscriminate expectoration, since the sputum contains millions of bacilli, and when the sputum is dry these may be carried about in the air, and become a source of infection to healthy individuals. Little flasks are now sold in which patients can expectorate when travelling. At home a spittoon, containing a 1 in 20 solution of carbolic, should be used.

Diarrhœa.—Diarrhœa, like constipation, is a symptom of disease rather than a disease itself.

Causes.—Exposure to cold not unfrequently gives rise to diarrhœa by driving the blood from the surface of the body to the internal organs, thus producing in the bowel an excess of blood (congestion) which is relieved by the escape of the watery parts into the bowel, and an increased production of fluid by the intestinal glands. Exposure to intense heat and over-exertion may also occasion diarrhœa. Among other causes may be mentioned malarial influences, sewer gas, decaying animal and vegetable substances, errors of diet, exhaustion, and the disarrangement of the regular habits of life.

Symptoms.—Pain is usually present, often of a colicky nature, and is relieved by an action of the stomach. It is occasionally unattended by pain.

Treatment.—It is of great importance to ascertain the cause, and if possible, remove it. Give the body rest and administer bland food such as milk, arrowroot or cornflour. If caused by some undigested food, give a dose of castor-oil with 10 or 15 drops of laudanum for an adult. Apply a mustard poultice or mustard leaf over the abdomen if there is much pain. In tropical climates, where severe attacks of diarrhœa from chills are common, a broad flannel belt should be worn round the abdomen day and night. This will prevent many chills, and its value is so well recognized that the so-called "Cholera Belt" is a regulation garment in the kit of every British soldier on Indian service.

Flatulence.—Flatulence is an undue collection of gas or air in the stomach or bowel, generally arising from the decomposition of unsuitable foods, or from the irritation of the walls of the stomach, etc., when in an enfeebled state. It is a common and very unpleasant symptom of indigestion or dyspepsia. In a great number of instances it is due solely to temporary errors of diet, and disappears on correction. The abuse of certain articles of food, and especially of tea, is responsible for much persistent flatulence.

Symptoms.—Often there is pain on the left side over the heart, and some palpitation. There may be a feeling of faintness, giddiness or choking. Eructation is a frequent symptom.

Treatment.—Flatulence is best treated by dieting, keeping mainly to solid food, with stale bread, or, better still, toast. Vegetables, pastry, tea and beer should be avoided. The offending article of food, if known, should of course be relinquished. Spirituous liquors should be avoided. Flatulence may often be only the symptom of dyspepsia. It may be relieved temporarily by a slight stimulant, such as aromatic spirits of ammonia, or by 15 drops of sal-volatile in water every hour or two. The following may be used with benefit: 3 drachms of bicarbonate of potash, or the same of bicarbonate of soda, 1 oz. of the concentrated infusion of calumba, and sufficient peppermint water added to make 8 ozs. A tablespoonful of this mixture to be taken 3 times a day in water. From 1 to 2 drachms of tincture of nux vomica, with 1 oz. of the concentrated infusion of calumba, and water as before added to make 8 ozs., is another useful combination. This mixture should be taken in tablespoonful doses as the other. From 2 to 5 drops of pure terebene, taken on a lump of sugar, and repeated 2 or 3 times a day, is also a most useful remedy. The best beverages for flatulent subjects are weak cocoa essences, and hot water with a little lemon juice.

Gastric Ulcer.—This is a disease most frequently met with in young servants, and is nearly always preceded by anaemia.

Symptoms.—Pain, vomiting of coffee-ground matter, the colour being due to the presence of blood.

Treatment has to be long and careful, as if the ulceration continues it may end in perforation of the walls of the stomach. Peritonitis will result from perforation, and will probably prove fatal, unless an immediate and dangerous operation should prove successful.

When there is bleeding ice should be sucked; this is also most useful in checking vomiting. Opium in one or other of its forms (laudanum, morphia) will relieve the pain. Small doses of morphia with bismuth may be given thus: 5 or 10 minims of the solution of the muriate of morphia with 10 or 15 grains of sub-nitrate of bismuth 2 or 3 times a day. Milk is the best food. If the patient is very sick and pained, it may be necessary at first to withhold food from being given by the mouth, in which case it ought to be administered in the form of enemata, but only under definite medical direction. (The writer has found a teaspoonful of Carlsbad salts given in water 3 times a day useful in this disease.)

Gout is a complaint depending upon the presence in the system of an excess of uric acid. It may be acute (or regular) gout, showing itself in the joints and more especially in the large joint of the great toe; or irregular gout, having other and manifold manifestations. The disease is either hereditary, in which case it often misses a generation, or acquired. Excessive eating, undue indulgence in alcohol, and indolent habits will tend to produce it. Meat, especially beef, the more potent wines and malt liquors are the articles of diet most prone to originate gout.

Symptoms.—Inflammation and pain in the great toe or other joints, heartburn, various skin diseases, nervous and other manifestations, protean in their variety.

Treatment.—Moderation in quantity of food. Less meat should be eaten, and that chiefly white meat. Sugar, sweets and pastry should be avoided, also all root vegetables. All stimulants are best given up: if any be taken, the least harmful are Hock, Moselle and Chablis. Of spirits, brandy is to be taken in preference to others. Sedentary habits should be altered, regular healthy exercise being taken instead.

Medicines.—In acute gout, 10 to 20 drops of tincture or wine of colchicum may be given every 4 hours, combined with 10 to 15 grains of citrate of potash or lithia. Saline Aperients: Half a wineglassful of Hunyadi, Apenta or Friedrichshall, or a teaspoonful of Carlsbad Salts before breakfast are all useful. For the local pain: Fomentations with laudanum or poppyheads constantly applied are very soothing; and the affected parts should be kept wrapped up in flannel.

In **Chronic Gout,** sensible dieting, and a course of the waters at Bath, Baden-Baden or Aix-les-Bains will do much good.

Hæmorrhoids, or Piles.—These are swellings situated sometimes within and sometimes outside the lower bowel opening. They are liable to irritation and inflammation, in consequence of which they give rise to a good deal of suffering. *External piles* consist in a collection of rounded hard tumours and of prominent ridges of skin situated on the outer edge of the opening. When these become irritated and inflamed they occasion very acute pain, with throbbing and a sense of great heat, and a constant desire to relieve the bowels. This affection originates in the distension of the local veins, caused by the circulation being obstructed. Piles are generally met with in persons who follow sedentary employments, and those who, in consequence of highly-seasoned foods and indulgence in alcoholic drinks, suffer from congestion of the liver. The presence within the opening of large, rounded, and soft tumours, covered by red mucous membrane (*internal piles*) is attended with more serious symptoms. These are very apt to weaken by giving rise to frequent bleedings. Persons subject to piles should carefully avoid sitting on rocks or stones, or on wet grass or omnibus seats.

Treatment.—The diet should be carefully regulated, and all highly seasoned dishes, alcoholic liquors and pastry avoided. Walking exercise is highly beneficial. Bathe the affected region every morning with cold water, and carefully dry and push the obtrusions in. Hazeline is a useful application in bleeding piles. Gall and opium ointment or pure vaseline smeared over the parts often give relief. A quarter-grain morphia suppository (or plug) may answer when these remedies fail. The bowels should be kept open, either by the confection of sulphur, the confection of senna, or compound liquorice powder.

Purgatives containing bitter aloes and other irritants of the lower bowel should be avoided.

Heart Disease is a complaint which, like cancer, is too serious and difficult to permit of self-treatment. If there is any suspicion of its existence, if there is shortness of breath, pain over the heart or running down the left arm, any labouring or irregularity in the heart's action, medical advice should be sought and carried out.

Jaundice, though often spoken of as a disease, is not a disease by itself but only a symptom common to many disorders of the liver.

Liver Complaints.—The liver, like the kidneys and other organs, is liable to various acute and chronic diseases. Amongst the *acute* changes may be classed catarrh, or inflammation of the bile ducts, acute atrophy of the liver, congestion and inflammation of the liver, and the presence of gall-stones in the hepatic duct.

Catarrh of the Liver.—*Symptoms.*—Jaundice, loss of appetite, coated tongue, slight sickness and a feeling of retching ; the motions are pale, the urine dark, the skin and eyes become yellow, and there may be, in some cases, a troublesome itching of the skin. The pain is not in itself a very troublesome symptom, and it is generally felt, if at all, in the right shoulder-blade and along the lower edge of the liver, and is often worse on pressure.

Treatment.—The best treatment is first to open the bowels freely ; a dose of calomel at night followed by a saline draught in the morning will generally suffice. The diet must be very light, and capable of being easily digested ; all rich food should be avoided, while milk, broth, beef-tea, toast and biscuits, or a light pudding, may be taken. No stimulants should be given, as they tend to increase the congestion of the liver. Effervescing solutions may be given with benefit, since they allay thirst and sickness ; those which contain soda salts are the best, and those also which have an aperient action ; for this reason effervescing Carlsbad waters are often beneficial. In 3 or 4 days a mixture containing extract of dandelion, hydrochloric acid and gentian may be given 3 times a day. The bowels must be kept open daily. Active exercise should be taken every day, if the patient can bear it ; and for some time after recovery care must be taken to avoid indigestible food.

A "sluggish" or congested Liver is generally associated with catarrh of the bile ducts, and arises often from want of exercise, and excess in eating and drinking ; but congestion may develop to inflammation in tropical countries, and end in the formation of an abscess. This may be known by the pain over the region of the liver, the swelling of the abdominal wall on that spot, and the frequent shiverings ; the patient loses flesh, strength and appetite, and his skin becomes of a sallow tint. People who have suffered from this complaint generally come back to this country invalided, and if they recover from the illness, they seldom regain their former state of health. Regular exercise, and a plain and sparing diet, are the best preventatives.

A gall-stone in the hepatic duct will cause great pain over the liver (chiefly in one spot), much sickness and intense distress, and a feeling of faintness. A hot bath and the administration of chloroform will ease the pain, or hot fomentations constantly renewed may be applied to the affected side, and 25 drops of laudanum (for an adult) in half a glass of water given, repeating the dose in two hours if the agony still continues. Jaundice will come on from the obstruction to the flow of the bile, but this will disappear when the stone has escaped from the duct into the intestine, or has become dislodged and returned to the gall bladder, thus leaving the bile duct open.

Amongst *chronic* changes of the liver may be enumerated cancer, cirrhosis, fatty and waxy degeneration, passive congestion, syphilitic deposits, and the presence of hydatid cysts.

Cancer of the Liver is a most fatal and serious disorder, carrying the patient off within a year, or a year and a half, from the first appearance of any symptoms. These are, at first, loss of appetite and pain over the abdomen; the latter begins to swell as the cancer increases in size, and becomes extremely tender; rapid emaciation goes on, but the temperature is generally no higher than usual, and there is no attendant fever. The loss of flesh, the hollow temples, the great prostration, the pain and swelling or enlargement of the liver, are the chief symptoms: these gradually become worse, and finally cause a lingering and painful death. Jaundice is not often present, nor does the patient suffer from shivering. Cancer of the liver may occur in both sexes, and be met with at any period of life; more frequently, perhaps, between 30 and 50 years of age.

Treatment.—The treatment must be directed to the relief of the patient, as cure must hardly be looked for. The pain may be alleviated by the administration of opium or morphia, given internally as a draught, or injected under the skin in small quantities with a hypodermic syringe. The diet must be light and nourishing, and must be varied from day to day to please the fancy of the patient, whose appetite will be small and capricious.

Cirrhosis of the Liver comes on more generally in middle life; at first it may be mistaken for cancer, as there is loss of flesh and appetite and pain in the abdomen, but the symptoms come on more gradually. The liver does not increase in size, but rather shrinks; dropsy of the abdomen soon comes on, and the distended abdomen becomes marbled over with blue veins as the stream of blood through them is impeded.

Fatty degeneration of the Liver is common in many disorders. A liver may be very fatty, and yet give rise to no symptoms, as in cases of consumption. The symptoms in any case come on very gradually, so that the organ is generally much diseased before any notice is taken of the mischief. The disease is often very chronic, and will last for years unless there be much mischief in other organs; dropsy is a bad symptom, and, when general, will frequently point to disease in the kidneys.

Treatment.—The chief attention must be given to the diet, and all indigestible foods avoided. If dropsy be present purgatives must be given to remove the fluid, and the general health must be kept up by tonic medicines, such as iron and quinine.

Waxy degeneration of the Liver is a less frequent disease. It rarely, if ever, occurs alone, and is generally associated with similar disease in the kidneys, spleen and intestines. It occurs in persons who have long suffered from diseased joints and chronic abscesses and in scrofulous subjects. Practically the only special symptom is obvious enlargement of the liver; and its treatment is included in that of the chronic disease with which it is associated.

Passive congestion of the Liver often occurs in heart disease and some disorders of the lungs, arising from the fact that since the course of the circulation is disturbed at these points the veins become too full all over the body, and the hepatic vein sharing in this fulness the liver gets stuffed with blood, and so the stream flows through too sluggishly. From a similar cause the veins in the leg and kidney are over-filled, resulting in dropsy of the lower extremities, and a scanty flow of urine, which will contain a variable amount of albumin. Pain over the liver will be present, and, frequently, there is some yellowness of skin from the presence of jaundice. After a time dropsy of the abdominal cavity may come on, with fatal results.

Treatment.—Since passive congestion of the liver results from the disease of the heart or lungs, the treatment must be directed to allaying any tumultuous or irregular action of the heart, and to removing any dropsy by purgatives or small punctures in the leg.

Syphilis will produce various changes in the liver, and cause a hardening of that organ and thickening of the capsule. Sometimes rounded masses, somewhat resembling cancer, are met with in the organ.

Treatment.—The health, in such cases, must be improved by a visit to the seaside, if possible, or a sea voyage, by liberal diet and regularity of living Preparations containing iron and quinine are valuable, and may be given in conjunction with iodide of potassium.

Hydatid cysts occur more commonly in the liver than in any other organ, although they are by no means very often met with. They may occur in the liver either as small, round and firm tumours, formed of a fibrous capsule, with putty-like contents; these are hydatid cysts which have undergone spontaneous cure, and can do no more harm; or as cysts with a tough, fibrous capsule, enclosing a quantity of fluid, and a greater or less number of smaller cysts floating about in them. These cysts may attain a great size; they are seldom attended with pain, unless there is inflammation outside setting up adhesions. The general health is seldom affected, so that the nature of the disease is chiefly recognized by the presence of a tumour in the liver and the absence of any constitutional symptoms. Should the contents of the cyst suppurate, the condition becomes one of *abscess of the liver,* and constitutional symptoms such as pain and shivering fits occur.

Treatment.—The treatment will consist in having resort to surgical aid, whereby the contents may be evacuated and the cyst allowed to shrink. If allowed to grow, such cysts may cause death by bursting into the abdominal cavity, or into some neighbouring organ.

Lumbago.—This is a form of chronic rheumatism affecting the lower part of the back and loins. The individual moves stiffly and has pain in getting up from the sitting posture or in turning over in bed at night.

Treatment.—The application of a menthol plaster, or strapping the affected side, often gives relief. Should it be impossible to apply either of these remedies, a hot bath and wrapping the part up in flannel will be found useful. Rubbing with a compound camphor liniment containing a little laudanum often relieves. In gouty persons the diet should receive attention.

Meningitis (Simple).—By this is meant inflammation of the membranes covering the brain. It is always serious.

Causes.—It may be produced by the presence of the micro-organism *Diplococcus pneumoniae.* It often follows a neglected discharge from the ear.

Symptoms.—In young children there is disturbed sleep, a cast or rolling of the eyes, dilated pupils, convulsions and fever. With older persons, who can express their symptoms, there is severe headache, intolerance of light, want of sleep, mental disquietude, sometimes unnaturally acute hearing, constipation ; sometimes sudden loss of speech and delirium.

Treatment.—Put the patient in a darkened room ; apply cold to the head by means of cloths wrung out of cold water ; send at once for the doctor ; purgatives are generally required to combat the constipation ; the greatest quiet must be maintained. Milk is the best food.

Meningitis (Tubercular).—This disease is associated with a scrofulous constitution, and occurs in children of different ages up to 12 or 13 years. Bad air, insufficient or unnutritious food, exposure to cold, want of sufficient clothing, all increase the unhealthy tendencies which combine to produce the disease, which is nearly always fatal.

Symptoms.—Loss of appetite, loss of spirits (seen in aversion to play) ; constipation ; gradual wasting of the body ; drowsiness ; squinting of the eyes ; vomiting ; enlarged and glassy look of pupils, rolling of the head.

Treatment.—Keep the child quiet in a dark room, and give milk as food. The one medicine which the writer has found of benefit in this disease is iodide of potassium, given in doses of 2 grains every 4 hours to children from 2 years up. It is needless to say that medical assistance should be procured as speedily as possible.

Peritonitis.—Inflammation of the membrane, called the peritoneum, which lines the abdominal cavity. It is usually caused by diseases or wounds of the abdomen or its contents.

Symptoms.—Severe pain is complained of, increased by pressure; the knees are generally drawn up and the patient lies on his back; the abdomen is puffed up; there is obstinate constipation, and sometimes continued vomiting.

Treatment.—It is most essential that a doctor should be called in at the onset of the disease, for often immediate surgical treatment is the only possible means of saving the patient's life. The administration of opium, unless specially advised by the doctor, is not to be undertaken, for it will effectually mask many of the important symptoms by which the cause of the disease can be discovered, and the remedies applicable to that cause administered.

Pleurisy.—This is an inflammation of the pleura or serious membrane which covers the lungs, and lines the greater part of the cavity of the chest. It is generally brought on by exposure to cold and wet, but may be the result of an accident in which the ribs are broken.

Symptoms.—Stabbing or shooting pain in the affected side, increased by breathing deeply or coughing. The pain is usually confined to one spot, and, if the ear be placed against the side, a fine, rubbing sound will be heard, which goes by the name of "friction," and resembles that produced by rubbing a lock of hair between the finger and thumb. The pulse is quick, the tongue is coated; there is thirst and loss of appetite, and the temperature is raised. In a day or two the breathing becomes more difficult, owing to fluid being infused into the pleural cavity and pressing upon the lungs; this fluid after a time usually becomes absorbed, when the breathing grows easier. Sometimes this fluid does not become absorbed, when a slight operation has to be performed for its removal.

Treatment.—Place the patient in bed without delay, in a room the atmosphere of which is kept moist by allowing steam from a bronchitis kettle to pass into it; the temperature should not be below 60° F.; 63° or 64° would be better. He should not be allowed to speak more than he is absolutely obliged. Linseed meal poultices should be applied to the chest. A mustard leaf poultice or a hot poppy fomentation, will often give relief at the onset. Strips of adhesive plaster placed obliquely in the direction of the ribs will often procure rest and relieve pain. Milk, beef-tea, broth and jelly should be given in the early stage; and later, when the fever has abated, light puddings, eggs, white fish, and other light, easily digested and nourishing diet. During recovery, cold and damp must be carefully avoided.

Pneumonia.—This is an inflammation of the lung substance proper, and is caused by the presence of *Bacillus pneumoniae*. It is generally ushered in with a rigor (a sudden coldness attended with shivering), which is often very severe ; in children convulsions may take the place of the rigor. The temperature rises, and may reach 104° or 105° F. There is pain and loss of appetite ; the face is flushed, breathing is rapid, and there is a short hacking cough ; the matter expectorated is tenacious and rusty-coloured.

Treatment.—Keep the temperature of the room at about 65° F., or rather higher, but not lower if it can possibly be avoided. Support the shoulders well with pillows ; this will assist breathing. Give milk, beef-tea, white of egg, custards, Brand's jelly, strong chicken tea, etc. Cold water may be given to allay thirst. Medical aid should be sought at once.

Quinsy.—This is a severe inflammation of the throat, chiefly involving the tonsils and frequently going on to suppuration. It is usually ushered in by chilly feelings, which are succeeded by fever. The speech becomes nasal in character, and there is pain and difficulty in swallowing.

Treatment.—In the early stage this disease may be cut short by the administration of an emetic of 20 grains of powdered ipecacuanha, or by small doses of tincture of aconite frequently repeated, say, a quarter or half a drop every 15 minutes or half-hour till the patient is in a good perspiration, when the medicine may be given less frequently. A mixture containing the following ingredients may be given with advantage : Steel drops, 3 drachms ; sulphate of quinine, half a drachm ; chlorate of potassium, 2 drachms ; glycerine, half an oz. ; water added to make 8 ozs. A tablespoonful in water every 4 hours. The food should consist of milk, eggs, beef-tea, cocoa, etc. ; pieces of ice may be given to suck. A medicated spray will afford much relief and is preferable to gargling. Sprays can now be bought very cheaply.

Rheumatic Fever.—This disease begins with restlessness and fever ; there is a white or creamy condition of tongue, and the bowels are deranged. Presently the joints begin to ache, the pain increases till there is great swelling and tenderness over one or more of the large joints of the body ; the temperature rises, and, in some cases, becomes excessively high ; the urine deposits a thick brickdust sediment on cooling. As there is a great risk of the heart becoming affected in this disease, it must always be regarded with apprehension, and medical advice procured at once.

Treatment.—Absolute rest in bed must be enjoined, and careful nursing and light, nutritious diet provided. Milk and potass water, alone or together, should be given. Beef-tea and beaten-up eggs are important items in the diet. The following medicine may be usefully given : Salicylate of sodium, 3 drachms ; iodide of potassium, half a drachm ; water added to make up to 8 ozs. A tablespoonful of this mixture to be given every 3 hours. The joints should be wrapped in cotton wool, and the patient wear woollen in preference to linen articles of clothing next the skin, since profuse sweating is often a characteristic feature of the disease.

COMMON COMPLAINTS AND THEIR REMEDIES

Abscess.—A circumscribed inflammation ending in the formation of matter which has to be discharged either by breaking through the skin or being let out by an incision. May occur in any part of the body. Should be ripened by poulticing or fomenting. When the abscess "points" an incision should be made in the softest spot, and the matter evacuated.

Acidity.—Give equal parts of lime-water and milk; or 10 to 20 grains of magnesia may be given in a little milk 3 times a day. The following mixture is useful in this affection: bicarbonate of soda, 3 drachms; subnitrate of bismuth, 2 drachms; water, 8 ounces. Shake the bottle, and take 1 tablespoonful 3 times a day.

Ague.—Give 4 or 5 grains of sulphate of quinine every 4 hours during the interval of the fit.

Baldness may be due to impaired nutrition in the scalp, or to a scurfy condition of the skin. In the first case a stimulating lotion should be used. 3 drachms of tincture of cantharides, 6 drachms of tincture of quinine, 4 drachms of sal-volatile and water to 8 ozs. Apply to the roots of the hair. If the head is scurfy use as a shampoo a mixture of soft soap 3 parts and eau-de-Cologne 1 part. If the scurf persists, it is probably due to a complaint called seborrhœa, which will require skilled attention.

Bed Sores.—Clean the sores thoroughly with carbolic lotion 1 part in 40 of water, and then apply zinc oxide ointment. Avoid pressure on the affected part by means of a ring-shaped pad.

Blackheads or **Acne.**—Common at the age of puberty. Steam the face, and then squeeze out the contents of each pimple with a watch-key. Subsequently apply an ointment consisting of 1 drachm of flowers of sulphur to an ounce of cold cream. Do this in the evening, and wash off the ointment in the morning.

Boils.—Brush tincture or liniment of belladonna over them before they are broken, to cause them to abort; this may be done night and morning. If very painful, and not likely to be thus got rid of, use hot boracic fomentations.

Bunions.—Inflammation of the tissues over the great toe joint, with enlargement of the bone itself, partly real, and partly apparent, due to the pushing of the great toe towards the second toe, and consequent semi-dislocation.

Cause.—Short or tight boots, high heels and pointed toes.

Treatment.—Rational boots with straight inside edge of sole from heel to toe, and fully large. Instruments and splints of many kinds, intended to keep the great toe in its proper position, have been devised. Inflammation to be treated with soothing fomentations and rest. Bad cases require operative treatment.

Carbuncle.—Apply belladonna, as recommended in the treatment of boils, or, better still, use hot fomentations till the core is discharged. Attend to the bowels, and give as good diet as the patient can digest.

Chapped Hands.—Rub them with lanoline or glycerine at bed-time, and put gloves on. If glycerine is used the hands should first be washed in warm water, partly dried on a warm soft towel, and the glycerine applied immediately. This saves much smarting.

Chilblains.—Paint them with tincture of iodine, or apply camphor ointment to them. See that the boots are watertight, and do not pinch the feet.

Chill may result in cold in the head, cold in the throat or windpipe, cold in the lungs (bronchitis) or cold in the stomach or bowels.

General Treatment of Chill.—A hot bath before getting into a warmed bed, followed by a hot drink of either gruel or wine and water. One or two grains of calomel or blue pill, followed by a seidlitz powder in the morning. If at all feverish the patient should stay in bed next day, when the effects of the chill will probably pass away.

Cold, of which catarrh is the most prominent symptom, is, perhaps, the most frequent malady in this country. Its causes are as numerous as its consequences, which vary from slight temporary inconvenience to speedy death. Colds are very frequently felt to date from some particular period, but frequently their onset is not noticed for a time.

Symptoms.—The preliminary symptoms are shivering and sneezing, with lassitude, pains in the back, loins and limbs, with tightness of the forehead, and an unnaturally dry state of the lips and nostrils. These are quickly followed by excessive acrid discharge from the nostrils, which later becomes mucous or even purulent. There is hoarseness and slight sore throat, watering of the eyes, feverishness, loss of appetite, furred tongue, thirst and quick pulse. Sometimes small vesicles, called herpes, appear on the lips or about the nose. These symptoms do not last long ; they either pass away, or become aggravated if the inflammation passes onwards into the interior of the lungs.

Treatment.—Put the feet in hot water, and, if an adult, take 10 grains of Dover's powder, a cupful of gruel, and then go straight to bed. The following is also useful, and may be taken instead of the Dover's powder : Sweet spirits of nitre, 20 drops ; Mindeterer's spirit (acetate of ammonia solution), a teaspoonful ; camphor-water sufficient to make 1 oz. ; to be taken as a draught at bed time. 10 to 15 drops of spirit of camphor taken on a lump of sugar, and repeated in 2 or 3 hours, is also a useful remedy in cases of cold. As the debility is real, the diet should be stimulating.

Corns caused by friction.

Treatment.—Cold water dressings at night till the corn is soft enough to be extracted by the root. Circular, felt corn plasters are useful to remove pressure. Touching repeatedly with strong acetic acid sometimes destroys corns. Boots should not be tight.

Deafness may be caused by an accumulation of wax in the ear passage. This can generally be seen, and can be removed by syringing with warm water. Before doing so, 2 or 3 drops of glycerine, or bicarbonate of soda, 15 grains to the ounce of water, will, if dropped into the ears for a couple of days, twice daily, much expedite matters. Other causes of deafness are trouble in the middle ear, or catarrh of the eustachian tube, both of which require skilled medical attention.

Dropsy may be due to heart disease, Bright's disease or disease of the liver.

Drunkenness.—*See* Intoxication in "What to do in Cases of Accident."

Dyspepsia.—Give 10 grains of the sub-nitrate of bismuth and the same of bicarbonate of soda 2 or 3 times a day. 1 teaspoonful of Benger's Liquor Pancreaticus may be taken with advantage an hour or two after each meal ; it will materially assist digestion. The diet should be carefully regulated, and all indigestible articles of food avoided.

Earache.—Sponges wrung out of hot water should be applied over and behind the ear. Drop a few drops of warm oil or warm oil and laudanum into the ear. If the pain is persistent for more than two days, medical attention should be procured.

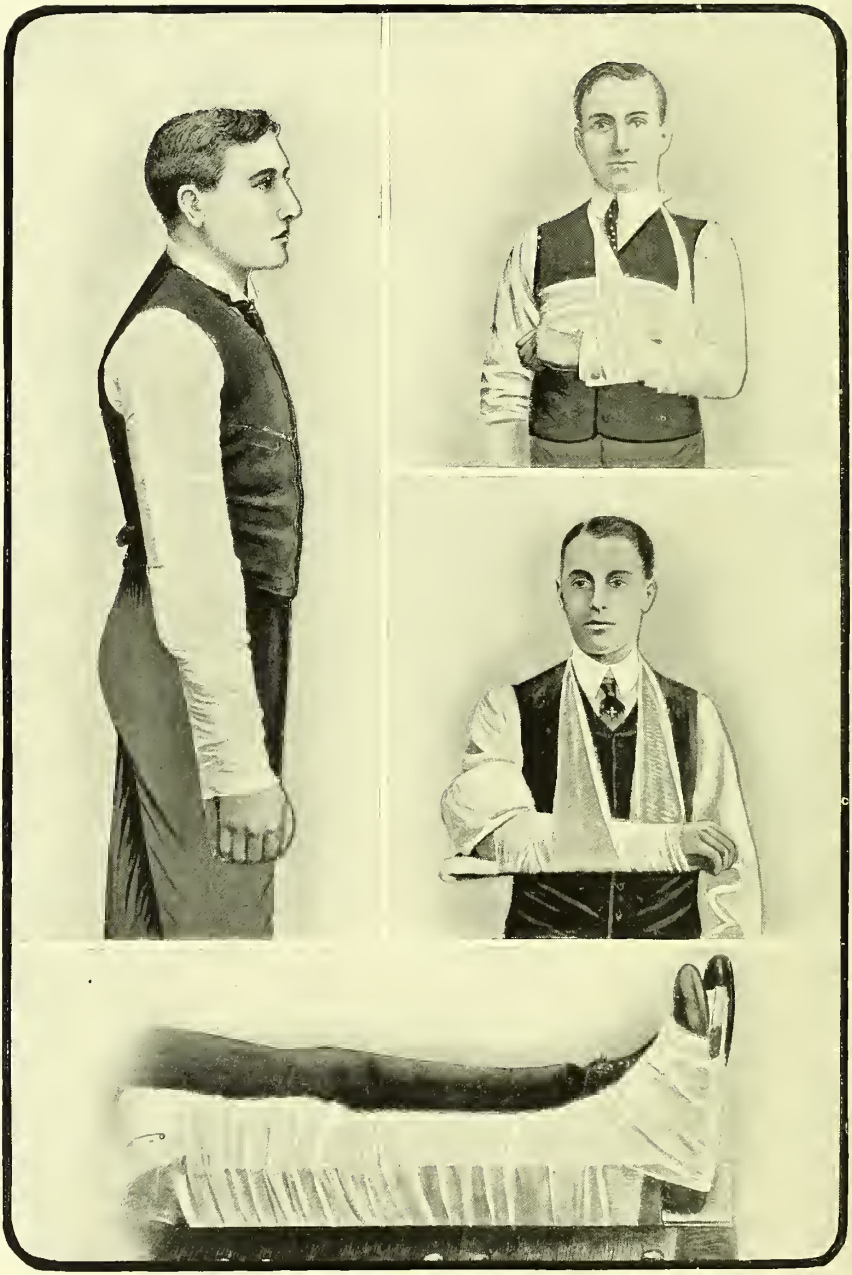
Ear Discharge.—The ear should be gently syringed with warm water, in which a little boracic acid has been dissolved, a teaspoonful to a teacupful of water. A little of the same powder should be afterwards puffed into the ear.

Enlarged Glands are nearly always due to some source of irritation in the neighbourhood of the glands. In the case of enlarged glands in the neck, trouble will be found in the scalp, ear, nose or throat.

Treatment.—First attend to the exciting cause. In some delicate children, glands enlarge very readily. In these cases cod-liver oil, steel wine, plenty of fresh air, good feeding and warm clothing are required, with a change of air if possible. The disappearance of the glands may be accelerated by painting them with tincture of iodine. If the glands become red, painful and inflamed, medical advice should be at once obtained.

Eyes.—Sore or inflamed eyes should be bathed with boracic acid lotion (a teaspoonful to a pint). This is soothing and antiseptic. A good extempore substitute is a very weak infusion of tea leaves.

NURSING. No. 2.



1. To bandage a broken arm. 2. A ready sling for injured arm. 3. To bandage a broken wrist. 4. Splints and bandage for broken leg.

Epilepsy.—Give bromide of sodium in 20-grain doses in water 2 or 3 times a day. (*See* also under "What to Do in Case of Sudden Illness.")

Face Burning.—Exposure of the complexion to intense sun or to snow reflection, as in Alpine climbing, may produce severe burning and blistering. Preventive measures should be taken, the best of which is to thickly coat the face with cold cream or prepared lard. Severe burning may require treatment by powdering the face with boracic acid powder, or flour, and wearing a linen mask, to prevent exposure to the air. Glycerine and cucumber and glycerine are useful for mild cases.

Falling Hair.—*See* Baldness.

Foul Breath may be due to decayed teeth, to disease of the nose or throat, or to defective digestion. Much may be done by careful cleansing and disinfecting the mouth and nose. The following may be used as a mouthwash, or for syringing the nose: carbolic acid, 1 drachm; eau-de-Cologne or lavender water, 2 drachms; and water to 8 ozs. It is of primary importance to ascertain the cause of the offensive breath, and to treat that.

Frost-bite.—Parts most frequently affected: ears, nose, cheeks, fingers and toes. The frost-bitten part is greyish-white, and absolutely insensitive.

Treatment.—Rub with snow or ice-cold water till sensation returns. Artificial warmth applied to a frost-bite will cause mortification.

Gravel or sand in urine is due to an excess of uric acid in the system. A gouty tendency, too much rich food, and a sluggish liver will cause the excess.

Treatment consists in adopting a plain, light and spare diet, avoiding sweets, creams, wines, malt liquors and much red meat, and in taking plenty of demulcent drinks, such as barley-water or milk and soda. A dose of Carlsbad salts in the morning, with a mild mercurial pill over night will relieve the congested liver.

Hay Fever, due to irritation of the lining membrane of the nose and throat by the air-borne pollen from the flowering grasses. Spraying the throat with a lotion containing carbolic acid, 8 drops; sulphate of quinine, 2 grains; tannic acid, 4 grains; sulphurous acid, 3 drachms; and water to the ounce will be found of use; but the only certain cure is to live by the sea, or in town during the hay season.

Headache.—Take 10 grains of salicylate of sodium every hour, for 2 or 3 hours, or 7 grains of phenacetin every half-hour for an hour and a half. A drachm of potassium bromide at night will often relieve headache and sleeplessness. More "natural" cures are to lie down in a dark room and fast, or to sip a glass of cold water slowly. An aperient is often all that is needed. (*See* Tired Eyes.)

Heartburn.—Bismuth and soda powders as in dyspepsia (q.v.) may be given, also bismuth tablets.

Housemaid's Knee.—A swelling over the lower part of the knee-cap, brought on by frequent chills, bruising or friction. The swelling may be painless, with water in it, or it may be inflamed, and develop into an abscess. The latter is the easier to cure, as the opening of the abscess will cure the condition. The former may require a surgical operation to get rid of it. Painting with iodine is useful.

Ingrowing Toe-nail.—Generally the result of small boots. Cotton wool dusted with iodoform and pressed between the nail and the soft parts will relieve the pain, but the best method is to cut a groove down the centre of the nail with a small file or a penknife, which practically divides the nail and removes the pressure. Larger boots should be worn.

Itch is due to direct infection by a small parasite called *Acarus*. The irritation is most intense at night. Examination will show small elevated pimples, generally with the heads scratched off, all over the body, but especially in the angles between the fingers. The face is not attacked.

Treatment.—A warm bath at night followed by rubbing sulphur ointment all over the affected parts. The patient should sleep in the underclothing worn on the previous day. Another warm bath should be taken in the morning, and clean underclothing put on. The soiled underclothing should be disinfected. This treatment repeated for two or three nights will effect a cure.

Internal Hæmorrhage.—Give a little ice to be sucked. Keep the patient at complete rest. The liquid extract of ergot, in doses of 10 to 15 drops every 2 hours in water, will be found useful. 10 grains of gallic acid with 10 drops of tincture of opium, and 15 drops of aromatic sulphuric acid, may be given every 3 hours in bleeding from the lungs. The ergot extract may be given for this, and for bleeding from the stomach as well.

Nettlerash, or **Urticaria**, consists of white wheals and red blotches, intensely irritating, coming and going, first in one and then in another part of the body. The cause is usually some article of food which has been ingested, and has disagreed. Shell-fish, pork, canned meats, and some fruits will bring on an attack.

Treatment.—An emetic, if the offending article of diet has recently been swallowed, followed by a dose of castor-oil. A light diet, and a few doses of fluid magnesia will complete the cure.

Neuralgia.—Give quinine and iron—2 grains of the former and 10 drops of the latter (as steel-drops) 3 times a day in water. Menthol may be applied externally, also ether spray. Decayed teeth or stumps should be removed, and ear discharge or defective sight attended to. If the attack comes on at the same hour every day, a dose of the quinine taken half an hour before the period may ward it off. Hot fomentations or camphorated oil containing some laudanum, will often relieve the pain during an attack.

Nightmare.—Give 20 grains of bromide of potassium in water at bedtime.

Nipples (Sore).—These should be hardened beforehand with weak arnica lotion, or a little glycerine and eau-de-Cologne. When sore, apply green oil, prepared by boiling some elder leaves in olive-oil, and wear a nipple shield with a breast-tube teat. An excellent application is glycerine of borax. The nipples should be carefully washed and dried each time they are used, and the application put on afterwards.

Otorrhœa.—*See* Ear-discharges.

Palpitation of the heart does not necessarily mean heart disease. It is more likely to be due to indigestion and flatulence. It may be relieved by taking a glass of hot water with half a teaspoonful of bicarbonate of soda, and 1 teaspoonful of sal-volatile in it. 5 or 6 drops of essence of peppermint on a lump of sugar are useful. External applications are hot fomentations and turpentine stupes. (*See* also Flatulence.)

Rheumatism of the Joints or Muscles.—Rub camphorated oil or a similar stimulating embrocation, such as hartshorn and sweet oil, well into the affected parts with the bare hand for 15 to 20 minutes morning and evening. Flannel should be worn next to the skin.

St. Vitus' Dance or Chorea.—A nervous disease, characterized by involuntary twitching movements in all parts of the body. It is closely connected with rheumatism, frequently following on rheumatic fever, and associated with heart disease. It is common amongst the poorer classes, especially amongst those who do not get sufficient food and rest.

Treatment.—In many cases rest and good food will effect a cure. Cod-liver oil will help, but other medicines should be taken under medical advice. An attack usually lasts about two months, but it may go on for two years or more.

Sciatica.—Rub the limb well with chillie paste or belladonna liniment. Pure chloroform applied in the same manner will often give relief when other liniments fail. Give iodide of potassium in 3 grain doses, combined with 30 drops of compound tincture of cinchona 3 or 4 times a day. Salicylate of soda in 10-grain doses every 4 hours is very useful in severe cases. Injection of half a grain of cocain into the nerve will sometimes cure sciatica at once, but this kind of treatment should only be used under medical advice.

Scurf or Dandruff.—*See* Baldness.

Snoring and Snuffles result from impediment to breathing, either through the nose (closed nose) or through the throat. If they are persistent, and not merely due to temporary catarrh, a doctor should be consulted, as very probably there is a spongy growth (adenoids) at the back of the throat, with or without enlargement of the tonsils. This may require removal to effect a cure. Any impediment to free respiration in children and young growing people is most detrimental to their growth and development.

Sore Throat.—The commonest form is that due to cold or catarrh.

The throat and tonsils will be seen to be of a darker red than the surrounding parts.

Treatment.—A mild dose of laxative medicine, cold compresses, or hot fomentations to the throat externally, and internally painting the inflamed part with glycerine of borax or alum.

A second form is due to chill, or the intaking of impure gas or water. One or both tonsils will be seen to be inflamed and swollen, and either dotted or covered with white or yellow spots and patches. The glands under the jaw will be swollen and painful, and there will be a varying amount of fever present. In this case medical advice should be obtained, as the complaint may be either simple tonsilitis or diphtheria. (Q.v. "Diseases of Childhood.")

The Treatment of Tonsilitis.—Give an active aperient, foment the throat constantly, paint the throat with a solution containing 1 part of lactic acid to 7 of water, and give a mixture containing 2 drachms of tincture of iron, 4 drachms of glycerine to 6 ozs. of water: 1 tablespoonful to be given every 4 hours. A gargle of a teaspoonful of carbolic acid to half a pint of hot water is useful. Rest in bed is necessary while there is fever.

Spasms, in the ordinary sense of the word, mean gripes, and commonly depend on indigestion and constipation.

Treatment.—In many cases relief may be obtained by the administration of a purgative. If the pain is very severe, it may be relieved by adding 15 drops of laudanum to the purgative. Half an oz. of castor-oil with 10–15 drops of laudanum is a favourite prescription suitable for an adult. As soon as the pain is relieved the general condition of health must be attended to, and anything in the diet that has been known to give rise to pain should be scrupulously avoided, and only simple plain foods taken.

Specks before the Eyes are generally indicative of a sluggish liver, and may be readily removed by taking the old-fashioned blue pill at night, followed by a black draught or seidlitz powder in the morning.

Squint is an acquired disfigurement. At first it is only occasional, and should be treated before it becomes permanent. It is due to abnormality in the vision—generally to strain, caused by long sightedness. The eyes should be tested and suitable spectacles worn ; this will nearly always effect a cure. If the squint is permanent, an operation may be required to correct it.

Stiffness.—*Treatment.*—Hot baths and massage.

Superfluous Hairs can only be permanently removed by the process of electrolysis. This must be applied by a skilled expert.

Tape Worm.—*Treatment.*—1 drachm of oil of male fern, to be given in milk early in the morning, on an empty stomach, to be followed, 2 hours later by a large dose of castor-oil. This may be repeated for 3 days.

Tic Douloureux.—*See* Neuralgia.

Tired Eyes.—Aching of the eyes shows overstrain of the ocular muscles, and is frequently accompanied by the most persistent and intractable form of headache. Some slight defect in the vision will be discovered, correction of which by suitable glasses will relieve the symptoms.

Toothache.—Poppyhead fomentations should be applied to the face, externally. A small pledget of cotton wool, soaked in oil of cloves, placed in the cavity of an aching tooth will give speedy relief.

Varicose Veins are prominent, thickened and tortuous veins in the leg and thigh. The inner part of the leg, just above the ankle is often blue and congested, and here ulceration of a very obstinate and painful kind may form, due to deficient circulation through the veins. A vein may get so distended that it may burst through the skin, in which case dangerous bleeding may result. (*See* "What to do in Case of Accidents.")

Treatment.—To prevent the veins getting worse, and to relieve the aching, elastic stockings or bandages should be worn. In bad cases the veins must be removed by operation.

Warts. —Apply concentrated acetic acid daily, when they will soon wither away. Collodion corn paint will also often cure them. A sulphur lozenge taken 3 times a day is also useful.

Whitlow is an inflammation at the top of the finger, usually involving the nail. (It may be due to a poisoned finger or to an unhealthy, poor state of the blood.) It is characterized by throbbing pain in the finger, often extending up the arm. The finger end is swollen, red, shiny, and very tender to the touch. If it progress, matter is formed, and no relief is obtained till the matter is evacuated either by a small incision or by waiting till the abscess bursts, a much more tedious proceeding.

Treatment.—Bathe the finger in a bath of hot antiseptic for half an hour 2 to 3 times daily. (Carbolic acid, 1 teaspoonful to the pint of water. Sanitas, 1 teaspoonful to the pint of water.) A hot antiseptic fomentation should be kept on the finger, and the hand supported in a sling. After the pus has been let out the same treatment is pursued till all matter ceases to come away, when the finger may be dressed dry and allowed to heal up.

WHAT TO DO IN CASE OF ACCIDENT OR SUDDEN ILLNESS

Apoplexy.—*Treatment.*—When a person is in an apoplectic fit prevent all unnecessary movement ; raise the head and remove everything tight from the neck, then apply ice or cold water cloths to the head, and put the feet in hot mustard and water. The bowels should be freely opened by the administration of calomel.

Burns and Scalds.—*Treatment.*—When any part has been scalded, immediately immerse it in cold water or pour cold water over it ; or dust bicarbonate of soda over it, and then apply a wet cloth. When blisters have formed, prick them with a needle or pair of scissors, and press the skin carefully down, after which apply the bicarbonate of soda as before, or carron oil (equal parts of olive-oil and lime-water); thymol or carbolic oil (1 part to 100 of olive-oil) answers well. The oil should be applied on clean linen rags or cotton wool, and the dressings should not be made more often than is required by cleanliness. The injured portion should be exposed as little as possible in the changes. In case of clothes catching fire, the patient should be immediately laid down and rolled in a thick coat, rug, blanket, tablecloth, etc., to extinguish the flames.

Bruises.—These are caused by blows, the skin remaining unbroken.

Treatment.—Apply either tincture of arnica, spirit and water, vinegar or sal-ammoniac and water. The following is a useful combination: chloride of ammonium (sal-ammoniac), 1 oz.; rectified spirit, lavender water, or eau-de-Cologne, 2 ozs.; vinegar, 3 ozs.; water to make 16 ozs. in all. Rags dipped in this solution should be laid over the bruise and kept constantly wet. Hot fomentations are frequently more effectual than cold applications in removing the associated discolouration.

Choking.—*Treatment.*—If the substance causing choking be at the upper part of the throat, thrust the finger and thumb into the mouth, and endeavour to seize it. If this cannot be done, take a penholder, a quill, or piece of whalebone—anything, in fact, that will do, and endeavour to push it down the gullet. A smart blow on the back will sometimes dislodge a foreign body from the throat. If the obstruction be only slight, swallowing a small piece of dry bread will often effect the removal. If it seem serious, medical aid should be sought instantly. Children may be held upside down, and smartly slapped on the back.

Concussion of the Brain.—*Treatment.*—Move the patient as little as possible, and keep him absolutely quiet in a darkened room. He should be placed between hot blankets and hot bottles, or a hot brick wrapped in flannel applied to the feet and body. Alcohol should not be administered unless ordered by the doctor.

Croup.—*Treatment.*—Take the child out of bed and put it into a bath of 100° F., and keep it there for half an hour; or wrap it in a sheet wrung out of warm water, with dry blankets on top, and keep it in this for 1 hour. Give 1 teaspoonful of ipecacuanha wine every quarter of an hour in tepid water, and give drinks of tepid water between, until vomiting takes place. Keep the atmosphere moist by the steam from a bronchitis or other kettle, which should be kept boiling in the room. Medical aid should be sought at once.

Dislocations.—*Treatment.*—If medical assistance is at hand do not touch a dislocation; merely support the limb in the position of greatest comfort, until the arrival of the doctor. If skilled assistance cannot be had, get some one to steady the body or the part of the limb nearest the body, and use gentle, steady extension upon that furthest removed until the parts are again in apposition. Then apply cooling lotions (such as Goulard's lotion with a little spirits of wine in it) to the injured joint, and keep the limb in proper position by means of slings and bandages.

Drowning.—*Treatment.*—Loosen the clothing about the neck and chest, the braces or stays. Place the patient on the floor or ground if possible on a slope with the head lower than the heels, in order to allow the water to run out of the air-passages, with the face downward and one of the arms under the forehead. If there be only slight breathing, or no breathing, or if the breathing presently fail, then turn the patient instantly on the side, supporting the head, and excite the nostrils with snuff, hartshorn and smelling salts, or tickle the throat with a feather. Rub the chest and face till warm, and dash cold water or cold and hot water alternately on them. If there be no success, imitate the motions of natural breathing. To do this place the patient on his back, supporting the head and shoulders on a small firm cushion or folded article of dress ; draw the tongue forward, and slip an elastic band over it and under the chin, or tie a piece of string or tape in the same way ; then, kneeling behind the patient's head, grasp the fore-arms just below the elbows, and draw them gently and steadily upwards above the head, and keep them stretched upwards for 2 seconds ; then turn them down and force them gently and firmly for 2 seconds against the sides of the chest. Repeat these measures about 15 times in a minute. When breathing is restored, rub the limbs upwards with firm grasping pressure and energy, to drive the blood along the veins to the heart, using handkerchiefs, flannels, etc. Apply hot flannels, hot bottles, bladders of hot water, or heated bricks to the pit of the stomach, the armpits, between the thighs and to the soles of the feet, or, if these are not available, cover the limbs when dried and rubbed warm, with coats, waistcoats, or any articles of clothing to hand. On the restoration of vitality a teaspoonful of warm water should be given, and then small quantities of warm coffee.

Epilepsy.—*Treatment.*—At the onset of a fit the patient should be caught in the arms of a bystander and laid gently down upon his back, with something placed under his head for a pillow, and everything tight should be removed from his neck. Insert a cork between the teeth to prevent the tongue being bitten, then wait patiently till the fit is over.

Fainting.—In this affection there is pallor of the face, coldness, perspiration ; feeble, shallow and irregular breathing ; noises in the ears ; indistinctness of vision and giddiness.

Treatment.—A fainting fit can frequently be prevented if the patient is told to sit in a chair and his head is then gently pressed down on a level with his knees. Another method is to lay the patient upon the back, remove all constricting articles of clothing from about the neck, and apply strong smelling salts to the nostrils ; sprinkle cold water over the face, and give a dose of half a teaspoonful of spirit of sal-volatile in a little water.

Foreign Bodies.—*In the Nose.*—These are generally peas, beads, sweets, cherry-stones, etc.

Treatment.—If old enough, get the child to forcibly blow down the obstructed nostril after taking a deep breath, while the finger is pressed tightly against the free nostril. Failing this, grasp the nostril behind the seat of obstruction, and introduce a small flat article, such as the handle of a salt spoon beyond it, and endeavour to scoop it out.

In the Ear. Treatment.—If an insect has found its way into the ear, pour in olive oil, when the intruder will generally float to the top. If a pea, bead, or cherry-stone, use the head of a hairpin as a snare and, *with the utmost gentleness*, endeavour to insinuate it beyond the object it is intended to remove.

In the Eye. Treatment.—If the offending substance is not imbedded in the globe of the eye it can generally be easily removed, either with or without everting the lid (turning the lid outwards), by using the corner of a soft pocket handkerchief, or a camel-hair pencil moistened with water or olive-oil, or by drawing the top lid down over the lower. Blowing the nose sharply will often effect removal. If the substance is imbedded in the globe of the eye, a camel's hair pencil dipped in water or oil may be passed over it, and an effort made to dislodge it. Should this fail, and medical assistance is not at hand, a blunt-pointed instrument may be carefully passed across the surface. The eye must not be rubbed, or permanent injury may be done. Should quicklime get into the eye, wash it out as thoroughly as possible with water, then bathe with a lotion consisting of a teaspoonful of vinegar to a wineglassful of water, or drop a little castor-oil into the eye. In case of injury by acid, bathe with milk or 1 part of lime-water to 3 of water.

Fractures.—*Treatment.*—When a fracture has taken place the object is to bring the ends of the bone that has been broken as nearly as possible to the position they were in previous to the accident. In order to do this, the part nearest the body must be steadied by some one, while that furthest removed is gently stretched out, the sound limb being uncovered and observed as guide. Having got the limb into good position, splints must be applied to fix it in the position in which it has been placed, and the limb must then be kept still.

In dealing with fractures immediately after they have happened, great care must be taken in moving the patients in order to prevent a simple fracture being converted into a compound one : that is, to prevent the fractured bone protruding through the skin. For this reason it is always best, in giving first aid, to apply temporary splints outside the clothes till the sufferer can be placed in more favourable conditions for treatment.

Hæmorrhage, or Bleeding.—*From a Wound.*—The blood from an artery is distinguished from that of a vein by being brighter in colour and by flowing in a saltatory or jumping way.

Treatment.—If from a vein make a compress by folding up a piece of lint or a small handkerchief, and apply it to the wound with a bandage over it. This treatment also generally answers in bleeding from small arteries, although the pressure requires to be greater. If this is insufficient, and the sufferer is losing a great deal of blood, pending the arrival of medical aid, a rough and ready tourniquet should be applied also, by winding a handkerchief or silk scarf around the limb, on the side of the wound nearest the heart if an artery has been cut, or below it if a vein, and twisting tightly by means of a stick slipped beneath one of the turns. A hard pad over the artery or vein, under the handkerchief, will greatly assist the local pressure.

From Varicose Veins. Treatment.—Place the patient on his back, and apply a compress and bandage, or put half-a-crown or a penny in a handkerchief, place it over the wound, and tie it down tightly. (See Nursing Illustration, No. 1, Fig. 7.)

From the Nose. Treatment.—Apply cold water cloths or ice to the forehead ; raise the arms above the head ; seize the nose between the fingers, and squeeze the sides together. Make the patient sit upright in a chair; do not let him stand with his head over a basin, as this is a common cause of the bleeding continuing. In severe cases it may be necessary to plug one or both nostrils, but medical assistance is then necessary. One or other of these methods may be tried, or they may all be tried in turn if the bleeding is difficult to check.

From Leech-bites. Treatment.—Lay a crystal of iron alum upon the wound. Dried alum and tannic acid may be used in a similar manner. Two strong needles run through the skin cross-wise, passing beneath the wound, and a piece of linen thread tied round them, will frequently answer when the simpler means fail.

After Tooth Extraction. Treatment.—Sponge the gums dry and see exactly whence the bleeding comes, then plug the tooth socket with wool moistened with perchloride of iron solution. A still better way is to paint the bleeding point with a solution of adrenalin, 1 in 1,000. Sometimes a saturated solution of antipyrin acts as an efficient styptic.

After Confinement. Treatment.—Keep the patient at absolute rest on her back, and remove the pillows so as to keep her head low ; cover only very lightly with bedclothes. Place the hands on the lower part of the abdomen, and press deeply down with a kind of kneading motion. If the womb is felt contracting into a hard lump under the hands, grasp it and keep it tight till the arrival of the doctor. Give the patient a little tepid milk and water to drink.

From the Umbilical Cord.—When bleeding takes place from the umbilical cord, the child generally becomes restless, and the blood may saturate its clothing. Undress the child immediately, and tie a ligature of three or four thicknesses of worsted or linen thread behind the original ligature.

Internal Bleeding.—Instances of this form of bleeding are seen in hæmorrhage from the lungs and stomach. That from the lungs is generally bright scarlet in colour and frothy in appearance, owing to the admixture of air; that from the stomach is dark in colour and is not frothy.

Treatment.—Keep the apartment cool, and the patient quiet and in the recumbent posture. Ice may be sucked, or a little cold water taken when ice cannot be had. 5 to 10 grains of gallic acid with 5 to 10 drops of tincture of opium, and 10 or 15 drops of aromatic sulphuric acid, may be given in a little water every 3 or 4 hours.

Hysteria.—This may manifest itself by intense sobbing or immoderate laughter, or by alternations of both. There is frequently wild tossing of the arms, the hair is dishevelled, the face is generally pale, and complaint is made of a suffocating feeling in the throat.

Treatment.—The patient must be spoken to kindly, yet firmly, and be told to stop any eccentricities. Loosen the dress and remove anything tight from the neck. Give 1 teaspoonful of spirit of sal-volatile in water. If no heed is paid to what is said, dash cold water upon the face. Change of scene, cheerful society, physical exercise, and the cultivation of mental control are the best means of overcoming hysterical tendencies, especially the two latter means.

Intoxication.—*Treatment.*—When loss of consciousness has occurred from this cause, give an emetic of mustard and water (1 tablespoonful in tepid water), or 20 grains of sulphate of zinc or powdered ipecacuanha. The emetic should be followed by 2 or 3 draughts of warm water. Remove to a warm atmosphere, and give strong tea or coffee after the emetic has taken effect.

Poisons.—*Treatment.*—Many of these give rise to vomiting, and are thus got rid of. In such cases the vomiting should be encouraged by tickling the back of the throat with a finger or feather or by giving draughts of tepid water. If it is at hand, a stomach-syphon, which is much more convenient to use than the stomach-pump, should be employed to withdraw the poison. Care must be taken to pass the tube along the *back* of the throat, as otherwise harm may result. If the poison has not given rise to vomiting, a handful of salt in lukewarm water may be given and draughts of tepid water afterwards. Mustard and water is a good emetic when the poison taken is not irritant in character. 20 grains of powdered ipecacuanha in water, or the same quantity of sulphate of zinc in water, may be used in the same way.

General Directions.—When an alkali (*see* below) is the poison, give drinks of weak vinegar or lemonade. When an acid, chalk and water, whiting plaster from the walls, or white of egg; if a narcotic, give strong coffee, and do everything to *keep the patient awake*, walking him about, opening the windows wide, applying cold water to his face, and so on.

Particular Poisons.—*Aconite, Monkshood, or Blue Rocket. Treatment.*—Give 1 tablespoonful of mustard in water or 20 grains of sulphate of zinc in water: then a dose of castor-oil. Hot bottles should be applied to the feet, and a teaspoonful of spirit of sal-volatile in water, or a cup of strong coffee given.

Alkalies, such as potash, soda, ammonia, taken as pearl ashes, soap-lees, common washing soda, and ammonia in vapour, solution and solid form.

Treatment.—Give drinks containing vinegar; or lemonade, lemon-juice or olive-oil may be given, and stimulants in case of collapse.

Arsenic. Treatment.—Empty the stomach with an emetic and the stomach-syphon, and then give freshly prepared ferric oxyhydrate, prepared by adding a solution of carbonate of soda to a solution of ferric chloride. The patient must afterwards be fed for a considerable time on a milk and farinaceous diet only.

Barytes. Treatment.—Give 2 teaspoonfuls of Epsom or Glauber's salts every 2 hours until the bowels act.

Belladonna. Treatment.—Give an emetic of 20 grains of sulphate of zinc in water, or 1 tablespoonful of mustard in warm water; then drinks of tepid water, or stewed tea, the tannin in which renders the poison innocuous. Afterwards give strong coffee.

Carbolic Acid. Treatment.—Use the stomach-syphon if at hand. Empty the stomach with it, and then wash out that organ with a dilute solution of Epsom salts. White of egg and milk may be given. External warmth, and brandy by the rectum, are useful to combat the depression.

Copper.—Use the stomach-syphon or give an emetic followed by draughts of hot water, barley and water, or arrowroot and water, to soothe the inflamed coats of the stomach.

Mercury, Corrosive Sublimate.—If the patient has not vomited give an emetic, followed by white of egg and demulcent drinks (lime-water, barley-water, etc.).

Foxglove. Treatment.—Give an emetic of mustard and water or 20 grains of sulphate of zinc in water, then give a dose of castor-oil and a cup of strong tea.

Fungi (Toadstools, etc.). Treatment.—Give an emetic of mustard and water, afterwards a dose of castor-oil.

Hemlock. Treatment.—The same as for Foxglove.

Henbane, Thorn Apple, and Tobacco. Treatment.—The same as for Belladonna.

Hydrochloric Acid. Treatment.—The same as for sulphuric acid poisoning.

Laburnum. Treatment.—Give an emetic of mustard and water or 20 grains of zinc sulphate in water, followed by draughts of warm water. If there is much collapse, strong coffee or other stimulants should be administered.

Laudanum, Opium, and Morphia. Treatment.—Give 20 grains of sulphate of zinc or 1 tablespoonful of mustard in water, then drinks of tepid water. Wash the stomach out with a weak solution of Condy's Fluid if a stomach-syphon is available. Afterwards give strong coffee, and keep the patient constantly in motion in the open air till drowsy feeling wears off

Lead. Treatment.—Give an emetic in the first place, then 2 teaspoonfuls of Epsom or Glauber's salts every 2 hours until the bowels act. When this has been accomplished continue the salts in smaller doses. Opium may be needed if the abdominal pain is severe.

Nitric Acid or Aquafortis. Treatment.—The same as for poisoning by sulphuric acid.

Oxalic Acid or Acid of Sugar. Treatment.—Give magnesia or chalk mixed with water. When the acid is neutralized by these means give 1 tablespoonful of castor-oil.

Phosphorus. Treatment.—Use the stomach-syphon to evacuate the contents of the stomach. If this is not available, give an emetic of 20 grains of zinc sulphate or 3 grains of copper sulphate dissolved in water. Purgatives should afterwards be given, but castor-oil must *not* be used since phosphorus is soluble in oil and the poison is then more easily absorbed.

Prussic Acid. Treatment.—Evacuate the stomach with the syphon or give emetics of mustard and water, or 20 grains of zinc sulphate in water. Then commence artificial respiration, as described under "Drowning."

Shell Fish. Treatment.—Give an emetic, then a purgative, afterwards 20 or 30 drops of spirit of sulphuric ether on a lump of sugar.

Sulphuric Acid or Oil of Vitriol. Treatment.—Give chalk, magnesia or soda, mixed with water. Failing these, white of egg or soap and water may be used to neutralize the acid. Treat the collapse with hot bottles and blankets, and an enema containing 1 oz. of brandy and an egg beaten up.

Shock.—After a severe—or sometimes even after a slight—accident, and after a fright, some people suffer from collapse or shock. They will be faint, depressed, and cold ; the pulse will be weak and difficult to count and the breathing shallow, the face pale and pinched and the expression alarmed. Sometimes this condition of shock is so severe that it ends in death, even when the accident itself has been but slight. The degree of shock depends very much upon the temperament of the sufferers, being much greater in those of a weak and timid disposition.

Treatment.—Recumbent position, application of warmth to body and limbs, friction and massage of limbs, rubbing towards the heart. Give hot drinks, tea or coffee, and if the nature of the accident will permit, a little weak stimulant, also hot. Loosen all tight clothing, and finally if the patient is conscious, cheer him up as much as possible.

Sprains.—*Treatment.*—Foment the part well with warm water, then brush tincture of arnica over it with a camel-hair brush several times a day. In place of the fomentations, cold water bandage or lint well moistened with lead lotion or an evaporating lotion containing methylated spirit, often give relief. When the more acute symptoms have passed, wrap the part in cotton wool, and apply a good firm bandage (india-rubber if it can be had) to diminish the swelling and give a feeling of security when the patient is able to move about. Later on, if the part is still not quite right, use the cold douche, and friction it with a rough towel.

Suffocation.—*Treatment.*—If the person is found hanging, he should be at once cut down and artificial respiration employed, as in drowning. If the suffocation results from articles of food blocking up the throat, the treatment recommended in choking must be had recourse to. Should the suffocation be the result of breathing coal-gas or sewer-gas, or by being in a room in which charcoal has been burnt, get the patient into the fresh air as speedily as possible, dash cold water in the face, and then perform artificial respiration.

Sunstroke.—*Treatment.*—Dash cold water over the face and head, apply ice or ice cloths or cold water to the head, and give a teaspoonful of spirit of sal-volatile in water. Tea or coffee may be given afterwards. The patient should be placed in the shade as soon as possible.

Swallowing a Stone or Coin.—If symptoms of choking follow, act as directed in the paragraph "Choking." If a stone has been swallowed or a small coin, and if it has apparently passed into the stomach, a quantity of porridge or hasty pudding may be taken, to be followed 2 hours later by a dose of castor-oil. A doctor should be consulted, and if the article should have stuck in the gullet, he may be able to recover it by means of an instrument called the coin catcher.

WOUNDS, BITES AND STINGS

The simplest are those in which the tissues are clean cut through, and where the edges, when brought together, fit accurately the one to the other.

Treatment.—Remove all dust or dirt from the region of the wound by thorough washing with pure soap and water, and bring the edges carefully together by means of a bandage or strips of plaster. Keep at rest for a few days.

Contused or lacerated wounds should be treated by cleansing the parts with Sanitas and water, carbolic acid and water (1 teaspoonful of the acid to 8 or 10 ounces of water), or Condy's Fluid and water, then place a piece of lint or rag soaked in carbolic lotion (1 part in 20 of water) over the wound, and draw the edges as nearly as possible together. If it still contains gravel or dirt, boroglyceride fomentation (as described in "Recipes for Sick Nurses") should be regularly applied when the bleeding has ceased.

Perforating wounds are dangerous because of their depth, and the greater possibility of their containing dirt.

Treatment.—The best treatment is to foment them from the first with hot boroglyceride fomentations, and to ensure that they heal from the bottom upwards.

Gun-shot wounds. *Treatment.*—If a stimulant is necessary, give a teaspoonful of spirit of sal-volatile in water. Remove pieces of clothing, wadding, or bits of paper that may be found in the wound, then bathe it with Sanitas and water, carbolic acid and water, or Condy's Fluid and water, and foment as in the case of perforating wounds. (*See* above.)

Poisoned wounds may result from a number of causes, such as stings of insects, snake-bites, the bites of rabid animals, etc.

Dog-bites.—When any one is bitten by an animal supposed to be mad, unless the actual fact of the animal's madness is already known, it should be kept and carefully watched; if it is found not to be suffering from rabies, no ultimate harm will result to the patient. The rabies will soon make itself apparent, for, if mad, the dog will be seen snapping at imaginary objects, with a copious flow of saliva from the mouth, and a convulsive closing of the jaws.

Treatment.—The wound should be thoroughly cleaned with carbolic lotion 1 in 20. It should then be cauterised with lunar caustic or a red-hot wire, and bandaged up. Stimulants, such as the spirits of sal-volatile in teaspoonful doses, may be given every 2 or 3 hours.

Snake-bites.—Bites received from serpents abroad are often exceedingly formidable injuries, and may be followed by death within a few hours, so that prompt action is necessary.

Treatment.—The part should be at once sucked. A very tight bandage should then be applied just above the wound, either by means of a strong elastic band, a leather strap, or a handkerchief twisted tightly with a stick. The wound should then be freely cauterised by means of a red-hot wire or a red-hot cinder; or the part may be cut out with a knife; or caustic, such as nitrate of silver, may be applied; a red-hot wire is, however, the best. Stimulants, especially preparations of ammonia, must be freely given. A teaspoonful of ammonia should be put into a wineglassful of water, and the patient given 1 tablespoonful every quarter of an hour. If those present are afraid to suck the wound, a wineglass, into which a piece of burning paper has been put to exhaust the air, should be inverted over it. Treatment by anti-toxins has been successfully used.

Stings.—If the sting still remains in the wound, it must of course be removed; then some alkaline lotion should be applied to the part, such as a little ammonia water, liquor potassae and water, or bicarbonate of soda and water. The pressure of a hollow key will often force a sting sufficiently above the skin to allow of it being seized with tweezers.

THE NURSE

CHAPTER LXXI

Nursing Recipes for the Sick-Nurse, and Domestic Medicines

Sick Nursing.—All women are likely, at some period of their lives, to be called on to perform the duties of a sick-nurse, and should prepare themselves as much as possible, by observation and reading, for the occasion when they may be required to fulfil the office. The main requirements are good temper, compassion for suffering, sympathy with sufferers (which most women possess), neat-handedness, quiet manners, love of order, and cleanliness. With these qualifications there will be very little to be wished for ; the desire to relieve suffering will inspire a thousand little attentions and surmount the distaste which some of the offices attending the sick-room are apt to create.

Where serious illness visits a household, however, and protracted nursing is likely to become necessary, a professional nurse will probably be engaged who has been trained to her duties. Such nurses may be obtained from the nursing homes in connexion with most of the large hospitals throughout the country. Their usual fee is two to three guineas a week. The advantages of employing such a nurse in cases of serious illness are many. The patient receives every care and attention from one who, by training and experience, has learnt of what attentions such a patient stands most in need. The doctor is helped by having at each visit an accurate report of the patient's condition, the amount of sleep enjoyed, the alterations in the pulse or temperature, etc., since his last visit. He is thus better able to form an opinion of the progress of the case, and adapt his treatment accordingly. The mistress of the house has time to devote to her household duties, to supervise the preparation of the invalid's food, to answer inquiries as to his progress, and by her companionship to relieve the monotony of the long weary time the invalid must necessarily experience. How common it is, when the mistress takes upon herself the duties of nurse, to find the patient neglected, not for want of attention, but for lack of knowledge, the household management disorganized, and the mistress herself worn out and ill from anxiety, watching and over-work.

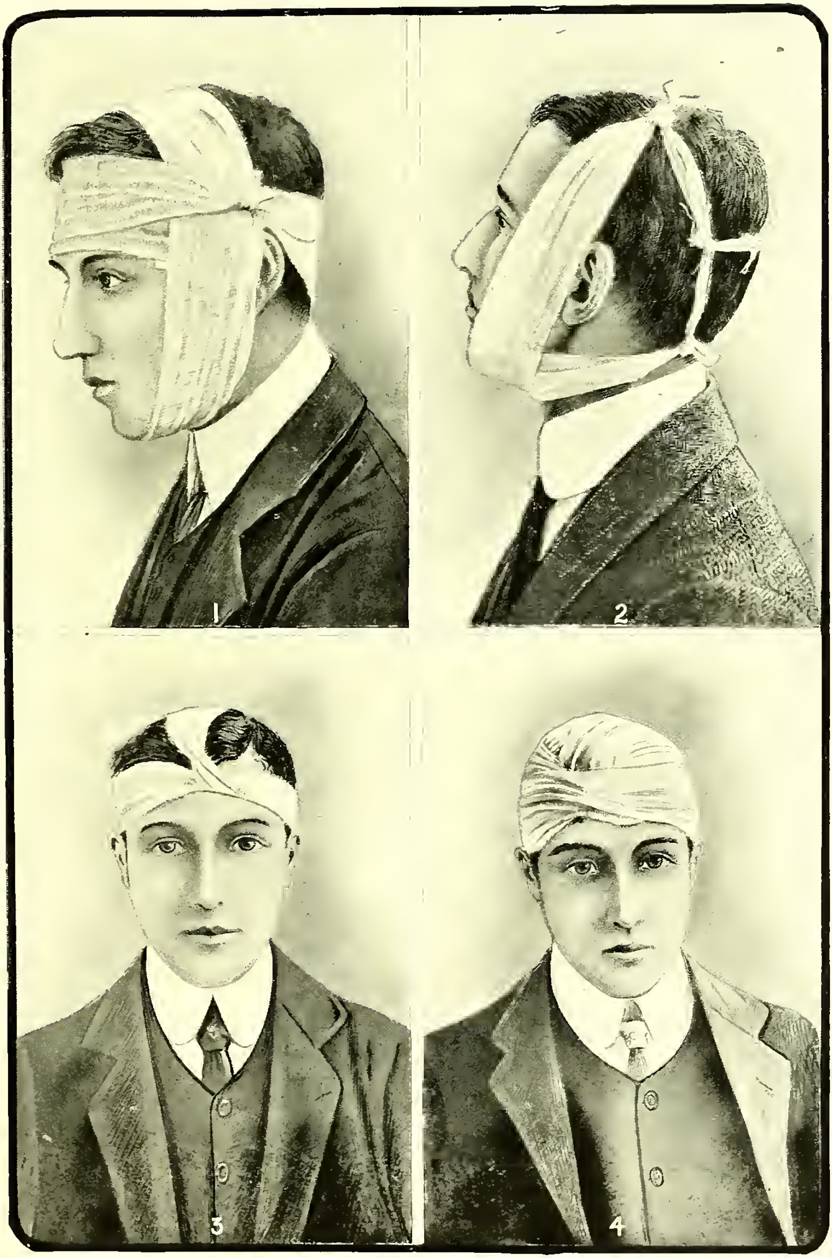
Professional nurses need not only the qualifications already named. In addition to their training they should be physically strong, have good health, nerves well under control, and be sure that nursing is a congenial occupation. What a friend or relative can do in the time of sickness for one she holds dear—the taxing of strength, the loss of sleep that she can make light of in such a case—all this is no proof that she is fitted for the post of a professional nurse. Her very passion for self-sacrifice is against this, for a nurse must do her work in a business-like way ; she must not over-fatigue herself; should eat, drink, and sleep well, and take regular exercise; while it should not cause her (as it does so often to the amateur) actual suffering to see pain inflicted when it is necessary that an operation should be performed. She should be able, like the surgeon, to think of the future good instead of the present suffering. To some nervous, highly-organized persons this would be impossible, and they are therefore unsuited for nursing as a career, although they may be the most devoted and patient attendants upon those they love.

But there are, of course, many cases in which the simple domestic nursing that almost every woman could undertake is all that is necessary : infantile complaints ; accidents in a thousand forms ; slight attacks of disease unattended with great danger ; and the preliminary stages of, and convalescence from, more serious troubles—for all of which some knowledge of the general treatment of the sick is absolutely essential.

In the first stage of sickness, while doubt and a little perplexity hang over the household as to the nature of the sickness, there are some things about which no doubts exist : the patient's room must be kept in a perfectly pure state, and arrangements made for proper attendance ; for the first canon of nursing, according to Florence Nightingale, its apostle, is to " keep the air the patient breathes as pure as the external air, without chilling him." This can be done without any preparation which might alarm the patient ; with proper windows, open fireplaces, and a supply of fuel, the room may be as fresh as it is outside, and kept at a temperature suitable for the patient's state.

Arrangement of the sick-room.—Windows must be opened from above, and not from below, and draughts avoided ; cool air admitted below the patient's head chills the lower strata and the floor. The careful nurse will keep the door shut when the window is open ; she will also take care that the patient is not placed between the door and the open window, nor between the open fireplace and the window. If confined to bed, she will see that the bed is placed in a thoroughly ventilated part of the room, but out of the current of air which is produced by the momentary opening of doors, as well as out of the line of draught between the window and the open chimney, and that the temperature of the room is kept about 60°. (The " cool bedroom " temperature is 56° ; the " warm bedroom," 64°.) Where it is necessary to admit air by the door, the windows should be closed ;

NURSING, No. 3.



1. Bandage for pressure in region of the temple. 2. Application of Four-tailed Bandage for fracture of lower jaw. 3. To commence a Capeline Bandage. 4. Capeline Bandage complete.

but there are few circumstances in which good air can be obtained through the sick-room door; on the contrary, the gases generated in the lower parts of the house are likely to be drawn through it into the invalid's room. When these precautions have been taken, and plain, nourishing diet, such as the patient desires, supplied to him, probably little more can be done, unless more serious symptoms present themselves; in which case medical advice will be sought.

Ventilation.—Under no circumstances is ventilation of the sick-room so essential as in cases of febrile diseases, usually considered infectious, such as influenza, whooping-cough, small-pox and chicken-pox, scarlet fever, measles, and erysipelas; all these are considered communicable through the air, but there is little danger of infection being thus transmitted provided the room is kept thoroughly ventilated. But if this essential condition is neglected, the power of infection is greatly increased by being concentrated in the confined and impure air; it settles upon the attendants and visitors, especially where their clothes are of wool, and is frequently communicated in this manner. A sheet wrung out in some disinfecting fluid and kept moistened with it, should be hung across the door or passage-way in all cases of infectious diseases.

The comfort of feverish patients, and indeed of most sick persons, is greatly increased by being sponged with tepid water in which camphorated spirit is dropped in the proportion of 1 teaspoonful to 1 quart of water. The patient's face may be sponged every 2 hours in warm weather. An impression prevails that flowers poison the atmosphere of a sick-room. The contrary is, however, the case. By absorbing the carbonic acid in the room and giving out oxygen, the air is purified by the plants. Lilies, and some other very odorous plants, may, however, give out smells unsuited to a sick-room, the atmosphere of which should always be fresh and natural.

Atmosphere of the sick-room.—Under all circumstances this should be kept as fresh and sweet as the open air, while the temperature is kept up by artificial heat. Care must be taken that the fire burns clear, and gives out no smoke into the room; that the room is kept perfectly clean, and wiped over with a damp cloth every day, if boarded or laid with linoleum; or sprinkled with damp tea-leaves, or other aromatic leaves, and swept, if carpeted; that all utensils are emptied and cleaned immediately after use, and not once in four-and-twenty hours, as is sometimes done. A slop-pail should never enter a sick-room; everything should be carried direct to the water-closet, emptied there, and brought up clean; in the best hospitals the slop-pail is unknown. "I do not approve," said Miss Nightingale, "of making housemaids of nurses—that would be waste of means; but I have seen surgical sisters, women whose hands were worth to them two or three guineas a week, down on their knees, scouring a room or hut, because they thought it was not fit for their patients;

these women had the true nurse spirit." Offensive odours are sometimes dealt with by sprinkling a little liquid chloride of lime on the floor. Fumigation by burning pastilles is also a common expedient for the purification of the sick-room. Both of these methods are useful, but *only* in the sense hinted at by the medical lecturer, who commenced his lecture thus: "Fumigations, gentlemen, are of essential importance; they make so abominable a smell, that they compel you to open the windows, and admit fresh air." In this sense they are useful, but unless the cause of the offence is at once removed and fresh air admitted, fumigations and sprinklings are perhaps worse than ineffectual, as they conceal a source of danger.

The sick-room should be perfectly quiet in all dangerous illnesses: talking, gossiping, and, above all, whispering, should not be allowed. Whispering, indeed, is absolute cruelty to the patient; he thinks his complaint the subject, and strains his ear painfully to catch the sound. When it is necessary to speak, do so distinctly and clearly, so that the patient may hear what is said. It is not advisable to speak of him or his case, but avoid all appearance of mystery. Avoid rustling dresses and creaking shoes; where the carpets are taken up the nurse should wear shoes of list, or some other noiseless material, and her dress should be of soft texture that does not rustle. Instead of a coal-scuttle a basket should be used, filled with convenient sized coals that can be put upon the fire with tongs, while a stick might take the place of a poker, and thus save a great deal of noise when it is necessary to make up the fire.

If there are any superfluous articles of furniture, boxes, etc., in the room, take them away at once, and let the sick-room be as free as possible, so that its cleansing and sweeping will occupy less time. In the case of an infectious disease, move things only into an unused room, where they can be disinfected later on.

An extra room adjoining the sick-room is invaluable to a good nurse, for here, if it be warm weather, she can, when necessary, have a fire, can air linen, wash up any plates, glasses, etc., and do a hundred and one little duties she would otherwise be compelled to perform in the sick-room, thus saving much disturbance to the patient, and keeping the sick-room as it should be kept, free from noise or litter of any sort.

Never let the patient be waked out of his first sleep by noise, nor roused by anything like a surprise. Always sit in the apartment so that the patient has you in view, and is not under the necessity of turning to speak to you. Never keep a patient standing; never speak to one while he is moving. Never lean on the sick-bed, and prevent all noises over-head. Above all, be calm and decisive with the patient.

The sick-bed.—A careful nurse, when a patient leaves his bed, will open the sheets wide, and throw them back, so as to thoroughly air the bed. She will avoid drying or airing anything damp in the sick-room. A small bed, or rather a narrow one, is best for an invalid, for if he has to be moved it is far easier for the nurse to manage it than on a wide one. A hair or wool mattress is better than a feather bed.

Changing Sheets.—There are several ways of changing sheets, but perhaps there is no more simple and easy way than that of rolling up the dirty sheet lengthways in a narrow roll till it reaches the side of the patient, treating the clean sheet in the same way, that is, rolling it half-way across, leaving enough unrolled to replace the portion of the dirty sheet that has been folded. Place the clean roll by the side of the dirty one, in the manner shown in the illustration, and a very little shifting will take the patient over them, when the dirty sheet can be withdrawn and the clean one unrolled and spread in its place.

Under-sheets for a sick-bed should be small ones, only just large enough to tuck in at the sides, and should never be wound round the bolster.

A very hard pillow should be used as a foundation when it is necessary to make a pile for the patient to sit up in bed, as in cases of bronchitis.

For a helpless patient a draw-sheet is often needed, which may be made by folding a large sheet lengthways to about a yard wide. This should be laid across the middle of the bed over a mackintosh, with one end reaching only to the side of the bed, and the surplus at the other formed into a roll that can be unwound as the sheet is drawn from the other side. Be most careful to have this draw-sheet so firmly fixed with safety-pins or by being tucked under the mattress that it will not ruck or crease, and so cause great discomfort, if not pain, to the patient.

Fresh smooth sheets and cool pillows afford great comfort to most invalids, and a good nurse will be on the watch for opportunities of replacing a pillow and changing or smoothing a sheet when these offices can be performed without inconveniencing or disturbing her patient.

Invalid's Food.—"Patients," says a distinguished nurse, "are sometimes starved in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food. A spoonful of beef-tea, or arrowroot and wine, or some other light nourishing diet, should be given constantly, for the patient's stomach will reject large supplies. In very weak patients there is often a nervous difficulty in swallowing, which is much increased if food is not ready and presented at the moment when it is wanted: the nurse should be able to discriminate, and know when this moment is approaching."

Never bring a large plateful to an invalid; let it be, if anything, rather less than more than you think he will take; a little can easily be added, but the sight of much food will sometimes prevent a patient taking any.

The diet suitable for patients will depend, in some degree, on their natural likes and dislikes (which the nurse should of course ascertain), and still more on the nature of the disease. Beef-tea is useful and relishing, but possesses little actual nourishment ; when evaporated, it presents a teaspoonful of solid meat to a pint of water. Eggs are not equivalent to the same weight of meat. Arrowroot is less nourishing than flour. Butter is the lightest and most digestive kind of fat. Cream, in some diseases, cannot be replaced. Observation is, however, the nurse's best guide, and the patient's appetite the rule. Half a pint of milk is equal to a quarter of a pound of meat. Tea and coffee are both too much excluded from the sick-room.

Food must not be kept in the sick-room, since it is deteriorated by the air there ; the continual presence of food, besides, is highly objectionable to a patient, being likely to destroy what little appetite he has. In no cases should food removed from the sick-room be consumed by other members of the family. It should be thrown away at once or burnt.

A nurse's dress should be of some washing material that neither rustles nor crackles ; her shoes should be soft ones that do not creak ; her sleeves should be loose enough to roll back, and she should have a plentiful supply of large white aprons. A professional nurse would wear a neat white cap. Suffering people are apt to be impressed by trifles, such as a black dress having a gloomy look, while a bright one has a cheering effect, and every one prefers to see a pretty pink cotton gown, for example, in a sick-room, than a sombre, black-looking one. The print is not only pleasanter to the eye ; it has the additional advantage of not being so liable to convey infection as a stuff gown.

Doctor's orders are never disregarded by a nurse worthy of the name. Should she by watching the case think any other treatment or diet would be beneficial to the patient, she should not act upon her own opinion, but state it to the doctor. She should always report to him any change she observes in the patient, which she should be watchful to detect. Such hearty co-operation is of incalculable help to a medical man.

Convalescence.—In this stage the patient is often more difficult to manage than when seriously ill; he is more wayward and fanciful, more easily put out, and more easily impressed by his surroundings. The room should be kept as bright and pretty as possible ; he should be tempted to eat what is best for him, and firmly refused whatever might be detrimental. Anything that can be done to while away the long hours of weakness should be tried, whether it be reading aloud, or by the nurse engaging herself with some occupation that it would be pleasant for the invalid to watch.

In some of the rooms of a suburban hospital looking-glasses are so fixed that patients in upper rooms have a view of the lovely garden, and can, without moving and without any glare, lie and watch the waving trees and flowers below. In cases of long illness, this might give great pleasure to sufferers incapable of being moved.

Recipes for the Sick-Nurse

ADMINISTERING MEDICINE

Although medicine is given by medical advice, and at the time the doctor orders it, as a rule, it sometimes happens that a bottle sent has only indefinite directions, such as " A dessertspoonful twice daily," or " A wineglassful every 4 hours " ; and when the nurse is an amateur the best times to administer may not be known. Medicine which has to be taken at intervals during the day should be given first at ten o'clock in the morning ; if only once during the day, then at nine in the morning or at bedtime ; if twice, at ten and four.

It is always safest to have a medicine-glass marked with the different measures, for the size of the spoons may considerably vary in different households ; and it cannot be too firmly impressed upon the nurse, whether professional or amateur, that regularity and exactitude in the administration of medicine are absolutely essential, the only deviation from the time fixed for it being made when the patient happens to be asleep at the specified hour.

In administering castor-oil it is best to wet the glass thoroughly first with water or lemon-juice, since this prevents the oil sticking to the sides of the glass and the patient's lips. A little brandy is often poured on the surface of the oil.

BRAN POULTICE

Place the quantity of bran required, according to the size of the poultice, upon the top of boiling water, and when the heat has penetrated the bran, stir it gently in. Pour off the superfluous water, spread the bran thickly on a piece of clean old linen or calico, and apply the poultice as hot as it can be borne. A layer of fine muslin should intervene between it and the skin. The poultice must not be in a sloppy state.

BREAD POULTICE

Boil about $\frac{1}{4}$ of a pint of water in a small, clean, lined saucepan. Into this put 2 ozs. of stale bread without crust, and let it soak for a few minutes. Pour off, and lightly press out the superfluous water, spread the pulp thickly between two pieces of muslin or clean old linen, and apply hot, with one or two thicknesses of clean old rag outside to keep the heat in.

BREAD POULTICE

(Another Recipe)

Cut a slice of crumb of bread—the size required—out of a stale loaf, put it in a warmed basin, and pour boiling water over it ; leave it for a few minutes, covered with a plate, to soak. Then drain off all the water, spread the poultice on a piece of soft linen rag, and apply it as hot as it can be borne. It is much neater and generally as efficacious to wrap the poultice up in fine muslin, so that the bread does not adhere to the skin, and the whole may be removed without any mess. Rag must be placed outside in either case, to keep the heat in.

BREAD-AND-WATER POULTICE

(Abernethey's Plan)

First scald out a basin ; then, having put in some boiling water, throw in coarsely-crumbled bread, and cover it with a plate. When the bread has soaked up as much water as it will imbibe, drain off the remaining water, and a light pulp will be left. Spread this a third of an inch thick on folded linen, and apply it when of the temperature of a warm bath. To preserve it moist, occasionally drop warm water on it.

LINSEED-MEAL POULTICE

A linseed poultice being always needed hot, care should be taken that it is made so. Put the meal into the oven to heat for a quarter of an hour, and scald out with boiling water the basin in which it is to be mixed. Have also in readiness 2 plates in the oven, and a piece of tow, pulled to shape, or a portion of old linen, upon which to spread the poultice. Into the basin put as much linseed as will be required, and pour on boiling water, stirring vigorously with a knife, until the mass is of the consistency of thick porridge. Then turn the contents of the basin out upon the tow or linen, spread the linseed to an even thickness, and turn the edges of the tow or linen in as quickly as possible. Roll your poultice up and place it between the 2 hot plates to carry to the patient. Having put it on the patient, cover it with cotton wool or flannel to retain the heat as long as possible.

MUSTARD POULTICE.

This most useful application is made in a variety of ways. The simplest, the cleanest, and most efficacious for ordinary purposes, we believe to be the following : Take a piece of soft flannel, dip it in boiling water, wring it out immediately, and sprinkle one side of it with fresh flour of mustard. The flannel should be laid upon a hot plate while being sprinkled, that no warmth may be lost. Another way of making a mustard poultice is by spreading a large tablespoonful of mustard, made in the ordinary way as if for table, on a piece of soft linen, and warming it before the fire when it is to be applied. A third, and better plan if warmth be needed, is to make a common linseed or bread poultice and stir into it a tablespoonful of mustard, either fresh or mixed. It is generally desirable, with poultices made on either of the last two plans, to place a piece of fine old muslin or gauze between the poultice and the skin.

MUSTARD-AND-LINSEED POULTICE

Mix equal parts of dry mustard and linseed-meal in warm vinegar. When the poultice is wanted weak, warm water may be used instead of the vinegar ; and when it is required very strong, only a very little of the linseed-meal must be added to the mustard. Apply in the ordinary way.

FOMENTATIONS

A fomentation is an external application of a hot fluid, generally by means of a flannel, to some affected internal organ such as the throat, or to the muscles round a joint, with the object of procuring relief of pain by exciting a greater flow of blood to the skin covering the affected part. What the hot bath is to the whole body, indeed, the fomentation is to a part. The swelling which accompanies inflammation is rendered much less painful by fomentation, owing to the greater readiness with which the skin yields than when it is harsh and dry. As the real agent of relief is the heat, the fomentation should be as hot as it can comfortably be borne, and to insure effect should be repeated every hour. Fomentations are of various kinds : emollient, when an infusion of mallows is required ; sedative, when poppy-heads are used ; but the most simple and oftentimes the most useful that can be employed is " hot water," applied by a flannel.

HOT-WATER FOMENTATION

The best application of this kind is made by wringing coarse flannel—by means of two sticks turned in opposite directions—out of boiling water, and, shaking it up, apply it lightly to the part. Or the steeped flannel may be placed in a towel, and the excessive water quickly twisted out. It is advisable to have two pieces of flannel ready each about 3 yards long. While one is being used, the other may be getting ready. When turpentine has to be added, lightly sprinkle it on the side next the skin. Cover the flannel used to foment with wool and oiled silk.

BORACIC FOMENTATIONS

May be made with boracic lint; that is, lint impregnated with boracic acid. A piece of this lint, of suitable size, is wrapped in a cloth and wrung out in boiling water. It is then applied to the part, and covered with protective wool, and a bandage.

Boracic fomentations should always be used in preference to bread or linseed poultices in cases of poisoned fingers, whitlows, abscesses, boils, etc. They do not retain the heat quite so long, but on the other hand are much cleaner than poultices, which become very offensive if the skin breaks or discharge is present.

BOROGLYCERIDE FOMENTATIONS

Are made by wringing out ordinary lint in a solution composed of 1 teaspoonful of boroglyceride to 1 pint of boiling water. Apply as above.

SANITAS FOMENTATIONS

Are sometimes used. They are prepared in the same way, viz., 1 teaspoonful of Sanitas to 1 pint of boiling water. Wring out the lint and apply in usual way.

OINTMENTS FOR CHAPPED HANDS

Ingredients.—1 oz. of bitter almonds, oil of sweet almonds, the yolk of 1 egg, and a little tincture of benzoin; 10 drops of oil of caraway.

Mode.—Blanch the almonds, beat them to a paste by working in gradually the oil of sweet almonds and the egg, then add the benzoin and oil of caraway, and beat till the ointment is of the consistency of thick cream. Before going to bed, the hands should be well washed with soap and warm soft water, thoroughly dried with a soft cloth, and the ointment then rubbed well into them. It is desirable to keep the hands covered with a pair of soft kid gloves while the ointment is upon them.

Another ointment can be made with Goulard's extract, 1 fluid drachm; rose-water, 1 fluid oz.; spermaceti ointment, 2 ozs. Melt the ointment, and rub it up with the extract of Goulard mixed with the rose-water. Apply in the same way.

LINIMENT FOR UNBROKEN CHILBLAINS

Ingredients.—1 teaspoonful of flour of mustard, half a pint of spirits of turpentine.

Mode.—Infuse the mustard in the turpentine, shake it well during twenty-four hours; then strain it off quite clean through muslin. Apply the clear liquid to the chilblains and rub it well in.

LOTION OF VINEGAR

One part of vinegar to three of water is a commonly-used lotion for sponging invalids. Equal parts of vinegar and water may be usefully employed for bruises.

EVAPORATING LOTION

Sal-ammoniac, ½ an ounce; vinegar, 5 ozs.; rectified spirit, 5 ozs.; water, a pint. Mix together. This is a useful application in sprains and bruises, and also for the head in cases of inflammation of the brain. Rags steeped in the lotion should be kept constantly applied.

ARNICA LOTION

Tincture of arnica, in the proportion of a teaspoonful to 2 ozs. of water, is a useful application in sprains and contusions.

ANODYNE LOTION

Mix 1 oz. of soap liniment, ½ an oz. of laudanum, and 8 ozs. of water together. This forms a useful soothing application to an inflamed and painful part, but care must be taken to see that the skin is not broken.

Another.—Take 2 drachms of sugar of lead, 1 oz. of laudanum, and 8 ozs. of water; mix them together and apply to the painful part.

STIMULATING LOTION

1 oz. of compound camphor liniment, mixed with 1 oz. of soap liniment, may be rubbed upon the chest with the hand in cases of chest cold, or applied on a flannel round the throat in quinsy.

COLD CREAM UNGUENT

(*Used as a Mild Unguent to Soften the Skin, Prevent Chaps, etc.*)

Ingredients.—2 ozs. of spermaceti, ¼ of an oz. of virgin wax, ¼ of a pint of oil of sweet almonds, ½ a pint of rose-water.

Mode.—Dissolve the spermaceti, wax and oil of sweet almonds by steam, then beat them till quite cold in half a pint of rose-water.

TO MAKE COLD CREAM

A very simple way of making this is to put 1 lb. of lard in a basin and fill up with boiling water. When cold, and the lard has risen to the top, take it off and repeat the process. When again cold, whisk it up with a paper knife until it becomes a perfectly smooth cream, then add enough essence of lemon to give it perfume.

TO MAKE COURT PLASTER

Make a strong jelly with isinglass by putting it into warm water to soak for three days, evaporating the water, dissolving the results in spirits of wine, and then straining. Stretch a piece of thin black silk upon a frame (a work-frame answers well for this) making it perfectly tight, then melt the jelly and coat the silk with it thinly. Repeat the coating when it has cooled, then give the plaster two coats of balsam of Peru in the same way.

CAMPHORATED SPIRITS OF WINE

(*Useful as an Embrocation for Sprains, Rheumatism, Chilblains, etc.*)

Dissolve 1 oz. of camphor in ½ a pint of rectified spirits of wine. Keep well corked down.

TO TREAT A CUT

To promote rapid healing the essential thing is to make the wound and surrounding skin absolutely clean by washing thoroughly with pure soap and hot water. When clean, rinse in fresh water and carbolic lotion (carbolic acid 2 teaspoonfuls; water 1 tumblerful), if available. Then apply a firm bandage of clean old linen rag. If the bleeding from a cut is profuse, a few turns of bandage firmly applied over the bleeding part will stop it until medical assistance arrives.

TO CURE A COLD

(*A most Efficacious and Simple Remedy for a Severe Cold in the Head*)

Take a small basin, put into it boiling water and strong camphorated spirit, in the proportion of 1 teaspoonful of spirit to ½ a pint of water. Wring out a sponge in this as hot as possible, and apply it to the nose and mouth; draw in the steam with the nose first and then with the mouth; swallow the steam, and, to prevent any escape, cover the head with a flannel. Continue this treatment for several minutes, having another hot sponge ready when the first gets cool. Sponges so wrung out in the same mixture may with great benefit be applied outwards to the throat and chest.

Camphorated sal-volatile is a good medicine for a cold, 30 drops in a wineglass of warm water several times in the course of the day.

TO APPLY A BLISTER

Wash the skin with soap and water, warm the blister at the fire and lay it on, leaving it there for seven hours or more till it rises. Snip the bladder then formed with sharp-pointed scissors to let the water out, then dress with ointment spread upon lint. The ointment should always be spread on the smooth surface of the lint.

TO APPLY LEECHES

Wash the skin thoroughly, rinse and dry, and then rub over with a little milk. Should they not bite at once put a spot of blood obtained by a slight prick of the finger on the place. When filled they usually roll off; but if it is necessary to detach them they must not be pulled, but a little salt must be shaken over them, which will make them release their hold. Should too much bleeding follow, apply a little powdered alum.

TO TREAT A SCALD OR BURN

Before a doctor can be summoned it is always necessary to do something to allay the dreadful pain caused by either of these accidents. The clothing will have to be first most carefully removed, being cut away if necessary. A solution of carbonate of soda has a very soothing effect, if applied with a linen rag, continually moistened. Ice broken up and mixed with lard, if renewed directly the ice melts, will also greatly allay the pain from burns. A slight burn can be treated at once by rubbing soft soap well in, after which it may be oiled with carron oil (equal parts of olive-oil and lime-water), and floured. Cold water should be poured over a person when scalded before attempting to remove the clothing. Consult also " What to Do in Case of Accidents."

BANDAGING

We need only mention here a few simple bandages that could be applied by a non-professional nurse. Every one should know how to roll a bandage. The great knack of rolling it is to get it perfectly tight and even. The first few turns can be taken round a knitting needle, which should then be withdrawn. Nursing Illustration No. 1, figs. 1 and 2, show clearly how to do this.

In cases of broken bones send at once for the doctor, but pending his arrival do not move the patient unless splints have been applied to the injured part.

In applying a bandage to the legs of a rickety child, for instance, place the splints (a plain piece of wood wadded with wool) on the inside of the leg, the end projecting an inch or two below the foot, and pass the bandage (outer side against the skin), completely around splint and leg at the ankle, once ; then simply wind it round and round upwards, and fasten with a safety pin. A bandage about 3 yards long and 2½ inches wide would be required for this purpose. (*See* Nursing Illustration No. 1, fig. 6.)

A bandage for a finger would be from half an inch to an inch wide. To apply it, one or two turns round the wrist should be taken first, from under to over, then the bandage should be brought along the back of the hand and wound spirally down the finger from the tip, wound down to the root, crossed over the back of the hand, passed twice round the wrist, and the two ends tied together. (*See* Nursing Illustration No. 1, figs. 3, 4 and 5.)

In bandaging a wrist, begin by placing the end in the palm of the hand ; pass the roll over the thumb-joint, thence once completely around the hand above the thumb (thus holding the end firmly in position), then wind it closely up and up the wrist and arm, making reverses with the finger as the arm gets thicker.

TO PUT AN ARM IN A SLING

A ready sling for an injured arm can be made from a large handkerchief or neck muffler, by folding it into a triangle, passing it under the arm, and tying the two ends into a reefer knot at the back of the neck or on the shoulder. The apex of the triangle should then be brought around the elbow and pinned. (*See* Nursing Illustration No. 2, fig. 2.)

Care should be taken in arranging this or any sling that it gives the required support to the arm, and cannot slip or give way.

If the sling is to support the hand, the part of the triangle that goes in front of the hand should be passed over the shoulder on the side of the neck opposite to the injured limb. If it is intended to support the elbow (as in the case of a fractured collar bone), the reverse should be the case, the outer part of the sling passing over the shoulder on the same side as the elbow that is to be supported. The sling should always be arranged so that the hand is raised a little above the level of the elbow. (*See* Nursing Illustration No. 2, figs. 1, 2 and 3.)

TO PUT A BROKEN LEG INTO SPLINTS

In cases of emergency, umbrellas, walking sticks, or broom sticks make excellent splints. Tie one of these to the side of the limb by a handkerchief and bandage as shown in Nursing Illustration No. 2, fig. 4.

BANDAGES FOR THE HEAD

(*See* Nursing Illustration No. 3)

The bandage shown in fig. 1 is a simple head bandage, consisting of a couple of turns round the forehead and occiput, and to prevent these from slipping a turn under the chin is taken and the ends knotted over the place where pressure is required.

As an application for a simple fractured jaw the four-tailed bandage shown in fig. 2 is very efficient. All that is required is a strip of calico 4 inches wide and about 1 yard long ; split each end into two, leaving about 7 inches in the middle of the bandage undivided, in the middle of which make a short longitudinal slit into which the point of the chin is placed. The two lower tails are tied on top of the head and the two upper ones are tied behind the back of the head. To prevent slipping the upper and lower tails are tied together.

The Capeline bandage shown in figs. 3 and 4 is very useful for keeping dressings on the head or for pressure on the scalp. Two bandages are knotted together and the knot placed just under the external occipital protuberance ; they are then drawn round to the centre of the forehead and twisted on themselves, one being carried straight back over the top of the head, and the other continued round to the back of the head to fasten this one down. This is repeated till the entire scalp is covered.

Domestic Medicines

And the Illnesses and Complaints they should be used for

All drugs should be kept in bottles under lock and key, and should be properly stoppered and carefully labelled.

Alum (Dried).—This substance may be used with advantage in case of bleeding piles, leech bites or slight cuts. It should be freely dusted over the part after wiping it dry.

Arnica.—This is a useful application in sprains and bruises. The tincture should be freely brushed over the part 3 or 4 times a day by means of a camel-hair brush.

Borax.—This substance, either dissolved in water or mixed with glycerine or honey, is used in the treatment of the white mouth of infants (thrush), or the small ulcers that are often met with on the mucous surfaces of the lips and gums. It should be freely applied to ulcers with a feather or small brush. For thrush, dip a clean soft linen rag in it, and wipe the mouth out.

Camphorated Oil.—This is a useful application in chest colds, and chronic rheumatism in joints, or old sprains. It should be warmed at the fire or by placing the bottle in hot water, and then rubbed into the part with the hand for 15 to 20 minutes by the clock.

Castor-Oil.—This is a gentle but efficient purgative. *Dose :* 1 teaspoonful to children, 1 tablespoonful to adults. It is useful in cases of obstinate constipation, or where an indigestible article of diet is giving rise to griping pain.

Dill Water.—This is frequently given to children during teething, when they appear to suffer from flatulence, or are griped and uncomfortable. *Dose :* 1 teaspoonful to a child 1 year old.

Epsom Salts.—The dose for an adult is up to half an ounce. They should be taken the first thing in the morning with a warm drink afterwards. Epsom salts are useful in cases of lead-poisoning, or where it is desirable to increase the flow of bile, but are too violent in their action for habitual use in chronic constipation.

Ergot.—In the form of the liquid extract, this drug is useful in an eminent degree in cases of blood-spitting or flooding after confinement. For the former, it may be given in doses of 15 drops every 3 hours ; for the latter, 1 teaspoonful, to be repeated in a quarter of an hour if necessary.

Gallic Acid.—This is useful in cases of spitting or vomiting of blood. *Dose :* 10 grains, with 15 drops of dilute aromatic sulphuric acid in water, for the blood-spitting, and alone in milk or water for vomiting of blood, every 3 or 4 hours.

Iodine.—The tincture of Iodine is very useful as a counter irritant and as a help to absorption in the case of chronic swellings. Painted on the gums, it will often relieve toothache ; painted on swollen glands, it will help the swelling to disperse ; painted on such swellings as water on the knee, it will help the water to become absorbed.

Ipecacuanha.—Given as powder, 20 grains at a time, it is a useful emetic in the case of adults ; in children, in the form of wine, it is useful for the same purpose in doses of 1 teaspoonful in tepid water, repeated every quarter of an hour, and drinks of tepid water given between, and is often so administered in croup. In bronchitis and bronchial catarrh it may be given to children in doses of 2 to 5 drops every 3 hours on a lump of sugar, and a proportionately larger dose to adults.

Iron Alum.—This is a powerful astringent. It is useful in checking bleeding after extraction of teeth or in cases of bleeding from wounds. Wool moistened with a strong solution of the astringent should be applied to the bleeding part.

Laudanum.—This must be given with *extreme* caution. It should only be given to children under medical advice. In adults, it is useful for the relief of such pain as colic, when it may be given either with a dose of castor-oil, or with 15 drops of spirit of chloroform in water. The dose of laudanum for an adult is up to 20 drops, and the dose of spirit of chloroform may be increased to same amount. (For overdose, *see* previous section, " What to Do in Case of Accident.")

Lime-Water.—This is a useful preparation to give children with their milk when they are suffering from acidity or diarrhœa. A tablespoonful may be mixed with a wineglassful of milk. In cases of vomiting in adults it is also most useful mixed with milk.

Magnesia.—This may be given in doses of 20 or 30 grains, in a little milk or water, to an adult, or 5 to 12 grains to those under 12 years. It is very useful in acidity of the stomach.

Mustard.—A tablespoonful in a tumbler of tepid water is a useful emetic. Applied as a poultice or leaf to the chest, it is useful in bronchial colds.

Oil of Eucalyptus.—Derived from the Australian Blue Gum tree. It is a valuable disinfectant and deodorant, rivals quinine as a remedy for malarial fever, and as a sedative to the bronchial tubes is unrivalled. It may be taken internally on sugar, 3 to 5 drops occasionally for cough ; it may be inhaled for bronchitis, or laryngitis, 10 drops in a jug of boiling water and the steam to be inhaled ; it may be rubbed into the skin as a disinfectant in scarlet fever and other infectious diseases, made into an ointment with vaseline as a base ; and it may be sprinkled lightly about a room as a deodorant.

Quinine.—This is an excellent tonic in cases of debility, and may be given in doses of 1 or 2 grains 3 times a day, dissolved in a little steel-drops or made into pills. It is useful in the same or larger doses in neuralgia, and the combination with steel-drops will materially assist. In ague, given in large doses—8 or 10 grains—it is most useful. (It is also prepared in a more palatable form as *Quinine Wine*—quinine and orange wine. *Dose:* for an adult, as a tonic, 2 tablespoonfuls 3 times a day.)

Rhubarb.—This may be kept in powders in a stoppered bottle, each containing from 10 to 15 grains. One powder given with the same quantity of magnesia in a little water will act as a mild purgative in the case of an adult. It is useful in dyspepsia.

Spirits of Camphor.—Most useful in the case of a bad cold in the head. When first contracted 5 to 8 drops on a lump of sugar 2 or 3 times a day will give great relief and check the course of the cold; and the nasal congestion will be lessened by frequently inhaling the fumes through the nose.

Spirit of Sal-Volatile.—This is useful as a stimulant in fainting, hysteria, flatulent colic, and after a bite from a venomous animal. *Dose:* 1 teaspoonful in water, for an adult, which may be repeated in 2 or 3 hours.

Steel-Drops.—This is a useful preparation of iron, and may be given with advantage in cases of debility where there is anaemia or poverty of blood. *Dose:* 10 to 15 drops for an adult 3 times a day in water. It should be taken through a glass tube, and the teeth well brushed afterwards, as the iron has a tendency to blacken and destroy the enamel. In cases of erysipelas larger doses are required: 20 drops in 1 teaspoonful of glycerine mixed with water may be taken every 3 hours.

Sweet Spirit of Nitre.—This is useful in cases of fever, and also for kidney troubles. It should be given in doses of 10 to 40 drops, largely diluted with water, every 3 hours.

THE NURSERY

CHAPTER LXXII

Nursery Management, the Duties of Mother, Governess, and Nursery Servants ; the Rearing and Management of Children, Diseases of Infancy and Childhood and their Remedies

THE MOTHER

A mother's responsibilities are the greatest that a woman can have, for with her rests not only the care for the daily needs of food, clothing and the like of her children, but, what is even more important, their moral training. No matter what good nurses and attendants she may be able to engage for her little ones, what pleasures, changes of air, model nurseries, toys and books she may afford for their benefit, she should still devote *some* part of her time to them at any rate ; should be with them often, should know their individual childish tastes and faults, and strive by her influence, precepts and example to make them what she hopes they may be in the future.

A mother's influence with children is greater than any other ; it is easier for her than any one else to train them all right if she be a good and loving mother, and the little ones will rather obey her commands than those of nurse or governess, no matter how kind these may be to those under their charge. Some women of fashion, moving constantly in society, deny that they have time to give to their little ones. Their visits to schoolroom or nursery are few and far between. They have everything beautifully appointed in the children's quarters, and first-rate nurses and governesses, and they cannot take time from gaiety and pleasure to devote to what they think can be obtained from hired service. This is a mistake, for no nurse, however excellent, can supply a mother's place.

The children's hour should be an institution in every household. To the young folks it is (or should be) the happiest time in the day, while to the attendants it is a rest and a great relief. Let the children bring their little troubles and sorrows to mother, to be set right and comforted ; let praise be given for little tasks well done, disputes be settled, help and suggestions given for either work or play. and let a game or tale (the latter told, not read) conclude the happy hour. Should this, as it often happens, be just the time generally given to afternoon tea, let the little ones bring this to their mother and wait upon her as children love to do. She will not find an hour wasted in this way, even if it be one hard to spare.

Children's Amusements.—In spite of the fact that children have far more, and more beautiful, toys with every advancing year, we venture to assert that it is just as difficult to amuse them now as ever it was. A magnificently-dressed wax doll often seems to afford no more delight than a shabbily-dressed old one, and the most complete and perfect of expensive toys, be it what it may, lasts no longer than a shilling one in destructive little hands. The truth is, modern children are often surfeited with playthings. They are allowed to use them all whenever they like, and so they mix them up, and soon lose their appreciation, however beautiful the toys may be. The best plan is to let children have but one plaything at a time, and directly they weary of it to make them put it away. If it be anything that they can improve or add to, encourage them to do so ; if it be a broken toy, help them to mend it ; if it be a doll, let the owner be often making something fresh to add to its wardrobe. Modern playthings are often *too* complete when given to children. Dolls are dressed, boats are fully rigged, horses are harnessed, dolls' houses are as well fitted as real ones, so that there is nothing left to be done by the little ones, to whom making and contriving are pleasures in themselves, and, at the same time, develop their constructive faculties.

Games for children should be provided out of doors as much as possible whenever the weather will allow. Running and playing come more natural to children than walking, and in these days of high-pressure education it is most essential that when released from the schoolroom they should find healthy, active exercise, and games which try the muscles instead of the brains.

Children's Clothing should be a matter of care and thought with the mother—without which, indeed, it is impossible to have the little ones always properly clothed. We do not mean by this the mere consideration of prettiness and effect, but whether their clothing is just what it should be for the season and the health of each individual child. People are apt to think that what is good for one *must* be good for another ; whereas, although all children feel the effects of heat and cold more than we do (although they may not always show it), they are as different in temperament as ourselves, and clothing that is amply sufficient for one child is quite inadequate to the wants of another. The main requirements of children's clothing are lightness, freedom and warmth. Children should never be encumbered with their clothes, nor, on the other hand, should they ever be allowed to feel cold. In winter, flannel or merino may be worn next the skin by all children, and in summer by many, while night-dresses of the same materials are fit for either season. The best kind of night garments for young children who are apt to throw off their bed clothing, are pyjamas. Light woollen materials are the best for the ordinary wear of young children ; the garments should be easy and loose, so that their limbs are free. An overall of some washing material will be found most serviceable for wearing during play hours.

Children's Food should be nourishing rather than stimulating. They do not need much meat, nor require several courses to make a meal. The meals should be served regularly at the same hour daily, and irregular eating of sweets, cake, biscuits, fruit, etc., between meals should not be permitted. A minimum of 3 hours is necessary for the digestion and assimilation of the simplest meal, and meal times should be so arranged that an interval of 3 to 4 hours elapses between each. The stomach then has time to digest its contents, and pass these on to the small intestine before it again receives food, and has also time to rest (for it requires rest as much as any other organ if its work is to be done properly). Eating between meals, therefore, is harmful in two ways : first, undigested food enters the stomach and mixes with the partly digested food present, which is hindered in its passage onward to the small intestine till the whole has been digested ; second, no time is allowed for rest, the stomach is over-worked, it ceases to perform its functions efficiently, and indigestion ensues. These remarks apply to all foods taken at irregular times, but starchy foods (cakes, biscuits) and sweets are especially harmful in this respect. When sugar is taken in excess, the walls of the stomach secrete large quantities of mucus ; this is poured out or mixed with the food, and the gastric juice is thus prevented from reaching it. In other words, " catarrh of the stomach " is produced, a common precursor of indigestion. The most important thing is to vary the food given ; for children, like ourselves, need change of diet. A good dinner from a joint one day may be followed the next by one of macaroni boiled in milk. When the children are young, soup or fish makes a pleasant change ; while puddings should be not only frequent, but more varied in flavour than those usually given to children. We are, of course, now only speaking generally, but all children cannot eat the same things, and the mother who values her children's health must study, without pampering, their individual tastes. Plenty of milk should be given to young children, for it is their best and most natural food.

THE NURSERY GOVERNESS

The position of a good Nursery Governess in a household should be that of a lady, and not, as it too often happens, a situation in which the duties of a governess and of a nurse are expected to be performed by one person at a salary far below the wages of a servant. Speaking generally, there is scarcely any class so badly paid as nursery governesses, but the fault does not lie entirely with the employers. Too often the girls themselves are, by their social position and education, totally unfitted for the training of children, and really not worth the wages of a good servant, whose place they would be too proud to take. A nursery governess should be, as she is sometimes termed, " a mother's help," and as such the mistress of the household should endeavour to choose her from her own rank. No one expects the daughters of the aristocracy to take situations as nursery governesses, but there are now many well-educated, lady-like girls to be found a little lower in the social scale who have qualified themselves by special training to earn their living in this manner.

Treatment of Nursery Governess.—To the mistress of a household she should be, as we have said, a mother's help, and treated accordingly. In many cases she has to perform the duties that might fall to the eldest daughter, or the mistress herself ; and anything which they themselves would shrink from should not be pressed upon her. She should not have to feel ashamed of her position in the household, or suffer the lack of kindness or companionship, while her pay should be adequate. Kindly encouragement, it need hardly be mentioned, should always be given to the nursery governess who honestly and faithfully fulfils her duties ; while, should she be an orphan with no near relatives to whom to turn for advice, she should be able to find, in the mistress of the household, a *friend* from whom she can seek help and sympathy.

The qualifications most necessary for a nursery governess are a love for children and a good temper. With these she can soon win the hearts of the little ones under her care, and keep them happy while in her company. It must be bad for both governess and children when these qualifications are lacking, or even one of them ; and it would be far better to seek another post more congenial than one into which she cannot put heart, as well as hands and brain. But, independent of these two qualities, a good nursery governess must also have a good system of training children, a thorough knowledge of all she undertakes to teach, and be a good manager. That she should be clean, neat, and refined in manner and speech goes without saying. Good early teaching and example in such matters as speaking correctly, eating in a proper manner, politeness, and so on, is of the utmost importance, for children are ready copyists, quick to pick up and use words or ways of those around them, especially those it is most desirable they should avoid ; and they are also quick to notice the injustice of being chidden for a fault that they see passed in their elders without comment. For this reason it is unwise to select for nursery governess a girl who has had the disadvantage of an inferior moral and social training.

A knowledge of needlework is also essential. It is not always stipulated that the nursery governess makes the clothing for the children, but it is always understood that she repairs it and keeps it in order, and to do this she must work neatly, and, if the children be old enough, give them some instruction in the rudiments of needlework. To be able to renovate and renew little garments, to trim hats or bonnets, and to suggest or design pretty and inexpensive little costumes, should be a pleasure to one who takes an interest in the children for whom she works ; while if she is able to undertake to entirely clothe them, her value to her employer will be considerably greater, and her salary should, in consequence, be higher.

Duties of the Nursery Governess.—Where a nurse and nursemaid are kept, these would chiefly consist in teaching, needlework and superintendence ; very probably walking out with the little ones, and having those old enough to come to table in charge during meals ; but where there are no nurses, and the general care of the little ones devolves upon her (generally the case when a nursery governess is engaged), her duties are more numerous and varied. Should there be a baby besides several other children in such a household, it is not expected that the nursery governess will do more for it than to take it occasionally in her charge and do a little needlework for it when necessary, the mother washing, dressing and looking after the infant herself. The governess's work chiefly lies with the other children. She washes and dresses them, has them under her charge at their meals, takes them out walking, gives them instruction according to their ages, looks after their clothes, and puts them to bed. It should be part of her duty also to amuse and interest the little ones while they are with her, and to be on the watch for, and to correct, all that is wrong or ill-mannered in their ways.

Incidental duties, such as a little help given to the mistress of the house, dusting the drawing-room, arranging the flowers, and many other little tasks, should be willingly performed if there be time to spare from that which must be devoted to the children. None of these tasks, however, would be asked by a mistress who looked upon the governess she employed in the right light (unless she had engaged her to do them) except as an assistance to herself ; requested and rendered as such, they should be the means of creating mutual sympathy and friendship.

UPPER AND UNDER NURSEMAIDS

The Nursery should be a bright, cheerful room, sunny and airy, and if at the top of the house, not exposed to the extremes of heat and cold. Children suffer sooner than adults if the hygienic arrangements are not perfect, and as in some houses it happens that, with perhaps the exception of a short half-hour now and then, they spend all their time at home in the one room, it ought to be kept at an even temperature, and made as pleasant as possible for its inmates. The walls should be covered with sanitary paper of some cheerful pattern, and varnished. The windows should be air-tight and free from draughts. Ventilators should be inserted near the ceiling (the importance of fresh air for the life and well-being of children cannot be overestimated). The fireplace must be provided with a substantial and efficient guard. The greatest cleanliness is needed in a nursery, for the children cannot thrive if they are not well kept, and a room so constantly used as the day nursery by little folks, needs more cleaning than ordinary sitting-rooms. The floor of the night nursery should not be covered with carpet, and it is better that each child should have its own little bed or crib, with sufficient, but not too much, clothing.

Duties of the Head Nurse.—The nursery is of great importance in every family ; and in families of distinction, where there are several young children, it is an establishment kept apart from the rest of the family, under the charge of an upper nurse, assisted by under nursery-maids proportioned to the work to be done. The responsible duties of upper nursemaid commence with the weaning of the child. It must now be separated from the mother or wet-nurse, at least for a time, and the cares of the nurse, which have hitherto been only occasionally put in requisition, are now to be entirely devoted to the infant. She washes, dresses, and feeds it ; walks out with it ; supplies and regulates all its wants ; and, even at this early age, many good qualities are requisite to perform these duties in a satisfactory manner. Patience and good temper are indispensable ; truthfulness, purity of manners, minute cleanliness, and docility and obedience are almost as essential. The nurse ought also to be acquainted with the art of ironing and getting up small fine things, and be handy with her needle.

Carrying Infants.—There is a considerable art in carrying an infant with comfort to itself and to the nursemaid. If it is carried always seated upright on her arm and pressed too closely against her chest, the stomach of the child is apt to get compressed, and the back fatigued. For her own comfort, a good nurse will frequently vary this position by changing the child from one arm to the other, and sometimes by laying it across both, raising the head a little. When teaching it to walk, and guiding it by the hand, she should change the hand from time to time, to avoid raising one shoulder higher than the other. This is the only way in which a child should be taught to walk ; leading-strings and other foolish inventions, which force an infant to make efforts, with its shoulders and head forward, before it knows how to use its limbs, will only render it feeble, and retard its progress.

Bad Habits.—Most children have some bad habit, of which they must be broken ; but this is never accomplished by harshness without developing worse evils. Kindness, perseverance, and patience in the nurse, are here of the utmost importance. When finger-sucking is one of these habits, the fingers should be rubbed with bitter aloes, or some equally disagreeable substance. Others have dirty habits, which are only to be changed by patience, perseverance, and, above all, by regularity in the nurse. She should never be permitted to inflict punishment on these occasions, or, indeed, on any occasion. But, if punishment is prohibited, it is still more necessary that all kinds of indulgence and flattery be equally forbidden. To yield to all the whims of a child—to pick up its toys when thrown away in mere wantonness, etc., is extremely foolish. A child should never be led to think others inferior to it, to beat a dog or even the stone against which it has fallen, as some children are taught to do by silly nurses. Neither should the nurse affect or show alarm at any of the little accidents which must inevitably happen ; if a child fall, treat the incident as a trifle, otherwise a spirit of cowardice and timidity is encouraged. But she must take care that such accidents are not of frequent occurrence, or the result of neglect. The nurse should keep the child as clean as possible, training it, in particular, in cleanly habits, so that it feels uncomfortable when not clean ; and she must watch especially that it does not soil itself in eating. At the same time, vanity in its personal appearance is not to be encouraged by over-care in this direction, or by too tight lacing or buttoning of dresses, nor a small foot cultivated by the use of tight shoes.

Nursemaids would do well to repeat to the parents faithfully and accurately the defects they observe in the dispositions of very young children. If properly checked in time, evil propensities may be eradicated ; but this should not extend to anything but serious defects ; otherwise, the intuitive perceptions which all children possess will construe the act into "spying" and "informing," which should never be resorted to in the case of children, nor, indeed, in any case. Such are the cares which devolve upon the nurse, and it is her duty to fulfil them personally. In large establishments she will have assistance proportioned to the number of children of which she has the care. The *under nursemaid* lights the fires, sweeps, scours, and dusts the rooms, and makes the beds, empties slops and carries up water, brings up and removes the nursery meals, washes and dresses all the children, except the infant, and assists in mending. Where there is a nursery girl to assist, she does the rougher part of the cleaning ; and all take their meals in the nursery together, after the children of the family have finished. In higher families the upper nurse is usually permitted to sup or dine occasionally at the housekeeper's table by way of relaxation, when the children are all well, and her subordinates trustworthy.

The Single Nursemaid.—In smaller families, where only one nursemaid is kept, she is assisted by the housemaid or general servant, who will do the rougher part of the work and carry up the nursery meals. In such circumstances she will be more immediately under the eye of her mistress, who will probably relieve her from some of the cares of the infant.

Baths for children should be given according to age and constitution. Some require warm baths and suffer from the effect of cold water, while with other children the cold agrees perfectly. A tepid bath is the one most generally suitable. Young children should have their bath in the morning, and if they are under two years may take it after their first meal. A child should never be given a hot bath in a very cold room, and thorough drying after bathing is of great importance.

Children's Complaints.—Where the nurse has the entire charge of the nursery, and the mother is too much occupied to do more than pay a daily visit, it is desirable that the nurse should be an observant woman, possessing some acquaintance with the diseases incident to childhood, and with the simple remedies that may be useful before a medical attendant can be procured, or when such attendance is considered unnecessary. All these little ailments are preceded by symptoms so minute as to be only perceptible to close observation ; such as twitching of the brows, restless sleep, and grinding of the gums; in some inflammatory diseases the child even abstains from crying from fear of the increased pain produced by the movement. Dentition, or cutting of the teeth, is attended with many of these symptoms. Measles, thrush, scarlatina, croup, whooping-cough, and other childish complaints, all of which are preceded by well-known symptoms, may be alleviated and rendered less virulent by simple remedies instantaneously applied.

Cleanliness, fresh air, clean utensils, and frequent washing of the person, both of nurse and children, are even more necessary in the nursery than in either drawing-room or sick-room, inasmuch as the delicate organs of childhood are more susceptible of injury from smells and vapours than adults. It may not be out of place if we conclude this brief notice of the duties of a nursemaid by an extract from Florence Nightingale's admirable *Notes on Nursing*. Referring to children, she says—

" They are much more susceptible than grown people to all noxious influences. They are affected by the same things, but much more quickly and seriously ; by want of fresh air, of proper warmth ; want of cleanliness in house, clothes, bedding, or body ; by improper food, want of punctuality, by dulness, by want of light, by too much or too little covering in bed or when up." And all this in health ; and then she quotes a passage from a lecture on sudden deaths in infancy, to show the importance of careful nursing of children : " In the great majority of instances, when death suddenly befalls the infant or young child it is an *accident* ; it is not a necessary, inevitable result of any disease. That which is known to injure children most seriously is foul air ; keeping the rooms where they sleep closely shut up is destruction to them ; and, if the child's breathing be disordered by disease, a few hours only of such foul air may endanger its life, even where no inconvenience is felt by grown-up persons in the room." " Don't treat your children like sick," she sums up ; " don't dose them with tea. Let them eat meat and drink milk." " Give them fresh, light, sunny, and open rooms, cool bedrooms, plenty of out-door exercise, facing even the cold, and wind, and weather, in sufficiently warm clothes, and with sufficient exercise ; plenty of amusements and play ; more liberty, and less schooling and cramming and training ; more attention to food, and less to physic."

THE MONTHLY NURSE

The doctor will, in most cases, be best able to recommend a suitable and trustworthy nurse. It is of the utmost importance to engage the monthly nurse in good time, as, if she be competent and clever, her services will be sought months beforehand, a good nurse having seldom much of her time disengaged. There are some qualifications which it is evident the nurse should possess : she should be scrupulously clean and tidy in her person ; honest, sober and noiseless in her movements ; should possess a natural love for children, and have a strong nerve in case of emergencies.

Receiving, as she often will, instructions from the doctor, she should bear these in mind, and carefully carry them out. In those instances where she does not feel herself sufficiently informed, she should ask advice from the medical man, and not take upon herself to administer medicines, etc., without his knowledge. The advantages of employing a nurse who has gone through a systematic course of instruction at one of the recognized lying-in hospitals are obvious.

A monthly nurse should be between 30 and 50 years of age, sufficiently old to have had a little experience, and yet not too old or infirm to be able to perform various duties requiring strength and bodily vigour. She should be able to wake the moment she is called—at any hour of the night—that the mother or child may have their wants immediately attended to. Good temper, united to a kind and gentle disposition, is indispensable ; and, although the nurse will frequently have much to endure from the whims and caprices of the invalid, she should make allowances for these, and command her temper, at the same time exerting her authority when it is necessary.

The duties of the monthly nurse in the way of cleaning and dusting the sick-room depend entirely on the establishment that is kept. Where there are plenty of servants, the nurse, of course, has nothing to do but attend on her patient, and ring the bell for anything she may require. Where the number of domestics is limited, she should not mind keeping her room in order ; that is to say, sweeping and dusting it every morning. (But if fires are necessary, the housemaid should always clean the grate, and do all that is wanted in that way, as this dirty work would soil the nurse's dress and unfit her to approach the bed, or take the infant without soiling its clothes.) In small establishments, too, the nurse should herself fetch things she may require, and not ring for everything she wants. She must not leave her charge, of course, unless she sees everything is comfortable ; and then only for a few minutes. When downstairs, and in company with the other servants, the nurse should not repeat what she may have heard in the sick-room, as much mischief may be done by a gossiping nurse. As in most houses the monthly nurse is usually sent for a few days before her services may be required, she should see that all is in readiness, so that there shall be no bustle and hurry at the time the confinement takes place. She should keep two pairs of sheets, thoroughly aired, as well as night-dresses, flannels, etc., etc. All the things which will be required to dress the baby the first time should be laid in the basket in readiness, in the order in which they are to put on ; as well as scissors, thread, a few pieces of soft linen rag, and two or three flannel squares. If a berceaunette is to be used immediately, the nurse should ascertain that the mattresses, pillow, etc., are all well aired ; and if not already completed before she arrives, she should assist in covering and trimming it, ready for the little occupant. A monthly nurse should be handy at her needle, as, if she is in the house some time before the baby is born, she will require some work of this sort to occupy her time.

Cleanliness and Neatness.—A nurse should endeavour to keep the sick-room as cheerful as possible, and always see that it is clean and tidy. All utensils must be taken away and emptied as soon as used. Soiled baby's napkins must be rolled up and taken away, and put into a pan, when they should be washed out every morning and hung out to dry; they are then in a fit state to be sent to the laundress; on no account must they be left dirty, but dealt with every morning in this way. The bedroom should be kept of a regular temperature, well ventilated, free from draughts, and free also from unpleasant smells—every cause of offence being removed at once.

The infant during the month must not be exposed to strong light, or much air; and in carrying it about the passages, stairs, etc., the nurse should always have its head flannel on, to protect the eyes and ears from the currents of air. A good nurse should understand the symptoms of ailments incident to this period, as, in all cases, prevention is better than cure. As young mothers with their first baby are very often much troubled at first with their breasts, the nurse should understand how to deal with retracted nipples, and the prevention of cracked nipples by carefully washing them and drying with a soft linen rag after the infant has fed, and then anointing them with a little glycerine of borax.

The importance of preventing sore or cracked nipples by cleanliness in this respect is emphasized by the fact that abscess of the breast is almost always due to septic organisms entering the breast by way of these cracks, or less commonly along the milk ducts.

THE WET NURSE

Duty of the Mother.—Unless prevented by illness or inability, a mother should nurse her child herself. A woman with health, strength, and time to devote to her child, should not shrink from performing this most natural of maternal functions, no matter to what rank she belongs, for by not doing so she certainly risks the child's health, and perhaps her own. If, however, she is unable to nurse her child, it is usual to bring it up on some preparation of cow's milk, which has been so altered as to correspond in its composition to human milk, many children thriving as well on this as on their natural food. It is seldom that doctors think it necessary in these days to advise the employment of a wet nurse ; but as in some cases it is absolutely necessary, some hints on the choice and diet of the "foster-mother" may be useful.

The Wet Nurse.—Her age, if possible, should not be less than twenty nor exceed thirty years. Preference is to be given to the woman who has already had one or two children of her own, for the reason that the milk is richer and more nourishing in those who have already borne children, and she is likely to be more experienced. It is necessary that the ages of the children should nearly correspond ; where there is any great disproportion, as when the age of one child is a few weeks, while that of the other is six or seven months, the woman should be rejected. Her health should be sound in every respect, and her body free from all eruptive disease or local blemish. The best evidence of a sound state of health will be found in the woman's clear, open countenance, the ruddy hue of the skin, the full, round and elestic state of the breasts, and especially in the erectile, firm condition of the nipple, which, in all unhealthy states of the body, is flabby and relaxed ; in which case, the milk is sure to be imperfect in its organization, and, consequently, deficient in its nutrient qualities. Appetite is another indication of health in the suckling nurse or foster-mother, for it is impossible that a woman can feed her child properly unless she has a good appetite herself ; and though inordinate craving for food is neither desirable nor necessary, a healthy zest at the proper hours is very essential. It is very important also that something should be known of the moral fibre of the wet nurse, as unless she is a woman of principle the child may suffer by her selfish indulgence in some favourite but forbidden article of diet, such as pickles, etc., or by her secret use of narcotics to secure a quiet night.

The ultimate choice of the wet nurse should of course, in all cases, be left to the doctor. Disregard in this respect may bring about the direst consequences. He alone is capable of deciding whether a woman may or may not nurse another woman's child. He will not do it until he has examined both foster-mother and her child, for if the latter is not thriving and healthy on its own mother's milk, it is extremely improbable that a stranger's child will benefit by it.

The conscientiousness and good faith that would prevent a nurse so acting are, unfortunately, very rare ; and many nurses, rather than forego the enjoyment of a favourite dish, though morally certain of the effect it will have on the child, will, on the first opportunity, feed with avidity on fried meats, cabbage, cucumbers, pickles, or other crude and injurious aliments, in defiance of all orders given or confidence reposed in their word, good sense, and humanity. Then when the infant is racked with pain, a night of disquiet alarms the mother, and the doctor is sent for, the nurse covers her dereliction by a falsehood, the consequence of her gluttony is treated as a disease, and the poor infant is dosed for some days with medicines that can do it but little if any good, and, in all probability, materially retard its physical development. The selfish nurse, in her ignorance, believes, too, that as long as she experiences no admonitory symptoms herself, the child cannot suffer ; and is satisfied that, whatever the cause of its screams and plunges, neither she, nor what she had eaten, had anything to do with it ; with which flattering assurance at her heart, she watches her opportunity, and has another luxurious feast off the proscribed dainties, till the increasing disturbance in the child's health, or treachery from the kitchen, opens the eyes of mother and doctor to the nurse's unprincipled conduct. In all such cases the infant should be spared the infliction of medicine, and, as a wholesome corrective to herself, and relief to her charge, a good sound dose administered to the nurse.

The Diet of the Wet Nurse.—The first point of importance is to fix early and definite hours for every meal ; and the mother should see that no cause is ever allowed to interfere with their punctuality. The food itself should be light, easy of digestion, and simple. Boiled or roast meat, with bread and potatoes, and occasionally some sago, rice, or tapioca pudding, should constitute the dinner, the only meal that requires special comment ; broths, green vegetables, and all acid or salt foods must be avoided. Fresh fish, once or twice a week, may be taken ; but it is hardly sufficiently nutritious to be often used as a meal. If the dinner is taken early—at one o'clock—there will be no occasion for luncheon, which too often, to the injury of the child, is made an excuse for a first dinner. A glass of milk and a biscuit at eleven o'clock will be abundantly sufficient between breakfast at eight and a good dinner at one o'clock. Supper may be taken about eight o'clock, and should consist of some light farinaceous pudding, porridge and milk, etc. Animal food once in twenty-four hours is quite sufficient. All spirits, unless in extreme cases, should be avoided ; and wine is still more seldom needed. With a due quantity of plain, digestible food, with early hours and regularity, the nurse will not only be strong and healthy herself, but fully capable of rearing a child in health and strength. The large quantities of stout or porter which were formerly ordered are not essential ; one pint during the day is an ample allowance, or milk may be substituted altogether. Two points are of importance in maintaining the nurse in good health : (1) The diet should not be too rich at the commencement of her duties. A change from a poor, insufficient diet, to which she may have been accustomed, to a rich, full one, is likely to cause indigestion ; (2) Exercise daily in the open air is absolutely essential to her well-being.

There are two cautions which all mothers who are obliged to employ wet nurses should remember. The first is, never to allow a wet nurse to give medicine to the infant on her own authority ; many have such an infatuated idea of the *healing excellence* of castor-oil, that they would administer a dose of this unpleasant grease twice a week, and think they had done a useful service to the child. The next point is, to be careful that to insure a night's sleep for herself, she does not dose the infant with syrup of poppies, or some narcotic potion, to insure tranquillity to the child and give the opportunity of sleep to herself. The fact that it used to be the common practice of wet nurses to keep secret bottles of these dangerous syrups and to use them to a terrible extent, is notorious ; and too great care cannot be taken by any employer of a wet nurse to-day to guard her child against the possibility of such ignorant or unprincipled treatment, remembering in all cases to consult a medical man for her infant, in preference to following the counsel of her nurse.

THE REARING AND MANAGEMENT OF INFANTS AND CHILDREN

The knowledge of the management of infants, like the mother's love for her offspring, seems to be born with the child, and to be a direct intelligence of Nature. It may thus, at first sight, appear as inconsistent and presumptuous to tell a woman how to rear her infant as to instruct her in the manner of loving it. Yet, though Nature is unquestionably the best nurse, Art makes so admirable a foster-mother, that no sensible woman, in her novitiate of parent, would refuse the admonitions of art, or the teachings of experience, to consummate her duties of nurse. It is true that, in a civilized state of society, few young wives reach the epoch that makes them mothers without some insight, traditional or practical, into the management of infants ; consequently, the cases wherein a woman is left to her own unaided intelligence, or what, in such a case, may be called instinct, and obliged to trust to the promptings of Nature alone for the well-being of her child, are very rare indeed. Again, every woman is not gifted with the same physical ability for the harassing duties of a mother ; and though Nature, as a general rule, has endowed all female creation with the attributes necessary to that most beautiful, and, at the same time, holiest function—the healthy rearing of their offspring, the cases are sufficiently numerous to establish the exception, where the mother is either physically or socially incapacitated from undertaking these duties herself, and where, consequently, she is compelled to trust to adventitious aid for those natural benefits which are at once the mother's pride and delight to render to her child.

The Lungs.—Respiration.—The first effect of air on the infant is a slight tremor about the lips and angles of the mouth, increasing to twitchings, and finally to a convulsion of the lips and cheeks, the consequence of sudden cold to the nerves of the face. This spasmodic action produces a gasp, causing the air to rush through the mouth and nostrils and enter the windpipe and upper portion of the flat and contracted lungs, which immediately expand. This is succeeded by a few faint sobs or pants, by which larger volumes of air are drawn into the chest, till, after a few seconds, and when a greater bulk of the lungs has become inflated, the breast-bone and ribs rise, the chest expands, and, with a sudden start, the infant gives utterance to a succession of loud, sharp cries, which have the effect of completely filling the lungs with air.

At the same instant that the air rushes into the lungs, the valve, or door between the two sides of the heart—and through which the blood has previously passed—is closed, and the blood taking a new course, bounds into the lungs now expanded with air, where it becomes oxygenated and made fit to nourish the different organs of the body.

What the key is to the mechanical watch, air is to the physical man. Once admit air into the mouth and nostrils and the lungs expand, the blood rushes to the remotest part of the body ; the mouth secretes saliva, to soften and macerate the food ; the liver forms its bile, to separate the nutriment from the digested aliment ; the kidneys perform their office ; the eye elaborates its tears, to facilitate motion and impart that glistening to the orb on which depends so much of its beauty; and a dewy moisture exudes from the skin, protecting the body from the extremes of heat and cold, and sharpening the perception of touch and feeling. At the same instant, and in every part, the arteries are everywhere laying down layers of muscle, bones, teeth, and, in fact, like the coral zoophyte, building up a continent of life and matter ; while the veins, equally busy, are carrying away the débris and refuse collected from where the zoophyte arteries are building; this refuse, in its turn, being conveyed to the kidneys, is then excreted and leaves the body as urine.

All these—and they are but a few of the vital actions constantly taking place—are the instant result of one gasp of life-giving air. No subject can be fraught with greater interest than watching the changes which are wrought upon the living baby the moment the external air acts upon it.

The Stomach.—Digestion.—Next to respiration, digestion is the chief function in the economy of life, as, without the digestion and absorption of food, there would be nothing to supply the immense and constantly recurring waste of the system, caused by the activity of the vital processes, especially during infancy and growth.

In infancy (the period of which our present subject treats), the series of parts engaged in the process of digestion may be reduced simply to the stomach and intestines, and the liver, or rather its secretion, the bile.

The stomach is a thick muscular bag, connected above with the gullet, and, at its lower extremity, with the commencement of the small intestines. The duty or function of the stomach is to secrete a sharp, acid liquid, called the *gastric juice,* which, with a due mixture of saliva, softens, dissolves, and gradually digests the food or contents of the stomach, reducing the whole to a soft pulpy mass, the *chyme.* This passes into the first part of the small intestines, where it comes in contact with the bile from the gall-bladder and the pancreatic juice from the pancreas, being converted into a white, creamy fluid called *chyle*, which is taken up by proper vessels called lacteals, and conveyed to the blood to enrich it and fit it for supplying the various organs of the body with nutriment.

Now, as Nature has ordained that infantile life shall be supported on liquid aliment, and as without digestion the body would perish, some provision was necessary to meet this difficulty, and that provision was found in the nature of the liquid itself, or, in other words, the milk.

The process of making cheese, or fresh curds and whey, is familiar to most persons ; but, as it is necessary to the elucidation of our subject, we will briefly repeat it. The internal membrane, or the lining coat of a calf's stomach, having been removed from the organ, is hung up, like a bladder, to dry ; when required, a piece is cut off, put in a jug, a little warm water poured upon it, and after a few hours it is fit for use ; the liquid so made being called *rennet.* A little of this rennet, poured into a basin of warm milk, at once coagulates the greater part, and separates a quantity of thin liquor called *whey*.

This is precisely the action which takes place in the infant's stomach, immediately converting the milk into a soft cheese. It is gastric juice, adhering to the calf's stomach, and drawn out by the water, forming rennet, that makes the curds in the basin. The cheesy substance, being a solid, at once undergoes the process of digestion, is converted into *chyle*, and goes to form new blood and so to build up the various tissues of the body. This is the simple process of a baby's digestion ; milk converted into cheese, cheese into *chyle*, chyle into blood, and blood into flesh and bone.

The Infant.—We have already described the phenomena produced on the new-born child by the contact of air, which, after a succession of muscular twitchings, becomes endowed with voice, and heralds its advent by a loud but brief succession of cries. But though this is the general rule, it sometimes happens (from causes it is unnecessary here to explain) that the infant does not cry, or give utterance to any audible sound, or if it does, they are exceedingly faint, and indicate that life, as yet, to the new visitor, is neither a boon nor a blessing : the infant being in fact in a state of suspended or imperfect vitality.

As soon as this state of things is discovered, the child should be turned on its right side, and the spine rubbed with the fingers of the right hand, sharply and quickly till heat is evoked, and till the loud and sharp cries of the child have thoroughly expanded the lungs and satisfactorily established its life.

Another method that is frequently adopted to bring children, born in this condition of suspended or feeble animation, round, is to take a basin of very hot water (but not hot enough to scald), and another of quite cold water, and, placing them upon the floor, to immerse the child for a moment first in the one and then in the other. If this has the desired effect, and the child begins to cry lustily, it should be at once taken out and dried, but if not, it may be slapped rather smartly a few times on the chest, back and buttocks.

Should these efforts prove ineffectual, recourse must be had to *artificial respiration*. This may be performed as follows: the hands of the infant are seized by the attendant and raised from the side until they are lifted above its head as far as they will go, by doing which the act of inspiration or drawing of air into the chest is imitated, after which the hands and arms are to be depressed until they are brought to the side again, by which the air will be driven from the chest, and the act of expiration be thus imitated.

Washing and Dressing.—Provided there is nothing to hinder it, so soon as the child has been removed, in a flannel receiver, the process of washing and dressing may be at once begun. The various articles of clothing which are to be put on the child should have been hung upon a chair at the commencement of labour, in proximity to the fire.

The child is generally washed upon the nurse's knee, the basin with soap and water being placed upon the floor, but it is better, if it can be done, to use an oval wooden bath, having a place scooped out at one end to allow of the child's head being supported during the process.

The bath should be sufficiently filled with warm water to cover the body, by which means it will not be exposed to the influence of the atmosphere till ready to be dried.

The soap that is employed should be of the most non-irritating kind, and great care must be taken that none is allowed to enter the infant's eyes. Many of the inflammatory affections of the eyes occurring in infants may be traced to carelessness in this respect.

If there is much cheesy-looking substance on the body it may be removed with a little sweet oil, and then well soaped with a soft flannel.

When the process of washing is over, the infant should be laid upon the nurse's knee, on a pillow covered with warm cloths, and dried by means of warm soft towels. The buttocks, between the legs, armpits, etc., should be powdered carefully after each washing with refined fuller's-earth. The baby's eyes should be most carefully washed out with a little boracic acid lotion, or corrosive sublimate solution (1 part to 4,000 of water). Neglect of this precaution often results in inflammation, ulceration and subsequent blindness.

A piece of soft old linen should then be taken and a hole cut in the centre. Through this the umbilical cord should be drawn, and the lower part of the linen folded up against the other, so as to be brought in contact with the child's abdomen. The cord will thus lie between the two folds of linen, and is to be maintained in position by means of the flannel binder, which should now be applied. The binder is on no account to be too tight.

Next to the flannel binder is placed a shirt, which preferably should be made of wool, as it will afford greater protection against cold. Above this the petticoat is placed, and then the infant's frock or slip. A shawl or piece of flannel should also be provided to throw over the shoulders. The head is better left without any covering A linen diaper is next applied, and the process of dressing is complete.

Nursing.—It should be regarded as a part of every mother's duty to bring up her child at the breast, unless, of course, there are obstacles in the way which prevent her doing so. The only consideration that ought to weigh with a mother should be the welfare of her child ; if it is her intention of nursing, the allurements of pleasure should not be allowed to interfere with the discharge of her duty. If the breasts are large and the nipples depressed they must be drawn out by suction. The breast, before the infant is applied, should be sponged with tepid water and dried, and this should be again done when the child has finished suckling. The child's mouth should also be wiped out with a clean linen rag moistened with water or boracic lotion. Those who ought not to suckle are women who are consumptive, women who are very nervous and excitable, and those whose nipples are so depressed that they are obliged to give up all attempts at nursing. The diet of the nursing mother should be wholesome and nourishing, while at the same time easy of digestion. Stimulants are quite unnecessary, and will, in the majority of cases, do more harm than good. Cheerful occupation and exercise in the open air have a beneficial effect upon the milk. Personal cleanliness should be attended to, and the clothing should be warm and permit of the most perfect freedom of movement.

The Milk.—It has been already pointed out that if nothing in the mother's condition prevents her suckling her infant, it is her duty to do so ; but certain conditions must be complied with in order that it may be beneficial to the child and not hurtful to the mother.

During the first few days, until the milk comes to the breasts, the infant should not be applied more frequently than once in every six hours, but may have a little cow's milk, well diluted with boiling water and sweetened with loaf sugar, given occasionally instead, at a temperature of 96° F.

When the milk has come to the breasts all artificial nourishment must cease, and the child be put to the breast regularly. The frequency with which this should be done during the first month is once every two hours during the day, and once every three or four hours during the night.

The best time to give the child the breast is when it awakes out of sleep ; when its hunger is appeased it will generally fall asleep again without further trouble.

After the first month the breast should not be given more frequently than once every two and a half or three hours during the day, and during the night once every three or four hours. As the child grows older, the time which is allowed to intervene between each meal should be increased.

Till the appearance of the first or milk teeth, the child should be fed exclusively on the breast milk; after that, which is Nature's indication that the stomach has become fit to digest other substances, the child may be given rusks, Mellin's food, Robb's biscuits, or Robinson's groats.

About the ninth or tenth month the mother should begin to wean her child. The artificial feeding begun on the appearance of the teeth should now be increased in frequency, while the breast should be at the same time gradually withdrawn.

It is difficult to determine the quantity of food to be given at any one time, but it may be laid down, as a rule, that not more than about three ounces of fluid shall be given at any one time. When larger quantities are given the stomach is apt to become overloaded and the digestive powers impaired.

Should the breast become swollen after weaning, gentle saline medicines should be administered, such as Friedrichshall water, a seidlitz powder, or a little Epsom salts, and the breasts be bathed with a lotion of eau-de-Cologne and water.

If it is found advisable that the mother should not suckle her infant, and the breasts become full and painful, relief may be obtained by drawing off the milk with a breast-pump, and checking the secretion by applying belladonna plasters to the breasts. The mother should also very much limit the amount of fluid nourishment she is taking. With these precautions the breasts will soon run dry.

The Wet Nurse.—For reasons that have been already stated, it may be found necessary to obtain the services of a wet nurse, the choice, qualifications and duties of whom have been fully dealt with in the previous section.

Rearing by Hand.—When from one or other of the causes already mentioned the mother is unable to nurse her child, and when, as frequently happens, especially among the working classes and the poor, the services of a wet nurse cannot be had, nothing remains but to bring the child up artificially, or "by hand," as it is called.

This is the most difficult kind of bringing up to accomplish satisfactorily, and many more hand-fed children die than those brought up at the breast.

There are three kinds of milk, any one of which may serve as a substitute for the breast milk. These are, the milk of the ass, the goat and the cow, in the order given. Cow's milk is the substitute generally adopted, but in order to make it more closely resemble human breast milk, it must be diluted with water, sweetened with sugar, and cream added.

The milk should be boiled and given at a temperature of 96° F., which is that of the human breast milk. The quantity given at a time will have to be increased with the growth of the child, but after the first few days are over it may be laid down, as a rule, that three or four ounces are sufficient at each meal. Of course, when the teeth begin to appear, other articles of food require to be given as well.

A regular method of feeding should be practised from the first, and a sufficient interval must be allowed to elapse between one meal and another, in order that the act of digestion may be completed.

For the first month the child may be fed every two and a half or three hours during the day, and every four hours during the night, as in the case of a breast-fed child. From this time onwards the child should be fed at regular intervals of three hours, from five in the morning till eleven at night. It should not be fed between 11 p.m. and 5 a.m. For the first month 1 part of boiled milk to 2 parts of boiled water should be given, gradually increasing the proportion of milk till at the beginning of the ninth month the infant is taking equal parts of boiled milk and water.

A teaspoonful of cream should be added to each feed, and one lump of sugar.

In feeding infants at birth and during the first few weeks of their existence, it is necessary to know the size of the infant's stomach in order that the amount given at each meal is not greater than the infant can digest. At birth the stomach holds about three tablespoonfuls, and its capacity gradually increases as the child grows. At eight months the capacity is five times as great.

There are two methods that may be employed in this artificial system of feeding—the one is to give the child its meals from a spoon, the other is to allow it to suck from a bottle. Of these the latter is preferable.

It is most essential to the success of this method of feeding that the bottle or bottles be kept scrupulously clean, as dirty bottles frequently give rise to "thrush." The best form of bottle to use is the boat-shaped one, with a rubber nipple fixed to the end or neck. No bottles with rubber tubes should be used, since milk sticks to the inside of the tube, and cannot be removed. This milk when decomposed will set up diarrhœa. The bottle and teat must be scalded after each meal in hot water and soda, the teat turned inside out, and both rinsed in cold water. They then should be allowed to stand in cold water in which a little boracic acid has been dissolved.

No more food should be made than will serve for one time.

When the teeth begin to appear, which is usually about the sixth or seventh month, the diet requires alteration, but milk must still constitute the chief item of food. In addition, the child may have Mellin's food, some of Allen and Hanbury's prepared foods, Robb's biscuits, Robinson's groats, etc.

When the larger double teeth make their appearance, it is regarded as a sign that a further change in the diet is now become necessary. Milk should continue to form a large part of the child's food, but, in addition, some beef-tea, chicken-tea or mutton broth may be given once a day in the forenoon. As a change, a little meat gravy with a mealy potato mashed up in it may be given. An egg lightly boiled, or one that has been placed for two minutes in boiling water, forms a very useful article of diet for young children, and one that is very nourishing. A little piece of some ripe fruit will not prove hurtful to most children, and so may be given sparingly, care being taken to remove all stones. Nuts and other husk fruits, which are difficult of digestion, should be avoided.

Children should not be allowed to eat between meals.

DISEASES OF INFANCY AND CHILDHOOD

Chicken-Pox.—This is a contagious but harmless disease of childhood attended by slight constitutional disturbance, as a rule, and after running its course for a few days ends in complete recovery. Often several children of the same family have it, one after the other. It effects both sexes alike and all classes indiscriminately. After a period of incubation of about a fortnight, a number of little red points suddenly appear on the skin, and in the course of 24 hours each has become a small blister, or vesicle, raised above the surface and surrounded by a pink areola or zone. The next day more red spots appear, which also form blisters, and so on for about 3 or 4 days fresh crops appear, the previous ones attaining a maturer stage. The eruption is most abundant on the back and front of the body. In about a week the vesicles begin to wither and dry up, and in a week or 10 days longer the scabs fall off, leaving as a rule no scar.

Treatment.—The child should be put to bed when the spots appear and prevented from scratching the pox by the use of fingerless gloves. Diet should be plain and simple, chiefly of milk and farinaceous foods. Medicine is not necessary. It should not be allowed to mix with other children till the scabs have fallen off ; occasionally the little patient is restless and feverish, but in most cases it will play as cheerfully as usual and appear to have nothing the matter with it.

It is well to have medical advice in cases of suspected chicken-pox, as the resemblance between this disease and small-pox is so great. Also in many places chicken-pox is one of the diseases cases of which have to be notified to the local sanitary authorities.

Chilblains are most irritating to children. Common factors in their causation are wet boots and imperfectly fitting boots, which compress the feet and retard the circulation. Special attention should be paid to these points in the prevention of chilblains. Wet boots should be changed immediately on returning from a walk. The following is an excellent remedy for unbroken chilblains : hydrochloric acid, diluted, ¼ of an ounce, hydrocyanic acid, diluted, 30 drops ; camphor water, 6 ounces. This chilblain lotion cures mild cases by one application. It is a deadly poison, and should be kept under lock and key. A responsible person should apply it to the feet of children. *This must not be applied to broken chilblains.*

Convulsions.—Some children are much more liable to suffer from convulsions than others, owing to their nervous system being more impressionable.

Causes.—Difficulty in teething is a very frequent cause, the irritation of the gums affecting the brain ; and when the cause of irritation is removed the convulsions disappear. Indigestible articles of food are another very frequent cause ; fright may occasion convulsions, and anything profoundly affecting the mother, such as anger, terror, grief, may so act upon her when nursing as to give rise to convulsions in the infact from indigestion.

Symptoms.—Sometimes the convulsions are partial ; thus an arm may twitch or certain portions of the face. The writer recollects being called to a child suffering from partial convulsions, whose mother, recognizing, from the inflamed condition of the gums, that the teething was at fault, took out her penknife and scratched the surface, which was really just what was required. Again, the convulsion may be general, when the muscles of the face, eyes, eyelids and limbs are in a violent state of rapid contraction alternating with relaxation. Froth may appear at the mouth, which, if the tongue has been bitten, will be tinged with blood. The head is generally thrown back, and the thumbs pressed in upon the palms of the hands.

Treatment.—If the teeth are plainly at fault, the gums must be scarified with a piece of lump sugar or lanced with a gum lancet, and 3 grains of bromide of potassium may be given in a little water. If due to some indigestible article of diet, it must be got rid of as soon as possible. A safe emetic is a teaspoonful of ipecacuanha wine in tepid water ; drinks of tepid water being afterwards given. This, of course, is only to be given if it is thought that some indigestible article of food has given rise to the convulsions, and if too long a time has not elapsed since it was swallowed. If some hours have elapsed, it will be better to give a teaspoonful of castor-oil. The following mixture will be found useful, and may be given to children from 1 to 3 years old : bromide of potassium, 2 drachms ; iodide of potassium, half a drachm ; syrup of orange peel, 1 ounce ; water to make 4 ounces. A teaspoonful every 3 hours, till all tendency to twitching of the muscles has passed away. Another very useful item of treatment is a warm bath or a pack. A sheet should be wrung out of hot water and wrapped round the child from the neck downwards, and over this one or two blankets. The child should remain in this for 1 hour, after which time it may be taken out and dried with warm towels. Or the child may be immersed in a warm bath up to the neck, or put in a hip-bath with as much water as can be got into it, so as to cover as much of the body as possible. A tablespoonful of mustard added to the water will, by acting as a counter irritant, increase the efficacy of the bath. It should remain in this for about 15 minutes, during which cold cloths may be applied to the head, and then be put to bed.

Croup.—Croup means obstruction to inspiration associated with noisy breathing. It is a very common symptom of diphtheria when it has invaded the larynx ; in fact, this disease was formerly known as membranous croup. Medical assistance should be summoned without delay. Croup is, however, very frequently the result of simple congestion of the larynx, or of merely spasmodic contraction ; in which cases it is of far less serious import than when diphtheria is the cause.

Symptoms.—Croup is attended by very noisy inspiration, on account of the narrowed condition of the glottis preventing the free entrance of air into the lungs. The child feels as if it were about to be choked, and makes violent efforts with the muscles of the chest to increase the supply of air within.

Treatment.—Croup is a condition in which no delay should take place in treatment, as imminent danger may ensue from suffocation. Give the child a hot bath at once, then put it to bed between hot blankets. Wring sponges out of hot water, and apply them constantly to the throat. A bronchitis or other kettle should be kept boiling in the room, as the steam from this often has a very beneficial effect on the dyspnœa, or breathing trouble. Vomiting should be induced by doses of ipecacuanha wine as prescribed in "What to Do in Case of Accident." After an attack care should be taken not to expose the child to draughts ; flannel should be worn next to the skin, and the feet kept warm and dry.

Diarrhœa.—The causes of diarrhœa in children being very varied, it is necessary, as far as possible, to determine what it is in each case ; thus, for instance, *teething* is a very frequent cause when it is difficult and accompanied by a good deal of irritation. When the tooth is cut, the irritation ceases, and the diarrhœa passes away. Again, *cold* may give rise to diarrhœa, from the impression made upon the nerves of the skin. This is frequently seen in children who toss the bedclothes off during sleep. *Fright* may also give rise to diarrhœa, and of course, the eating of *indigestible articles of food* will do the same. A frequent cause of diarrhœa in infants is an overloaded condition of the stomach, or the giving of unsuitable articles of diet.

Treatment.—Diarrhœa in children ought never to be neglected, as, if allowed to run on from day to day, it weakens the child, and may pass into inflammation of the bowels, a much more serious disorder. If the diet appear to be at fault, it must be corrected. Suppose, for instance, that the child, previous to the cutting of the teeth, has been given solid food ; the probability is that this has disagreed and set up irritation in the bowels, causing the diarrhœa. In such a case nothing but milk should be given for food, to which a little lime-water may be added with advantage, and a dose of castor-oil administered.

If the diarrhœa has continued for any length of time it is necessary to check it at once. For this purpose a little chalk mixture may be given—half to 1 teaspoonful every 4 hours to a child two or three years old. This may be combined with a little opium, as follows : laudanum, 4 drops ; tincture of catechu, 2 drachms ; chalk mixture to make 2 ounces ; 1 teaspoonful to be given every 4 hours.

Diphtheria.—This disease is characterized by sore throat and fever, which begins insidiously, and by enlargement and tenderness of the glands under the angle of the jaw. Examination of the throat will show the uvula red and swollen, and the tonsils much inflamed, with greyish patches of membrane on them. There may be croupous breathing, from the larynx being involved in the disease. Medical assistance must be called in immediately, as the recovery or death of the patient may be determined by the quickness with which treatment is applied.

Treatment consists in the injection of an antitoxin serum, painting of the throat with an antiseptic—lactic acid 1 part to 7 of water is a good application—and suitable stimulating medicines.

In view of the infectiousness of the disease, the patient must be isolated, a carbolized sheet being hung over the room door ; a carbolic spray should be frequently used about the room, and the attendants must be careful not to inhale the patient's breath. As a precautionary measure, they may use an antiseptic gargle or mouthwash themselves, remembering that being careful does not argue being cowardly. A steam kettle is useful, in keeping the atmosphere of the room moist and warm.

Measles.—This is an infectious febrile disorder. It is nearly always more or less prevalent in this country ; but at times it spreads with great rapidity, and sometimes causes death. As a rule, children and young people are attacked, but the general exemption of adults is probably due only to the fact that most of them have had the disease in childhood. Second attacks are not unknown.

Symptoms.—Before the appearance of the rash there are some precursory symptoms ; the patient feels languid and hot, there is shivering, followed by a rise of temperature, a quick pulse, thirst, loss of appetite, and sickness. The eyes become red and watery, and give the patient the appearance of having cried ; the membrane which lines the nose, throat, larynx and trachea is red and swollen, and pours forth a watery secretion ; thus the affected person appears to have a severe cold, with running from the eyes and nose. There is generally much sneezing with a slightly sore throat and a dry, harsh cough. Convulsions occasionally occur in children. After these symptoms have lasted 3 or 4 days the rash appears. It begins in very small papules or minute red pimples, which rapidly multiply, and these run together into patches which have a tendency to a horse-shoe, or crescent, shape, while the portions of skin between are of a natural colour. Commencing on the face and neck, the blotches spread to the arms, then the trunk of the body, and gradually reach the lower extremities. When the eruption has disappeared the part of the skin affected is covered with a dry scurf.

Complications are liable to occur. Convulsions at the commencement are usually without danger ; if they come on at the end of the disease they may lead to a fatal issue. Inflammation of the lungs and bronchitis, which may prove fatal to young children, may ensue if the patient is allowed to take a chill. The eruptions turning of a dark purple colour is a symptom of danger.

Treatment.—The child must be kept in bed. The room should be airy and well ventilated, but the patient must not be exposed to draughts. All discharges should be removed at once, and dirty linen taken away and disinfected. A fire should be kept burning, and the temperature of the room maintained about 60° or 65° F. The blinds should be kept down on account of the patient's eyes, and the bed should be turned so that he lies with his back to the light. In all cases it is advisable to give the patient a hot bath at the very onset of the disease ; then dry the surface of the body, and put to bed directly. All sources of annoyance and irritation and all noises should be avoided. The food should be of the simplest nature : milk, milk and water, chicken broth, beef-tea, and toast and water. When the fever subsides a small piece of chicken or fried sole may be eaten, with toast or bread and butter ; a fresh egg may also be given. As the tongue cleans and the appetite returns, the patient may be allowed to resume his ordinary diet. Although children generally recover rapidly, yet there are times when much debility ensues, and the general health becomes impaired, although the fever has quite left. Children who are in bad health are liable to lumps or glandular swellings of the neck and under the jaws, or they may remain weak for a long time. In these cases chemical food may be used with advantage ; Parrish's Syrup is another name for this. It may be given in doses of 5 to 10 drops 3 times a day in a little water, to children 2 or 3 years old. Fellow's Syrup of the Hypophosphites is a very useful preparation in such cases, and may be given in doses of 5 drops largely diluted with water, 3 times a day, immediately after food. The following mixture is useful : steel drops, 1 drachm ; solution of chloride of calcium, 3 drachms ; glycerine, half an ounce ; add water to 4 ounces. 1 teaspoonful for a child from 3 to 5 years old in water 3 times a day. A visit to the seaside is very beneficial.

Mumps is a very infectious febrile disease, accompanied by swelling of the parotid salivary gland in front of and beneath the ears. The patient complains of slight malaise for a day or two, and then the swelling appears, at first on one side, generally commencing beneath the ear, and coming forwards on to the cheek, followed in a day or so by a similar swelling on the other side of the face. Sometimes both the swellings appear simultaneously ; sometimes only one side is affected. The swelling is usually painful, especially during deglutition.

Treatment.—If there is much pain, hot fomentations with poppy heads should be applied, but if not it will be sufficient simply to keep the head tied up in flannel. Very occasionally an abscess may form on one side or other. This will require energetic medical treatment. Usually no medicine will be required, except a simple aperient at the commencement of the attack, and during convalescence the following prescription : tincture of steel, 1 drachm ; glycerine, 4 drachms ; water to 6 ozs : give 1 tablespoonful 3 times a day for a child of ten. While there is fever the patient should be kept in bed ; and cold must be avoided throughout the course of the disease.

Night Terrors.—The sudden awakenings of children apparently suffering from some dreadful delusion, and screaming, generally occur during the period of second dentition, and are found associated with some error of diet and indigestion. They will soon disappear if attention is paid to the digestion, and any errors of feeding corrected. Mild purgation is advisable.

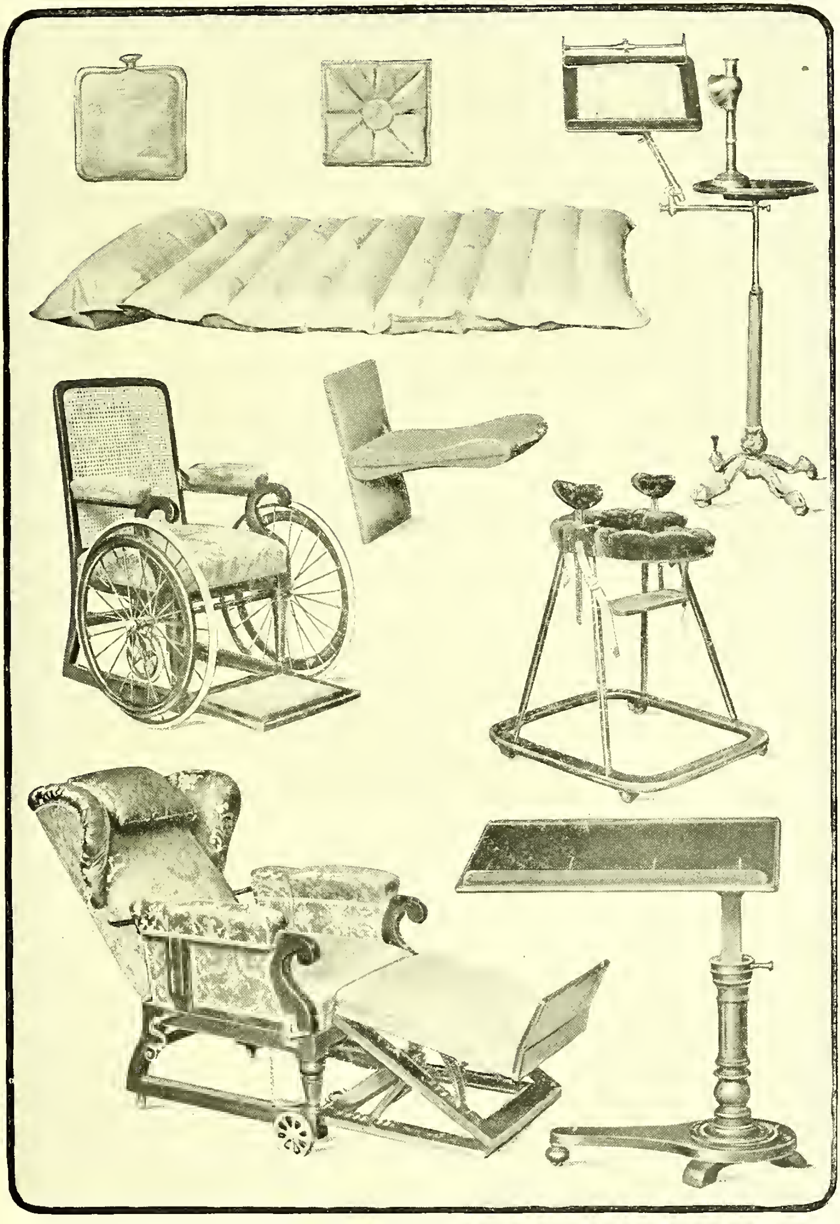
Rickets generally makes its first appearance between the ages of 6 months and 2 years. The causes are unsuitable food and unhealthy conditions of life, while hereditary influences may have some effect in producing the disease. The early symptoms are restlessness at night, and free perspiration in the head while sleeping. These are followed by enlargement of the ends of the bones of the arms and legs at the wrists, knees and ankles. The head also enlarges, and the fontanelles do not close, the forehead becoming square and prominent. The long bones soften and bend, the limbs becoming crooked, and the chest "pigeon breasted." The health becomes poor, the patient showing undue susceptibility to chills, and disorders of the nervous system.

Treatment consists primarily in removing the cause of the trouble. Nourishing and digestible food should be given, with a due supply of animal broths, fish and meat, according to the age of the child. The ventilation of the bedroom and day-room should be free, and any sanitary defects remedied. Daily tepid, or still better, if they can be borne, cold baths are advisable. Warm clothing should be worn, and as much open air and sunshine as possible obtained. The tendency to bandy legs must be corrected by splints, and by keeping the child off its legs. The only medicine of use is cod-liver oil, which should be taken in as large doses as can be digested.

Ringworm.—This disease is caused by the growth in the skin of a low form of vegetable life allied to ordinary mould. When some of the scales of a hair affected with ringworm are placed in liquid, and magnified about 300 times, the *spores* or seeds, and the *mycelium* or thread of the fungus, can readily be seen.

Ringworm of the scalp is sometimes a most intractable disease, especially when it has been existent for some time before its discovery ; and its cure will tax the resources of the most experienced doctors to their utmost. Therefore prompt and vigorous treatment is essential.

INVALID FURNITURE.



Hot Water Pillow, Air Cushion, Hot Water Bed, Adjustable Reading Easel, Self-Propelling Chair, Gout Stool, Go-Cart or Walking Horse, Recumbent Chair, Bed Table.

It shows itself as a dry scurfy or scaly condition of some portion of the scalp, generally in separate patches more or less circular, on which the hairs are broken off, and the surface presents a dirty appearance, with some redness beneath.

On the face, body or limbs the disease appears in the form of rings of various sizes, generally pretty round and of a reddish colour ; they commence as minute points, and increase in size somewhat rapidly, healing in the centre as the disease progresses centrifugally. As the disease is contagious, children suffering from it must not go to school or play with others till they are cured.

Treatment.—The daily application of dilute nitrate of mercury ointment or ammoniated mercury ointment is generally sufficient to effect a cure. Amongst the popular remedies are ink and vinegar. Strong acetic acid is a useful preparation. It should be used once and well rubbed in ; after that ammoniated mercury ointment may be used daily. The liniment of iodine is also a most useful preparation. It should be applied by means of a camel-hair brush or feather, and repeated in a few days if necessary. Great cleanliness is essential in this affection, and if the disease is situated on the scalp, the hair must be cut away for some little distance round the diseased patch before applying the remedy.

Teething.—The period of teething is one which is looked upon by many mothers with dread. Owing to the greater irritability of the system usually found to exist at that time, children are more susceptible to certain diseases ; and in order that everything may be done on the mother's part to guard against these, it is well that she should be familiar with the usual time of appearance of the teeth, and with a few hints that may be of service in maintaining the health of the child during this period.

The first, or temporary, teeth, 20 in all, generally begin to make their appearance between the fifth and eighth months in the following order : the 2 central front teeth of the lower jaw, called central incisors ; the corresponding teeth in the upper jaw ; 2 lower and 2 upper lateral incisors ; the 4 first molars ; the 4 canines (the 2 upper of which are popularly called *eye-teeth*) ; and, lastly, the 4 second molars.

The symptoms of troublesome teething are most perceptible to the mother : the child sucks feebly, and its gums are hot, inflamed and swollen. In this case, relief is yielded by rubbing the gums with the finger or a teething ring from time to time. Selfish and thoughtless nurses, and mothers too sometimes, give cordials and sleeping-draughts, the effects of which are too well known.

During the cutting of the temporary teeth, the infant's head should be kept cool, and its feet and hands warm. The body clothing should be light but warm. The apartments occupied by the child should be kept rather cool at this time. If the bowels are confined, the diet should be altered, and a little calcined magnesia given in milk.

Weak and improper food is often the cause of tardy teething. Children should be washed daily, and always kept sweet and clean.

Thrush.—This is a common affection in infants. It may be seen in the mouth as small white specks on the lining membrane. The malady is due to the *Saccharomycetes albicans*, and is often due to mal-nutrition and bad feeding, especially to dirty bottles or teats, and sour milk. The swallowing of food becomes difficult, there is thirst, and the water is scanty and high-coloured.

Treatment.—If the infant is bottle-fed, see that everything is scrupulously clean. If breast-fed, a nipple shield should be used, otherwise the nipple will become irritated. Give a little lime-water in the milk, in the proportion of 1 to 4 parts. Paint the mouth frequently with glycerine and borax, or honey and borax, using a feather or small camel-hair brush; or dissolve some powdered borax in water (4 grains borax to 1 ounce of water), and apply in the same way. Should this fail, wipe the mouth out thoroughly with a soft wet rag, and then rub some flowers of sulphur on the white patches with the finger. Great attention must be paid to the diet, and any errors must at once be corrected. If the stomach is disordered and the motions offensive, benefit may be derived by giving the child one of the following powders twice a day: grey powder, 6 grains; bicarbonate of soda, 18 grains; powdered rhubarb, 8 grains. Mix and divide into 6 powders; 1 twice a day to a child a year old. Change of air when the child is getting better will often work wonders.

Whooping-Cough.—This is an infectious disease of great frequency in childhood, and a large proportion of infant mortality is due to this cause.

Symptoms.—The earliest symptom is a common cold or catarrh, accompanied by a cough; there is also a slight amount of fever, restlessness, and sometimes running at the eyes and nose. The cough in a few days becomes most troublesome; in a week or 10 days, but often later, the child will begin to have the characteristic whoop; the cough comes on in paroxysms, more frequently by night than by day; each paroxysm begins with a deep and loud inspiration, followed by a succession of short and sharp expirations, again followed by a deep inspiration, and the repeated expirations; this may go on several times, and last 1 or 2 minutes, according to the severity of the case. Just before each attack comes on, the child clings to its nurse or mother. During the paroxysm it sits in an erect position, the face is flushed, the veins in the head and face prominent, the eyes suffused and watery, and generally there is some glairy fluid expelled from the mouth, or vomiting may come on. After the paroxysm the child will rest for a time, and appear pretty well until the next attack. These symptoms last for 3 or 4 weeks, and then the cough abates in severity and frequency, and finally ceases altogether. If it comes on during the winter the cough may last six or seven weeks, unless extra care is taken. In most cases there is some bronchitis attending this complaint, shown by the hurried breathing and rise of temperature, and by the rattling noises over the chest.

Treatment.—In all cases it is best for the child to be kept in the house as soon as the malady has declared itself ; in a very mild case it need not be kept in bed, but it should be in a room of warm and even temperature, and protected from draught ; it can then be allowed to play about as it likes. If there is any lung affection, it must be put to bed and treated according to the requirements of the case. Other children must not be allowed to come near it, unless they have had an attack previously, in order that its spreading may be prevented. The child must be fed in the usual way, but solid food should be given sparingly, and the stomach must not be over-loaded, as vomiting is often a symptom. Steel wine is very valuable in cases of whooping-cough, and more especially when there is no fever and during convalescence ; it may also stop the diarrhœa, which is now and then present. Numberless remedies have been tried for whooping-cough, but as many of them are powerful and require careful watching, they ought only to be given under medical direction. Some sweet mucilaginous fluid may be given, such as the mucilage of gum acacia mixed with glycerine, in the proportion of 1 teaspoonful of the latter to 1 tablespoonful of the former ; a teaspoonful of this being given to a child 3 or 4 years old 3 or 4 times a day. A cresolene lamp has often a good effect, or a little pure carbolic acid may be put in a saucer over a nightlight. Warm clothing should be worn ; and during convalescence a nourishing diet, moderate exercise in the open air when fine, a tepid bath in the morning, and a tonic, such as steel wine or cod-liver oil, are enjoined. A visit to the seaside, seven weeks from the onset, will frequently complete a cure.

Worms principally affecting children are of two kinds—the small threadworms, usually seen in large numbers, and causing great irritation, and the larger round worm, generally seen singly, and which is of about the same size and shape as the common earthworm.

Worms are the torment of some children ; the symptoms are an unnatural craving for food, even after a full meal ; costiveness, suddenly followed by looseness ; fetid breath, a livid circle under the eyes, enlarged abdomen, and picking the nose ; for which the remedies must be prescribed by the doctor, but sugar preserves and green vegetables must be avoided in the diet.

Quarantine.—The following table will be useful to parents, as showing how soon after an attack of infectious disease or exposure to infection a child may return to school without risk to himself or others.

Disease.	Infection after an attack ceases.	Quarantine required after *latest* exposure to infection.
Chicken Pox	When every scab has fallen off.	Twenty days.
Diphtheria	Four weeks after the commencement of attack, if no complications.	Twelve days.
German Measles	Ten days after appearance of the rash.	Twenty days.
Measles	Two weeks after appearance of the rash.	Sixteen days.
Mumps	Three weeks, or one week after disappearance of the swelling.	Twenty-four days.
Ringworm	When examination shows no broken hairs, and no spores.	
Scarlet Fever	Six weeks, or when sore throat, albuminuria and desquamation have disappeared.	Ten days.
Small Pox	When every scab has fallen off.	Sixteen days.
Typhus Fever	Four weeks	Fourteen days.
Whooping Cough	Five weeks, or two weeks after cough and whooping have disappeared.	Twenty-one days.
	N.B.—In each case the number of weeks mentioned represents the *shortest* time.	

This table accords with the Code of Rules laid down by the Association of Medical Officers of Schools.

HOMŒOPATHIC MEDICINE

CHAPTER LXXIII

The Principles, Practice and Advantages of Homœopathy, with Prescriptions for the Homœopathic Treatment of Disease

Homœopathy Defined.—In a work in which it is sought to give information on every branch of Household Management, and in which even the treatment of diseases and their prevention and cure must of necessity be briefly discussed, it is manifest that the important mode and means of medical treatment known as Homœopathy must not be ignored. In order to arrive at a correct idea of what Homœopathy is, it is necessary first of all to ascertain the meaning of the word itself, and to understand why it is used to designate that form of medical practice to which it was applied by the founder of this system of medicine, Dr. Samuel Hahnemann, who first announced his discovery to the medical world in 1796. Theory, generally speaking, forms the basis of practice in every art and science, and in no science is this more perceptible than in the science of medicine. Thus in medical practice it has arisen that there are two great and opposing schools of medicine, each of which is based on a widely different theory; that of the ordinary medical practitioner being *Contraria contrariis curantur,* which means "Opposites are cured by opposites"; and that of the homœopathic practitioner, *Similia similibus curantur,* which means "Likes are cured by likes." Going a little deeper into the matter the first of these sentences implies that in the treatment of any disease, be it what it may, drugs should be used which will produce in the body of the patient a condition *opposite* to that induced by the disease to be cured, or in other words that it is needful to counteract the disease and arrest its progress by the administration of medicines that will produce effects different from those resulting from the disease itself. The second, on the contrary, implies that in the treatment of any disease, be it what it may, drugs should be used which would produce in a healthy person symptoms resembling or *like* to those occasioned by the disease by which the patient is affected. Hence Hahnemann was led to apply to the generally accepted mode of medical treatment the term ALLOPATHY from two Greek words, *allos,* another, and *pathos,* suffering; and to his own method the term HOMŒOPATHY also from two Greek words, *homoios,* similar or like, and *pathos,* suffering.

The Principle of Homœopathy.—It is possible that some persons may entertain an idea that the medicines given by the homœopathist would produce in a healthy person precisely the same diseases as those which they are given to counteract in any one suffering from disease. This is altogether erroneous, for the symptoms produced by any particular drug or medicine in a healthy person are only *similar* or *like* those resulting from the disease itself, and not in any way the same as the symptoms excited by the disease or *identical* with them. It must be noted that the great principle of homœopathy is that *Likes cure likes,* not that *Identicals cure identicals,* and this must never be lost sight of. The morbific matter, state or condition, call it which you will, which has caused the disease, or generated the sickly state into which the patient has lapsed, is counteracted and neutralized by the action of the drug which, in a healthy person, would produce symptoms similar to, but not identical with, those which are excited by the disease.

The Principle Supported.—The principle of homœopathy having been enunciated, it is now desirable to see if any results of general experience can be cited in its support. In the case, for example, of a severe burn, is it the custom to apply cooling lotions or any substance that happens to be a good conductor of heat to the part affected ? Certainly not, must be the reply ; for although cooling applications of any kind may be soothing for a time and a source of comfort to the sufferer, it is well known that they tend to increase inflammation in the long run and to render the pain of the burn more acutely felt. Then the theory that, "Opposites are cured by opposites," does not hold good in this case. No ; but the contrary theory that "Likes are cured by likes" does most assuredly, for such burns are most quickly cured by the application of oil of turpentine or heated spirits of wine, both of which, when applied to the skin, cause a burning or tingling sensation, and by wrapping the part affected with wadding or cotton wool, which is a non-conductor of heat, and maintains warmth in the part burnt, preventing the access of air to it. Again, in cases of frost-bite the best thing to be done is to rub the part that is frost-bitten with snow, which is frozen water, and not to hold it to the fire or bathe it with warm water, which would spoil any chance that might otherwise exist of restoring the injured part to its former condition. Now what are these but direct evidence in favour of the homœopathic theory "Likes are cured by likes," and in opposition to the allopathic theory that "Opposites are cured by opposites."

The Practice of Homœopathy.—The homœopathic method of procedure with any drug is first to "prove" it on a number of healthy people, and so find out what symptoms it produces. These symptoms are called the "provings" of a drug, and they are a guide to the selection of that drug when produced by disease. All poisonings by drugs are of similar use to the homœopath, and the homœopathic materia medica is made up from these two sources. A large number of drugs have been thus proved, and the exact use of any new drug can thus be easily ascertained. At the introduction of homœopathy it was the general practice of medical men who adopted the new theory to give medicines in the doses usually employed, but it was found that these acted too powerfully and caused aggravations, because the law of cure adopted led to the selection of a medicine which acted on exactly the tissues of the patient which were diseased, and it can be easily understood that a diseased tissue is much more sensitive than a healthy one, consequently a much smaller dose is necessary to act on a diseased than on a healthy tissue. Thus it is that small doses have become the rule in homœopathic practice. These remarks also dispose of the fallacy, often urged against homœopathy, of supposing that doses too small to harm the healthy, can do no good to the sick.

The Practice Supported.—" The proof of the pudding is in the eating," and the value of homœopathy has been proved in giving a much lower death-rate in all the most severe diseases, i.e., cholera, yellow fever, typhoid fever, small-pox, pneumonia, and lately in plague, than the allopathic method. The success of homœopathy in cholera in Austria in 1836 led to the repeal of the law prohibiting its practice in that country. And if it can more successfully combat such severe diseases as those mentioned, it can more successfully combat also mild ones.

Preparation of Homœopathic Medicines.—These are supplied in pilules, tinctures, or tablets. Soluble drugs are prepared homœopathically by what is termed succussion or shaking, that is to say a mode of treatment which effects the dispersion of a drug through liquid, generally alcohol, until the drug is equally diffused through the whole of the liquid ; and insoluble drugs by trituration, or rubbing up in some vehicle, generally sugar of milk, until the whole of the vehicle used is equally and thoroughly permeated by it. It is argued that the active power of any drug is enormously increased by this so-called extension of surface, as mercury, which may be taken in large quantities almost with impunity, has its active properties marvellously increased by rubbing it up with some vehicle so as to procure its equal subdivision or, in other words, extension of surface. It is, then, from this extension of surface that homœopathic medicines derive their power and active properties. By the process of repeated subdivision dynamic properties of drugs are developed which are not obtained in the crude form, and thus many substances like flint, salt, chalk, which in their crude form are practically inert, become potent medicines.

The strongest preparation of each drug is called the " mother " (ϕ) tincture or trituration, from which succeeding potencies are made, 1*x*, 2*x*, etc. (i.e., 1 in 10, 1 in 100, etc.), or 1, 2, 3 (representing dilutions 1 in 100, 1 in 10,000, etc.).

Great care is needed in the preparation of homœopathic medicines, and it is consequently important to get them from a good source, such as Messrs. Epps and Co., of 48, Threadneedle Street, E.C.; those usually sold by allopathic chemists are quite unreliable.

Advantages of Homœopathy.—Apart from the fact that homœopathic medicines are much more easily taken, which is a great advantage, especially in the case of children, the homœopath has always a safe guide in the selection of a medicine for any patient in the law *similia similibus curantur*, whereas the allopath has in most cases no such guide, and can only guess, since most symptoms have no opposite, but all can have a similar produced by drugs.

Medicines used in Homœopathy.—For home treatment medicine chests are supplied by all homœopathic chemists. The following is the list of medicines most useful in home practice, and the potencies in which they should be used:—

Aconitum napellus, 3 or 6.
Antimonium tartaricum, 3*x*.
Arnica montana, 3.
Arsenicum album, 6.
Belladonna, 3.
Bryonia, 3*x*.
Chamomilla, 1*x* or 12.
China, φ, 1*x*.
Cina, 1*x*, 6.
Coffea cruda, 6.
Cuprum, 6.
Drosera, 12.
Dulcamara, 3.
Hepar Sulphuris, 6.
Ignatia, 6.
Ipecacuanha, 3.
Mercurius, 3.
Nux vomica, 6 or 30.
Opium, 30.
Pulsatilla, 3*x* or 30.
Rhus toxicodendron 3*x*.
Spongia, 3*x*.
Sulphur, 6 or 30.

Arnica φ, Calendula φ, and Rhus φ are often used for external application.

HOMŒOPATHIC TREATMENT OF DISEASES

In so brief a notice of the principles and practice of homœopathy, we can only deal with a few of the more common diseases, and indicate the medicines most often needed in their treatment.

In the following sections the dose, unless otherwise stated, should be two drops of tincture in a dessertspoonful of water, or 2 pilules or one tablet.

Appetite, Failure of.—For loss of appetite, accompanied by constipation of the bowels, pain in the stomach, especially a feeling of fulness at the pit of the stomach after eating, with broken and unrefreshing sleep, *Nux vomica* is needed, which may be taken in alternation with *Sulphur* every three hours.

For simple loss of appetite, China φ 2 or 3 drops before meals is useful.

Abscess and Boils.—In the early stage Bell. 1*x*, a drop every hour sometimes cuts it short. If it fails Silica 6, 3 times a day, especially useful for abscess near the anus.

For recurrent boils or abscesses Hepar 30 a drop once a day, or Silica 30 in the same way.

Asthma.—For the asthmatic paroxysm the medicines most often required are *Arsenicum Ipecacuanha* or *Antimonium Tart.* With *Arsenicum* there is great anguish and restlessness, and the attacks are worse after midnight. With *Ipecacuanha* there is wheezing and rattling of mucus, and the cough causes gagging and vomiting. If *Ipecacuanha* seems indicated and fails, *Antimonium Tart.* should be substituted, especially if there is much blueness of lips, and cold sweat. If the mucus is very viscid *Lobelia 3x* may be indicated. If the attacks are accompanied by gastric disturbance and worse after eating, *Nux vomica* is called for.

In each case repeat dose every half-hour till relief is obtained.

For the cure of the asthmatic tendency, *Psorinum* 30 or 200 is often useful, given in infrequent doses once a week only. Similarly for asthma worse from damp weather, *Natrum Sulphur* 6, a dose daily; and for those which are better in damp weather, *Hepar* 30, a dose every 4 days, may act curatively.

Biliousness.—For an ordinary bilious attack which frequently follows indulgence in what is called good eating and drinking, and is often the outcome of sedentary occupations, the usual remedies are *Mercurius* and *Nux vomica* in alternation every 2 hours till relief is obtained. *Pulsatilla* is prescribed for persons of fair complexion, especially women, instead of *Nux vomica.* The ordinary symptoms of such an attack are a foul tongue with nausea and, frequently, actual vomiting.

For bilious attacks which recur at more or less regular intervals, independently of errors in diet, Iris *2x* 1 or 2 drops 3 times a day is often curative.

Bronchitis. — For acute cases *Aconite* and *Bryonia*, as indicated under "Cough." Follow with *Ipecacuanha* every 2 hours if there is much wheezing and rattling, or if these symptoms are accompanied by blueness, *Antimonium Tart.* For chronic cases, if the cough is dry and hard, *Bryonia*; if much rattling, specially in old people, *Antimonium Tart.* If the phlegm is very stringy, and cough worse in early morning, *Kali bichromicum.* Repeat doses every 2 hours in acute cases; 3 times a day in chronic.

Bruises.—For simple bruises and contusions make a lotion of 30 drops of *Arnica* tincture to 4 tablespoonfuls of water, and apply to the part affected on lint doubled twice or thrice and soaked in the lotion. Cover with oiled silk, and change the lint or renew the dipping as soon as the lint is dry. It must on no account be used if the skin is broken. In this case Calendula (30 drops) should be used in the same way.

Catarrh, or Cold in the Head.—As soon as one is conscious of having taken cold, through feeling chilly and shivery, a camphor pilule should be taken every ¼ hour till chill passes off. *Aconite* should then be given every hour till perspiration occurs. If the attack begins with feverishness *Aconite* should be taken at once. This must be succeeded by one of the following remedies, according to the symptoms: For running of nose and eyes, *Euphrasia 1x* every 2 hours. For thick discharge from nose, unirritating, *Mercurius.* If discharge is very irritating, and nose becomes sore, *Arsenicum.* If discharge is very profuse, running like a tap, *Kali hydriodicum 2x.* Every 2 hours in each case.

Colic, or Pain in the Bowels.—The sufferer should have a warm bath, and be well covered up with clothes in bed, and have flannels, plunged in hot water and wrung out as dry as possible, applied to the bowels. If the pain makes the patient double up, especially if accompanied by diarrhœa, *Colocynth* 3 ; if the pain is accompanied by cold sweat on forehead, *Veratrum album* 6. In each case the medicine should be given hourly till relief is obtained. For colic accompanied by severe spasmodic pains, *Belladonna* is required ; for colic arising from partaking of food too plentifully, *Nux vomica* ; for intensification of pain at night, with nausea and loose greenish evacuations, *Mercurius* ; for spasms and pain mainly caused by indigestion, *Mercurius* ; for colic in infants, *Chamomilla.*

Constipation.—Where the constipation is habitual and obstinate an enema of warm water or of warm water gruel is of great assistance. For persons who have a bilious temperament and suffer from rheumatism, or when the constipation is accompanied by a chilly feeling, *Bryonia* is desirable ; for constipation that is occasioned by sedentary occupation and accompanied by headache and a tendency to piles, *Nux vomica* is indicated, in alternation with *Sulphur* where constipation is habitual. *Opium* is useful when, with great difficulty of evacuation, there is absence of inclination and the stools are small and dark ; when even a soft stool is passed with difficulty, *Alumina* 12. In each case a dose night and morning is sufficient.

Cough.—For a hard, dry cough, *Aconitum napellus* is required in the early stage, followed by *Bryonia* if necessary ; for a cough with wheezing, difficulty of expectoration and need of keeping the head high in bed, *Antimonium tartaricum* ; for a dry, spasmodic cough, with sore throat and thirst, *Belladonna*, or for a nervous cough, *Hyoscyamus* 3*x* ; for cough with expectoration and pain in the side or in the head, or between the shoulders when coughing, *Bryonia* ; for cough accompanied by constipation and fulness at the pit of the stomach, or for cough worse after meals, *Nux vomica* ; for hard cough, with oppression or soreness on the chest, *Phosphorus* ; for a loose rattling cough, *Ipecacuanha.* The dose may be repeated every 2, 3, or 4 hours, as needful. (*See* also " Whooping Cough.")

Diarrhœa.—For this disorder, when accompanied by great pain in the stomach and bowels, watery stools, and exhaustion, *Arsenicum* is required ; when caused by drinking cold water when heated, *Bryonia* ; for griping pains and indications of dysentery, *Mercurius* (when there is great straining not relieved by stool, *Mercurius corrosivus* 3 should be substituted) ; when caused by indigestion and indulgence in rich food and pastry, *Pulsatilla.* For diarrhœa in teething children, *Chamomilla* is a useful remedy. For painless diarrhœa, with much flatulence and weakness, *China* 1*x*; for painless diarrhœa in early morning, *Podophyllum* 3; for urgent diarrhœa, worse between 5 and 10 a.m., *Aloes* 6 for watery diarrhœa, with cold sweat on forehead and great pain, *Verat alb.* 6. The dose should be repeated after each evacuation as it occurs.

Fever.—For simple feverish attacks *Aconitum napellus* is indicated, when there is dry heat, restlessness and anxiety, give every 15 minutes till skin becomes moist. For fever with moist skin, *Ferrum Phosphoricum* 6*x* every hour or two. For fever with trembling and prostration, *Gelsemium* every 2 hours. For fever with flushed face, dry skin, muscular twitchings, *Belladonna* every hour (*Belladonna* is also the best medicine for scarlatina). For fever of a dangerous character, *Bryonia*, *Rhus toxicodendron* and *Arsenicum* are the remedies, with *Belladonna*, *Mercurius* and *Sulphur* in scarlet fever.

Gastritis (inflammation of the stomach).—When there is pain in the stomach, which is aggravated by least food or drink, which is vomited soon after it is taken, *Arsenicum* 2 hours.

Gout.—For acute attack, *Urtica urens* ϕ 5 drops every 4 hours in a wineglassful of warm water. If inflammation rapidly shifts from joint to joint, *Colch.* 3*x* every 2 hours, or *Pulsatilla* in the same way. For more chronic forms, *Ledum* 3*x* every 4 hours.

Gravel.—When accompanied by flatulence and constipation, *Lycopodium* 6 3 times a day. When accompanied by pain in the back, reddish urine, *Thlaspi* 1*x* 2 drops 3 or 4 times a day. If these fail, *Sarsaparilla* 6 3 times a day.

Headache.—There are many kinds of headache, excited by various causes and presenting various symptoms, but the most common are headache proceeding from indigestion, nervous headache and sick headache. For the first of these the remedy is *Nux vomica* or *Pulsatilla*; for the second, *Ignatia*; and for the third, *Kali carb.* 6, also *Ipecacuanha* or *Iris* when the headache is accompanied by nausea or vomiting. For congestive headaches with flushed face, worse on lying down, *Belladonna*. For bursting headaches, coming in waves, *Glonoin* 3. For more or less constant headache with which the patient wakes in the morning, *Natrum mur.* 30. Dose, repeat every hour during attack, night and morning, as a preventive.

Heart.—Palpitation from nervous causes, *Lycopus* 3*x* 3 times a day; also *Ignatia* 3*x* may be useful.

Hysteria.—For hysterical attacks, *Moschus* 6 every hour or two. For the tendency and general nervous condition, *Ignatia* 3 times a day.

Indigestion.—For this complaint in nervous and hypochondriacal patients, *Arnica montana* is usually prescribed; in bilious and rheumatic patients, *Bryonia*; for chronic dyspepsia, *Hepar Sulphuris*; and for indigestion produced by over-eating or sedentary occupation, *Nux vomica*. For pain in stomach and between shoulders 1 to 2 hours after food, *Nux vomica*; for great flatulence as soon as one eats, *Lyco-*

podium; for heavy dull pain in chest like a weight, *Bryonia* or *Pulsatilla*; when nausea is the prominent symptom, *Ipecacuanha.* Repeat dose 3 times a day before food.

Influenza. — In ordinary cases for the aching pains, headache and lassitude, begin with *Gelsemium* every 2 hours. If bone pains are marked, substitute *Eupatorium perf.* 3*x*. If the pains produce great restlessness, *Rhus Tox.* If there is much headache with pains behind the eyes, *Cimicifuga.* If much sneezing and running of nose with irritating discharge, or if there is great prostration and restlessness, *Arsenicum* is indicated.

Liver.—Enlarged, with pain behind right shoulder blade, with or without jaundice, *Chelidonium* 2*x*; dull pain in liver with jaundice and depression, *Mercurius*; liver sluggish with morning diarrhœa, *Podophyllum* 6*x*; dose, repeat 3 times a day.

Neuralgia.—Right-sided, relieved by heat, *Magnesium Phosphoricum* 6*x*. Left side of face and eye, *Spigelia* 3*x*. Chronic periodical, *Arsenicum.* Recent cases due to cold or draught, *Aconite.* Dose, repeat every half-hour during attacks.

Pleurisy.—*Aconite* and *Bryonia* are the most frequently needed medicines, given hourly in alternation.

Pneumonia.—In early stage, *Aconite*, followed by *Ferrum Phosphoricum* every hour; when fully established, *Phosphorus* 6 every 2 or 3 hours.

Rheumatism.—In acute case begin with *Aconite* every hour or two. If relief is not obtained in 12 hours, give *Bryonia* if patient wants to be quite still; *Rhus* if patient still feels restless and desires to be moved. In chronic cases, *Bryonia* if the pains are relieved by rest. *Rhus* if they are relieved by continued motion. *Dulcamara* if markedly aggravated by damp.

Rickets.—In fat flabby children with cold clammy feet, *Calcarea carb* 30 2 or 3 times a day will do wonders; in thin children *Calc. Phos.* 6*x* 3 times a day; in fair children with sweaty heads, *Silica* 30 once a day.

Sore Throat.—Simple cases, throat feels dry, looks red, pain on swallowing, *Belladonna* every hour; if it begins left side, *Lachesis* 30; if tonsils enlarged and dotted over with small white spots, *Phytolacca* 1*x*.

Teething.—For teething, when they are very fretful and want to be nursed all the time, *Chamomilla* every hour or two; when the teeth decay soon after they are cut, *Kreasote* 6 twice a day.

Whooping Cough.—In the early stage *Aconite* every 2 hours, when dry, teasing cough; when cough becomes spasmodic, *Ipecacuanha* after each attack; when whoop is developed, *Drosera* 6 unless following indications present. If child cries before each fit of coughing, *Arnica* 6; if there is vomiting of thick mucous with cough specially in morning, or if urine deposits red sand, *Coccus cacti* 6; if spasms very severe, turns black in face with them, *Cuprum* 6. In each case repeat dose after each spasm.

LEGAL MEMORANDA

CHAPTER LXXIV

ANIMALS ; BANKING ; BIRTHS, registration of ; DEATHS, registration of ; ELECTRICITY, supply of ; FENCES ; FIRE ; FIRE INSURANCE ; GAS ; HIRE PURCHASE AGREEMENTS ; HOUSE AGENTS ; HUSBAND, liability of, for debts contracted by wife ; INCOME TAX ; INFECTIOUS DISEASES ; INHABITED HOUSE DUTY ; JURY, persons liable to, or exempt from, service on ; LANDLORD AND TENANT ; LAND TAX ; LICENCES ; LODGERS ; MARRIAGE ; MARRIED WOMEN ; MASTER AND SERVANT ; NUISANCES ; PRESCRIPTION ; PURCHASE OF HOUSE, loan by Local, Authority for purpose of ; RATES ; SANITARY REQUIREMENTS ; STAMPING OF DOCUMENTS ; TRESPASS ; VACCINATION ; WATER RATE ; WILLS.

There are certain matters of a legal nature with which most men—and women, too—must necessarily be concerned at some time or another in the ordinary course of domestic life ; and it is with a view to affording some assistance in dealing with such matters that the present chapter is appended, though in the limited space available it is not possible to do more than state the general principles which are applicable. The subjects referred to in the following index will be found in one or other of the articles enumerated above.

Ancient Lights—See *Prescription*
Armorial Bearings—See *Licences*
Ashpits, Requirements as to—See *Sanitary Requirements*, pp. 1994, 1995
Assignment of Premises—*Landlord and Tenant*,
  Effect of—See p. 1967
  Covenant against—See p. 1961
Carriages—See *Licences*
Character of Servant—See *Master and Servant*, p. 1976
Cheques—See *Banking*
Chimney on Fire—See *Fire*
Cisterns—See *Sanitary Requirements*, pp. 1993, 1995
Cock-Crowing—See *Nuisances*, pp. 1984, 1987
Distress—*Landlord and Tenant*
  When and how leviable—See p. 1963
  Effect of, on right to re-enter for breach of covenant—See p. 1962
Dogs—See *Animals*, *Licences*, and *Nuisances*, pp. 1984, 1986, 1987
Drains,
  Liability of tenant with regard to, under covenant to pay "Assessments," etc.—See p. 1959
  Implied condition as to, in letting furnished houses—See p. 1958
  Requirements of local authorities with regard to—See pp. 1993, 1995
Fixtures—See *Landlord and Tenant*, p. 1966
Forfeiture of Lease on Breach of Covenant—See *Landlord and Tenant*, p. 1962
Holding Over of Premises by Tenant after Notice Given—See p. 1965
Lease—See *Landlord and Tenant*
Libel—See *Character of Servant*, p. 1980
Light and Air, right to—See *Prescription*
Male Servants—See *Licences*
Manure—See *Nuisances*, p. 1985 ; and *Sanitary Requirements*, p. 1994
Motor Car—See *Licences*
Noises—See *Nuisances*, pp. 1983, 1984, 1987
Notice to Quit—See *Landlord and Tenant*, p. 1965
"Not Negotiable," Effect of, when written on cheque—See *Banking*, p. 1936
Overhanging Trees—See *Nuisances*, pp. 1981, 1983
Possession of Premises, how recoverable—See *Landlord and Tenant*, p. 1965
Quiet Enjoyment, Covenant by landlord with regard to—See *Landlord and Tenant*, p. 1961
Rates and Taxes, Covenants in leases with regard to—See *Landlord and Tenant*, p. 1959
Receipts, Creditor's obligation with regard to—See *Stamping of Documents*, p. 1990
Refuse, Removal of—See *Sanitary Requirements*, pp. 1994, 1996
Rent—See *Landlord and Tenant*, pp. 1959, 1962
Repairs, Covenants in leases with regard to—See *Landlord and Tenant*, p. 1960
Roadway, Cost of paving, etc., liability of tenant in respect to—See *Landlord and Tenant*, p. 1959
Sanitary Authorities—See *Infectious Diseases*, Notification of, p. 1954
Slander—See *Character of Servant*, p. 1980
Smells—See *Nuisances*
Smoking of Chimney caused by building of adjoining house—See pp. 1961, 1988
Street Cries—See *Nuisances*, p. 1987
Street Music, within the Metropolitan Police District—See *Nuisances*, p. 1987
Taxes—See *Income Tax*, *Inhabited House Duty*, *Land Tax*, and *Licences*
Tithes, Payment of—See p. 1960
  Liability of, to be rated—See p. 1990
Under-Letting, Effect of—See p. 1967
  Covenant with regard to—See p. 1961
View, Obstruction of—See *Prescription*
Wages—See *Master and Servant*
Water Closets, Requirements with regard to—See *Sanitary Requirements*, pp. 1993, 1995
Water Supply, Requirements with regard to—See *Sanitary Requirements*, pp. 1992, 1994
Wife, Authority of, to pledge husband's credit—See *Husband*

ANIMALS

1. **Wild Animals.**—A person who merely prevents the destruction of game on his land and thus enables it to increase and multiply, is under no liability, although his neighbour's crops may suffer in consequence. But if game be imported by him and the land is thus overstocked he will be responsible for such injury,—as in any other case where he makes what is called a " non-natural use " of his property.[1] Where a person imports any species of wild animal which is not ordinarily regarded as being of a harmless nature, he must keep it at his peril, and if it escapes he will be liable for the consequences.

2. **Domesticated Animals.**—In the case of domesticated animals the owner's liability is limited to the natural consequences of their escape ; for instance, if his cattle stray he will be responsible for the grass they eat or trample on. In considering the question as to what may be the natural consequences of their escape, regard must be had to their natural habits. Thus it is the recognized habit of horses to kick one another, and of bulls to gore other animals ; and for such consequences the owner will be liable. But it is not supposed to be the general habit of horses or bulls, respectively, to kick or gore human beings, nor of dogs to attack mankind ; and for that reason the owner is not responsible if they in fact do so, unless either he or his servant in charge of the animal knew that it had previously done so, or attempted to.[2] Even in the case of a dog it would not be sufficient to show that it had bitten other animals.

Injury to cattle or sheep caused by dog.—To the general rule with regard to dogs an exception has been made by a statute which provides that the owner shall be liable for any injury done by it to cattle or sheep, and that it shall not, in such cases, be necessary for the person whose cattle, etc., have been injured to show a previous mischievous propensity in the dog, or the owner's knowledge of it, or that the injury was attributable to neglect on the part of the owner. " Cattle " includes a horse, whether in harness or otherwise. The occupier of the premises where the dog is kept or permitted to remain at the time of the injury will be deemed to be the owner of the dog unless he prove that he was not, and that it was kept, etc., without his sanction or knowledge. The above liability extends even in respect to cattle or sheep trespassing on land belonging to the owner of the dog.

Fierce or Dangerous Dogs.—Although a person may keep a fierce dog to protect his property, he is not entitled to place it in the open approaches to his house so as to injure persons lawfully coming there. If a dangerous dog is not kept under control a magistrate may, upon complaint to him, order it to be kept under control, or to be destroyed. As to the penalty which may be payable for allowing a ferocious dog unmuzzled to be at large or for setting a dog to attack any person or animal, *see* Nuisances, p. 1986. Upon complaint that a dog has bitten or attempted to bite any person within the Metropolis a magistrate may order it to be destroyed.

Mad dogs.—See Nuisances, p. 1986.

Stray dogs.—Where all reasonable steps have been taken to get rid of a stray dog which has come on the premises the occupier will not be liable for the injury it may do. The general provision is that a constable may seize any dog that he has reason to suppose to be savage or dangerous, straying in any public place and not under the control of any person, and may detain it until the owner has claimed it and paid all the expenses incurred in its detention. If the owner is known, he must be informed of the fact that the dog has been seized. After three clear days, where the owner is not known, or five clear days where he is known, the dog may be sold or destroyed, unless previously claimed and the expenses paid.

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[1] As to which, *see p.* 1982.

[2] But notice to the owner's wife or to one of the servants, though not expressly in charge of the animal, may, under some circumstances, be sufficient.

Within the Metropolis the police have power to seize *any* stray dog and deal with it as above. Moreover, the time within which it may be sold or destroyed if not reclaimed is, in all cases, limited to three days, and notice is only required to be sent to the owner if his name and address appear on the dog's collar.

Muzzling orders may be made by the Board of Agriculture or by the local authority. As the result of an order issued by the Board of Agriculture and the regulations made thereunder by the London County Council, no dog within the area under the control of the latter authority is allowed to be in any public place unmuzzled unless it is under the control of some person and wearing a collar upon which the name and address of the owner is legibly inscribed. And if found at large contrary to these regulations the dog may be seized by the police and destroyed at the end of three days, if not previously claimed, or if it be diseased, it may be destroyed forthwith. In neither case is any notice to the owner required to be given.

The importation of dogs from abroad, except from Ireland, the Channel Islands and the Isle of Man, is prohibited unless a licence has been obtained from the Board of Agriculture ; for which application should be made to 4, Whitehall Place, London.

Trespass by animals.—It is very doubtful if the owner is liable for any damage done by a dog or a cat while trespassing, as for instance by disturbing or killing game, unless it be shown that he knew that the animal had a mischievous propensity to do that which is complained of.

Killing of animals while trespassing.—Unlawfully and maliciously killing or wounding a dog or other animal kept for domestic purposes is a criminal offence. But the killing or wounding of such animal will be justifiable if not done maliciously but in the bonâ fide belief that it was necessary for the protection of person or property, and that it was the only way in which it could be protected.

Poisoning animals.—Placing poisoned meat for the purpose of destroying animals is also a criminal offence, except it be to destroy animals such as rats or other small vermin, either in a building or in the garden or drains attached to it. In the case of a drain, it must be so protected as to prevent any dog from entering it.

Advertising for stolen or lost dogs, etc.—If in a public advertisement offering a reward for the return of a dog or other property which has been stolen or lost, there are any words purporting that "no question will be asked," the person who issued the advertisement, and the printer or publisher of it will be liable to forfeit the sum of £50 to any person who sues for it.

BANKING

Cheques, General Provisions with Regard to.—A cheque may be drawn on any form or description of paper, but must comply with the following requirements :—

1. Must sufficiently indicate who is the banker requested to pay it, and where it is to be presented for payment.
2. Must state the sum to be paid. This should, but need not necessarily, be stated in words as well as figures. If it be expressed in both ways and there is a discrepancy between the two, the amount payable will be that which is expressed in words.
3. Must be payable on demand, either to, or to the order of, a specified person, or to bearer.

A cheque payable to order, when endorsed with the name of the person to whose order it was drawn, becomes payable to bearer. The endorsement in such cases is said to be "in blank," as distinguished from a special endorsement to some other person or his order, Where a cheque has been endorsed in blank the holder of it, if desirous of avoiding the risk of losing the cheque, which has thus become payable to bearer, may convert the blank endorsement into a special endorsement by writing above the endorser's signature a direction to pay the cheque to, or to the order of, himself or some other person.

4. The name of the person drawing the cheque must appear upon it. A cheque is invariably signed by the drawer, but it will be sufficient if his name be written on any part of it,—thus a cheque drawn "I, A.B., desire you to pay, etc.," would be valid.

Date of cheque.—A cheque is not invalid by reason of it not being dated, and may be ante-dated or post-dated, or dated on a Sunday. Alteration of the date will invalidate a cheque unless made with the assent of the drawer ; and if made with such assent, the cheque will require to be re-stamped as being a new document.

Cheque Payable to Order, Forged Endorsement of.—Where a cheque is payable to order and the banker on whom it is drawn pays it in good faith and in the ordinary course of business he cannot be called upon to make good the loss should the endorsement of the name of the person to whose order it was payable prove to have been forged. If, however, any other person gives cash for a cheque so endorsed he will not be able to enforce payment of it, and should he in fact have obtained payment of it, he will be liable to refund the money to the true owner.

Cheques Payable to Bearer, Negotiation of.—Inasmuch as the title to, as well as the property in, a cheque payable to bearer[1] is capable of being transferred by mere delivery, its payment can be enforced by any person who becomes the holder of it in due course, i.e., a person who takes it before it is overdue,[2] in good faith and for value, and without any notice at the time of any defect in the title of the person from whom it was received. If, therefore, a cheque payable to bearer be lost or stolen, and the person who finds it, or stole it, as the case may be, succeeds in getting some one to give him cash for it, the latter, if he acted under the circumstances mentioned (and any other holder deriving his title to the cheque through him) will be able to enforce payment of it.

Crossed Cheques.—A cheque may be crossed either by writing on the face of it the words "and company" (or any abbrevation thereof), between two parallel lines, or by drawing such parallel lines simply. In such case the cheque is said to be crossed generally, but if the name of a banker be added it is crossed specially. If a cheque be issued uncrossed the holder may cross it ; or if it be crossed generally he may cross it specially.

If a banker pays a cheque which is crossed generally otherwise than to a banker, or a cheque crossed specially otherwise than to the banker to whom it is crossed, he will be liable to the true owner of it for any loss he may have sustained in consequence.

Cheques Marked "Not Negotiable."—The one way in which the drawer or holder of a cheque can protect himself is by writing on the face of it the words "not negotiable" ; but whether a cheque other than a crossed cheque can be so dealt with is doubtful. The effect of marking a cheque "not negotiable" is that no person who takes it can have, or be capable of giving, a better title to it than that possessed by the person from whom he took it. Though some doubt has been expressed on the point, there does not appear to be any absolute necessity to use the actual words "not negotiable," and any other words clearly indicating such intention,—as, for instance, "Pay A. B. only"—will, it seems, be sufficient. But a mere mention of the account which is to be credited—for instance, if the cheque be crossed "Account of X., National Bank"—would not be sufficient.

Presentment of Cheque for Payment.—A cheque should be presented for payment within a reasonable time, otherwise the banker will be justified in declining to pay it until he has made inquiries. What is a reasonable time depends on custom and the facts of the particular case. A person who takes a cheque after it has been in circulation for an unreasonable time, takes it subject to any defect there may be in the title to it.

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[1] Including a cheque which, although drawn to order, has, by being endorsed in blank, become payable to bearer ; *see* previous page.

[2] As to the necessity to present a cheque within a reasonable time, *see* below.

Failure, however, to present a cheque within a reasonable time (so long as it be presented within six years) does not deprive the holder of his remedy against the person who drew it, unless the latter has been actually prejudiced by the delay, as, for instance, by the failure of the bank in the interval. Under such circumstances the drawer is discharged from his liability, and the holder of the cheque is left to recover what he can from the bank.

A Banker's Authority to pay a Cheque is determined by—(1) Countermand of payment ; (2) notice of the customer's death ; (3) bankruptcy of the customer.

Dishonoured Cheques.—If a banker refuses to pay a cheque duly signed by a customer who, at the time, has sufficient funds at the bank to meet it, he will be liable in an action for damages by the customer,[1] unless he succeeds in showing that such funds had not been paid in for a reasonable time before the cheque was presented. The banker will not, however, be liable to the holder of the cheque.

Where there is an insufficient amount to meet the cheque, the banker is not entitled to state the amount of the deficit, and so enable the person presenting it to pay in the difference and thus obtain payment to the prejudice of other creditors.

Forged Cheques, etc.—A banker is presumed to know his customer's handwriting, and consequently if he pays a forged cheque he is, under ordinary circumstances, bound to refund the amount to the customer. Similarly, if the sum payable on a cheque be fraudulently altered so as to increase the amount, and the banker pays the larger sum, the general rule is that he can only charge the customer with the amount for which the cheque was actually drawn. Where, however, a customer signed certain cheques in blank and left them to his wife to fill in, who, in turn, employed his clerk to fill in one of them for £50, and he proceeded to do so in such a way as to enable him to subsequently increase the amount to £350, and appropriate the money, it was held that the loss must be borne by the customer.

Lost Cheques.—Where a cheque is lost before it is overdue, the person who was the holder of it may apply to the drawer to give him another, giving security to the drawer if required, to indemnify him against all persons in case the cheque should be found ; and the drawer may be compelled to give it.

Payment by Cheque.—As a cheque is not money, and therefore not legal tender, a creditor may always object to it as payment. And even if he accepts it as payment, its acceptance does not put an end to the debt unless and until the cheque is cashed ; in other words, it only suspends the creditor's remedy until the cheque is presented, and if not then paid, the debt may be treated as still existing.

The production of a cheque drawn by a debtor in favour of his creditor and paid by the banker is not, in itself, sufficient evidence of payment. It must also be shown that the cheque passed through the creditor's hands. For this reason it is desirable to pay a creditor by a cheque to order, and thus obtain his endorsement.

BIRTHS

Information to be given of Birth within Six Weeks.—In the case of every child born alive in England or Wales it is the duty—

(1) Of the father and mother, and in their default,

(2) Of the occupier of the house in which, to his knowledge, the child is

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[1] And it will not be necessary for the customer to show any special damage.

born, and of each person present at the birth, and of the person having charge of the child,

to give to the registrar, within six weeks after the birth, information of the particulars required to be registered concerning such birth, and to sign the register. Upon a written request the registrar may register the birth at the residence of the person making the request, or at the house at which the birth took place ; but in such cases the registrar will, unless the birth took place in a public institution, be entitled to a fee of 1*s*. Under ordinary circumstances no fee is chargeable.

Registration after Six Weeks, but before Three Months.—If owing to the default of the parents or other persons required to give information concerning it, a birth has not been duly registered, the registrar may, at any time after the six weeks but within three months of the birth, by notice in writing, require any of the persons whose duty it was to give information to attend personally at his office, or some place appointed by him within his sub-district, within a specified time (not less than seven days after the receipt of the notice and not more than three months from the date of the birth), and there discharge his duty with regard to giving the information required.

Registration after Three Months.—After the expiration of three months and not later than a year from the birth, registration can only be effected under the following conditions : The registrar must, by notice in writing, require some of the persons whose duty it was to give information concerning the birth to attend personally at *the district register office*, at such time as may be specified (not less than seven days after receipt of the notice and not more than twelve months from the date of the birth), and there make before the superintendent registrar a solemn declaration according to the best of the declarant's knowledge and belief of the particulars required to be registered, and sign the register. If the persons responsible thus attend before a registrar and superintendent registrar, whether in pursuance of a requisition or not, and comply with the above requirements, the birth will be registered. For registration under such circumstances a fee of 5*s*. is payable.

Registration after Twelve Months.—After twelve months a birth cannot be registered except with the written authority of the Registrar-General, and in accordance with special rules. A fee of 10*s*. is also payable.

Certificate of Registration.—The registrar must, upon demand made at the time of registering a birth by the person giving the information concerning it, and upon payment of a fee not exceeding 3*d*., give such person a certificate of having registered the birth.

Removal of Person by whom Information required to be given.—Every person required to give information concerning a birth who removes into the sub-district of another registrar before registration has been effected, continues responsible for such registration, but may effect it within three months by making and signing in the presence of the registrar of the sub-district in which he resides a declaration in writing of the particulars required, which must be accompanied by a fee of 2*s*. 6*d*.

Alteration of Name after Registration.—If the name by which a child has been registered be subsequently changed, the necessary alteration of the register may be obtained within twelve months after registration by delivering to the registrar or superintendent registrar a certificate to that effect, signed by the minister or other person who baptized the child, or if it was not baptized, by the father, mother, guardian or other person procuring the alteration of the name. A fee of 1*s*. is also payable. Every minister or person who performs the rite of baptism must, if required, give the certificate referred to, on payment of a fee not exceeding 1*s*.

Correction of Errors.—An error of fact in the register may, on payment of a fee of 2*s*. 6*d*., be corrected in the same way as an error in the registration of a death as to which *see* p. 1940.

Penalties.—The penalty for not giving information, or not complying with the registrar's requisition, or making a false statement, as the case may be, is the same as that provided with reference to the registration of deaths, for which, *see* following page.

DEATHS, Registration of

Information required to be given where Death occurs in a House.—Where a person dies in any house in England or Wales, it is the duty—

1. Of the nearest relatives [1] of the deceased present at his death, or in attendance during his last illness ; and in default of such relatives,

2. Of every other relative of the deceased dwelling or being in the same sub-district [2] as the deceased ; and in default of such relatives,

3. Of each person present at the death, and of the occupier of the house in which, to his knowledge, the death took place ; and in default of the persons above mentioned,

4. Of each inmate of such house, and of the person causing the body of the deceased to be buried ;—

to give, to the best of his knowledge and belief, to the registrar of deaths, within five days [3] after the death, information of the particulars required to be registered and to sign the register.

Where the deceased has been attended during his last illness by a registered medical practitioner, such medical practitioner must sign and deliver to one of the persons required to give information concerning the death, a certificate stating, to the best of his knowledge and belief, the cause of death, which certificate must be delivered to the registrar by such person on giving information concerning the death.[4]

If a person required to give information concerning the death sends to the registrar a written notice of the occurrence of the death, accompanied by a medical certificate as to its cause, the information of the particulars required may be given within fourteen (instead of five) days after the date of death, by the person giving such notice or by some other of the persons required to give the information.

Upon a written request the registrar may register the death at the residence of the person making such request, or at the house where the deceased died ; but in such cases the registrar will, unless the death took place in a public institution, be entitled to a fee of 1*s*. For registration under ordinary circumstances no fee is chargeable.

Information to be given where Person dies, or is found dead, elsewhere than in a House.—Where a person dies in a place which is not a house, or a dead body is found elsewhere than in a house, it is the duty—

1. Of every relative of such deceased person having knowledge of any of the particulars required to be registered concerning the death ; and in default of such relative,

2. Of every person present at the death, and of any person finding, and of any person taking charge of, the body, and of the person causing it to be buried;—

to give to the registrar, within five days after the death or the finding of the body, such information of the particulars as he possesses.

Procedure where Persons responsible fail to give Information.—If owing to the default of the persons required to give information a death has not been registered, the registrar may, at any time after fourteen days and within twelve months from the date of such death, or from the finding of the dead body elsewhere than in a house, by notice in writing, require any person whose duty it was to give information to appear, in person, before him within a specified time (not less than seven days after the receipt of the notice), and discharge the duty imposed upon him.

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[1] "Relative" includes a relative by marriage.

[2] That is, within the area for which a registrar is appointed the whole district being under the management of a superintendent registrar.

[3] Or 14 days under the circumstances mentioned below.

[4] It is the general duty of any person in whose house a violent or unnatural death occurs to immediately communicate with the Police ; if possible, while the body remains in the same position as when the person died.

Restrictions on Registration after Twelve Months from the Date of Death.—After the expiration of twelve months from the date of death, or the finding of a dead body elsewhere than in a dwelling-house, such death cannot be registered except with the written authority of the Registrar-General, and in accordance with special rules. For registration under such circumstances a fee of 10*s.* is payable.

Correction of Errors.—An error of fact in the register may be corrected on payment of a fee of 2*s.* 6*d.*, and upon production to the registrar of a statutory declaration, setting forth the nature of the error and the true facts of the case, and made by two persons required to give information concerning the death, or in default of such persons by two credible persons having knowledge of the case.

Burial of Still-born Children.—A person must not wilfully bury, or procure to be buried, the body of any deceased child as if it were still-born. A still-born child must not be buried in any burial ground unless there be delivered to the person burying it, either—

(*a*) A written certificate that such child was not born alive, signed by a registered medical practitioner who was in attendance at the birth or has examined the body of the child ; or

(*b*) A declaration signed by some person who, if the child had been born alive, would have been required to give information concerning its birth, to the effect that no registered medical practitioner was present at the birth, or that his certificate cannot be obtained, and that the child was not born alive; or

(*c*) If there has been an inquest, an order of the coroner.

Any person acting in contravention of the above provisions is liable to a penalty not exceeding £10.

Penalty for not giving Information or not complying with the Registrar's Requisitions.—A person who is required to give information concerning a death in the first instance, and not merely in default of some other person, will, if such information as is required is not duly given, be liable to a penalty not exceeding 40*s.* Every person who refuses or fails without reasonable excuse to give or send any certificate in accordance with his duty, and every person required to give any information concerning any death or any dead body who wilfully refuses to answer any question put to him by the registrar relating to the particulars required to be registered, or fails to comply with any requisition of the registrar in pursuance of his duties, will be liable to a similar penalty.

Penalty for False Statements, etc.—A person who commits any of the following offences—

1. Wilfully makes a false answer to any question put to him by the registrar relating to the particulars required to be registered, or wilfully gives him false information concerning any death or the cause of death ;

2. Wilfully makes any false certificate or declaration, or forges or falsifies any certificate, etc., or knowing such certificate, etc., to be false uses the same as true ;

3. Wilfully makes, gives, or uses, any false statement or representation as to a child born alive having been still-born ;

4. Makes any false statement with intent to have it entered in any register;—

will for each offence be liable on summary conviction to a penalty not exceeding £10, and on conviction on indictment to fine or to penal servitude for a term not exceeding seven years.

ELECTRICITY, Supply of

Electricity may be supplied either under a licence or provisional order from the Board of Trade or under a special Act, but, except in so far as such licence, order or special Act otherwise provide, the supply of electricity is governed by the following provisions :—

Where in any district electricity is provided for private purposes, every person in such district is entitled, on application, to a supply on the same terms as those on which any other person therein is entitled under similar circumstances to a corresponding supply.

In making agreements for a supply, the company must not show any undue preference to any person ; but otherwise they may make such charges as may be agreed upon, not exceeding the limits of price imposed by their licence, order, or special Act.

The company are not entitled to prescribe any special form of lamp or burner, but no one may use any form of lamp which unduly or improperly interferes with the supply of electricity to others.

Any officer appointed by the company may at all reasonable times enter any premises to which electricity is supplied for the purpose of inspecting the meters, fittings, etc., and of ascertaining the quantity of electricity consumed.

Penalties payable under Certain Circumstances.—Any person who maliciously or fraudulently abstracts, causes to be wasted or diverted, consumes or uses any electricity will be guilty of simple larceny and punishable accordingly.

The penalties imposed for injuring any pipe, meter, or fittings of a gas company, or altering or tampering with a gas meter, or abstracting, wasting or misusing gas (as to which *see* p. 1944), apply equally in cases where electricity is supplied, with the substitution of " electric line " for " pipe," etc.

Recovery of Charges in Arrear.—If any charge for electricity or any sum due in respect to its supply be unpaid, the company may disconnect the means of supply ; but on payment of such charge or other sum, together with the expenses incurred in severing the connexion, the supply must be renewed. If any such sums be not paid, they may be recovered either in an action or summarily as civil debts.

Incoming Tenant.—Where the occupier of premises leaves without paying the charges due for electricity supplied or for the rent of the meter, the incoming tenant cannot be required by the company to pay such arrears, unless he undertook with the former tenant to do so.

FENCES

In the absence of evidence to the contrary, where two fields are separated by a hedge and ditch, the hedge and ditch belong to the owner of the field in which the ditch is not. If, however, the owner of the field in which the ditch is has pruned the hedge and trimmed the ditch for twenty years with the knowledge and acquiescence of the adjoining owner, he will acquire a prescriptive right thereto . Where there is a ditch on both sides of the hedge a right to the hedge can only be proved by acts of ownership.

Repair of Fences.—The general rule is that a person must keep his own cattle from trespassing, but he is under no obligation to maintain any fence against his neighbour's cattle unless his neighbour has acquired a prescriptive right to such fence. The mere fact, however, that a person has for more than twenty years kept up a fence between his own and the adjoining land is not, in itself, sufficient to give the owner of the latter a right to have the fence maintained ; but if during that period the hedge had from time to time been repaired at the request, or upon complaint, by the adjoining owner, it would be otherwise. If there be a prescriptive obligation to repair, the person upon whom it rests must maintain the fence in a proper condition at all times,[1] and is not entitled to wait until he receives notice that it is out of repair. And he will be responsible should his neighbour's cattle be injured in consequence of its defective condition, as for instance, if they get through a gap and feed on the leaves of a yew tree on the adjoining premises, with fatal results.

Animals straying.—If, where there is no obligation to keep them out, animals trespass and do mischief, they may be distrained by the person on whose land they are trespassing, provided they are not actually under the control of the owner,[2] and may ultimately be sold if compensation be not paid for the damage done. Upon tender of sufficient compensation the animals must be given up by the person who seized them, if still in his possession, that is to say, if not previously sent to a public pound. If the owner tender a sufficient sum to cover the damage done, but the person distraining declines to deliver up the animals except upon payment of an extortionate amount, the owner may pay the amount demanded, and afterwards recover the excess in an action.

FIRE

Responsibility for Damage done by.—With regard to fires which are incident to the natural use of the premises, such as the ordinary fires in a house, or in a field for the purpose of burning weeds, liability only attaches where there has been a want of reasonable care. If, therefore, a person's property is injured in consequence of a fire on his neighbour's premises, he will not be able to recover any damages from him if the fire was the result of an accident or is incapable of being traced to any source.

This applies equally whether the damage was caused by the spreading of a fire already lighted or by a fire which arose from spontaneous combustion. Consequently where damage is caused by the burning of a rick, if it be shown that it ignited by reason of the negligent way in which it was put together, the owner will be liable.

Where, however, the use of fire cannot be considered as incident to the ordinary use of the premises, the person who introduced it will be liable for its consequences. Thus where a locomotive or traction-engine is used on a road, the person by whom it is used will be liable for any fire which may be caused by it. Steam tramway companies and railway companies obtain statutory powers by which they are given the right to use locomotive engines on their lines, the effect of which is to exempt them from liability for fires caused by sparks from their engines, provided they have taken all reasonable precautions. Leaving a heap of hedge trimmings, or similar matter, near the side of their line in dry weather, with the risk of their being ignited by a spark, would be evidence of negligence. On the other hand, if an adjoining owner is foolish enough to place his ricks close to a railway line he may lose any remedy he might otherwise have had.

Such is, and will be, the law until January 1, 1908, when the Railway Fires Act, 1905, comes into operation. By that Act it is provided that where damage is caused to agricultural land or agricultural crops[3] by fire from sparks or cinders emitted from an engine used on a "railway,"[4] the fact that it was used under statutory powers shall not affect the liability of the company in an action for damages, provided the claim in the action does not exceed £100. No action, however, will be maintainable unless within seven days of the occurrence of the damage notice of claim in writing, and within fourteen days particulars of damage, also in writing, have been sent to the company.

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[1] *Vis major* or act of God only excepted.

[2] A dog within whistle is not under the actual control of the owner.

[3] "Agricultural land" includes market or nursery gardens, and plantations and woods and orchards, and any fences thereon, but does not include moorlands or buildings. "Agricultural crops" includes any crops on agricultural land, whether growing or severed, which are not led or stacked.

[4] "Railway" includes a light railway and a tramway worked by steam.

Chimneys on Fire.—If, within the Metropolitan Police District, the chimney of any house or other building be on fire, the occupier will, irrespective of any question as to negligence, be liable to a penalty not exceeding 20*s.* ; but if he proves that he incurred the penalty by reason of the neglect or wilful default of another, he may, by summary process, recover the amount from such other person.

In boroughs and in urban districts.—If any chimney accidentally catches fire within such districts, the occupier will be liable to a penalty not exceeding 10*s.*, unless he prove to the satisfaction of the magistrate that the fire was in no wise owing to omission, neglect or carelessness of himself or his servants. And in order to put a stop to the practice of cleaning chimneys by burning the soot in them, any person who wilfully sets, or causes to be set, on fire any chimney is made liable to a penalty not exceeding £5, and in addition may be indicted for felony.

Destruction of premises by fire, effect of with regard to payment of rent *see* p. 1959.

FIRE INSURANCE

A contract of insurance against fire is a contract of indemnity only, that is to say, it is not the cost of replacing any property which has been destroyed that can be recovered under the policy, but only the actual value of the property lost, at the time of its destruction. The amount to which the property has been insured only represents the limit beyond which no claim can be made, and has not, necessarily, any connexion with the amount recoverable. Damage by fire means damage caused by ignition ; it is not sufficient that it be caused by scorching due to overheating.

GAS

Subject to any express limitations contained in the special Act under which any particular gas company may be authorized to carry on its business, the supply of gas is governed by the following provisions :—

A gas company, if required to do so by the owner or occupier of premises situate within 25 yards from any of their mains, or such other distance as may be prescribed by their special Act, are bound to supply such premises with gas, and must furnish and lay any pipe that may be necessary for that purpose. But the owner or occupier must pay the cost of so much of any pipe as may be laid either on his property, or for a greater distance than 30 feet from any of the company's pipes, whether on his property or not.

Every owner or occupier requiring a supply must enter into an agreement in writing to continue to receive and pay for, during a period of at least two years, a supply of such an amount that the rent payable for it will not be less than 20 per cent. of the cost incurred by the company in providing the supply ; and must, if required, give security for the payment of what may become due from him. The gas supplied must possess the illuminating power prescribed by the special Act.

Meters.—All meters must be in accordance with Government requirements, and must be duly stamped. Any meter required must, on request, be supplied by the company ; but they may demand security to be given for the payment of its cost, or hire.

No meter may be fixed or disconnected by a consumer without twenty-four hours' notice to the company, under a penalty of 40*s.*

The consumer must, at his own expense, keep in order any meter belonging to him ; but the company are responsible for those supplied by them on hire. The company may, at all reasonable times, test any meter belonging to the consumer ; and if either the consumer or the company are dissatisfied as to the accuracy of a meter, they may require it to be sent to a Government inspector to be tested. If it be found to be in order, the party at whose request the test was made must pay the cost.

The register of the meter is primâ facie evidence of the quantity of gas consumed, but in case of dispute, the difference may be determined, upon application of either party, by two justices (or the stipendiary magistrate, in a town), whose decision is final.

Any officer appointed by the company may, at all reasonable times, enter the premises to inspect the meters, fittings, etc., and to ascertain the quantity of gas consumed. Any person who hinders such officer from entering, etc., is liable to a penalty not exceeding £5.

Penalties payable under Certain Circumstances.—Any person who fraudulently, wilfully or by culpable negligence injures or suffers to be injured any pipes, meter or fittings belonging to the company, or alters the index to any meter or prevents it from duly registering the quantity of gas supplied, or fraudulently abstracts or consumes the company's gas will (without prejudice to any other rights and remedies for the protection of the company), be liable to a penalty not exceeding £5, and the company may, in addition, recover the amount of any damage sustained by them. And, in cases where the offence has been committed wilfully or fraudulently, the supply may be cut off until the matter complained of is remedied. The existence of artificial means for causing such alteration of the meter, etc., when the meter is under the custody and control of the consumer, will be primâ facie evidence that such alteration, etc., has been fraudulently caused by him.

Any person who lays, or causes to be laid, any pipe to communicate with a pipe belonging to a gas company, without their consent, or fraudulently injures any meter, or improperly uses or burns any gas supplied, or supplies any other person with any part of the gas supplied, will be liable to pay a penalty of £5, and also the sum of 40*s.* for every day during which the offence continues.

Recovery of Charges in Arrear.—Any sum due for gas supplied, or for the hire or fixing of a meter, and any expense lawfully incurred by the company in cutting off the supply, if in arrear, may be recovered either in an action, or in the same way as a penalty, by summary process, before two justices in the country, or the stipendiary magistrate in a town.

Incoming Tenant.—Where the occupier of premises leaves without paying what is due for gas supplied or for the rent of a meter, an incoming tenant cannot be required by the company to pay such arrears, unless he has undertaken with the outgoing tenant to do so.

HIRE-PURCHASE AGREEMENTS

Goods obtained on the hire-purchase system remain the property of the person who supplied them until payment of the final instalment of the sum agreed upon ; consequently, until the final instalment has been paid, the hirer cannot treat the goods as his own property, nor part with the possession of them, nor do anything contrary to the terms of the hire-purchase agreement, and if he fraudulently disposes of them he will be criminally liable.

In the absence of any provision to the contrary, failure to pay an instalment entitles the person who supplied the goods to retake possession of them, and sue for any instalments then overdue.

Goods thus obtained are liable to be distrained upon for rent by the landlord, but cannot be seized by an execution creditor of the hirer.

If the agreement is, in substance, a binding contract to purchase, although the price is payable by instalments expressed to be for hire, a person buying the goods from the hirer, in good faith and without notice of the agreement, will acquire a good title to them. Where, however, the agreement is, in fact, an agreement for hire with a mere option to become the purchaser upon making a certain number of payments on account of rent, any person who buys the goods from the hirer cannot acquire a good title to them.

HOUSE AGENTS

Circumstances under which a House Agent's Commission becomes payable.—When an estate, or house, agent has been employed upon commission to negotiate the sale or lease of any property, he is not entitled to any commission unless and until he has found a person who is actually ready and willing to enter into a binding agreement to purchase or rent the premises, as the case may be, and both the parties are really agreed as to the terms. If, however, the agent does introduce such a person, but the sale or lease is not effected in consequence of the owner's refusal or inability to conclude the transaction, the agent will be entitled to damages.

Where there is an express contract to pay a fixed commission " on completion of the purchase," or " in the event of success," or to pay the usual commission " out of the purchase-money obtained by the agent," the agent cannot recover either his commission or any sum on account of his services in finding a person who is willing to purchase, if the latter does not complete the transaction either through his inability to pay all the instalments, or from any other cause. Where the inability to complete the purchase is due to the fault of the seller, it is otherwise.

Where a person employs a house agent to sell or let a house of which he is in occupation, and nothing is said about giving up possession, there is an implied undertaking to do so within a reasonable time ; and if the agent is prevented from earning his commission owing to the person who would otherwise have taken the premises declining to do so on account of his inability to obtain possession within a reasonable time, damages will be recoverable by the agent.

Payment of commission where services of more than one agent involved.—To entitle an agent to commission, the person who ultimately purchased or rented the premises must have done so *in consequence of* the agent's introduction. The mere fact that the agent gave the particulars and an order to view the premises to the person who eventually became the purchaser or tenant is not, in itself, sufficient. If, however, the relation of buyer and seller, or of lessor and lessee, was, in fact, brought about by the act of the agent, he is entitled to commission, although the actual sale or lease was completed through the instrumentality of some other person.

Whether the sale or lease was, or was not, brought about by an agent is a question of fact, and one which often involves considerable difficulty.

Payment of commission on exercise of option to purchase or to renew the lease.—Inasmuch as the right to commission does not arise out of the mere fact of having introduced a person who subsequently became the purchaser or tenant, it follows that where agents are instructed to find a purchaser, or, failing a purchaser, a tenant, and they find a person who declines to buy but becomes a tenant, they cannot claim commission for the sale of the premises if such tenant, after being in occupation for some time, determines to buy them. Where an agent finds a person who is willing to take the premises on lease with an option to purchase and the right is exercised, it is otherwise. And where there is in a lease an option to take on the premises at the expiration of the original term, commission may become payable on the exercise of such option ; but the right to such commission will not arise if the tenancy is continued upon an agreement for a different rent and such agreement is obtained through another agent.

Limit of Estate or House Agent's Authority.—Instructions to an estate or house agent to procure a purchaser or tenant and to negotiate a sale or lease do not amount to an authority to the agent to bind the owner by a definite contract for sale or lease. Similarly where an owner of premises instructs an agent to place the property on his books and states the price he is willing to accept, his final right of acceptance or refusal is reserved.

Duty of House Agent.—Whether an agent has undertaken to make reasonable inquiries as to the suitability and solvency of a tenant is a question of fact.

The Usual Terms of Commission payable to Estate or House Agents are as follows, but inquiry as to the charges should be made in all cases before employing an agent :—

For the sale of freehold or leasehold property by private treaty.—5% on the first £100, after which 2½% up to £5,000, and on the residue 1½% ; and, in addition, the usual commission on the amount paid for fixtures, furniture and effects. Where a property is let and the tenant afterwards purchases it, the commission, if chargeable, will be that payable upon a sale, less the amount previously paid for letting.

For letting unfurnished houses or disposing of leases, other than ground leases, by assignment or otherwise.—Where the term is for three years or less, 5% on one year's rent ; where for more than three years, 7½% on one year's rent ; and, in either case, upon the premium or consideration, 5% up to £1,000, and 2½% on the residue ; and, in addition, the usual commission on any sum obtained for furniture, fixtures or other effects.

For letting furnished houses in town or country.—When let for a year or less, 5% on the rental ; when let for more than a year, 5% on the first year's rent, and 2½% for remainder of term.

For valuation or sale of furniture, fixtures and other effects.—5 % up to £500, and 2½% on the residue.

For valuation of furniture and effects for probate or administration.—2½ % on the first £100, and 1½% on the residue.

HUSBAND, Liability of, for Debts contracted by Wife

Marriage does not, in itself, give a wife authority to pledge her husband's credit. Whether she had such authority in any particular case is a question of fact ; for a husband is only liable where it can be shown that the circumstances were such that the wife must be considered as having had his authority to act as his agent. Such authority may be either express, implied or ostensible.

Express Authority.—If it can be proved that such authority was, in fact, given, the husband will, of course, be liable, as in the case of any other principal who employs an agent, to the extent of the authority conferred.

Implied Authority.—Where the husband and wife are living together, the presumption is that the wife has authority to pledge her husband's credit for necessaries suitable to the position in which the parties live.[1] This presumption may, however, be rebutted by the actual circumstances, as, for instance, if it be shown that her husband, in fact, prohibited her from pledging his credit ;[2] and it will be immaterial whether or not he gave notice of that fact to the tradesman, provided that he has done nothing to justify the tradesman in looking to him for payment. Likewise, even if the husband has not expressly prohibited his wife from pledging his credit, but has made her an allowance for the purpose of obtaining the necessaries, or if she is already sufficiently provided with them, the presumption of authority to act as his agent will be rebutted.

On the other hand, an express prohibition against pledging his credit will not prevent his wife from doing so for the bare means of subsistence, if not in fact provided by him.

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[1] The burden of proving that the articles supplied were necessaries lies on the person seeking to make the husband liable.

[2] The wife herself will, however, be liable to the extent of her separate property, as to which, *see* p. 1976.

Where the parties are living apart, the presumption is that the wife has no authority to pledge her husband's credit, unless and until the contrary be shown. And a husband is not bound to give to a tradesman with whom he has dealt for ready money during the time he and his wife have lived together notice of his separation from her and the consequent revocation of her ordinary authority. But it is otherwise if he has during such period authorized her to deal with such tradesman on credit, or ratified such dealings by subsequent payment.

Notwithstanding, however, that the parties are living apart, if the wife has been compelled to do so through the cruelty or misconduct of her husband, or has been deserted by him, and is without adequate means, she has an absolute right to pledge her husband's credit for necessaries either for the maintenance of herself or any of the children in her charge (including any by a former marriage) ; and the husband cannot put an end to his liability by requesting her to return, if she continues to live apart under a reasonable fear of the renewal of his ill-treatment. Such right to pledge her husband's credit will cease if a decree for the payment of alimony has been made against her husband, or a weekly sum has been ordered to be paid to her upon the application which she is entitled to make to the justices under the circumstances in question, and the alimony, or weekly payment, has been paid regularly. It will also cease if she be guilty of adultery.

Similarly, where the parties are living apart by mutual agreement but the husband having agreed to pay an allowance neglects to do so, and where there is no agreement as to an allowance but the wife has not undertaken to provide for herself and the husband has failed to make her a reasonable allowance, the wife, if without adequate means, has the same right to pledge his credit as in the case where she is compelled to leave him.

Ostensible Authority.—Even if the wife had no actual authority, the husband will be liable for debts incurred by her if he allowed her to represent herself as having his authority, and the person supplying the goods honestly acted in reliance on her having that authority. For instance, where similar goods have previously been supplied on credit and afterwards paid for by the husband, his liability can only be determined by express notice to the tradesman.

INCOME TAX

Period in Respect to which payable, etc.—Income Tax is calculated from April 6 in one year to April 5 in the following year, both inclusive, and is payable on or before January 1 of each year ; thus the tax in respect to the period between April 6, 1905, and April 5, 1906, will be due and payable on January 1, 1906.

Persons liable to Assessment to Income Tax.—All persons resident in the United Kingdom, whether British subjects or not, are liable to assessment ; and also all persons not resident within the United Kingdom (whether British subjects or not), in so far as they derive income from property, trade, or employment in the United Kingdom.

Persons entitled to claim Exemption or Abatement.—A person whose income from all sources does not exceed £160 may claim a total exemption. Where the income from all sources does not exceed £700, abatement may be claimed on the following scale :—

Where the income exceeds	but does not exceed	an abatement of	Where the income exceeds	but does not exceed	an abatement of
£160	£400	£160	£500	£600	£120
£400	£500	£150	£600	£700	£70

In all other cases the tax is payable on the full net income, subject, however, to an allowance for premiums paid for life insurance, etc.

Allowance in respect to Premiums for Life Insurance, etc.—A claim may be made for an allowance in respect to premiums paid for life insurances, or under contracts for deferred annuities, effected in respect to the claimant's own life or that of his wife. Such allowance will not, however, be authorized where the premiums are paid to any foreign insurance company or foreign or colonial friendly society ; it is limited to an expenditure on annual premiums not exceeding one-sixth of the claimant's net personal income from all sources ; and has not the effect of giving exemption or abatement where the total income is thereby reduced below the respective limits (for which, *see* previous page).

To obtain such allowance the following particulars must be sent to the Surveyor of Taxes :—Name of person on whose life the insurance or annuity is effected, name of insurance company or friendly society, amount of premium claimed as an allowance, and when payable. If required, the receipts for the premiums must also be transmitted.

Income of Husband and Wife, how calculated.—The income of a married woman living with her husband is deemed to be part of the husband's income ; and particulars thereof must be included in any statement of income rendered by him for the purpose of obtaining exemption or abatement. The only exception is where the joint income of husband and wife being not more than £500, the wife earns part thereof independently of her husband by the exercise of her own labour, and the husband's income, or some part of it, is likewise earned by his personal labour. In such case the profit thus earned by the wife may be treated as a separate income, and a separate claim for exemption or abatement may be made in respect thereof.

Classification and Assessment of Income.—Incomes are assessed (according to the sources from which they are derived), under the following heads, which are known as Schedules A, B, C, D and E of the Income Tax Act.

Schedule A : INCOME DERIVED FROM THE OWNERSHIP OF LAND OR HOUSE PROPERTY.[1]—Every owner of such property is liable to income tax in respect to its annual value, whether it is let to a tenant or occupied by the owner himself. This is commonly known as "Landlords' Property Tax." The annual value is the rack rent at which it is let, if fixed within seven years ; or, if not let, the rent at which it might be so let, subject in either case to a deduction of one-sixth on houses not being farm buildings attached to land, and one-eighth in respect to land including farm buildings. A deduction is also allowed in respect to land tax, tithe rent-charge, and public drainage rates, if any. "Rack rent" may be described generally as the rent which a tenant, taking one year with another, might reasonably be expected to give if he undertook to pay all usual tenant's rates and taxes,[2] and the landlord undertook to bear the cost of repair, insurance, and other expenses, if any, necessary to maintain the property in a state to command that rent.

In the Metropolis the annual value is the gross assessment of the property, as shown in the valuation list made for rating purposes.

Where the property is let, the tax is payable in the first instance by the tenant, who is entitled to deduct the amount from his next payment of rent, but if he fails to do so, he cannot deduct it from any subsequent payment. It has been held, however, in Scotland that he may obtain repayment of it by an action for money paid, and there seems to be no reason why he should not do so in England.

If the property is, in fact, unoccupied for the whole or any part of the year, the tax in respect to that period can be recovered back within twelve months after the year of assessment. So, too, with regard to any temporary remission of rent that may have been actually made.

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[1] The actual words of the Act are sufficiently wide to include such sources of income as quarries, mines, iron works, tithe rent charge, manorial rights, market tolls, and many other more or less exceptional kinds of property, all of which are assessed according to special rules.

[2] As to which *see* p. 1959.

Schedule B : PROFITS DERIVED FROM THE OCCUPATION OF LAND AND HOUSE PROPERTY WHERE USED AS A FARM.—The occupier of such property is liable to the payment of tax on one-third of the full amount of rent (or annual value, if occupied by the owner) and tithe. Where the owner occupies the premises himself, he must pay this tax in addition to that payable by him in respect to his ownership thereof. Persons thus engaged in farming may, if they prefer it, be assessed on their actual profits (under Schedule D), but the present form of assessment is distinctly preferable. For inasmuch as the profits are to be taken in all cases as equivalent to one-third of the annual value of the farm, persons thus assessed are relieved from payment of tax on any profits which may exceed that limit, while if the profits are found to have been below that amount, they can recover the tax paid on such sum as represents the difference between the actual profits and the one-third of the annual value of the premises.

Schedule C : PUBLIC ANNUITIES PAYABLE OUT OF GOVERNMENT FUNDS.—Annuities, however, which are so payable by friendly societies (legally established, and assuring for not more than £200, or paying annuities not exceeding £30), or by savings banks, or by charitable institutions, are exempt. There are also other exemptions of special kinds, which it is unnecessary to deal with for present purposes.

Schedule D (i.) : PROFITS OF TRADE, PROFESSION, EMPLOYMENT OR VOCATION.—The tax extends to the profit of all trades, etc., carried on in the United Kingdom by any person, whether a British subject or not, and wheresoever residing ; and also to the profit of trades, etc., carried on elsewhere than in the United Kingdom, if carried on by persons residing therein. It is to be observed that the amount of income to be returned for assessment in any given year is neither the actual income of that year, nor the income which a person expects to make in that year, but is a "statutory" income of which the amount is to be computed from ascertained figures. These are the figures shown by the accounts of the business or profession for the three years immediately preceding, ending either on April 5 or on the date prior thereto to which the annual accounts have been usually made up, and the amount of profit is to be computed on an average of such preceding three years. If the trade, etc., has been set up within three years, the profit must be taken on an average from the period of commencement ; and if only commenced within the year of assessment, to the best of the knowledge and belief of the person making the return, who must state the grounds upon which the estimate has been made.

Profits : Deductions allowed in assessment of.—Repairs of premises, and the supply or repair of implements, utensils or articles employed, not exceeding the sum usually expended according to the average of the three preceding years ; debts proved to be bad ; and doubtful debts, according to their estimated value ; the rent—or if the premises be occupied by the owner, the annual value according to the amount on which duty has been paid under Schedule A—of premises used *solely* for the purpose of business and not as a place of residence ; a proportion, not exceeding two-thirds, of the rent or annual value of any dwelling-house *partly* used for the purposes of business.

Any other disbursements or expenses wholly and exclusively laid out for the purposes of trade, etc., such as wages of employees, insurance premiums, payments for water and lighting, rates and taxes.

Where the profits are earned by letting a furnished house or apartments, a proportion only of the necessary deductions can be made if part only of the premises be used for letting. And where the business or practice of letting is confined to a portion of the year, the deductions must be proportionate to such period. If, however, the premises be taken solely for the purpose of letting, the deductions may be made in full, irrespective of the actual period the owner or tenant may have succeeded in letting them.

No deductions are allowed in respect to—Interest on capital, or any annual payment out of profits (the tax on which should be deducted, and thus recovered from the person to whom the payment is made) ; sums invested or employed as capital in the trade or business, or on account of capital withdrawn therefrom ; sums expended in improvement ; any loss not connected with or arising out of the trade, etc. ; expenses of maintenance of the person assessable, his family or private establishment ; any loss recoverable under an insurance or contract of indemnity ; any sum paid as income tax on profits or gains, or on the annual value of trade premises ; any sum paid as salary to a partner ; any sum written off for depreciation. Although no deduction for depreciation is permitted to be made by the person himself who sends in his return as to profits, he may, in such return, make a claim for an allowance in respect to wear and tear of plant [1] or machinery, which will be subject to settlement by the revenue authorities.

Schedule D (ii.) : PROFITS FROM DISCOUNTS AND FROM INTEREST OF MONEY on which the Tax has not, in fact, been deducted before Receipt.—Under this head are included interest and dividends on stocks and shares, except in those cases where such interest or dividends are stated to be paid " free of income tax " or " tax free,"—which means that the tax has been, or will be, duly accounted for to the revenue authorities by the person making such payment.

The profits under this head are to be computed according to the full amount in the previous year.

Schedule D (iii.) : PROFITS FROM COLONIAL AND FOREIGN SECURITIES where the Duty is not deducted by the Agent entrusted with the payment thereof.—To be computed according to the full amount received, or to be received in the current year, without any deduction.

Schedule D (iv.) : PROFITS FROM COLONIAL AND FOREIGN POSSESSIONS.—To be computed according to the full amount received on the average of the three preceding years.

Schedule D (v.) : PROPERTY OR PROFITS NOT COMING UNDER ANY OF THE SOURCES OF INCOME PREVIOUSLY MENTIONED, NOR THOSE SPECIFIED IN SCHEDULE E.—Such property or profits are to be computed, if certain in amount, on the profits of the previous year ; or, if uncertain, on an average of years.

Schedule E : INCOME DERIVED FROM ANY PUBLIC OFFICE OR EMPLOYMENT OF PROFIT.—Liability to income tax under this head attaches to : Persons holding any parliamentary or judicial appointment, or a public office in the Civil Service ; officers in the Army, Navy, Militia, or Volunteers ; persons holding any office or employment of profit in the Church, or in any public corporation, company, society, or public institution, or in any county or borough, or in any other public office or employment of profit of a public nature.

The fees, etc., may be estimated on the profits of the preceding year, or on an average of the three preceding years. Expenses wholly and necessarily incurred in the performance of the duties of the office or employment may be deducted. If the holder of any such office employs a deputy or assistant, as for instance, where a rector engages a curate, he may, of course, deduct from the salary of such assistant the income tax thereon—but if required, will have to give him a voucher showing that he has paid it.

If the employment ceases before the end of the year for which the tax has been paid, a proportionate amount may be recovered.

Returns as to Income, when required to be made.—In respect to income which falls within Schedules D or E, a return is required to be made each year upon the forms furnished for that purpose by the Surveyor of Taxes for the district. Even where there is no such income, a return stating that fact must nevertheless be made. If an exemption or abatement be claimed, the statement on the back of such form must be filled in. In filling in such claim it is necessary to state not only the particulars of income for assessment under Schedules D and E, but the particulars of income from every source whatsoever, whether taxed or not. The penalty for not making a return, or for making an untrue return, is £20 and treble the duty payable.

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[1] Which would include depreciation of furniture used in the business of letting furnished houses or apartments.

Adjustment of Profit and Loss from different Sources of Income.—Where a person has sustained a loss, as distinguished from a mere decrease in profits, during any year, either in any trade, profession or employment, or in the occupation of lands for the purpose of husbandry, he may, on giving notice in writing to the Surveyor of Taxes for the district, within six months after the year of assessment, apply to the Commissioners of Income Tax for an adjustment, by setting off the loss against the total aggregate amount of his income from other sources, if any.

The advantage of this provision is greater than may appear at first sight. For instance, A. has house property which is let, and brings him in £300 a year. He is also in trade, and his return for a particular year (based on a three years' average) shows a loss of £200. This he can deduct from the income derived from his house property and thus reduce his total income for the year, for the purposes of income tax, to the sum of £100. The result of which will be that inasmuch as his income is under £160, he will be entitled to total exemption and may claim repayment of any tax he may have paid in respect to his house property.

Claims for repayment of Income Tax.—Where tax has been paid in excess of the amount due in respect to the ownership or occupation of land, a claim for the excess paid may be made within twelve months from the expiration of the year of assessment. Where the profits of a trade, profession or office, have been over-assessed, a claim should be made at the end of the year of assessment. A claim for repayment in respect to premiums paid for life insurance may be made within three years. Similarly, a claim for the repayment of tax paid by any person entitled to an exemption or rebate may be made within three years from the end of the year of assessment to which the claim applies ; for instance, a claim in respect to the year beginning April 6, 1902, and ending April 5, 1903, would have to be made by April 5, 1906.

Claims by persons entitled to exemption or rebate, how made.—The claim must set out the total income from every source, whether taxed or not, in accordance with the form provided for that purpose, which may be obtained from the Surveyor of Taxes for the district, whose address can be ascertained from the local collector of taxes.

If it is intended to claim in respect to more than one year, a separate claim for each year must be made and entered on a separate form.

Claim by married woman.—In the case of a married woman living with her husband and earning an independent income, the claim is to be made by her husband. (As to her right to claim, *see* p. 1948.)

Particulars required with regard to income.—In setting out the items of income, the gross amount must be stated, without any allowance for deduction of income tax. The amount of income tax deducted or paid must be set out in the separate column for that purpose. There is no difficulty in ascertaining these figures with regard to items upon which the claimant has himself paid the tax, nor with regard to rent due from a tenant, as the amount of the rent must be known, and the amount of the tax paid thereon will be shown by the voucher which it is the duty of the tenant to produce on deducting the tax from his rent. But in the case of dividends which are paid, as is generally the case, " free of income tax " without stating the amount deducted for tax, it becomes necessary to calculate what is that sum which, after a deduction for income tax at the current rate, will leave the amount for which the warrant is payable ; for such is the sum to be stated as the gross income, and the tax upon which has to be separately entered. Thus a dividend warrant for £3 16*s.*, stated to be "free of income tax," represents, when the tax is a shilling in the pound, a gross item of £4, on which the income tax is 4*s.* (£4 less 4*s.* tax = £3 16*s.*). The method by which the necessary calculation is made is this : The rate of interest being 1*s.* in the £, then 19*s.* is to 20*s.* as £3 16*s.* is to the amount due without deduction for tax, i.e.

$$19s. : 20s. :: 76s. : x$$

$$\begin{array}{r} 20 \\ \hline 19)1520(80 \\ 1520 \\ \hline \end{array} \qquad 80s. = £4.$$

In cases where claims are made for three years back, it should also be borne in mind that the claim must be limited to those dividends which represent the payment of profits actually *earned* either wholly or in part within the years in question.

In order to show the actual income any annual charges on any of the property, such as ground rent or interest on mortage, must, of course, be shown. But in this case the amount to be deducted is the net amount payable after deduction of tax, as the tax thereon is payable by the person, or persons, to whom such payments are due, and must be recovered from them.

The claim (or claims, if for more than one year), when filled in, must be sent to the Surveyor of Taxes for the district, together with the vouchers and receipts necessary to show that the tax on all the items of income has, in fact, been deducted or paid. If the claim be allowed by the Commissioners, a post-office order for the amount claimed will in due course be sent to the applicant, together with a form upon which to make his claim, if justified, in subsequent years.

Appeals against Assessments.—So far, it has been assumed that there is no dispute as to any assessment, but if any person is dissatisfied with the amount of his assessment, he may appeal to the Commissioners. Notice as to the time and place at which such appeals will be heard will be found affixed to the door of the parish church. A written notice of the intention to appeal, stating the grounds of appeal, must be given to the surveyor not less than ten days before the date fixed for hearing appeals.

Recovery of Income Tax in Arrear.—If the tax be not paid after demand it may be recovered by distress ; and, if necessary, the Commissioners of Inland Revenue may issue a warrant enabling the premises of the person in default to be broken open. If any person refuses or neglects to pay within ten days after demand, and no sufficient distress can be found, the Commissioners may by warrant commit such person to prison.

INFECTIOUS DISEASES

Disinfection of Premises, etc.—Every local authority is invested with power to enforce the cleansing and disinfection of premises, and the disinfection or destruction of bedding, clothing, or other articles, which have been exposed to infection from any dangerous infectious disorder.

The following provision is in force within the area subject to the jurisdiction of the London County Council, and a practically similar provision may be adopted by the local authority in any urban or rural sanitary district :—If any person knowingly casts, or causes or permits to be cast, into any ash-pit any rubbish infected by a dangerous infectious disease, without previous disinfection, he will be liable to a fine not exceeding £5 ; and, if the offence continues, to a further fine not exceeding 40*s.* for every day during which it continues after notice of the above provision is given to the master of the house by the

Sanitary Authority. On request of the master the sanitary authority must provide for the removal, etc., of such rubbish.[1]

Penalty on letting Infected Premises.—Any person who knowingly lets any premises in which a person has been suffering from a dangerous infectious disease, without having the premises, and all articles liable to retain infection, disinfected to the satisfaction of a legally qualified medical practitioner, (as testified by a certificate signed by him,) or, in the case of articles, destroyed, will be liable to a fine not exceeding £20.[2]

Any person letting, or showing for the purpose of letting, any premises who, on being questioned by any person negotiating for the hire of them, as to the fact of there being, or within six weeks previously having been, therein any person suffering from a dangerous infectious disease, knowingly makes a false answer to such question, will be liable to a fine not exceeding £20, or to imprisonment with or without hard labour for a period not exceeding one month.

Duty imposed on Persons vacating Infected Premises.—The following provision is in force within the area subject to the jurisdiction of the London County Council, and may be adopted by the local authority of any sanitary district elsewhere :—

Where a person ceases to occupy any premises in which a person has within six weeks previously suffered from any dangerous infectious disease, and either —(*a*) Fails to have such premises and all articles therein liable to retain infection disinfected to the satisfaction of a legally qualified medical practioner (as testified by a certificate signed by him), or such articles destroyed ; or (*b*) Fails to give the owner or master of the house notice of the previous existence of such disease ; or (*c*) On being questioned by the owner or master, or by any person negotiating for the hire of such premises, as to the fact of there having within six weeks previously been therein a person suffering from any dangerous infectious disease, knowingly makes a false answer,—

He will be liable to a fine not exceeding £10

Penalty on Exposure of Infected Persons or Things.—If any person while suffering from a dangerous infectious disease wilfully exposes himself without proper precautions against spreading the disease in any street, public place, shop, or inn ; or being in charge of any person so suffering, thus exposes such sufferer ; or gives, lends, sells, transmits, removes or exposes, without previous disinfection, any bedding, clothing, or other articles which have been exposed to infection from any such disease, he will be liable to a fine of £5.

Within the area subject to the jurisdiction of the London County Council, any person who while suffering from a dangerous infectious disease enters a public conveyance, and any person who knowingly places such person therein, is liable to a fine of £10. Elsewhere the penalty is £5, and is limited to cases where no proper precautions are taken, and the driver or conductor is not informed of the existence of any infection.

Existence of an Infectious Disease to be notified.—Where an inmate of a house is suffering from any of the infectious diseases mentioned below, the head of the family to which such person belongs, or in his default the nearest relatives of the patient present in the building or being in attendance on him, or in default of such relatives every person in charge of or in attendance on the patient, or in default of any such person, the occupier[3] of the house must, as soon as he becomes aware that the patient is suffering from such infectious disease, send notice thereof in writing to the medical officer of health for the district.

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[1] But only within the Metropolitan district.

[2] For the purposes of the above provision, the keeper of an inn is to be deemed to let for hire part of a house to any person admitted as a guest.

[3] The expression " occupier " includes a person having the charge, management, or control of a building or of the part of a building in which the patient is, and in the case of a house, the whole of which is let out in separate tenements, or in the case of a lodging-house, the whole of which is let to lodgers, the person receiving the rent, either on his own account or as the agent of another person.

Every medical practitioner attending the patient is also required to send a similar notice. Failure to send the notice required involves a penalty not exceeding 40*s.*, provided that in the case of a person who is only required to send the notice in default of some other person, he will not be liable to any penalty if he satisfies the Court that he had reasonable cause to suppose that the notice had been duly sent.

The infectious diseases referred to are as follows: Small-pox, cholera, diphtheria, membranous croup, erysipelas, the disease known as scarlatina or scarlet fever, and the fevers known by any of the following names: Typhus, typhoid, enteric, relapsing, continued, or puerperal; and also any other infectious disease which the Sanitary Authority of the district [1] may order, either permanently or temporarily, to be included in the list of diseases of which notification is required.

The sanitary authorities of the various districts are :—

In the City of London, the Commissioners of Sewers. In the administrative County of London (exclusive of the City), the Councils of the respective boroughs. In a borough outside the administrative County of London, the Corporation of the borough. In urban and rural districts, the Urban and Rural District Council respectively.

INHABITED HOUSE DUTY

Rate of Duty.—Duty is payable in respect to inhabited houses at the following rates :—

On any house occupied as a shop, warehouse, public-house, hotel, coffee shop, or farmhouse, of the annual value of (or, in the Metropolis, the gross ratable value of)—

	£	*s.*	*d.*	
£20 and not exceeding £40	0	0	2	in the £
Exceeding £40 ,, ,, ,, £60	0	0	4	,, ,, ,,
Exceeding £60	0	0	6	,, ,, ,,
On other houses of the annual value of—				
£20 and not exceeding £40	0	0	3	,, ,, ,,
Exceeding £40 ,, ,, £60	0	0	6	,, ,, ,,
Exceeding £60	0	0	9	,, ,, ,,

Houses used for the Purpose of Letting.—Where a house is occupied by any person for the main purpose of letting lodgings as a means of livelihood, such person may before July 1 in any year register his name in the list of lodging-house keepers, to be kept by the clerk to the Commissioners of Inland Revenue, and may after such registration and before November 1 apply to the Commissioners for a reduction of the rate of charge from the higher to the lower scale applicable to business premises.

Houses let in Flats.—Where a house is let in different flats or tenements the landlord is chargeable with the duty, but if he fails to pay it within twenty-one days after it is due, it may be levied on the occupiers; who are, however, entitled to deduct the amount so paid from their next payment of rent. In assessing the annual value of such house for the purposes of duty, the value of any dwelling therein which is under £20 is excluded, and duty is payable at the rate of 3*d.* and 6*d.* in respect to any dwelling therein of an annual value not exceeding £40[2] and £60 respectively.

Year of Asesssment.—The year of assessment is from April 6 in one year to April 5 in the next, both inclusive. The duty is payable on or before January 1 in the year of assessment.

Unoccupied Houses.—If within the year a house becomes unoccupied, notice of the fact must be given to the local assessor, or Surveyor of Taxes, otherwise duty will be payable for the whole year. A house is "unoccupied" when it is unfurnished and incapable of being occupied as it stands, though it may be in charge of a caretaker.

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[1] And, in London, the County Council.

[2] A certificate from the Medical Officer of Health for the district as to the sufficiency of the accommodation and sanitary arrangements must, in this case, be produced.

Incoming Tenants.—Where a person comes into occupation of a house which was unoccupied at the time the assessment was made, he will only be charged from the end of the preceding quarter, if he gives notice of his occupation to the local Surveyor of Taxes within twenty days of his entry; otherwise he will be charged for the whole of the year, and be liable to a penalty of £5. Notice must similarly be given in the case of a newly-built house.

Payment of Duty.—If the duty be not paid, it may be recovered in the same manner as income tax in arrear (as to which, *see* p. 1952).

Appeals against Assessment.—Where a person is dissatisfied with regard to the amount of assessment he may appeal to the Commissioners in the same way, as in the case of appeals against income tax (*see* p. 1952).

JURY, Persons liable to, or exempt from, service on—

In criminal cases the Grand Jury decide whether there is a true bill of indictment against a person, that is to say, whether there is sufficient evidence to justify his being tried. The petty jury decide the actual issue whether the person against whom such bill has been returned is, in fact, guilty or not. Juries for the trial of civil actions are petty juries, inasmuch as their functions are to try issues between the parties.

Petty Juries

In Counties, etc.—Unless entitled to exemption, as being within one or other of the classes mentioned hereafter, any of the following persons are liable to serve as *common jurors* on a petty jury at the Royal Courts of Justice, and at the Assizes or Sessions for a county,[1] division or riding, namely :—

Any person between the age of twenty-one and sixty, residing in any county in England or Wales, who has, within such county (1) in his own name, or in trust for him, £10 a year, clear of deductions, in freehold or copyhold lands or tenements, or in rents issuing out of such lands or tenements, or in such lands, tenements and rents taken together, either in fee simple, or for his own life or during that of some other person; or (2) has £20 a year, clear of deductions, in lands or tenements, held on a lease for a term of not less than twenty-one years, or for a term of years determinable on a life or lives; or (3) is a householder, rated or assessed to the poor rate, or to the inhabited house duty, on a value of not less than £20 (or, if in Middlesex or the County of London, £30).

Aliens who have been domiciled in England or Wales for ten years or upwards are liable to serve, if otherwise qualified.

Special juries.—If desired, a civil action in the Superior Courts may be tried by what is known as a special jury, that is to say, by such persons only as are of a certain standing and position. The following are qualified and liable to serve as special jurors :—

Every person whose name is in the jurors' book for the county, and who is legally entitled to be called an esquire or is a person of higher degree, or is a banker or merchant, or occupies a private dwelling-house rated or assessed to the poor rate or to the inhabited house duty, on a value of not less than £100 in a town containing 20,000 inhabitants or upwards, or not less than £50 elsewhere, or who occupies premises, other than a farm, rated or assessed at not less than £100, or occupies a farm rated or assessed at not less than £300.

No person is exempt from serving as a common juror by reason of his being on a special juror's list, or being qualified to serve as a grand juror.

In liberties, cities or boroughs possessing a jurisdiction of their own, either civil or criminal, the jury lists are prepared according to custom, provided

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[1] Including the County of London.

that *in the City of London* a juror must be a householder, or the occupier of a shop, warehouse, counting-house, chambers or office for business purposes, within the city, and have lands, tenements or personal estate of the value of £100.

In municipal boroughs having a separate court of quarter sessions, or a borough civil court.[1]—Every person who is qualified to be a burgess is liable to serve on juries for the trial of issues in either of such courts, but is exempt from service on any jury summoned for the trial of issues in any court of Quarter Sessions in the county wherein the borough is situate. A person is entitled to be enrolled as a burgess who is qualified as follows :—(*a*) Is of full age ; and (*b*) Is on July 15 in any year, and has been during the whole of the preceding twelve months in occupation, joint or several, as owner or tenant of any house, warehouse, counting-house, shop or other building in the borough and (*c*) Has during the twelve months resided in the borough or within seven miles thereof (except for a temporary absence not exceeding four months) ; and (*d*) Has been rated in respect of the qualifying property to all poor rates made during those twelve months ; and (*e*) Has on or before the 20th of the same July paid all such rates, including borough rates, if any, as have become payable by him up to the preceding January 5.

Grand Juries.

All persons qualified and liable to serve as petty jurors at county sessions, or at borough sessions in boroughs having a separate Court of Quarter Sessions, are equally qualified and liable to serve as grand jurors at such county or borough sessions, as the case may be. No qualification is prescribed for grand jurors at Assizes.

County Court Juries are composed of such persons residing within the jurisdiction of the respective courts as are on the list of those qualified and liable to serve on juries at the Assizes for their county, city or borough, as the case may be. The distinction between common and special juries does not exist in the County Court.

Coroners' Juries.—All persons who are within the description of " good and lawful men, able to write their names legibly on the inquisition," are liable to serve ; but the same exemptions are allowed as in the case of a grand or petty jury, except that there is no limit fixed with regard to age. Aliens, if domiciled in England or Wales for ten years or upwards, are liable to serve if otherwise qualified.

Persons Exempt from Serving on Juries.—Persons under twenty-one or over sixty years of age ; officers of the House of Lords and Commons ; peers ; members of Parliament ; clergymen ; Roman Catholic priests ; ministers of any congregation of Protestant dissenters, and of Jews whose place of meeting is duly registered, provided they follow no secular occupation except that of a schoolmaster ; judges ; barristers-at-law and solicitors, if actually practising ; solicitors' managing clerks ; notaries public in actual practice ; officers of the courts of law ; clerks of the peace and their deputies, if actually exercising the duties of their respective offices ; coroners ; registrars of births, deaths and marriages ; prison officials ; keepers in public lunatic asylums ; physicians, surgeons, apothecaries and pharmaceutical chemists, if actually practising as such ; dentists ; officers in the Army, Navy, Militia and Yeomanry, while on full pay ; soldiers in the regular forces ; members of the Mersey Docks and Harbour Board ; master wardens and brethren of Trinity House ; licensed pilots, and masters of vessels in the buoy and light service ; servants of the Royal Household ; officers of the Post-office ; commissioners of customs, and officers, clerks and other persons acting in the management or collection of the customs ; commissioners of Inland Revenue, and officers or persons appointed by them or employed by them in any way relating to the duties of Inland Revenue ; sheriffs' officers ; officers of the rural and Metropolitan police; Metropolitan police magistrates, their clerks, ushers, doorkeepers and messengers; members of the council of the municipal corporation of a borough, justices of the peace for the borough, and the town clerk and treasurer for the time being, so far as relates to any jury summoned to serve in the county where such borough is situate; a justice of the peace so far as relates to any jury at any sessions for the jurisdiction of which he is a justice.

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[1] A " borough civil court " means an inferior court of record for the trial of civil actions, which by charter, custom or otherwise is held in a borough, but does not include a county court.

Revision of Jury Lists, etc.—The jury lists are revised and allowed by the justices within the last seven days of September in each year, at a special petty session, of which notice is given before August 20. No person whose name appears in the jury book as a juror will be entitled to be excused from attendance on the ground of any disqualification or exemption other than illness, not claimed by him at or before the revision of the list by the justices.

Attendance, etc., of Jurors.—No special or common juror is liable to any penalty for non-appearance, unless the summons requiring him to attend was duly served six days at least before the day on which he was required to attend. No person can be summoned to serve on any jury or inquest (except a Grand Jury) more than once in a year, unless all the jurors upon the list have already been summoned to serve during such year.

Remuneration.—In the High Court a special juror is entitled to a guinea[1] and a common juror receives 1*s.* for each case in which he is sworn. In the County Court the payment is 1*s.* Though there is no special provision as to payment, a coroner's juror usually receives a small fee. No fees are payable in criminal cases.

Penalty for Non-attendance.—A juror who fails to attend will, in the absence of a satisfactory excuse, be liable to the payment of such penalty as the Court may think fit, but limited in the case of a Coroner's juror to £5.

LANDLORD AND TENANT

Forms of Tenancies.—Tenancies for a term of years—which are usually either for three years, or for seven, fourteen, or twenty-one years.

"**Yearly tenancies,**" i.e. tenancies from year to year, which continue until determined by notice. A tenancy "for a year" expires at the end of the twelve months. A tenancy "for a year certain and so from year to year" is a tenancy for two years at least. Where premises are taken at an annual rent, that is to say, at so much a year, or upon other terms from which a yearly tenancy may be inferred, it is a tenancy from year to year, notwithstanding that the rent may be made payable quarterly or otherwise. But if there are no words from which a yearly tenancy is to be inferred, and the rent is payable quarterly, monthly, or weekly, there will be a quarterly, monthly or weekly tenancy, as the case may be.

A tenancy at will is an occupation of premises with the assent of the owner and at his will. Such assent may be express or implied. If it be by express agreement, the character of the tenancy is not affected by the payment of rent; but if such tenancy be only implied (as in the case of a mere permissive occupation of premises), payment and acceptance of rent will, unless the circumstances indicate the existence of some other arrangement, raise the presumption of a yearly tenancy.

Where a person continues in possession after his term has expired without any assent or dissent by his landlord, he is said to be a **tenant on sufferance**, though there is not, in fact, any tenancy at all, as the relation of landlord and tenant depends on the existence of a contract. If, however, the landlord assents to such person remaining on, a tenancy at will will be presumed, which, upon payment and acceptance of rent, will become a yearly tenancy upon the terms of the original lease, so far as not inconsistent with a yearly tenancy.

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[1] The amount may, however, be increased at the discretion of the Judge and by consent of the parties.

Tenancies, How Created.—A lease for not more than three years from the making may, if accompanied by the giving and taking possession of the premises, be made verbally, though it is very undesirable. In other cases it must be in writing and signed by the party to be charged, or by some person authorized by him for that purpose. A lease for three years which, it is provided, shall commence on a future day is a lease for more than three years from the making. An agreement to grant a lease to be subsequently made cannot be enforced unless in writing, even though the intended lease be for less than three years.

A lease for more than three years must be by deed. But if the parties have come to a definite agreement in writing, the document, though invalid as an actual lease (not being under seal), is valid as " an agreement for a lease " ; and, upon application, the Court may enforce its specific performance by ordering the execution of a deed embodying its terms. So, too, if the agreement be verbal only, but possession has been given under it.

In many cases the parties may be prepared to act upon and abide by such agreement, but strictly speaking, if no application to the Court be made for its specific performance, or for some reason or other such application is not granted, there will only be a tenancy at will if the tenant has merely entered into possession, or a tenancy from year to year, if rent has been paid.

In order to save the delay in preparing and obtaining the execution of a deed, and in order to enable immediate possession to be safely given, the parties not unfrequently make an express agreement to grant and take a lease to be subsequently prepared. Where this is done care should be taken to insert in such agreement any special terms it is desired that the lease itself should contain, for unless they are specified, only what are known as " usual covenants "[1] can be inserted. Such an agreement must be stamped as if it were a lease, a nominal stamp only being required on the actual lease when subsequently executed.

Implied Condition as to Fitness for Habitation.—In the case of *furnished* houses or apartments there is an implied condition that the premises are reasonably fit for the purposes of habitation. This only applies, however, to the condition of the premises at the commencement of the tenancy. The fact that the landlord actually resides on the premises makes no difference. Thus, if one of the landlord's family develops scarlet fever during the tenancy, the tenant has no redress for any injury he may sustain in consequence. But if a contagious disease or defective drains exist, or noxious insects infest the premises at the commencement of the tenancy, the tenant may, on discovering the fact, immediately leave the premises and repudiate the agreement,[2] unless he comes to terms with the landlord that the defect shall be made good. He may also recover damages for any expenses to which he has been put in consequence of the breach of the implied undertaking. In the letting of an *unfurnished* house there is, in the absence of agreement, no undertaking that it is fit for habitation.[3] But, although there be no such agreement in the lease, a representation by the landlord with reference to the existing condition of the drains may amount to a *collateral warranty* for breach of which an action for damages can be maintained.[4]

And, notwithstanding that in the absence of agreement there is no obligation on the landlord to remedy a defect which renders the house unfit for habitation, nevertheless if the defect is of a structural character—as, for instance, in the case of a defective drain—and amounts to a nuisance or a danger to health, the tenant may procure the intervention of the sanitary authority, and thus throw the burden of remedying the defect on the landlord, provided the tenant himself has not by the terms of his lease undertaken to bear such expenses.

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[1] As to which, *see* following page.

[2] Because the undertaking as to the fitness of the house for habitation amounts to a *condition*. On breach of an undertaking which only constitutes a *warranty or covenant* damages may be recovered but the agreement itself cannot be repudiated.

[3] Except in the case of small holdings let to persons of the working class ; in the letting of which such an undertaking has been imposed by Statute. For definition of " Small holding " *see* Rates p. 1989.

[4] See note 2, above.

Implied Covenants.—In the letting of furnished houses there is an implied covenant by the landlord for quiet enjoyment ; and in all cases the tenant, on his part, is under an implied covenant to pay the rent, and where there is a yearly tenancy, to use the premises in a fair and reasonable manner, but he is under no obligation to do substantial or general repairs. In the case of a tenancy for a term of years, the obligations of the tenant are, practically, in every instance expressly defined by special agreement.

Express Covenants.—Where an agreement is entered into for a lease to be subsequently executed but nothing is said as to covenants, or it is stated to be subject to the "usual" covenants, the only covenants that can be insisted upon are the following :—

1. *By the tenant.*—To pay the rent ; to pay tenants' rates and taxes ; to keep and deliver up the premises in repair ; to allow the landlord to enter and view the state of repair. 2. *By the landlord.*—That the tenant shall not be disturbed in his possession of the premises either by the landlord or by any person claiming under him.

A proviso for re-entry may also be required, but in the absence of express stipulation it must be limited to the case of a breach of the covenant to pay rent. If any other covenants are desired they must be expressly stated.

The following covenants are often stipulated for :—

That the tenant—Shall not assign or underlet the premises or any part thereof ; shall not use the premises otherwise than as a dwelling-house ; will insure the premises. The covenants which have been referred to will be found dealt with under their respective heads.

1. **Covenant to pay Rent.**—The fact that the premises have been destroyed by fire or other inevitable accident will not relieve the tenant from his obligation to pay rent, unless otherwise expressly provided. This is so, even where there is only an implied covenant to pay rent. Where there is a proviso that the rent shall be suspended in the event of fire, flood, storm, tempest, or "other inevitable accident," only such accidents as are of a similar nature to a fire, or flood, etc., are included. Thus if the building collapse by reason of the weight imposed upon it, such accident will not be within the exception.

2. **Covenant to pay Rates and Taxes.**—In the case of furnished houses or apartments, the rates and taxes are paid, as a rule, by the landlord. So, too, in the case of flats. In yearly tenancies the tenant, as a rule, is only liable for the payment of what are known as "tenants' rates and taxes." In leases for a term of years, the payment of rates and taxes is usually the subject of express agreement, under which the tenant is generally made liable for something more than "tenants' usual rates and taxes." And unless particular attention is paid to the wording of the covenant, very onerous conditions are sometimes imposed upon the tenant. For instance, the insertion of the words "outgoings," "impositions" or "assessments" may involve the tenant in a liability to pay, among other things, for the cost of new drainage which has been ordered to be done by the sanitary authority, or the expenses charged on the premises in respect to the making, paving and channelling of the road, on its being taken over by the highway authority.

Tenants' usual rates and taxes.—Unless otherwise provided, the following are payable by the tenant, and are known as "the tenants' usual rates and taxes"—Poor rates (except in tenancies for not more than three months) ;[1]

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[1] A tenancy which may, but which will not necessarily, last more than that period, is within the exception. *See* further under Rates.

inhabited house duty ; county, borough and highway rates ; general district rates and improvement rates ; water and gas rates.[1]

Landlord's taxes.—The following are payable by the landlord, and cannot by any express agreement be imposed on the tenant :—

Landlord's property tax.[2]—Though this tax is actually collected by the Revenue authorities from the tenant, he is entitled to deduct the amount paid from the *next* payment of rent, and the landlord is bound to allow such deduction under a penalty of £50.

Tithe rent-charge.—Since the Tithe Act, 1891, no contract can be made between a landlord and tenant whereby the latter is to pay the tithes. Where, however, there is an existing agreement to do so, made prior to that date, the tenant must pay his landlord a sum equivalent to the value of the tithe.

Rates and taxes payable by landlord, unless otherwise agreed.—The following are primarily payable by the landlord, but may, by express agreement, be made payable by the tenant :—Land tax ;[3] sewers rates ; special assessments under local Acts for the purpose of permanent improvements. The above rates and taxes are, in fact, usually paid in the first instance by the tenant, but may be deducted by him from his rent in the absence of special agreement to the contrary.

Covenant to Repair.—Where the tenant has undertaken to do repairs, the extent of his responsibility necessarily depends on the wording of the particular covenant ; but a general undertaking to repair is satisfied by the tenant keeping the premises as nearly as possible in the same condition as that in which they were when he became tenant of them, allowing for the necessary deterioration caused by time and the effects of the climate. In tenancies for not more than three years, the usual provision is that the tenant shall keep the premises in good and tenantable repair, reasonable wear and tear and damage by fire and tempest excepted. Without this proviso, a tenant who had covenanted to keep the premises in repair would be bound to rebuild them if destroyed by fire or lightning. The obligation to keep the premises in " good tenantable repair " is to keep them in such repair, as, having regard to the age, character and locality of the house, would make it reasonably fit for the occupation of a person of the class who would be likely to take it.

No obligation to repair in the absence of agreement.—In the absence of special agreement, there is no obligation on the landlord to do any repairs. Even if the premises become uninhabitable through want of repair, the tenant must nevertheless pay his rent ; and if he sustains any personal injury through the defective condition of the premises the landlord will not be responsible.

Flats.—Where, however, premises are let in flats, the landlord is responsible for the condition of the stairs, which remain in his possession and control ; and his liability extends not only towards his tenants but also towards such persons as may in the ordinary course of business make use of the stairs. Whether there is in respect to such premises an implied obligation on the landlord to keep the roof in repair, so as to render him liable under any circumstances if damage is caused by its defective condition, has not been determined ; but where the landlord failed to clear the gutters as soon as he ought to have done after notice that they were choked, it was held that he was liable for the damage sustained in consequence by one of his tenants. Where injury is caused to a tenant of such premises by an escape of water, which has been laid on for his benefit as well as that of the other occupants, the landlord is not responsible in the absence of negligence.

Extent of landlord's liability where he agrees to do repairs.—If the landlord has, in fact, undertaken to do repairs, he is under no responsibility until notice has been given him of the want of repair ; that he had the means of knowing is not sufficient. If the landlord fail to do the repairs after notice, the tenant is not entitled to do them himself and deduct the cost from his rent ; his only remedy is to sue for damages for breach of covenant.

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[1] As to which, *see* respectively Water Rate and Gas.

[2] As to which, *see* Income Tax, p. 1948.

[3] In most leases this is made payable by the tenant.

Where a landlord lets a house in a defective condition and agrees to repair it, but neglects to do so, and in consequence of the defective condition the tenant or his wife are injured, the landlord is liable ; and presumably such would be the case if injury were sustained by one of the tenant's children.

Covenant to allow the Landlord to enter and view the State of Repair.—In the absence of agreement, the landlord has no right to enter the premises except in the case of agricultural holdings—in respect to which the right to do so is now given him by statute.

Covenant by Landlord for quiet enjoyment of the Premises by the Tenant.—The essential object of this covenant is to protect the tenant against a disturbance of his possession by any person claiming a right to the premises by, through or under the landlord. In the case of trespass by any other person, the only remedy is against such wrongdoer, at the instance of the tenant. The above covenant will also prevent the landlord from committing any physical disturbance of the tenant's quiet enjoyment, as, for instance, by erecting in close proximity to the premises a building of such height as to cause the tenant's chimneys to smoke. So, too, if the landlord lets certain rooms in a house under a covenant for quiet enjoyment, he cannot let other rooms over them to another tenant for dancing and entertainment without committing a breach of the covenant.

Covenant by Tenant not to assign or underlet the Premises or any Part thereof without the Assent of the Landlord.—Unless the lease is expressly made determinable upon breach of such covenant, and the landlord determine it accordingly, an assignment though made without his assent will not be invalid ; but the person to whom the assignment has been made will himself be bound by the terms of the lease. Not unfrequently the covenant in question is qualified by the stipulation that the landlord's assent shall not be unreasonably withheld ; in which case, if his assent be applied for but refused, the tenant may make the assignment or under-lease without committing a breach of his undertaking, provided he can, if called upon, show that the landlord's refusal to assent was in fact, unreasonable ; but unless he had actually applied for such assent, it would clearly be a breach of his covenant. Where the assent is required to be in writing, the tenant cannot safely act upon an assent given verbally.

In the absence of express agreement, no fine or sum of money in the nature of a fine can be obtained by the landlord in respect to his licence or assent. This does not, however, prevent him from requiring, as a condition on which he will grant this assent, the deposit of a sum of money by way of security for the performance of the obligations under the lease.

A covenant against assignment only does not prevent the tenant from underletting, unless the covenant forbids an assignment for the whole *or any part* of the term.

Covenant by the Tenant not to use the Premises otherwise than as a Private House.—The use of the premises either as a day school or boarding school, or as an art studio for instruction of pupils, or as an office for the receipt of orders, or the exhibition of goods for sale, will constitute a breach of the above covenant. So, too, the carrying on the business of a lodging-house, or the use of the premises as a boarding-house for scholars attending a school in the neighbourhood kept by the tenant, although the house be not advertised as a residence for pupils.

Covenant to Insure the Premises.—On a breach of this covenant the tenant is, if there has been no loss, liable for the cost of effecting the necessary insurance; but if there has been a loss, the damages recoverable from him will be the value of that which ought to have been insured. Though the landlord may himself have insured the premises, the tenant will not be absolved from his liability to rebuild, if he has covenanted to keep the premises in repair, without any proviso or exemption in the case of fire or tempest (*see* p. 1960). And, in the absence of express agreement, the landlord is under no obligation to lay out any money he has received from his insurers in re-instating the premises. But there seems to be no reason why the tenant should not be able to compel the insurance company to expend the insurance money in rebuilding, instead of paying it to the landlord; at any rate, where the tenant has insured, the landlord can compel them to thus apply the money.

Forfeiture of a lease for Breach of Covenant.—Upon a breach of covenant by the tenant, the landlord may bring an action for damages, or he may, in cases where the lease contains a proviso for re-entry on the breach of any covenant, treat such breach as a ground for forfeiture of the lease. With regard, however, to *covenants other than those by which the tenant undertakes to pay rent or not to assign or underlet,* the landlord cannot enforce the right of re-entry, by action or otherwise, unless he has served upon the tenant a notice in writing, specifying the particular breach complained of, requiring him to remedy it, if practicable, and to make compensation if it be desired and the tenant has failed to comply with such notice within a reasonable time. And, even then, it is open to the tenant in such cases to apply to the Court for relief against forfeiture, which the Court has discretion to grant upon such terms as seem fit.

With regard to the *breach of a covenant for non-payment of rent,* if an action is brought for forfeiture, the tenant may stay proceedings by tendering or paying into Court the rent and costs; and where the landlord has, in fact, entered without an action, the tenant may obtain relief by an action.

Unless the lease provides for re-entry on non-payment of rent, "whether the same be demanded or not," the landlord or his agent must make a formal demand for the rent, on the premises, at a convenient time before, and at, sunset on the day on which the rent becomes due. But if not less than half a year's rent has become due, and there is no sufficient distress to be found on the premises, the landlord may serve the tenant with a writ of ejectment, without any formal demand. As to the summary means of recovering possession on non-payment of rent which exists in certain cases, *see* Recovery of Premises, p. 1966. In the case of a *covenant not to assign or sub-let,* no notice is required to be given prior to the exercise of the right of re-entry, and no relief from forfeiture can be obtained, except in favour of an under-lessee who had no reason to suppose that the landlord's consent to his under-lease was necessary.

Waiver of the right to re-enter.—Except in the case of a forfeiture on the ground of half a year's rent being in arrear and no sufficient distress being found on the premises, the acceptance of rent, or a distress for the same, amounts to a waiver of the right to re-enter; and, similarly, where there is a continuing breach, as in the case of a covenant to repair or insure, either of the acts referred to will constitute a waiver of the right to re-enter, in respect to any breach committed prior to the time the rent became due or the distress was levied as the case may be.

Rent.

When due and payable.—As a general rule the time at which rent is payable is stated in the lease. Where, however, no time is specified and the rent is expressed to be a yearly rent, that is to say, at so much a year, it is not payable till the expiration of the year, unless otherwise expressly provided. As a general rule in residential occupations the rent is made payable quarterly, and on the recognized quarter days. In the case of a quarterly, monthly, or weekly tenancy it is, of course, payable at the end of the quarter, etc. The rent becomes due at sunrise of the day on which it is payable, but cannot be treated as being in arrear until midnight of that day, that is to say, proceedings for its recovery by distress or otherwise could not be taken till the next day.

Deductions from.—Where the tenant, in order to protect himself in the enjoyment of the premises, is compelled to make a payment which, as between himself and his landlord, ought to have been paid by the landlord, the tenant has an implied authority to make such payment and deduct it from his rent. This applies to the payment by the tenant of the landlord's rates and taxes, the payment of ground rent, or any other rent to a superior landlord, who can distrain upon the tenant if it be not paid. In the absence of express agreement, no other deduction can be made from the rent.

Payment in advance.—Rent is sometimes, by special agreement, made payable in advance, in which case it becomes due in advance and can be recovered accordingly. But unless it is expressly so stipulated, there is risk in paying rent in advance, for if the landlord has mortgaged or assigned his reversion in the premises, the payment of rent in advance to the landlord will not prevent the mortgagee or assignee from claiming it over again at the time it properly becomes due, provided he has, at any time prior to that date, given notice to the tenant to pay it to him.

Recovery of, when in arrear.—Rent in arrear is recoverable by action or by distress.

Distress.

When capable of being made.—Distress may be levied between sunrise and sunset on any day (other than Sunday) after that on which the rent became due ; and without any previous demand for the rent. It cannot be levied after the issue of a writ to enforce forfeiture ; and in cases where the tenant continues in possession after the end of the tenancy, it can only be levied within six months after that date.

What rent may be recovered by distress.—The rent recoverable is limited to six years' arrears, or in the case of agricultural holdings, one year's rent only. Where, however, according to the ordinary dealing between the landlord and tenant of an agricultural holding, payment of rent is allowed to be deferred until the expiration of a quarter or a half year after it legally became due, the year within which distress may be levied will not begin to run until the expiration of such quarter or half year ; but this does not prevent the landlord from distraining at any time after the rent legally became due.

By whom leviable.—Distress can only be levied by the landlord himself or by some person authorized in writing by a county court judge, or registrar, to act as a bailiff. Upon request by the tenant such bailiff must produce his certificate.

How levied.—Entry for the purpose of levying distress can only be effected by means of an open, or, if closed, an unfastened door, or by an open window or other open means of access. It cannot be effected by breaking open an outer door to any premises, or by unfastening or opening any window or skylight which is closed. If, however, a window, etc., is partially open, it may be further opened, and if the glass is broken there is no objection to using the opening thus afforded for the purpose of unfastening the window, etc.

Upon entry, the rent must be demanded, and if the distress be made by a bailiff, he must show his warrant from the landlord. If the rent and costs be not paid or tendered, goods sufficient to meet the tenant's liability may be seized, and for this purpose inner doors may be broken open. Notice that the goods have been seized is then given, and an inventory is made and handed to the tenant. Unless before the expiration of five days (which may, on the written request of the tenant, be extended to fifteen days) the tenant pays the rent and costs, the goods can then be sold either on the premises or elsewhere.[1] Appraisement of the goods is not necessary unless requested by the tenant or the owner of the goods distrained.[1] Any balance that remains from the sale should be left in the hands of the sheriff or under-sheriff of the county, or the constable of the place, for the owner's use.

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[1] The landlord cannot himself become the purchaser

Costs of distress.—The fees, charges and expenses of levying a distress are fixed by statute ; and in case of any dispute, the amount charged may be taxed by the registrar of the County Court in the district in which the distress was levied.

Goods which may, or may not, be seized under a distress.—Distress may, subject to the exceptions given below, be levied upon any goods on the premises in respect to which the rent is payable, whether they belong to the tenant or other persons ; but cannot be levied on goods elsewhere except by agreement, and except in cases where the tenant has fraudulently removed any of his goods for the purpose of avoiding distress.

Goods exempt from distress are :—1. Things affixed to the premises, e.g. a chimney-piece, or an anvil in a blacksmith's shop. 2. Goods delivered to the tenant in the way of his trade, e.g. a horse sent to be shod. A picture sent to an artist to be altered would not be protected, as an artist is not a trader. 3. Goods of a perishable nature, among which wine is not included. 4. Things in actual use, e.g. a horse that is being actually ridden. 5. Loose money. 6. Wearing apparel, bedstead and bedding, and tools to the value of £5,[2] except where the tenant's term has expired, rent has been demanded, and distress made not less than seven days after such demand. 7. Goods belonging to a lodger, provided he has complied with certain requirements ;[3] and 8. In cases where there are other goods of sufficient value and immediately available to answer the distress (excluding any goods belonging to a stranger, which the landlord may not choose to take), tools and implements of trade, not otherwise exempt as being within class 6 above. There are also other exemptions which are of an exceptional character or only affect agricultural holdings.

Fraudulent removal of goods by the tenant for the purpose of evading distress.—Where a tenant, after the rent becomes due (including the actual day it falls due), fraudulently, that is to say, with a view to evading distress, removes from the premises any of his goods which are liable to be distrained on, the landlord may within thirty days after such removal seize the goods wherever they are to be found, provided they have not before such seizure been sold bonâ fide and for value to any person not privy to such fraud. The tenant, and also any person assisting in the fraud, is liable to an action for double the value of the goods removed. The above provision does not apply where the goods are removed at the end of the tenancy.

Moreover, in the Metropolitan police district, any constable is empowered to stop and detain, until due inquiry can be made, all carts or carriages which he shall find employed in removing furniture from any house or lodging between 8 p.m. and 6 a.m., or whenever he shall have good cause for believing that such removal is made for the purpose of evading payment of rent.

Illegal, Irregular or excessive distress by the landlord.—If the tenant complains that the distress was illegal or irregular, or was excessive—that is to say, that more goods were seized than was reasonably necessary to satisfy the claim—there are various remedies open to him ; in resorting to which he should be careful to take legal advice at the earliest possible moment, as the procedure is technical and complicated. This statement, however, does not apply to the summary remedy given by statute to those persons within the Metropolitan police district who occupy any house or lodging by the week or month, at a rental not exceeding £15 a year. On complaint by such person to a magistrate, the magistrate may summon the person complained against to appear, and if satisfied that the distress was improperly taken, or unfairly disposed of, or the charges made were contrary to law, or that the proceeds of sale have not been duly accounted for to the owner, the magistrate may order the distress, if not sold, to be returned to the tenant on payment of the rent ; or, if sold, he may order the value thereof, after deducting the rent due, to be paid to the tenant.

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[1] That goods other than the tenant's may be seized, *see* below.

[2] For the summary remedy where such goods have, in fact, been distrained, *see* following page.

[3] As to which, *see* Lodgers.

And on complaint to a court of summary jurisdiction that wearing apparel, bedding or tools which are exempt from distress, have, in fact, been taken, a summary order for their return or the payment to the tenant of a sum equal to their value may be made.

Notice to Quit.—Where the premises have been let for a definite period, the tenancy terminates at the end of that period without any notice on either side. In other cases it can only be determined by notice. In the absence of agreement or local custom to the contrary the length of notice required is as follows :—In the case of a weekly, monthly or quarterly tenancy, a reasonable notice is necessary ; at any rate, a week's, or month's, or quarter's notice, as the case may be, expiring at the end of a week or month, etc., will be sufficient.

Where there is a yearly tenancy, that is to say, a tenancy from year to year, six months' notice, or in the case of an agricultural holding, twelve months' notice, expiring at the time of year at which the tenancy commenced. And if it is agreed that a three months' or other notice shall be sufficient to terminate such tenancy, it must likewise be given so as to expire at a period corresponding with that at which it commenced—unless otherwise provided.

Where a tenant enters in the middle of a quarter, it may be that it is definitely agreed that the tenancy shall commence at the time of entry ; but if such is not the case, and the tenant by agreement pays a proportionate rent for the broken quarter and thenceforward on the usual quarter days, the tenancy will be deemed to commence on the first of such quarter days. So, too, where, the broken period being disregarded, it is expressly provided that the first payment of rent shall be on the quarter day next but one. A tenancy for a year and so on from year to year can only be determined by a six [1] months' notice, expiring at the end of the second or some subsequent year. The notice may be given either verbally or in writing, but having regard to the trouble and difficulty involved in proving a verbal notice it is advisable that it be in writing.

Holding over by Tenant after Notice given.—If a tenant holds over after notice to leave given by himself, he is liable for double rent ; and if a tenant from year to year or for a term of years wilfully [2] holds over after the expiration of his term, and a written demand for possession has been given by the landlord, he is liable for double the actual rental value of the premises. Where the tenancy is terminated by a notice to quit from the landlord, the notice to quit is in itself a sufficient demand for possession. Such double value is recoverable by action as a debt, and such double rent is recoverable either by action or by distress leviable as in the case of ordinary rent. Though a tenant who has underlet is responsible for the holding over by his sub-tenant, he is not liable for double value in such cases, unless the holding over be shown to have been with his assent or authority.

Recovery of the Premises.

Where the tenancy ends or is determined by notice to quit.—If the tenant refuse to deliver up possession, the landlord's remedy is to bring an action of ejectment in the High Court, except where the annual value or the rent of the premises does not exceed £100, in which case his remedy is to proceed in the County Court either by an action of ejectment or by an action for the recovery of possession, the latter being a more summary method and applicable to small holdings. And in the case of a holding at a rental not exceeding £20 a year, for any term not exceeding seven years, the landlord may give the tenant a statutory notice that unless within seven days of such notice the premises are given up to him, he will apply to two justices of the peace (or to the stipendiary magistrate, in a town), and on such application the justices (or magistrate) may, if the claim be proved, issue to the constables of the district a warrant commanding them, within a period to be named (but not less than twenty-one, nor more than thirty, days from the date of the warrant), to enter, by force if necessary, and give possession to the landlord.

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[1] In the case of an agricultural holding, twelve months.

[2] That is to say, not by mistake or under any reasonable claim of right.

Upon forfeiture of the lease.—Where there has been a forfeiture of the lease for non-payment of rent, a special means of recovering the premises is available to the landlord under the particular circumstances stated below. Otherwise, where there has been a forfeiture for breach of covenant, the premises are recoverable in the same way as in cases where the tenancy has been terminated by a notice to quit (as to which, *see* above), except that there appears to be some doubt whether the remedy in the County Court is not limited to an action of ejectment, that is to say, whether the more summary method of bringing an action for recovery of possession can be resorted to.

Upon forfeiture of lease for non-payment of rent, in certain cases.—Where the rent of any premises, of which the value or rent does not exceed £100 a year, is half a year in arrear, and the landlord has a right by law to re-enter for non-payment of the rent, he may, without any formal demand for the rent, enter a plaint in the County Court for the recovery of the premises ; and upon proof that the rent remains unpaid and that there is no sufficient distress, an order may be made that possession be given up at a certain date (but not less than four weeks from the time the case is heard), unless within that period the rent and all costs incurred be paid.

Fixtures.

What are fixtures.—That which is attached to the soil so as to become part of the freehold, or is affixed to an original building so as to be incorporated in it, is deemed to be " a fixture." Whether a building, etc., has been so attached to the soil is a question of fact. That it rests on the ground is not, in itself, sufficient ; for instance, if a conservatory be erected upon dwarf walls, with a wooden course or coping upon which the conservatory stands, the conservatory down to and including the wooden course is not a fixture. Whether an article has been so affixed to a building as to become incorporated with it is a question of fact. That it has not been so incorporated may be shown either from the mode in which, or the object for which, it was affixed.

Tenants' right to remove limited to certain cases.—That which is, in fact, a fixture cannot, in the absence of agreement or custom to the contrary, be removed by the tenant at the end of his term, if put up either by the landlord or by a previous tenant, or by the tenant himself during a previous tenancy ; nor can the tenant remove it even if put up by him during his tenancy, unless it be within one or other of the exceptions given below. Thus he is not entitled to remove any tree or plant growing in the soil, though planted by himself ; but he may, of course, take any fruit, vegetables or flowers that have sufficiently matured to be reasonably fit for use or decoration.

Fixtures removable by Tenant.—1. Fixtures for trade purposes : thus a gardener may remove all the plants which form his stock-in-trade, and his glass-houses. The exemption does not, however, extend to buildings of a permanent or substantial character, except in the case of a holding which is expressly let as a market garden, in respect to which particular privileges are given by statute.

2. Fixtures for agricultural purposes : the right of removal with regard to which, in the case of ordinary agricultural holdings, has been the subject of special statutes. There are also special statutory provisions enabling the tenant to remove fixtures in the case of : (*a*) holdings, which it is agreed in writing shall be let or treated as market gardens ; (*b*) allotments let by a district or parish council ; (*c*) small holdings let by a county council.

3. Fixtures merely for the purpose of ornament or convenience. Under the former head are such things as looking-glasses, ornamental chimney-pieces, cornices, window blinds, marble slabs, and wainscot fixed to the wall by screws. Under the latter head are stoves and grates fixed in brickwork, hanging pegs, cupboards and shelves fixed by holdfasts, ovens and ranges, pumps, fixed tables and book-cases, bells, gas and electric fittings. The right to remove them is not, however, absolute, but subject to the condition that they have not been affixed in such a manner as to indicate an intention that they should form part of the premises, and is dependent on their being capable of removal without causing a substantial injury to the premises.

Where the tenant, being entitled to do so, removes a fixture, he must make good any damage done in the removal ; and when a fixture has been put up by the tenant in place of something originally affixed to the premises, he must, after taking down his own fixture, replace the former article or another of a similar kind.

Time within which right of removal must be exercised.—The tenant's right to remove fixtures is strictly limited to the continuance of the tenancy. After the tenancy has expired, or been terminated by forfeiture, he cannot legally remove them without the landlord's consent ; but if the landlord then permits their removal, he thereby relinquishes all claim to them. If the outgoing tenant sells his fixtures to the incoming tenant, and the latter is unable to pay for them, the outgoing tenant is in the same position as in any other case where he fails to remove them before the expiration of the tenancy.

Assignment and Under-letting.—A tenant by assigning his tenancy does not thereby relieve himself from liability upon the covenants contained in his lease, though he parts with all interest in the premises. He should, therefore, take care to obtain from the person to whom he assigns proper covenants for indemnity, in case of their non-fulfilment. An assignment is required to be by deed.

An underletting for the whole residue of the term granted to the tenant is equivalent to an assignment, and has the same consequences. But an underletting for the residue of the term less any period—even one day—secures a reversion to the person underletting, and creates the relation of landlord and tenant between the parties. Consequently, the person underletting may provide for the proper performance of covenants by inserting in the underlease a proviso for re-entry.

Position of an assignee and of an under-tenant.—An assignee, so long as he remains assignee, is liable to the lessor upon the covenants in the lease so far as they affect the use of the premises (known as " covenants running with the land "), but he is not liable for any purely personal covenants into which the original lessee entered. If, however, an assignee re-assign, he ceases to be under any liability from the date of re-assignment.

An under-tenant is under no direct liability to a superior landlord.

LAND TAX

Nature of the Tax.—Every parish in England and Wales was in the year 1798 made liable for the annual payment of a fixed sum, which was to be raised by means of a tax known as Land Tax.

But inasmuch as the owners of property were empowered to redeem the tax thereon by the payment of a capital sum, the tax has in many parishes been entirely redeemed, and in others to a certain extent. Where the whole or part of the sum originally due from any parish is still payable a rate of so much in the pound has to be levied upon the net annual value of such lands and tenements as remain liable to the tax, in order to raise the amount required ; but it has been provided within recent years, that the assessment is not to exceed 1*s.* in the pound, and that any excess must be remitted.

Exemption or Abatement allowed in certain Cases.—Under a statute passed in 1898, it is provided that the tax is not to be collected from any person who, before it is paid, produces to the collector a certificate from the Surveyor of Taxes, showing that he has been allowed for that year a total exemption from income tax, by reason of his income not exceeding £160. And only half of the tax is to be collected from any person who is similarly able to show that he has been allowed an abatement of income tax by reason of his income not exceeding £400.

It is very necessary to remember that such total or partial exemption must be claimed *before the tax is paid*, for if the property in respect to which the tax is payable is let, and the tenant—by whom the tax is payable in the first instance—should pay it, there is no means of subsequently recovering it back.[1]

Payment of.—The year of assessment is from March 25 to the following March 24, both inclusive. The tax is payable on or before January 1 in the year of assessment, and is collected from the occupier of the premises. Where the premises are let to a tenant, he may, in the absence of agreement to the contrary, deduct the amount paid by him from his next payment of rent. If the tax be not paid, it may be recovered in the same way as income tax in arrear, *see* p. 1952.

Appeal against Assessment.—If any person is dissatisfied with regard to the amount at which he is assessed, he may appeal to the Commissioners of Land Tax, whose decision is final. Notice of the time and place at which such appeals will be heard will be found affixed on or near the door of the parish church. Notice of appeal must be given to the assessor, in order that he may have an opportunity to attend to justify the assessment if he wishes to do so.

If the tax be charged on property which has, in fact, been redeemed, there is no necessity to appeal against the assessment. It may be treated as a nullity, and if a distress be levied for any sum so assessed, damages may be claimed in an action for illegal distress.

Redemption.—As the tax is payable on the annual value of the land, the advisability of redeeming it before the land is improved or built on is manifest. The necessary particulars with regard to its redemption may be obtained on application to the Secretary, Land Tax Department, Somerset House, London, W.C.

LICENCES

A declaration must be duly made and licences obtained before the end of January in each year, or within twenty-one days after first becoming liable to the duty, by every person wearing or using armorial bearings, employing any male servant, or keeping any carriage or motor during any part of the year.[2] Where a dog is kept, a licence for it must be taken out at once. The penalty for neglecting to make a return, or for making an untrue return, is £20.

Forms of declaration may be obtained at any Inland Revenue or Stamp Office, or Postal Money Order Office. The declaration, together with the duty, should be sent to the Revenue Office, etc., and if payment be made by cheque, the cheque should be drawn to the order of "The Collector of Inland Revenue," "Stamp Distributor of——," or "Postmaster of ——," as the case may be, and crossed. It should be made to appear on the face of the cheque that it has been drawn for payment of Local Taxation Licences. Postage must be prepaid when the application for a licence is made by post, and when so made to a Postmaster, a stamped and addressed envelope must be enclosed for the reply. Licences are not transferable by law to any person except the widow, executor, administrator, or assignee in bankruptcy of the person to whom they were granted.

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[1] In the case of income tax it is otherwise.

[2] Agents or stewards may make the declaration on behalf of their employers.

Duties Payable.

	£	s.	d.
Armorial bearings. If to include use on a carriage or motor[1]	2	2	0
If not to include such use	1	1	0

" Armorial bearings " means any armorial bearing, crest or ensign, by whatever name called, and whether registered in the College of Arms or not. Any person who keeps a carriage, whether owned or hired by him, will be deemed to wear and use any armorial bearings thereon.

		£	s.	d.
Male servants (including a person employed to drive a motor car)	each	0	15	0
Dogs	each	0	7	6

No licence is required for a dog under six months old. The penalty for keeping a dog without a licence is £5 ; and every person in whose charge or possession, or in whose house or premises a dog is found or seen, will be deemed to be the person who keeps it, unless the contrary be proved. If a person who has taken out a licence does not produce it for inspection by any excise officer or police-constable, within a reasonable time after request, he will be liable to a penalty of £5.

Carriages (other than hackney carriages)—

	£	s.	d.
(*a*) *With four or more wheels*—			
To be drawn, or adapted or fitted to be drawn, by two or more horses or mules	2	2	0
Ditto—if not used before the 1st of October	1	1	0
To be drawn, or adapted or fitted to be drawn, by one horse or mule only	1	1	0
Ditto—if not used before the 1st of October	0	10	6
(*b*) *With less than four wheels*—			
To be drawn by horse or mule power, or drawn or propelled by mechanical power	0	15	0
Ditto—if not used before the 1st October	0	7	6

For definition of " carriage," and general provisions with regard to them *see* below.

Motors, if within the definition of a " carriage,"—as to which, see following page,—are liable to the duty payable on carriages, and to an additional duty of £3 3*s*., where the weight, unladen, exceeds 2 tons, but is under 3 tons, or to a duty of £2 2*s*., where such weight exceeds 1 ton, but does not exceed 2 tons.

The total duty payable is, therefore, as follows : [2]—

	£	s.	d.
(*a*) *Motors with four or more wheels*—			
Where weight, unladen, exceeds 2 tons but is under 3 tons.	5	5	0
Ditto—if not used before 1st October	4	4	0
Where weight, unladen, exceeds 1 ton, but does not exceed 2 tons	4	4	0
Ditto—if not used before 1st October	3	3	0
Where the weight, unladen, does not exceed 1 ton (or amounts to 3 tons and upwards)	2	2	0
Ditto—if not used before 1st October	1	1	0
(*b*) *Motor bicycles and motor tricycles*[3]	0	15	0
Ditto—if not used before 1st October	0	7	6

In calculating the weight of a vehicle unladen, the weight of any water, fuel, or accumulators used for the purpose of propulsion is not to be included.

General Provisions with regard to Carriages and Motors.

Where carriages or motors are kept at more places than one, the several places should be specified in the return.

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[1] Other than a public stage or hackney carriage.

[2] Motors are further required to be registered, and in respect to such registration also a fee is payable.

[3] That such are included in the term " carriage," *see* following page.

Additional licences must be taken out if, at any time during the year, more carriages or motors are kept than were specified in the first return. And where a person holding a licence becomes liable to a higher duty, owing to a change in the character of any carriage or motor, a fresh licence must be taken out within twenty-one days. If the full year's duty be paid for the first licence, the duty paid in respect to the first licence will be repaid by the collector.

By whom the duty is payable where the carriage or motor is hired.—Every person who lets any carriage or motor for hire for a less period than one year is deemed to be the person keeping it ; but when the hiring is for a year or any longer period the hirer is deemed to keep the carriage or motor, and must take out a licence for it in his own name.

Definition of a " carriage " in respect to which duty is payable.—The term " carriage " means and includes any carriage (except a hackney carriage) drawn by a horse or mule, or horses or mules, or drawn or propelled upon a road or tramway, or elsewhere than upon a railway, by steam or electricity or any other mechanical power. This includes a motor tricycle or a motor bicycle, but does not include a waggon, cart or other such vehicle which is constructed and adapted for use, and is used solely for the conveyance of any goods or burden in the course of trade or husbandry, and whereon the Christian name and surname and place of abode or place of business of the person, or the name or style and principal or any place of business of the company or firm keeping the same, shall be visibly and legibly painted in letters of not less than one inch in length. " Hackney carriage " means any carriage standing and plying for hire, and includes any carriage let for hire by any person whose business it is to sell or let carriages for hire, provided that such carriage be not let for a period amounting to three months or more, otherwise a duty of 15*s*. will be payable.

Exemptions.—Carriages kept, but not used at any time within the year, are exempt.

LODGERS

Who are " Lodgers."—The distinction between a " lodger " and an " under-tenant " is of importance for this reason : If the relation between the persons by whom, and to whom, respectively, the rooms or apartments are let is, in fact, that of landlord and tenant, the usual incidents of such relationship will attach ; thus the payment to be made for the use of the rooms will be " rent " in the strict sense of the word, and will be recoverable by distress if not paid. Whereas, if the agreement between the parties merely amounts to a *licence to use* certain premises, the payment to be made for such right can only be enforced by action as an ordinary debt. Whether a person is a lodger or an under-tenant is a question of fact. The best practical test is whether the person who let the rooms retained to himself the right of general control over the premises, though he need not himself live on the premises.

The General Position of a Lodger.—Every lodger is entitled to the use of the door bell and knocker, if any, the skylights or windows of the staircase, and of the water-closet, unless the agreement expressly stipulates to the contrary.

The owner of the lodgings is not responsible for the safe keeping of the lodger's property, unless it has been delivered to him for that purpose and he has accepted the charge. He is, however, bound to exercise reasonable care, and will, therefore, be liable if loss or injury be caused by his gross negligence or misconduct. Thus, if his servant steal the lodger's property, he will not be responsible unless it be proved that he either knew of the servant's previous dishonesty or failed to make reasonable inquiry when engaging such servant.

Implied undertaking as to fitness for Habitation.—In the case of furnished apartments, there is an implied undertaking that they are reasonably fit for the purpose of habitation at the time they are let—as to which, *see* further, p.1958.

Notice to Determine the Holding.—A reasonable notice must be given. In a monthly or weekly holding a month's or a week's notice respectively on either side would be sufficient.

The Lodger's Remedy where his Goods are distrained upon for Rent due to the Superior Landlord.—A lodger's goods are liable to distress for rent due to the superior landlord from his immediate tenant (that is, the person who let the lodgings), and, if necessary, in order to effect their seizure, the lodger's door may be broken open. The lodger, however, is now enabled by the Lodgers' Goods Protection Act to protect his goods, where a distress is levied or threatened to be levied, by serving on the superior landlord, or the bailiff, a declaration in writing and signed by him, stating that the immediate tenant has no right of property or beneficial interest in the furniture ; that it is the property of, or in the lawful possession of the lodger, and also whether any rent is due from the lodger to his immediate landlord, and if any such rent is due, the amount and period for which payable. To this declaration a correct inventory, subscribed by the lodger, must be annexed.[1] The lodger may then pay to the superior landlord, or bailiff, any rent which may be owing by him, or so much of it as may be sufficient to discharge the superior landlord's claim, and such payment will be deemed a valid payment on account of rent due from the lodger to his own landlord. If the superior landlord or bailiff, after service of such declaration and inventory and the payment or tender of any rent due from the lodger as above stated, levies, or proceeds with the distress, he will be guilty of an illegal distress, and the lodger may apply to a justice of the peace for an order for the restitution of the goods, and may bring an action for damages against such superior landlord.

The Act does not specify any time within which the declaration, etc., must be made, but it is sufficient if it be made at any time before the date at which the goods can lawfully be sold, that is to say, within five days after they have been seized (*see* p. 1963). If the superior landlord sells the goods before the expiration of the five days, the lodger may maintain an action for damages in respect to such illegal sale, whether he has made a declaration or not. Where, however, the sale takes place after the expiration of the five days, the sale is lawful ; and if the lodger, by reason of absence or otherwise, has not made a previous declaration, he has no remedy against the superior landlord, and his only claim for redress will be against his own landlord.

MARRIAGE

Marriage is permissible in law between any persons not within the prohibited degrees of relationship which are set forth at the end of the Prayer Book. Among the marriages which are thus prohibited is that between a man and his deceased wife's sister. Inasmuch as there can be no marriage between such persons, any children of such union are illegitimate, and are, therefore, incapable of inheriting their parents' property. Their parents may, of course, provide for them by will ; but even then such offspring will have to pay legacy duty at the same rate as entire strangers, that is to say, at the rate of 10 per cent., where 1 per cent. would have been payable by them as children of a legitimate marriage. Where the parents intend to thus provide for their offspring they must describe them specifically in their wills, for the expression "children," when used in a will, only includes legitimate children, unless on the face of the will there is a clear indication to the contrary.

Marriage, Solemnization of.—Marriage in England or Wales is not permitted until the necessary authority has been obtained in one or other of the following ways :—

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[1] Where a declaration properly made and signed, stated that "the list of articles hereto annexed is a correct inventory," and the inventory was written on the same piece of paper, but was not otherwise signed, it was held to be sufficiently "subscribed" within the meaning of the Act.

I. By Publication of Banns.—Banns must be published for three Sundays preceding the marriage in the parish church of the parish in which the parties dwell, or in some church belonging to such parish and in which banns are accustomed to be published. If the parties dwell in different parishes, the banns must be published in both parishes.

Where, as is the case in many populous districts, part of a parish as defined for civil purposes has been constituted by the Ecclesiastical Commissioners a separate and distinct parish for ecclesiastical purposes, persons resident in such ecclesiastical parish must publish their banns in the church of that parish and not in "the mother parish."

The marriage must be solemnized within three months after the publication of the banns, otherwise they will have to be re-published.

Notice to be given to the Rector, etc.—Seven days at least before the time required for the publication of the banns the parties must deliver to the incumbent a notice in writing, dated on the day of delivery, giving their true Christian names and surnames, their addresses within the parish, and the time during which they have lived at such address.

Due publication of the banns.—After the marriage has taken place no question can be raised as to the residence of the parties. But if persons knowingly and wilfully intermarry without due publication of their banns, the marriage will be void; and it must be remembered that there can be no "due publication of the banns" if the parties fraudulently alter any of their names in such a way as to prevent their recognition. But the fact that one of the parties has fraudulently altered a name without the knowledge of the other will not affect the marriage.

Consent of parents, when required.—Where one of the parties, not being a widow, or widower, is under age, consent to the marriage must be obtained from the father, or, if he be dead, from the guardian appointed under his will, or if there be no such guardian, from the mother. If the marriage be, in fact, solemnized without such consent it will nevertheless be valid.

Where either of the parties is under age after the banns have been published, their publication will be void if at their publication either of the parents or the guardian of such person objected thereto.

Solemnization of the marriage.—The marriage can only be solemnized in the church, or one of the churches, in which the banns were published. Where, by reason of the parties being resident in separate parishes, the banns of one of them has been published in a church other than that in which the marriage is to take place, a certificate of the due publication of the banns in the former must be obtained from the incumbent thereof, and delivered to the clergyman of the parish in which the marriage is to be solemnized. The ceremony must be performed between 8 a.m. and 3 p.m., and in the presence of two or more credible witnesses, besides the clergyman. The marriage must be registered immediately after it is solemnized, and the register must be signed by the clergyman, the parties married, and the witnesses.

II. By an Ecclesiastical Licence—which may be either an ordinary licence or a special licence.

(1) An **ordinary licence** is an authority granted by a bishop by which a marriage is permitted to be solemnized without the publication of banns. Whether such licence can be obtained otherwise than as a matter of grace is more than doubtful. In any case, in order to obtain it, one of the parties must personally swear before the surrogate or other person having authority to grant it, that he believes there is no impediment to the marriage; that one of the parties has for fifteen days immediately preceding resided in the parish in which it is to be solemnized; and, where either of the parties (not being a widow or widower) is under twenty-one, that the consent of the parents or guardians has been obtained, or that there are no parents or guardians.

The marriage can only be solemnized in a church belonging to the parish in which one of the parties has so resided for fifteen days; and is subject to the same rules and requirements as apply to a marriage after publication of banns.

If the marriage be not solemnized within three months from the grant of the licence a fresh license will have to be obtained.

Such licences may be obtained upon personal application either at the Faculty Office, 23, Knightrider Street, Doctors' Commons, London, E.C., or at the Vicar-General's Office, 3, Creed Lane, Ludgate Hill, E.C. (between 10—4, or Saturdays, 10—2); or in the country, at the registry office of any bishop, or from some clergyman who has been appointed for the purpose by the bishop as his surrogate or deputy. Inasmuch as personal appearance is necessary, and the affidavit to be sworn has to be prepared from the personal instructions of one of the parties to be married, the last-mentioned method is the more convenient; but it must be remembered that a licence obtained from a bishop's registry or from his surrogate is only available for a marriage in the diocese in which it is issued. A licence issued by the Faculty Office or the Vicar-General's Office is available in any diocese.

The fees payable are: for the licence itself, £1 10*s.*; stamp duty on the licence and on the affidavit, 10*s.* and 2*s.* 6*d.* respectively.

(2) **A special licence** is an authority granted by the Archbishop of Canterbury to marry at any convenient time or place; and is only obtainable in exceptional circumstances. On such licences there is a stamp duty of £5. and the total amount payable in fees and duty is about £30. Application for such licence must be made to the Faculty Office, 23, Knightrider Street, E.C.

III. By the Certificate or Licence of a Superintendent Registrar of Marriages.—The certificate of notice and the licence to marry obtainable from a superintendent registrar of marriages are the civil forms which may be adopted instead of a publication of banns in church and the licence granted by a bishop respectively (as to which, *see* previous page). A certificate of notice takes twenty-one days to obtain, and a licence is obtainable on the expiration of one day after notice; and neither is available for more than three months.

Where it is intended to obtain such certificate, or licence, the following notice, or one to a like effect, must be given by one of the parties to the superintendent registrar of the district in which the parties have dwelt for not less than seven days immediately preceding such notice, if it is intended to apply for a certificate, or for not less than fifteen days where a licence is required. If the parties dwell in different districts such notice must be given to the registrar of each district, in cases where the marriage is not to be by licence.

Form of notice.—To the superintendent registrar of the district of *Hendon* in the County of *Middlesex.* I, the undersigned *James Smith,* hereby give you notice that a marriage is intended to be had *without* (or, *by*) licence between me and the other party herein named and described; that is to say—

Name and Surname.	Condition.	Rank or Profession.	Age.	Dwelling place.	Length of Residence.	Church or building in which the marriage is to be solemnized.	District and County in which the parties respectively dwell.
James Smith	*Widower*	*Ironmonger*	25 years	16, *High Street, Hendon, Middlesex*	7 [or 15] days [1]	*Sion Chapel, West Street, Tonbridge, Kent*	*Hendon Middlesex*
Martha Green	*Spinster*		19 *years*	*Grove Farm, Tonbridge, Kent*	*More* [2] *than a month*		*Tonbridge Kent*

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[1] According to whether it is intended to apply for a certificate of notice or a licence to marry *See* above

[2] In case of residence for more than a month, it is not necessary to state the actual period.

And I hereby solemnly declare that I believe there is no impediment of kindred or alliance, or other lawful hindrance to the said marriage ; and that I, the above-named *James Smith*, have for the space of seven (*or* fifteen) days immediately preceding the giving of this notice had my usual place of abode and residence (in the parish of, *or* in the ecclesiastical district of [1]) within the above-mentioned district of Hendon.

[And I further declare that I am not under the age of twenty-one, and that the other party herein named is not under twenty-one] ; [2] or

[And I further declare that I, not being a widower, am under the age of twenty-one (*or* that she the said *Martha Green*, not being a widow, is under twenty-one), and that the consent of *George Kelpin*, whose consent to *my* (*or* her) marriage is required by law, has been duly given and obtained thereto ; *or*, " that there is no person whose consent to my (or her) marriage is by law required "—*as the case may be.*]

And I make the foregoing declaration solemnly and deliberately, conscientiously believing the same to be true, well knowing that every person who shall knowingly or wilfully make and sign or subscribe any false declaration, or who shall sign any false notice for the purpose of procuring a marriage, shall suffer the penalties of perjury. In witness whereof I have hereunto set and subscribed my hand this *fifth* day of *January*, 1905.

James Smith.

Signed and declared by the above-named James Smith in the presence of } A. B.
(who must be the Superintendent Registrar, or his deputy, or the registrar for the district).

Cases in which the marriage may be solemnized out of the district in which the parties dwell.—If the building in which the marriage is to be solemnized as stated in the notice, is not within the district wherein one of the parties has dwelt for the time required, a certificate cannot be granted unless there be endorsed on the notice a declaration that, to the best of the applicant's knowledge and belief, there is not within the district in which either of the parties dwell any registered building in which marriage is solemnized according to the rites of the sect or creed to which they belong. The nearest district in which such building exists must also be stated.

If the parties desire to be married at their usual place of worship, but such building is outside the district in which either of them lives, permission may be obtained if the facts be stated at the time the notice is given, and the building is situate not more than 2 miles beyond the limits of the district in which the notice is given.

Publication of notice.—The notice is entered in a book kept for the purpose by the superintendent registrar, who is entitled to a fee of 1*s.* for making such entry ; and where the marriage is to be by licence a stamp duty of 2*s.* 6*d.* is payable. Where the marriage is not intended to be by licence the notice, or a copy of it, is exhibited at the office of the superintendent registrar for twenty-one days.

Objection to grant of certificate, etc.—Any person may, on payment of 5*s.*, enter an objection to the grant of the certificate or licence. Such objection must be signed by or on behalf of the person by whom it is made, and must state his or her place of residence and the grounds of objection. It is for the superintendent registrar to satisfy himself as to the validity of such objection, and, if in doubt, he may refer to the Registrar-General, to whom the applicant also has a right to appeal against the decision of the superintendent registrar. Any person who enters an objection which the Registrar-General declares to be frivolous will be liable for damages and costs.

Grant of certificate or licence.—If at the expiration of twenty-one days from the entry of the notice no lawful impediment be shown, a certificate of notice will be obtainable on request and the payment of a fee of 1*s*. Where the marriage is to be by licence, a certificate of notice and the licence to marry will be obtainable, if there be no lawful impediment, at the expiration of one whole day after the entry of the notice, upon payment of 1*s*. for the certificate and £1 10*s*. for the licence. Upon a licence to marry, a stamp duty of 10*s*. is also payable.

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[1] These words are only required if the marriage is intended to be in a church or chapel of the Church of England.

[2] Where this paragraph is applicable the subsequent one must be omitted, and vice versâ.

Places in which the marriage may be solemnized.—

1. In any church within the district of the superintendent registrar, in the same way as a marriage after publication of banns, except that where the authority to marry is by virtue of a *licence* so obtained, it cannot be thus solemnized without the consent of the incumbent. The certificate (and licence, if such there be) must be delivered to the person officiating.

2. In any building certified according to law as a place of religious worship and registered as a place in which marriages may be solemnized ; and according to such form or ceremony as the parties think fit to adopt, provided that in some part of the ceremony each of the parties declare that they take the other for their husband and wife respectively. The marriage must be with open doors, between 8 a.m. and 3 p.m. ; and in the presence of some registrar of the district in which the building is registered, or, if the parties prefer, in the presence of some person certified as having been duly authorized for the purpose by the trustees or other governng body of the building or of some registered building in the same registration district. In either case, the marriage must also be in the presence of two or more credible witnesses.

Where a registrar attends he is entitled to a fee of 5*s*., or if the marriage be by licence, 10*s*. ; and where he is not required to attend, a fee of 4*s*. is payable to the superintendent registrar, or if the marriage be by licence, a fee of 6*s*. 6*d*.

3. At the office and in the presence of the superintendent registrar, and in the presence of some registrar of the district, as well as two witnesses ; and under the same conditions as in the previous case, except that there can be no religious or other ceremony. A fee of 10*s*. is payable to the registrar if the marriage be by licence, otherwise 5*s*.

The parties may, if they like, subsequently add any religious ceremony, but it will not supersede the marriage before the registrar, and will not be entered in the parish register.

Marriage when solemnized cannot be impeached on Ground of Non-compliance with Formalities.—When the marriage has been actually solemnized, its validity cannot then be questioned either on the ground that the parties did not comply with the requirements as to residence, or that any consent to the marriage which was required was not, in fact, obtained, or that the building in which it took place was not duly registered.

Marriage of Divorced Persons.—A clergyman of the Church of England may decline to marry a divorced person, but he cannot refuse to allow another clergyman within the diocese to officiate at his church for that purpose.

Certificates of Marriage may be obtained, on giving the name and date, either from the incumbent or from the superintendent registrar of marriages for the district in which the marriage took place, or from Somerset House,[1] on payment of a fee of 2*s*. 6*d*. and a stamp duty of 1*d*. denoted by an adhesive stamp, which must be cancelled by the person giving the certificate.

MARRIED WOMEN, Property of

In 1882 the position of married women was entirely changed by the married Women's Property Act of that year ; under which every woman married since January 1, 1883, is entitled to have and to hold as her separate estate any property which belonged to her at the time of marriage, or may be subsequently acquired by, or devolve upon, her. Moreover, any woman married before January 1, 1883, is similarly entitled to any property to which her title accrued after that date. But property to which her title accrued before that date will be subject to the law as it previously existed.[1] Subject to this provision, a married woman is now capable of acquiring and holding any property as her own, and may dispose of it by will or otherwise in the same manner as if she were unmarried.

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[1] But not before the expiration of three months from the marriage, as copies of the local registers are only sent there quarterly for registration.

Remedies for Protection and security of a Married Woman's Property.—Every married woman is entitled to maintain in her own name against any person whomsoever, including her husband, the same civil remedies and also (subject to the proviso below as to her husband) the same remedies by way of criminal proceedings for the protection and security of her separate property, as if it belonged to her as an unmarried woman. No criminal proceedings however, can be taken by her against her husband while they are living together, in respect to any property claimed by her; nor while they are living apart, in respect to any act done by the husband while living with her with regard to her property, unless such property has been wrongfully taken by him when leaving or deserting her, or about to do so.

In any such proceedings a husband or wife are competent to give evidence against each other, and the wife or husband of any person charged under the above provision may be called as a witness for the prosecution or defence, and without the consent of the person charged.

Proceedings by Husband for Protection of his own Property.—If a wife does any act in respect to her husband's property, which if done by him in respect to her property would entitle her to take criminal proceedings against him, such proceedings may be taken by the husband against the wife, and under similar conditions.

Liability of Married Women for their Debts or Wrongful Acts.—A married woman is capable of entering into and rendering herself liable to the extent of her separate property on any contract,[2] and of suing or being sued either on a contract or in respect to any wrongful act committed by her, as if she were unmarried. Any damages or costs, if recovered by her, will be her separate property; or if recovered against her will be payable out of her separate property, and not otherwise.

Any contract entered into by a married woman otherwise than as agent will be deemed to be entered into by her with respect to, and to bind, her separate property, whether she was or was not, in fact, possessed of or entitled to any at the time she made the contract. It will moreover bind any separate property of which she may subsequently become possessed or entitled to, and will also be enforceable against all property which she may after her marriage has ceased be possessed of or entitled to, provided that her separate property which at the time or afterwards she is restrained from anticipating cannot be taken to satisfy her liability.

Debts, etc., before marriage.—A woman after her marriage continues to be liable to the extent of her separate property for all debts, contracts,[2] or wrongs committed by her before marriage. Any sum recovered against her will be payable out of her separate estate; and as between her and her husband, unless there be any contract to the contrary, her separate property will be deemed to be primarily liable for such debts or wrongs. A husband cannot maintain an action against his wife for money lent to her, or money paid for her at her request before their marriage. But he may do so, and charge her separate estate, in respect to money lent to her, or paid for her, after marriage, upon request by her, whether made before or after marriage. A married woman carrying on a trade separately from her husband is in respect to her separate property subject to the bankruptcy laws in the same way as if she were unmarried.

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[1] Which being somewhat technical cannot be adequately dealt with in the limited space that is available.

[2] "Contract" here includes the acceptance of any trust or the office of executrix or administratrix.

General Provisions with regard to Married Women.—A married woman may be an executrix or trustee. A married woman having separate property is liable for the maintenance of her husband if he becomes chargeable to the parish. She is also subject to the same liability as her husband for the maintenance of her children and grandchildren, but her husband is in no way relieved from his liability.

MASTER AND SERVANT[1]

The Master's Duties.

Supply of food, lodging, clothing and medical attendance.—In the absence of agreement to the contrary, a master is bound to supply his servant with food and lodging, but he is not legally bound to provide him with medical attendance or medicine. If, however, the servant falls ill and the master calls in his own doctor, he cannot deduct the doctor's fees from the servant's wages, except by special agreement. If a master neglect to provide food or lodging he may become not only liable to an action by the servant, but also criminally responsible for his neglect, if it be wilful and the effect of such neglect is that the life of the servant is endangered or his health is, or is likely to be, permanently injured.

Payment of wages.—No deduction can be made from wages for breakages or damage to property, in the absence of special agreement to that effect. Wages in arrear may be recovered in the County Court, and the servant, though under the age of twenty-one, may sue in his, or her,own name.[2] Instead of providing the servant with food the master may, if he prefers, give "board wages" wherewith to procure it. Such wages must be sufficient to enable the servant to procure what is reasonably necessary for his maintenance. If such is the case, the servant cannot object; otherwise he may leave, and will be entitled to the remedies for wrongful dismissal.

Indemnity of Servant.—A master is bound to indemnify his servant against the direct, but not indirect, consequences of any act done by him in pursuance of the master's orders, provided that the act itself was not one which the servant knew, or must be presumed to have known, was illegal or unlawful.

The Servant's Duties.

To obey lawful orders.—It matters not how inconvenient or unreasonable the orders may be, provided they are lawful and within the scope of the servant's employment.

To exercise care in the performance of his, or her, duties.

To abstain from doing that which he ought not to do.—What a servant must *not* do only becomes of practical importance when he has, in fact, committed one or other of the prohibited acts, and thus given cause for his immediate dismissal—*see* Reasons for Dismissal.

Termination of the Contract of Service.

By dismissal.[3] 1. *With notice.*—By custom, the agreement is determinable by a calendar month's notice, or a month's wages in lieu of notice. "Wages" means ordinary, and not board, wages. The custom which is sometimes alleged to exist—that in the absence of any special agreement a master or servant may determine the service at the end of the first calendar month by a notice given at or before the expiration of the first fortnight—is not such a well-established custom that the Courts will take judicial notice of it. Its existence must therefore be proved in each particular case in which the custom is relied on.

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[1] The statements under this head are limited in their application to *Domestic Servants*.

[2] In other actions in the County Court, or in the High Court, an action by a person under twenty-one can only be brought on his behalf by his "next friend," i.e. his father or other near relation.

[3] If a servant who has been lawfully dismissed refuses to leave the premises, he may be removed by force; but the prudent course will be to call in the police, though they will not actively interfere so long as the servant is on private premises, unless the master is prepared to give the servant in charge which always involves trouble, if not risk.

2. *Without notice.*—Even if the reason originally given for the servant's dismissal subsequently proves to have been insufficient, the master may nevertheless justify the dismissal if a good and valid reason, in fact, existed, though he was not at the time aware of it. If the servant is dismissed for good cause, or leaves without notice in the middle of a month, he is not entitled to any wages for the broken period subsequent to the last monthly pay day ; but he is, of course, entitled to his wages for any completed month of service if such have not been paid. Where a servant receives as his wages so much a year in money and a suit of clothes, he is not entitled to keep the clothes if dismissed before the end of the current year. But if he has been wrongfully dismissed, the loss of the clothes will be taken into consideration in assessing the damages due to him.

By mutual agreement.—Where the service is thus terminated, the law will not imply any agreement to pay wages in respect to services rendered between the last day on which wages became due and the day on which the engagement was put an end to. It would, however, require very little evidence to show that the wages for the broken period were in fact payable either by implied agreement or by custom.

By death.—The contract of service is determined at once by the death of the master. If the legal representative or the head of the household allows the servant to stay on, and either expressly or impliedly accepts his services, a new engagement will be presumed. The servant is only entitled to any wages actually due, but a month's wages, as from the date of death, is usually given. Where the servant dies, his representatives, it appears, are entitled by custom, to wages for the broken period between the last pay day and the date of death.

Reasons for Dismissal without Notice.

I. Where the Cause Arises During the Course of Service.

Wilful disobedience of a lawful order.—It is not every trifling act of disobedience that will justify a dismissal without notice ; and in one case it was held that a refusal to obey a lawful order to fetch some books did not justify such a course when the master, by his language and conduct, had provoked a quarrel, and the servant had, in fact, obeyed shortly after it was over.

Misconduct.—*Theft or embezzlement* of the master's property.—Where a servant is suspected of such offence there is no right to search his boxes without a warrant from a magistrate ; *Drunkenness*, either habitual, or on one occasion only, if such as to render the servant incapable of performing his duties ; *Insolence*, either habitual, or on one occasion only, if sufficiently gross,—an isolated instance of want of respect or ill-temper would not be sufficient ; *Violent conduct*, tending to disturb the family,—removal by force, if necessary, may be resorted to ;[1] *Immorality* ; *Sleeping out at night.* The misconduct need not necessarily occur in the actual performance of his service : for a servant is not entitled to flagrantly misconduct himself on holidays or Sundays or at other spare times.

Negligence.—If habitual or of a gross character.

Illness.—The mere temporary illness of a servant will not justify the master in putting an end to the engagement at once. It is otherwise where the illness is a permanent one, or one which from its nature is likely to (or, as a matter of fact does) last for a considerable time. In such cases the servant must be dismissed in distinct terms, and his wages paid up to date of dismissal. If nothing be said, and the servant be allowed to go into hospital, the engagement will continue; and when the servant has recovered, the master will not be entitled to treat him as being no longer in his service, nor will he be able to make any deduction from the servant's wages in respect to the period during which he was laid up.

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[1] *See* note 3 on previous page.

II. Where the Cause Arises Previously to the Engagement.

That a servant has concealed or failed to disclose some material fact with regard to his position or qualification for the situation will not justify his dismissal without notice, unless he acted fraudulently. If, therefore, a master discovers that his servant has acted dishonestly or been guilty of immorality in his previous situation, he cannot dismiss him without notice, unless the fact was fraudulently concealed by the servant at the time he was engaged.

Subsequent effect of previous misconduct.—The fact that the servant is suffering from an illness which is due to some misconduct before he entered the master's service will not disentitle him to wages for the period during which he is laid up, if he had no reason to suppose at the time he obtained the situation that such consequences would result.

Reasons which justify a servant in leaving without Notice.—*Danger to life or violence to the person. Additional risks*, i.e. risks other than those which the servant must be presumed to have undertaken. *Improper food. Immoral employment*, that is to say, the master or mistress is leading an immoral life. *Infectious disease in the house.*—Whether the existence of such a disease in the house is a sufficient reason has not been decided, but it has been said in one case that a servant would be justified in disobeying an order not to leave the house if, owing to an infectious disease raging in it, he was obliged to go out for the preservation of his life. The question appears to depend on the amount of risk attaching in each case to the particular services which the servant may be called upon to perform in connexion with the illness, be it infectious or contagious. A servant who is justified in leaving without notice will be entitled to wages for such services as he may have actually rendered, and may also claim damages as in the case of wrongful dismissal.

Damages for Breach of Contract or Wrongful Dismissal.—If the master or servant, as the case may be, commits a breach of the agreement he will be liable to an action for damages, but the actual performance of the contract cannot be specifically enforced. If the service is to commence at a future date, but before that time comes the master expresses his intention of not fulfilling the contract or renders its performance impossible, the servant may sue at once. Where a servant is dismissed without due cause or proper notice, he may either treat the contract of service as at an end and sue independently of it for the value of the services he has actually rendered, or he may, as is usually the case, treat the contract as still existing and claim damages for its non-fulfilment. It must be remembered that although a servant may have been wrongfully dismissed, it is not merely his moral but his legal duty to seek other employment at once. He is not entitled to sit still until the expiration of the period in respect to which he would, under ordinary circumstances, have received wages, and then attempt to make the master liable to the utmost amount.

Servants' Characters.

Privileged communications.—A master is under no legal obligation to give his servant a character, but if he does he must only state that which he honestly believes to be true. Any statement so made, even if it refers to the servant's conduct after he left, is a privileged communication.[1] If after giving his servant a good character, the master discovers circumstances which lead him to believe that the servant was not entitled to it, he will be justified in communicating with the new employer, and such communication, if made honestly and in good faith, will likewise be privileged. So, too, with regard to a communication made to the other servants as to why their fellow-servant was dismissed, if the reason for his dismissal was such as to render it undesirable that they should continue to associate with him.

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[1] But no communication made by telegram or post card will be considered as privileged, even though it may have been made in good faith.

Where a master has been recommended a servant by other persons, he is justified in communicating with those persons in reference to the servant's conduct.

Where privileged communication is made maliciously.—If a statement is privileged no action for libel or slander can be maintained in respect to it, even if it was untrue, unless it can be shown that it was made maliciously. If the jury should find that the master "exceeded his privilege," it would not be sufficient to render him liable unless they also found that such excess indicated malice.

Evidence of malice.—Malice may be proved in various ways; among others, by showing that the statement was false to the knowledge of the master. His subsequent conduct may also afford an indication as to his motives. The fact that the statement as to the servant's character was made in the presence of a third person does not necessarily destroy the privilege, but it is one of the circumstances to be taken into account with regard to the question of malice; this does not, of course, apply where the third person is the husband or wife, as the case may be, of the former or the proposed employer. The mere fact that the master, of his own accord, communicated with the person who, he knows, is about to engage his former servant is not necessarily evidence of any malice on his part, though the jury would no doubt take that fact into consideration. Where the statement, though defamatory, is made by word of mouth (slander), and not in writing (libel), no damages can be recovered[1] by the servant unless: (1) he can show that he has suffered some special or particular damage which was directly due to such false statement, as, for instance, that he lost the situation in consequence of it; or unless (2) the statement reflected on his capacity as a servant; or (3) imputed to him the commission of a criminal offence; or (4) charged him with suffering from a contagious disease involving some moral disgrace; or (5) in the case of a female, imputed to her unchastity or adultery.

Return of character or testimonials when the servant leaves.—A letter written in answer to inquiries is ordinarily considered to be the property of the person intending to engage the servant. And although it has sometimes been alleged that there is a custom by which a master is bound, if the servant leaves within the first month, to hand over the character so received to a subsequent master, such custom, even if its existence were proved, would be held to be unreasonable. On the other hand, a general testimonial of good character intended for future use must be restored to the servant when he leaves. If, however, the servant is discharged for misconduct, the master apparently may, and should, write upon it that the person to whom it relates was afterwards in his service and was dismissed for misbehaviour. But a master who maliciously defaces such testimonial by writing upon it a disparaging statement will be liable to substantial damages.

Liability involved in giving or using a false character.—If a master gives a character which he knows to be false and thereby induces another person to employ the servant, he will, if the servant misconducts himself, be liable for any injury which the new master may have sustained in consequence. It has also been said that if a servant were engaged with a good character from his last place and it afterwards came to the knowledge of the master that such character was undeserved, it would be dishonest to pass on the good character to a subsequent employer.

To forge a character with intent to obtain thereby a situation is an offence against the common law; and there are statutory provisions for preventing the giving and use of forged or counterfeit characters.

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[1] An action for libel or slander can only be brought in the High Court.

Responsibility to Third Persons for Acts of Servants.

Wrongful act of servant.—A master is responsible for the wrongful acts or omissions of his servant when acting within the scope of his employment and when not engaged on some purpose of his own. Thus, if a coachman while driving his master's carriage, in pursuance of his ordinary duties, negligently drives into some one else's carriage, his master will be liable ; but if the coachman takes his master's carriage out for his own purposes, the master will not be liable for any damage done by the coachman, even if the latter, by way of excuse, has called at certain places in connexion with the master's business. That the servant was acting in his or her master's interests is immaterial, if not at the time, in fact, acting within the scope of his employment. Thus, if a housemaid takes upon herself to clean a chimney, an operation usually performed by persons specially employed for that purpose, her master will not be liable for the consequences of her act. The master will, of course, be liable if he previously authorized the act or subsequently ratified it.

Debts incurred by servants.—With regard to goods ordered by a servant, the master is not responsible unless the servant had express or implied authority to pledge his credit. The servant's authority to do so will be implied if the master has previously paid for goods ordered by the servant on credit, and the master's liability will only be determinable by express notice to the tradesman.

NUISANCES

I. NUISANCES AT COMMON LAW

1. **Private Nuisances.**—A private nuisance consists in the interference with another person's rights. And where such is shown, in fact, to exist, it is immaterial whether the person who committed or permitted the act or omission complained of exercised care or not, and any question as to his motives is likewise irrelevant, except in the case of "reciprocal nuisances," which are referred to hereafter, p. 1983.

Nuisance committed in exercise of statutory powers.—It must be remembered that an act which would otherwise constitute a nuisance may be justifiable under an Act of Parliament. Thus, if a railway company, having power to select the site for a cattle station, proceed to build it in a place where the noise from the cattle is a source of nuisance, they will not be responsible in the absence of negligence in the mode of conducting their business. Similarly, a water company, having statutory powers to lay mains, will not, in the absence of negligence, be liable for damage caused by the bursting of one of their mains.

Remedies available.—Where a private nuisance exists damages, or an injunction to prevent its continuance, or both, may be obtained by the person whose rights have been infringed, provided that a right to do that which is complained of has not been acquired by prescription.[1] And in certain cases the person injured may himself abate the nuisance ; for instance where trees overhang the adjoining premises, the occupier thereof may, even without notice to the owner of the trees, cut off the overhanging portion of the branches,[2] but in no case can a person go on to his neighbour's soil, in order to remove a nuisance, except in a case of emergency, unless he has first given his neighbour notice to remove it. The fact that the person who complains of the nuisance acquired his property with knowledge of the existing circumstances does not afford any defence.

(1) NUISANCES AFFECTING A NEIGHBOUR'S PROPERTY.—Apart from statute an occupier of premises may use them as he pleases, provided that he does not interfere with the legal rights of another. Thus, he may sink wells on

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[1] As to which, *see* p. 1989.

[2] Or he may bring an action for damages.

his premises, although in so doing he may, even intentionally, intercept percolating water and thus dry up his neighbour's water supply or cause a subsidence of his house ; the reason being that no legal right can be acquired to water flowing otherwise than in a defined channel. Or he may raise his house to such a height as to cause his neighbours' chimneys to smoke however long they may have been built ; or he may erect a screen so as to block up his neighbour's windows, unless a prescriptive right to such light has been acquired.[1]

Moreover, the rule prohibiting any interference with the neighbour's rights is merely negative or restrictive in its application ; for, in the absence of any agreement to do so, there is no obligation upon any one to make use of his premises in any particular way.[2] Thus, the occupier may allow weeds or thistles to accumulate on his premises, notwithstanding the injury that may be done to his neighbour's land.

It is, therefore, only in respect to some alteration in the natural condition of things, or, as it is commonly called, " the non-natural use " of his property, that an occupier may incur liability towards his neighbour. Similarly, the neighbour himself cannot, in the absence of some prescriptive right, complain of any interference unless it affects his property in its natural state. Thus, if A, in digging the foundations for a house, lets down his neighbour's field or garden, he will be responsible ; but if there be on his neighbour's land a house which has been built within twenty years previously, A will not be responsible for its subsidence if he has, in fact, left such support as would have been sufficient to prevent any subsidence of the land in its natural condition.[3]

Instances of a nuisance to property.

i. *Importing or storing on premises something which would not in the ordinary course have been there.*—As, for instance, the storage of water or the keeping of animals.[4] In such cases the rule is that if a person brings or keeps on his premises, for his own purposes,[5] anything likely to do mischief if it escapes, he must keep it at his peril, and is liable for any damage that is the natural consequence of its escape, unless he can show that its escape was due to his neighbour's fault, or was caused by *vis major* or act of God, that is to say, by some extraordinary occurrence which could not reasonably have been anticipated, or was due to the act of a third person over whom he had no control.

The same principle, it has been held, applies to a case where the occupier is under a duty to keep sewage, though received from elsewhere, from passing on to his neighbour's land, except through a certain channel, and that although he may be ignorant of the existence of the drain, he will nevertheless be liable for an escape of the sewage.

ii. *Artificially raising the level of land adjoining the neigbour's wall or house,* where the result is that the rain water soaks through the wall or into the house.

iii. *Causing rain water to flow on to the neighbour's premises,* either by putting up a shute which empties directly on to his premises, or by fixing down pipes from the roof which, owing to a want of proper connexion with a drain, eventually empty themselves into the neighbour's cellar.

Where the occupier of premises anticipates some extraordinary danger from an impending flood, he may take steps to avert it ; but when the flood has, in fact, occurred, he has no right to minimize its consequences by transferring the water on his own land to that of his neighbour, to the detriment of the latter ; thus, if the water be dammed back on his land, he may not, by cutting trenches, cause his neighbour's land to be flooded to a greater extent than it would otherwise have been.

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[1] As to which, *see* p. 1988.

[2] Except in the case of a public nuisance, which he may be required to abate, even though it may be attributable to natural causes.

[3] If the house had been built for twenty years or more, A would be liable.

[4] The duty of a person who keeps animals is the subject of a separate article. *See* Animals.

[5] That is, not for the joint benefit of himself and the person injured, as, for instance, water in a cistern to supply the person injured as well as the other tenants of a house, *see* p. 1960.

iv. *Allowing trees to overhang the adjoining premises* constitutes a nuisance in respect to which no prescriptive right can be acquired ; and if the neighbour's crops be injured, or his cattle poisoned through eating the leaves, the owner of the trees will be responsible.

v. *Allowing a fence to become a source of danger.*—An occupier of premises is likewise liable if he permits his wire fencing to become so rusted through that pieces of it fall into the grass on his neighbour's land and are swallowed by his cattle with injurious consequences.

vi. *Pollution of water.*—Although there is no right of property in percolating water either under or above ground, it is the duty of a person to prevent his sewage from passing by means of it on to his neighbour's land.

vii. *Escape of fire.*—Where the lighting of a fire constitutes an unusual or non-natural use of the premises, the occupier is responsible for its consequences ; but with regard to fires which are incident to the natural use of the premises, such as the ordinary fires in a house, liability only attaches where there has been a want of reasonable care.

viii. *Emission of noxious vapours.*—Where the effect is such as to cause injury to the adjoining property,—as for instance, by killing the shrubs growing thereon.

(2) NUISANCES AFFECTING THE NEIGHBOUR'S COMFORT OR ENJOYMENT OF HIS PREMISES.—In order to constitute any such nuisance :—

1st.—The act complained of must, as in the case of nuisances affecting property,[1] be such as to exceed the natural and ordinary enjoyment of the occupier's property ; but in considering whether such was, in fact, the case, special regard must be had to the surrounding circumstances, that is to say, to the time and place, and also the object and duration of the act complained of.

Thus, acts such as burning weeds, emptying cesspools, or making noises during repairs, although they may be a source of nuisance, must be put up with if done in the ordinary way and with reasonable care to avoid an excess of annoyance, because they are necessarily incident to the ordinary and reasonable use of adjacent lands and houses. Such acts are commonly described as "reciprocal nuisances." What is an ordinary and reasonable use of premises depends chiefly on where they are situated. A person who lives in a large manufacturing district is not entitled to object to smoke from a neighbouring factory to the same extent as he might if he lived in a rural district. But the fact that a particular nuisance existed before he acquired his property will not prevent a person from obtaining redress, even if he was previously aware of its existence.

2nd.—The act complained of must involve a material interference with the ordinary physical comfort of existence—"not merely according to elegant or dainty modes and habits of living, but according to the plain and sober and simple notions among the English people." That a line is drawn between pleasure and ordinary comfort is shown by the fact that the obstruction of a view does not constitute a nuisance. On the other hand, it is not necessary, in order to constitute a nuisance that there should be injury to health.[2]

If the neighbour can hear through the party wall more than is agreeable to him of the sounds from the nursery or music-room of the adjoining house, it does not follow, even if he is nervously sensitive or infirm in health, that he is entitled to complain. Assuming that malice is out of the question, the matter is essentially a question of degree, and consequently nuisances affecting the comfort of others are far more difficult to prove than those affecting property, where the effect is visible or tangible. Moreover, with regard to the former it is necessary to consider the rights of both parties

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[1] As to which, *see* p. 1981.

[2] *See* further, however, following page.

Specific forms of nuisance affecting the comfort of others.

Noises.—Placing a stable so close to a house that the noise of the horses interferes with the enjoyment of the owner of the house is a nuisance. So also the carrying on building or other works during the night so as to disturb the rest or reasonable enjoyment of the neighbours. On the other hand, domestic arrangements and practices which involve noise to the vexation of neighbours can seldom be prevented. Thus, it is very difficult to obtain redress with regard to the barking of dogs, or the crowing of cocks and the like, unless of a very unusual character; and notwithstanding the general rule that it is not necessary that there should be injury to health in order to constitute a nuisance, it would seem that, in practice, damages (or an injunction) are not often obtainable with regard to the nuisances in question until they have become sufficiently developed to affect an ordinary person's health.

However, within the area under the jurisdiction of the London County Council, some redress may be obtained under a bye-law passed by that authority, *see* p. 1987.

The difficulty in establishing the existence of a nuisance in connexion with music or singing is well exemplified by a case in which it was held that :—the giving of music lessons extending over seventeen hours in a week, in a house separated from the adjoining house by a party wall, there being also from time to time practising on the piano and violin, and singing, and in the evening musical performances for the entertainment of the persons living in the house, and occasionally musical parties, and frequent practising on the violoncello as late as 11 at night,—did not constitute a legal nuisance of which the adjoining occupier was entitled to complain. Moreover, in that case an injunction was granted to restrain the occupier of the adjoining house from making noises for the purpose of annoying the occupiers of the former house.

Smells.—Such as that caused by the cooking of food in a restaurant, when carried on in close proximity to residential or professional premises. Brick-burning, if carried on as a business, can generally be stopped as a nuisance, but where brickmaking is only being carried on temporarily for the purposes of building on adjacent land, there may be difficulty in obtaining redress.

Smoke from a chimney, whether used for trade or otherwise.

Obstruction of light.—In cases where a prescriptive right to such light has been acquired (as to which, *see* p. 1988).

2. **Public Nuisances.**—A private individual cannot take legal proceedings in respect to a public nuisance, unless he has sustained some special and direct damage beyond that suffered by the general public. Nor is he entitled to abate such nuisance, except under such circumstances, and then only to the extent to which he is injured.

No prescriptive right can be acquired to commit a public nuisance.

Where the occupier of premises is liable for a public nuisance, his liability will, as a rule, be found to arise from the fact that his premises abut on a highway (including a public path); for the occupier of such premises is liable if he does any act, or keeps anything thereon, which may make the highway dangerous for persons or animals using it lawfully and with ordinary care—as for instance by :—Keeping a lamp in a dangerous condition overhanging the highway; allowing any object, including the branches of trees, to project in such a manner as to obstruct the passage; making any excavation on the highway, or on his own premises, but so near to the highway as to render it a source of danger to persons using the road, even though the danger consists only in the risk of their accidentally deviating from the roadway; allowing a fence close to the highway to become so out of repair that it gives way when leaned against; leaving any object on, or near, the highway in a manner calculated to frighten animals passing along it; leaving open the lid or grating of a cellar adjoining the highway, or allowing it to become so defective as to be a source of danger; keeping an unruly or fierce animal in a field through which a public right-of-way exists; storing inflammable materials near a highway.

II. STATUTORY NUISANCES.

1. **Under the Highways Acts.**—Allowing filth, dirt, lime or other offensive matter to escape on to a highway from adjoining premises; laying anything on a highway to the injury thereof, or to the danger of any person travelling on it; placing dung or rubbish on the side of a road and within 15 feet of the centre; planting any tree, or encroaching by any building, hedge or ditch, within 15 feet of the centre of the road; altering or in any way interfering with a ditch, etc., adjoining a road and under the charge of the surveyor, without his authority; firing a gun or pistol or letting off fireworks, within 50 feet of the centre of the road.

2. **Under the Barbed Wire Act, 1893.**—Placing on any land adjoining a highway a fence made of barbed wire, which may probably be injurious to persons or animals lawfully using the highway. The abatement of such nuisance may be enforced by the local authority. Where the local authority are themselves the offenders, proceedings may be taken against them by any ratepayer within their district.

3. **Under the Quarry (Fencing) Act, 1887.**—Where any quarry dangerous to the public is on open or uninclosed land, within 50 yards of a highway or place of public resort dedicated to the public, and is not separated therefrom by a secure and sufficient fence, it must be kept reasonably fenced for the prevention of accidents, and unless so kept will be deemed to be a nuisance liable to be dealt with summarily.[1]

4. **Under the Public Health Acts.**—Where any of the following nuisances exists the local authority may serve a notice on the person by whom it was committed, or if he cannot be found, then on the owner or occupier of the premises, requiring him to abate the nuisance within a specified time. If the notice be not complied with, a penalty not exceeding £5 (or £10 in the Metropolis) may, on complaint by the local authority, be imposed by a magistrate who may also make an order requiring the nuisance to be abated, or, if necessary, in the case of a dwelling-house, prohibiting it from being used for habitation. And where the nuisance has been abated but is likely to recur, an order prohibiting its recurrence may be made. Failure to comply with any such order will entail additional penalties.

It is the duty of the local authority to exercise the above powers upon information by any person aggrieved, or by any two householders in their district (or in the Metropolis, upon information given by any person), provided they are satisfied that a nuisance exists.

For the above purposes:—

Any premises which are in such a state as to be—
Any pool, ditch, gutter, watercourse, privy, urinal, cesspool, drain or ashpit which is so foul or in such a state as to be—
Any animal which is so kept as to be—
Any accumulation or deposit which is—
a nuisance or injurious to health

Any house or part of a house so overcrowded as to be dangerous or injurious to the health of the inmates—

Will be deemed to be nuisances liable to be dealt with summarily.

As to the powers of the local authority with regard to *Drainage, Water Supply, Removal of Refuse* and *Infectious Diseases, see* respectively **Sanitary Requirements** and **Infectious Diseases.**

5. **Under the Inclosure Acts.**—It is a punishable offence to wilfully deposit

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[1] In the same way as a nuisance under the Public Health Acts, as to which, *see below.*

any manure, soil, ashes or rubbish on a village green, or on land allotted under any such Act for exercise or recreation.

6. **Under the Police Clauses Acts.**

Within the Metropolitan Police district,[1] **or in a borough or urban district**[2] the following acts are punishable by a fine not exceeding £2.

Beating or shaking in the street a carpet, rug or mat, except door mats before 8 in the morning; leaving open any vault, or cellar, or underground room without sufficient fence, or leaving an open area or pit without a sufficient light at night; placing or keeping a blind or awning or any other projecttion over the footway unless it be eight feet at least from the ground, or if within the Metropolitan Police district at any height if it cause an annoyance or obstruction; depositing in the street any coal or materials (except building materials—which must be so inclosed as to prevent mischief); throwing into the street any dirt, litter, or ashes, etc.; or within the Metropolitan Police district, throwing or causing any such matter to fall into a sewer, pipe or drain, or into any watercourse, reservoir, etc. Also the following acts which are calculated to injure or annoy others: causing any vehicle to stand in the street longer than is necessary for loading or unloading; driving, or allowing to stand, on any footway, any vehicle or animal; wantonly disturbing a householder by ringing or knocking without lawful excuse; wilfully and unlawfully extinguishing any lamp in a street; furiously riding or driving any horse or carriage,[3] or furiously driving cattle; or within the Metropolitan Police district, riding or driving so as to endanger the safety of any person; discharging firearms or throwing any missile to the danger of any person; making a bonfire or discharging fireworks in the street; flying a kite or in the Metropolitan Police district, playing any game to the annoyance of the inhabitants or persons in the street; making or using a slide in any thoroughfare; turning loose any horse or animal in the street; allowing to be at large any unmuzzled ferocious dog, or setting any dog or other animal to attack or put in fear any person or animal; suffering a dog to go at large, knowing, or having reasonable ground for believing, it to be in a rabid state, or to have been bitten by an animal reasonably supposed to be in that conditon;[4] hewing or cutting stone or timber in a thoroughfare; slaking, sifting, or screening any lime in the street; exposing for sale any articles on the roadway or footway so as to cause annoyance or obstruction.

Within any town or district mentioned above, *except in the Metropolitan Police district so far as it lies within the area subject to the jurisdiction of the London County Council*, any of the following acts is, similarly, punishable as an offence:—Emptying any privy between 6 a.m. and 12 midnight; removing any nightsoil through a thoroughfare between 6 a.m. and 8 p.m., or removing it in a conveyance without a proper covering; keeping a pig-stye to the front of a street without a proper fence, or keeping pigs so near to the road as to be a common nuisance.[5]

Within any town or district referred to above, *other than in the Metropolitan Police district*, the following acts are likewise punishable:—Placing any flower-pot or box or any heavy article in an upper window without sufficiently guarding against its being blown down; throwing anything from a house into the street, except snow thrown so as not to fall on any person passing by;

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[1] Which extends over an area with a radius of fifteen miles from Charing Cross, excluding the City of London.

[2] And also in any town not within an urban district, if the provisions of the Town Police Clauses Act, 1847, have been *expressly adopted* by the local authority. In rural districts also the local authority may acquire the right to exercise such of the powers vested in urban authorities as the Local Government Board may by order direct.

[3] In which term is included a bicycle.

[4] Within the Metropolitan Police District this offence is punishable by a penalty of £5, instead of £2 as elsewhere.

[5] For corresponding provisions, in London, see following page.

ordering or permitting any servant to stand on the sill of any window, except in the basement, in order to do anything to the outside of the window or house.

Within the Metropolitan Police district the following acts also are punishable as offences :—Posting any bill or paper on any property without the consent of the owner ; writing upon or defacing any building or fence ; using any noisy instrument for the purpose of calling people together or of announcing any show or entertainment, or for the purpose of hawking, selling, distributing or collecting any article, or of obtaining money or alms ; persisting in playing music in the street.

Any householder may, either personally or by his servant, or by a police-constable, require a street musician or singer to depart from the neighbourhood of his house, on account of the illness or the interruption of the ordinary occupations or pursuits of any inmate of the house, or for other reasonable or sufficient cause. On failure to comply with such requirement the offender may be arrested by a constable without warrant, but he must be given into custody by the person making the charge, who must also accompany the constable to the police-station and sign the charge-sheet. The householder when requiring the street musician to depart is bound to give him his reason for so doing.

Within the area under the jurisdiction of the London County Council the following provisions are in force :—

The keeping of pigs in any place unfit for the purpose, or in which it may create a nuisance or be injurious to health, is prohibited under a penalty of £2, forfeiture of the animals, and a further penalty of 10*s.* for each day during which the offence continues after notice to discontinue it. And the use of such premises in the future may be prohibited. Any premises within 40 yards of a street will be deemed to be unfit for the above purpose. Every sanitary authority within the area in question may make bye-laws to prevent the keeping of any animal in such place or manner as to be a nuisance or injurious or dangerous to health.

7. **Under a Bye-law.**—In every county or borough the County Council or Corporation, as the case may be, may make such bye-laws as they think fit for the good rule and government of the area under their jurisdiction, and for the prevention and suppression of nuisances not already punishable in a summary manner by virtue of any Act.

In exercise of this power, the London County Council have made the following bye-laws, and in many any other counties similar bye-laws exist :—

Noisy animals.—" No person shall keep within any house, building or premises any noisy animal which shall be, or cause, a serious nuisance to residents in the neighbourhood, provided that no proceedings shall be taken against any person for an offence against this bye-law until after the expiration of a fortnight from the date of the service on such person of a notice alleging a nuisance, signed by not less than three householders residing within hearing of the animal." Penalty not exceeding £2.

Street shouting.—" No person shall for the purpose of hawking, selling or advertising any newspaper call or shout in any street so as to cause an annoyance to the inhabitants of the neighbourhood." Penalty not exceeding £2. It is not necessary to prove that more than one inhabitant has been annoyed, if the act complained of was of a character likely to annoy the inhabitants generally.

Broken glass.—" No person shall throw, place or leave any bottle or any broken glass, nail or other sharp substance (not being road material), on or in any street or public place in such a position as to be likely to cause injury to passengers or animals, or damage to property." Penalty not exceeding £2.

Window cleaning.—" Every person who in any street, to the obstruction, annoyance or danger of residents or passengers, orders or permits any person in his service to stand or kneel on the sill of any window for the purpose of cleaning or painting such window, or for any other purpose whatsoever, such sill being more than 6 feet in height from the level of the ground immediately below it, without support sufficient to prevent such person from falling, shall for every such offence forfeit and pay a sum not exceeding £5." And every person who actually stands or kneels on the sill of any window under such circumstances is liable to a penalty not exceeding £2.

Spitting.—" No person shall spit on the floor, side or wall of any public carriage, or of any public hall, public waiting-room, or place of public entertainment, whether admission thereto be obtained upon payment or not." Penalty not exceeding £2.

PRESCRIPTION

Right to the Access and Use of Light.—Although there is nothing to prevent any person putting windows wherever he pleases, in his house or building nevertheless if he places them so as to overlook the adjoining land of another, the owner of that land will be entitled, at any time within twenty years afterwards, to build or erect any obstruction he pleases. But inasmuch as it is a principle of law that " a person cannot derogate from his own grant," the above rule does not apply where a person who, being the owner of a house and land adjoining, sells the house to another. In such case he is not entitled to obstruct its light by building on the adjoining land ; and the same applies to persons who subsequently acquire the land from him. If, however, the person who sold the house was not, at the time, the owner of the adjoining land, but only held it on lease, the purchaser of the house is not thus protected. On the same principle, if the owner of a house and land sells the land, he retains no right to access of light to the house, unless he has expressly stipulated for it.

Ancient lights.—Where, however, the access and use of light for a dwelling-house, workshop or other building (which includes a green-house), has been actually enjoyed for the full period of twenty years without interruption, the right to it will be deemed to be absolute unless it appears that it was enjoyed by some consent or agreement by deed or in writing. When the use of the light has once commenced, the period of prescription will continue to run until some action be brought in which the right is disputed, or until there be some interruption which is permitted or acquiesced in by the person seeking to acquire the prescription, for a year after he had notice of such interruption and of the person making or authorizing it.

If a window which has acquired " ancient lights " be subsequently enlarged, its enlargement will not create any increased right until the end of a further period of prescription. Where a wall or building in which windows have acquired ancient lights is pulled down and rebuilt, the windows must be placed in the same position, otherwise they will be liable to be obstructed. Although a right to the access of light cannot be acquired under twenty years, it may, when acquired, be lost in less than that period by any act indicating an intention to abandon it. And such intention will be presumed if the owner of the right permits its obstruction by the erection of a building and makes no remonstrance until it is completed.

Obstruction of a view.—A right to the access of light does not include a right to a view—which there is no way of preventing an adjoining owner from obstructing.

Right to Air.—There is no means of acquiring a prescriptive right to air generally ; for instance, however long may be the period since a house was built, the owner cannot prevent the building or re-building of the adjoining house to such a height as to check the draught of air to his chimneys and so cause them to smoke.[1] Where, however, the air is derived through a defined channel, such as ventilating holes, a right thereto may be acquired under certain circumstances.

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[1] That it is otherwise where the relation between the parties is that of landlord and tenant, and the former has covenanted for quiet enjoyment, *see* p. 1961.

Rights Generally, Capable of being Acquired by Prescription.—In most cases a right to water, or a right of way, or any other easement such as the right to carry on a business in a particular manner, may be acquired by uninterrupted enjoyment for twenty years. Such is the general rule, but its application to particular cases may, in the infinite variety of circumstances, require qualification.

PURCHASE OF HOUSE, Loan by Local Authority for purpose of

Under the Small Dwellings Acquisition Act, 1899, any local authority may advance money to a resident in a house within their district for the purpose of enabling him to acquire the *ownership* of it, provided that the market value of the house does not, in the opinion of the local authority, exceed £400. The advance cannot exceed (*a*) four-fifths of that which the local authority consider to be the market value of the ownership; nor (*b*) £240, or, in the case of a freehold, or a leasehold of not less than ninety-nine years unexpired at the date of the purchase, £300: and must be repaid with interest within such period, not exceeding thirty years from the date of the advance, as may be agreed upon. The interest will be at such rate as may be agreed upon, not exceeding 10*s.* above the rate at which the local authority can at the time borrow the money. The payment may be made either by equal instalments of principal, or by an annuity of principal and interest combined, and all payments on account of principal or interest will be payable either weekly or at such periods, not exceeding a half year, as may be agreed upon. "Ownership" means a freehold interest, or a leasehold interest in possession of at least sixty years unexpired at the date of the purchase. The "local authority" is the council of the county or county borough, as the case may be, except where the district council have undertaken to carry out the Act.

RATES

By Whom Payable.—The occupier is, as a general rule, the person liable for the payment of poor and other local rates charged on the property, which may be, and usually are, levied under one demand note. To the general rule, however, there are the following statutory exceptions:—

The occupier of any premises let for a term not exceeding three months is entitled to deduct from his rent any sum paid by him in respect to rates. And no such occupier can be compelled to pay at one time, or within four weeks, a greater amount of the rate than would be due for one quarter.

In the case of small holdings, that is to say, where the rateable value of the property does not exceed £20 in the Metropolis, or £13 in Liverpool, or £10 in Manchester, or Birmingham, or £8 elsewhere, if the owner is willing to agree with the overseers that he will be responsible for the payment of the rates for a period of not less than a year, whether the premises be occupied or not, he may obtain a commission not exceeding 25 per cent. It is also open to the vestry[1] to order the owner of such property to be rated instead of the occupier, subject, however, to a certain abatement or deduction.

An outgoing or incoming tenant, leaving or entering, as the case may be, during the currency of the period in respect to which a rate has been made, may obtain an apportionment of the rate applicable to the time during which he actually occupied the premises.

Rateable Property.—Rates are payable in respect to any land or house which is in use or occupation. Though a house may not have been inhabited at all during the period for which a rate is levied, it is none the less "occupied" for the purposes of rating if it was furnished and capable of being lived in.

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[1] Now the Parish Council or Parish Meeting, as the case may be, in rural parishes.

The storage of furniture is, in itself, sufficient to constitute occupation. It is otherwise where the house is absolutely vacant, although a caretaker may live on the premises. Saleable underwood, growing timber, sporting rights, tithes, royalties in respect to mines, etc., are also liable to be rated.

Principle on which Property is Assessed.—Rates are assessed on the net annual value of the property, which is arrived at in the following way: First of all, the "gross value" of the premises is ascertained; the gross value being the rent at which they might reasonably be expected to let, taking one year with another, the tenant paying all usual tenant's rates and taxes, and the landlord paying the tithes, if any, and bearing the cost of the repairs and insurance and the other expenses, if any, necessary to maintain the premises in a state to command that rent. The "rateable value" is then ascertained by deducting from the gross value the value of the tithes, if any, and the probable average cost of the repairs, insurance and other expenses referred to.

Within the Metropolis the maximum amount that can be deducted in respect to such repairs, etc., is fixed according to the following scale:

1. Houses and buildings, or either of them, without land other than gardens, where the gross value is under £20—one quarter of the gross value. 2. Houses and buildings without land other than gardens and pleasure grounds valued therewith for the purpose of inhabited house duty, where the gross value is £20 and under £40—one-fifth; or, where the gross value is £40 or upwards—one sixth. 3. Buildings without land, which are not liable to inhabited house duty and are of a gross value of £20 and under £40—one fifth; or, where the gross value is £40 or upwards—one-sixth. 4. Land with buildings not houses—one-tenth. 5. Land without buildings—one twentieth.

The above scale does not apply to houses or buildings let out in separate tenements, nor to tithes or other rateable property not previously mentioned. In such cases the amount to be deducted is to be determined in each instance according to circumstances.

General district rates in urban districts, and rates for special purposes in rural districts.—Such rates are made for the purpose of raising the necessary funds with which to pay for improvements under the Public Health Act, and are assessed on the same principle as the poor rate, except that occupiers of land used as arable, meadow or pasture ground only, or as woodlands, orchards, allotments, market gardens or nursery grounds are assessed at one-fourth only of the annual value. Owners of tithes are also entitled to a similar abatement.

Rating of agricultural land.—In respect to any rate made for local purposes and assessed on the yearly value of property, occupiers of agricultural land in England are only liable for one-half of the rate payable on buildings and other property, except in the case of any rate on which they are already entitled to an abatement to the extent of one half,[1] or any rate made in respect to any drainage, wall or embankment, or other work for the benefit of the land.

"Agricultural land" means any land used as arable, meadow or pasture ground only, cottage gardens exceeding one-quarter of an acre, market gardens, nursery grounds, orchards, or allotments; but does not include land occupied together with a house as a park, gardens other than above stated, pleasure grounds, or any land kept or preserved mainly or exclusively for the purposes of sport or recreation.

"Cottage" means a house occupied as a dwelling by a person of the labouring class.

Rating of tithes.—The owner of any tithe rent-charge attached to a benefice is, in respect to the rates payable on such tithe rent-charge, entitled to the same abatement as the occupier of agricultural land.

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[1] As for instance, in the case of a general district rate, etc; *see above.*

Non-Payment of Rates, Effect of.—If the rates be not paid the person in arrear may be summoned to appear before the magistrates, and unless he show cause why the rate should not be paid, a distress warrant may be issued for the amount.

In cases where the payment of rates is required as a condition of qualification to be put on the register of the parliamentary or municipal electors, the non-payment by July 20 in any year of all rates due to the preceding January 5 will operate as a disqualification for that year.

Objections to the Valuation List and Appeals against Rates.—The procedure with regard to appeals, etc., against rates varies according to whether the property which has been rated is situated in the Metropolis or elsewhere.

A. In places outside the Metropolis.

1. **Objections to the valuation list.**—In every parish there is kept a valuation list of all rateable property therein. A fresh valuation is only made as and when required, and any changes that may occur in the meantime are entered on a supplemental list which is incorporated each year with the original list. Any ratepayer may, at all reasonable times, inspect such lists, free of charge. The lists are deposited with the rate-books, and information as to where they are to be found can always be obtained from the overseers, or from the clerk to the district or borough council, as the case may be. Whenever a fresh valuation list or a supplemental list is made, it is deposited in the place where the rate-books are kept, and public notice of such deposit is affixed on the principal door of the churches in the parish.

If any person, upon inspection of such list, feels himself aggrieved by reason of (1) the unfairness or incorrectness of the valuation of his own property, or (2) that of some other person,[1] or (3) the omission from the list of some rateable property in the parish which should have been included,[1] he may object to such valuation list before the assessment committee of the Union.

Where it is intended to make such objection notice in writing specifying the grounds of objection must, within 28 days after the notice of the deposit of the list, be given to the assessment committee and to the overseers,[2] and if the objection is with reference to the property of some other person, notice must also be given to him.

After receiving notices of objection the assessment committee are required to hold a meeting to deal with such objections. Twenty-eight days' previous notice of such meeting is given, and affixed to the doors of the churches in every parish within the Union.

The objector may appear before the assessment committee either in person or by his counsel or agent. If he fail to obtain such relief as he deems just, he must wait until a rate is made upon the assessment to which he objects, and then appeal against the rate.

2. **Appeals against a rate.**—Provided the rate is good on the face of it and made by competent authority, and on a person and in respect to occupation of property apparently within the jurisdiction of that authority, the only remedy is by appeal either to the special sessions for hearing appeals against rates, which are held at least four times a year by the justices in petty sessions, or to the general or quarter sessions, which are held in the first week after the following dates—March 31, June 24, October 11, and December 28. The right of appeal to special sessions is, however, limited

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[1] The effect of which is to increase the objector's share of the contribution to be made by the parish to the common fund of the Union.

[2] Whether in rural parishes notice must also be given to the parish council or parish meeting is a question on which there is a difference of opinion.

to questions of amount, and the decision of the justices at such sessions is subject to appeal to quarter sessions.

In either case special notices have to be given and the grounds of appeal specified; which cannot safely be done without legal assistance.

The appeal may be made against the first or any subsequent rate made in pursuance of the valuation list; but before any appeal can be made the appellant must have given to the assessment committee notice of objection to the valuation list on which the rate is made and have failed to obtain from them the relief asked for. Such objection need not necessarily have been raised before the valuation list was settled by the assessment committee, but if it was, in fact, raised then, there is no obligation to again give notice of objection before appealing against the rate. The appeal must be made to the next practicable sessions after the making of the rate against which it is intended to appeal. Although notice of appeal against a rate may have been given, the rate must be paid notwithstanding, and if not paid, may be recovered as in other cases. If, as the result of the appeal, a reduction of the assessment is obtained, the excess may be ordered to be repaid or allowed for.

B. IN THE METROPOLIS.

Appeals against the Valuation List.—A fresh valuation list is made every five years, calculated as follows—1890, 1895, 1900, 1905. Any alteration which takes place during the interval is entered each year on a supplemental list which is made out in the same way, and is subject to the same conditions as to appeals as in the case of the quinquennial valuation list itself. The valuation list, or supplemental list, is deposited by the overseers for public inspection before June 1, and public notice of the fact is given on the church doors. Notice of objection must be given to the assessment committee before the expiration of twenty-five days from the time the list is deposited. The list is revised by the assessment committee before October 1, after having given notice of the date on which they will hear objections thereto. The list, when finally settled, comes into force on April 6 in the following year. *The valuation list in the Metropolis is conclusive as to the rateable value* of any premises included therein; *and consequently there is no appeal against a rate upon any question as to amount. Any such appeal must be made against the valuation list* before it is finally settled. Failure to appeal against the valuation list means that, in the absence of some change in the property, the assessment will stand for the next five years. From the decision of the assessment committee the appeal lies either to the special sessions held for that purpose by the justices in petty sessions—but only if it be in respect to the unfairness or incorrectness of the valuation of any premises—or to the quarter sessions for the county of London. Notice of appeal to special sessions must be given on or before November 21; and if the appeal be to quarter sessions, notice must be given on or before January 14. Special notices are required to be given and other formalities complied with, which cannot here be dealt with in detail, and in respect to which professional assistance should certainly be obtained.

Notwithstanding that an appeal may be pending, the valuation list will come into force as it stands at the commencement of the year (April 6), and any rate made thereon must be paid, but will be subject to subsequent adjustment, if required.

SANITARY REQUIREMENTS, Householders' obligations with regard to

A. Within the Administrative County of London.

Regulations as to Water Supply.—Every house must be provided with a proper and sufficient supply of water, otherwise it will be dealt with as a nuisance.

The sanitary authority may make bye-laws for securing the cleanliness and freedom from pollution of tanks, cisterns, and other receptacles for storing water used, or likely to be used, by man for drinking or domestic purposes, or for manufacturing drink for the use of man.

Closing of polluted wells or cisterns.—On the representation of any person to a sanitary authority that within their district the water in any well, tank, cistern, or water butt is used or likely to be used for the above purposes, and is, or is likely to be, so polluted as to be injurious or dangerous to health, the magistrates, on complaint by the sanitary authority, and after giving the owner or occupier of the premises to which the well, etc., belongs, an opportunity of being heard, may, by summary order, direct that the well, etc., be permanently or temporarily closed, or make such order as may be necessary.

If the person on whom the order is made fail to comply with it, he will be liable to a fine not exceeding £20, and the sanitary authority may obtain power to execute the order themselves, and recover the expenses in a summary manner from the person in default.

Regulations as to water-closets.—Every house must be provided with one or more proper and sufficient water-closets according as circumstances require,[1] furnished with suitable water supply and water supply apparatus, and with suitable trapped soil pan and other suitable works and arrangements, so far as may be necessary to ensure the efficient working thereof. Where however, sewerage or water supply sufficient for a water-closet is not reasonably available, a privy or earth closet may be substituted.

If at any time it appears to the sanitary authority that a house is without such closet, they may serve the owner or occupier with a notice requiring him to provide the same in accordance with the directions in the notice. If the notice be not complied with within the specified time, the owner or occupier will be liable to a fine of £5, and a further fine of 40*s.* for each day during which the offence continues; or the sanitary authority, instead of proceeding for a fine, may, if they think fit, do the necessary work and recover the expenses from the owner.

The County Council are empowered to make bye-laws with respect to closets, privies and cesspools; and so are the sanitary authority, with respect to the keeping of water-closets supplied with sufficient water for their effective action.

Power of sanitary authority to examine water-closets, etc.—The sanitary authority may examine any closet, privy or cesspool, and any water supply, sink, trap, pipe or other apparatus connected therewith upon any premises within their district. And for that purpose or for the purpose of ascertaining the course of a drain, may, at all reasonable times of the day, after twenty-four hours' notice to the occupier (or owner, if unoccupied), or in case of emergency without notice, enter the premises and open the ground in any place they think fit.

If on examination, any such closet, trap, or pipe, etc., is found to be in accordance with requirements, and in proper order and condition, the sanitary authority are bound to make good what they have done and pay for any damage. If however, such closet, etc., is found not to have been made or provided in accordance with the law and the bye-laws of the authorities, the offender will be liable to a fine of £10; and if after notice from the sanitary authority to do what is necessary within a specified time he fails to comply with the notice he will be liable either to a penalty of 20*s.* for each day during which the offence continues or to pay the expenses incurred if the sanitary authority do the work themselves —as they may do, if they think fit. And if such closet, etc., appears to be in bad order or condition, or to require cleansing, alteration or amendment, the owner or occupier may be ordered to do what is necessary, and if he fail to do so within the specified time he will be liable to a fine of £5, and a further fine of 40*s*. for each day the offence continues ; or the sanitary authority may themselves do the work and charge him with the expenses.

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[1] In cases where a water-closet has from a date prior to 1891 been used in common by the inmates of two or more houses, and in the opinion of the sanitary authority may continue to be properly so used, a water closet for each house will not be required.

In either case, whether the closet, etc., be merely out of order or be defectively constructed, the offender will have to pay the costs of the examination ; which may be recovered summarily

Appeal from an order of the sanitary authority.—Any person who feels himself aggrieved by any notice or act of the sanitary authority may appeal to the County Council, whose decision is final.

Regulations as to ash-pits, etc.—Every house must be provided with a sufficient ashpit, dustbin or other receptacle for the deposit of ashes or refuse ; and the sanitary authority has the same powers of enforcing this requirement as in the case of water-closets—for which, *see* previous page.

Removal of Refuse.

House refuse.—It is the duty of the sanitary authority, at proper periods, to remove house refuse and to cleanse and empty ashpits and earth closets, etc. (if any), in their district.[1] If they do not do so at the ordinary period the occupier may serve them with a written notice requiring them to remove the refuse, etc., within forty-eight hours ; and failure to comply with the notice will, in the absence of reasonable cause, render the authority liable to a penalty of £20. " House refuse " means ashes, cinders, breeze, rubbish, night-soil, and filth, but does not include trade refuse.

Any person, who being directly or indirectly employed by the sanitary authority, demands from the occupier or his servant money for removing any house refuse, is liable to a fine of 20*s*.

Manure.—The sanitary authority may, if they think fit, undertake the removal of manure, etc., from any stables or cowhouse within their district, the occupiers of which consent in writing to such removal. This will not, however, relieve the occupier from liability for any fine to which he may be subject for placing manure, etc., on any footpath or roadway, or for having any accumulation thereof so as to be a nuisance or injurious to health. Notice may be given by the sanitary authority (by public announcement or otherwise), requiring the periodical removal of manure from stables or other premises. Failure to comply with such notice will, without further notice, involve a fine not exceeding 20*s*. for each day during which such non-compliance continues. The County Council are authorized to make bye-laws with respect to receptacles for dung.

Trade refuse.—The sanitary authority, if required to do so by the owner or occupier, must remove any trade refuse, but the owner or occupier will have to pay a reasonable sum for its removal—which in case of dispute, is to be settled by the magistrate. " Trade refuse " includes building materials.

B. In Places outside the Administrative County of London.

Water Supply.—Where it appears to a local authority that a house is without a proper supply of water, and that the same can be furnished at a cost not exceeding the water rate authorized by any local Act in force within the district, or where such does not exist, at a cost not exceeding 2*d*. a week, or such other cost as the Local Government Board may consider to be reasonable, the local authority may by written notice require the owner, within a specified time, to obtain such supply and do the necessary work for that purpose. If the notice be not complied with, the local authority may do what is necessary, and for that purpose may enter into a contract with any water company in the district, and water rates may be levied on the premises by the authority or company furnishing the supply. Any expenses incurred will be recoverable from the owner.

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[1] But if such ashpit, closet, etc., be so used as to be a nuisance or injurious or dangerous to health summary proceedings may be taken against the owner requiring him to abate the nuisance.

And in *rural districts*,[1] if the sanitary authority consider that any occupied dwelling house has not within a reasonable distance an available supply of wholesome water sufficient for the consumption and use for domestic purposes of the inmates of the house, and are of opinion that such supply can be provided at a reasonable cost not exceeding a capital sum the interest on which at 5 per cent. would amount to *2d.* a week, or at such other cost not exceeding *3d.* a week, as the Local Government Board may determine to be reasonable, they may require the owner, within a specified time, not exceeding six months, to provide such supply. If at the expiration of the time specified the notice is not complied with, the authority may serve a second notice informing the owner that if the first notice be not complied with within one month thereafter the authorities will provide the supply themselves and charge him with the expenses ; and at the end of the month they may proceed to do so, if the notice be not complied with—unless the owner has within twenty-one days of the second notice sent to the authority an objection to the notice on any of the following grounds :—(*a*) that the supply is not required, (*b*) that the time limited for providing the supply is insufficient, (*c*) that it is impracticable to provide it at a reasonable cost, (*d*) that the authority ought themselves to provide a supply for the district in which the house is situate or render the existing supply wholesome, (*e*) that the whole or part of the expenses ought to be a charge on the district. Where any of such objections is raised the authority cannot proceed until authorized by a court of summary jurisdiction or by the Local Government Board.

The rural sanitary authority are entitled to enter and inspect the water supply to any dwelling-house where they have reasonable ground for believing that the supply is defective.

Closing of polluted wells or cisterns, etc.—The provisions with regard to the closing, etc., of polluted wells, tanks or cisterns in the administrative county of London (as to which, *see* p. 1993, apply equally elsewhere, except that the owner or occupier of the premises to which the well, etc., belongs, is only liable for the expenses incurred in carrying out any order that may be made.

Drainage.—Where a house is without a drain sufficient for its effectual drainage the local authority may, by written notice, require the owner or occupier, within a reasonable time, to make a drain in accordance with their requirements and to empty it into a sewer, if there be one within 100 ft. of the house, and if not, into such cesspool as they may direct. If the notice is not complied with, the local authority may do the work and recover the expenses from the owner. Local authorities may, after complying with certain formalities, make bye-laws with regard to the drainage of buildings.

Regulations as to closets and ashpits.—Where it appears to the local authority that a house is without a sufficient water-closet or privy, or an ashpit furnished with proper doors and coverings, they may enforce the provision thereof, by the same means as are applicable in the case of insufficient drainage,—as to which, *see* above. And the local authority may, after compliance with certain formalities, make bye-laws with regard to closets, etc., and the keeping of water-closets supplied with sufficient water for flushing.

Power of local authority to inspect drains, etc.—On the written application of any person to a local authority, stating that any drain, closet, ashpit or cesspool on any premises within their district is a nuisance or injurious to health (but not otherwise), the local authority, after twenty-four hours' notice to the occupier, or on emergency without notice, may enter and examine such drain, etc., and for that purpose may break open the ground. If on examination the drain, etc., is found to be in proper condition, the local authority must make good what they have done and pay the cost of the examination. But if the drain, etc., appears to be in bad condition, or to require alteration or amendment, they may require the owner or occupier within a specified time to do the necessary work, and if the notice be not complied with, the person to whom it is given will be liable to a fine of 10*s.* for every day he continues in default, and the local authority may, if they think fit, do the work and recover the expenses from the owner.

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[1] The Local Government Board may, if they think fit, by order invest any *urban* sanitary authority with the powers here referred to.

Removal of refuse.—Local authorities may, and when required by order of the Local Government Board must, themselves undertake the removal of house refuse and the cleansing of closets, ashpits and cesspools. If, having undertaken to do so, they fail, without reasonable excuse, to remove any refuse or cleanse any closet, etc., for seven days after notice in writing from the occupier, they will be liable to pay him a fine of 5*s.* for every day during which such default continues.

Where the local authority have undertaken the removal of house refuse, they may, after complying with certain formalities, make bye-laws imposing on the occupier duties in connexion with such removal so as to facilitate the work which the authority have undertaken.

Where they do not undertake such work they may make bye-laws imposing on the occupier the duty of such cleansing or removal, at such periods as they think fit.

STAMPING OF DOCUMENTS

Form of Stamp required.—Except where provision is made to the contrary, stamp duty is payable by impressed stamps only; and in cases where the duty is permitted to be paid by adhesive stamps, the document will not be deemed to be duly stamped unless the person who first executed it cancelled the stamp by writing across it his name or initials together with the true date of his so doing, or otherwise effectively rendered it incapable of being used again, or unless it be otherwise proved that the stamp appearing on the instrument was affixed to the document at the proper time. Every person who, being required to cancel an adhesive stamp, neglects to do so, is liable to a fine of £10. Where an impressed stamp is required, the stamping can only be done on application at Somerset House (Strand), or in the provinces, at a local stamp office.

Stamping of documents after execution.—Certain documents cannot be stamped after execution, but others may be. Of those which may be stamped after execution, some can be stamped without a penalty if done within a specified time, but in other cases a penalty is payable.

An unstamped or improperly stamped document cannot be used as evidence in any court of law; and if actually tendered as evidence it will not be received unless and until the unpaid duty and £10 penalty, together with a further fee of £1 payable to the officer of the Court, has first been paid.

Spoilt or unused stamps.—An allowance may be obtained on application to the Commissioners, addressed to Somerset House, in respect to spoilt stamps or those which have been bought but are not required; provided that the application be made within two years after the execution of the document to which they were affixed or the time at which they were bought, as the case may be.

DUTIES PAYABLE.

Agreement or any memorandum of agreement under hand only and not otherwise specifically charged with any duty, whether it be evidence only of a contract or obligatory upon the parties from its being a written instrument—*6d.*

Exemptions.—Agreements or memoranda : (1) for the hire of any labourer, artificer, manufacturer or menial servant ; (2) for, or relating to, the sale of any goods, wares, or merchandise ; (3) of which the subject matter is not of the value of £5.

The duty may be denoted by an adhesive stamp.

Such documents cannot be stamped after fourteen days from their first execution except on payment of a penalty.

Where an offer is made in writing, which is either accepted verbally or is acted upon without any actual statement of intention to accept it, the offer need not be stamped, as it is not, in itself, an agreement. If an agreement is comprised in two or more documents, such as a separate offer and acceptance, it is sufficient if one of them be duly stamped.

Bill of Exchange, *payable on demand or at sight or on presentation, or within three days after date or sight,*—1*d.*

The commonest form of a "bill of exchange payable on demand" is a *cheque* ; but the term also includes an order for the payment of a sum of money upon any condition or contingency which may or may not be performed or happen, and an order for the payment of any sum of money weekly, or at any other stated periods.

The duty may be denoted by an adhesive stamp, which is to be cancelled by the person who signs the bill before he delivers it out of his hands, custody, or power. If such bill be presented for payment unstamped the person to whom it is presented may affix and cancel the necessary stamp and charge it to the person who drew the bill. Though the bill will be valid the person who drew it will be none the less liable to the penalty for issuing it unstamped.

Bill of exchange *of any other kind than that specified above,* and a **Promissory note** of any kind whatever.

Where the amount for which the bill or note is drawn or made—

Does not exceed £5	1*d.*
Exceeds £5 and does not exceed £10	2*d.*
,, £10 ,, ,, ,, ,, £25	3*d.*
,, £25 ,, ,, ,, ,, £50	6*d.*
,, £50 ,, ,, ,, ,, £75	9*d.*
,, £75 ,, ,, ,, ,, £100	1*s.*
,, £100	
For every £100, and also for any fractional part of £100 of such amount or value	1*s.*

A "bill of exchange" includes a draft, order, letter of credit and any document or writing entitling any person, whether named therein or not, to payment by any other person of (or to draw upon any other person for) any sum of money. "A promissory note" includes any document or writing containing a promise to pay a sum of money. Bills of exchange (other than those payable on demand) and promissory notes must be written on paper bearing an impressed stamp ; consequently such documents are incapable of being stamped after execution. Forms may be obtained from Somerset House or a local stamp office.

Any person who issues, endorses, transfers or negotiates, presents for payment, or pays any bill of exchange or promissory note which is liable to duty but is not properly stamped, will incur a penalty of £5 ; and the person who takes or receives from any other person any such bill or note will not be entitled to recover thereon or to make the same available for any purpose whatever.

Conveyance or transfer on sale (of any property other than Bank of England or Colonial Stock) :—

Where the amount or value of the consideration for the sale—

Does not exceed £5	6*d.*
Exceeds £5 and does not exceed £25—in respect to every £5 or fraction thereof	6*d.*
Exceeds £25 and does not exceed £300—in respect to every £25 or fraction thereof	2*s.* 6*d.*
Exceeds £300—for every £50 and for any fractional part thereof of such amount or value	5*s.*
For any conveyance or transfer not previously mentioned (as, for instance, a conveyance or transfer for nominal consideration only)	10*s.*

Such documents cannot be stamped after thirty days from the time they are first executed, except upon payment of a penalty.

Lease.—For any definite term not exceeding a year—

Of any dwelling-house, or part of a dwelling-house, at a rent not exceeding the rate of £10 per annum . . . . 1*d.*

The duty may be denoted by an adhesive stamp.[1]

(2) For any definite term less than a year—

(*a*) Of any furnished house or apartments whereof the rent for such term exceeds £25 . . . . . . 2*s.* 6*d.*

The duty may be denoted by an adhesive stamp.[1]

(*b*) Of any house or land except as above, the same duty as a lease for a year at the rent reserved for the definite term.

(3) For any other definite term, or indefinite term—

Of any house or land :

(*a*) Where the consideration, or any part of it, consists of money—in respect to such consideration, the same duty as a conveyance on sale for the same consideration.

(*b*) Where the consideration, or any part of it, is rent—in respect to such consideration, if the rent is at a rate or average rate :

	If the term is definite, and does not exceed 35 years or is indefinite.	If the term being definite exceeds 35 years, but does not exceed 100 years.	If the term being definite exceeds 100 years.
	£ *s.* *d.*	£ *s.* *d.*	£ *s.* *d.*
Not exceeding £5 per annum	0 0 6	0 3 0	0 6 0
Exceeding £5 and not exceeding £10	0 1 0	0 6 0	0 12 0
„ £10 „ „ „ £15	0 1 6	0 9 0	0 18 0
„ £15 „ „ „ £20	0 2 0	0 12 0	1 4 0
„ £20 „ „ „ £25	0 2 6	0 15 0	1 10 0
„ £25 „ „ „ £50	0 5 0	1 10 0	3 0 0
„ £50 „ „ „ £75	0 7 6	2 5 0	4 10 0
„ £75 „ „ „ £100	0 10 0	3 0 0	6 0 0
„ £100— For every full sum of £50 and for every fractional part of £50	0 5 0	1 10 0	3 0 0

Example.—A lease for ninety-nine years for a sum of £2,000, and a ground rent of £20 a year would be liable—(1) in respect to the consideration of £2,000 in money, to a duty of £10 (5*s.* for every £50) ; and (2) in respect to the annual rent of £20, to a duty of 12*s.* A lease for twenty-one years at £75 per annum would require a stamp for 7*s.* 6*d.*

(4) A lease of any kind not previously mentioned . . 10*s.*

The duty payable upon a lease of any dwelling-house or part thereof for a definite term not exceeding a year, at a rent not exceeding the rate of £10 per annum, or of a furnished dwelling-house or apartments for any definite term less than a year, may be denoted by an adhesive stamp, which must be cancelled by the person by whom the instrument is first executed, as to which, *see* p. 1996. The same applies to a duplicate or counterpart of such leases. A lease cannot be stamped after thirty days from its first execution, except upon payment of a penalty. An *agreement* for a lease, or with respect to the letting, of any house or land for any term not exceeding thirty-five years, or for an indefinite term, is chargeable with the same duty as if it were an actual lease made for the term and consideration mentioned in the agreement. If such agreement be duly stamped, the subsequent lease made in conformity with it will be charged with the duty of *6d.* only.

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[1] As to cancellation of which, *see* p. 1996.

Licence for Marriage.—Special, £5 ; other than special, 10*s.*

Mortgage.—Being the only or primary security for the repayment of money.

Not exceeding £10	*3d.*
Exceeding £10 and not exceeding £25	*8d.*
,, £25 ,, ,, ,, £50 . . .	1*s.* *3d.*
,, £50 ,, ,, ,, £300— . . . For every £50 and for any fraction thereof .	1*s.* *3d.*
,, £300— For every £100 and for any fractional part thereof	2*s.* *6d.*

Such documents cannot be stamped after thirty days from their first execution, except upon payment of a penalty.

Receipts given for, or upon, the payment of money amounting to £2 . . . . *1d.*

The duty may be denoted by an adhesive stamp, which must be cancelled by the person by whom the receipt is given before he delivers it out of his hands. A receipt, therefore, cannot be stamped after execution. To give a receipt liable to duty and not duty stamped, or to refuse to give a duly stamped receipt, involves a penalty of £10.

TAXES

See **Inhabited House Duty, Land Tax, Income Tax, and Licences.**

TRESPASS

If a person trespass on private property he must first be ordered off, but if he does not go the occupier of the premises, or his representative, may exercise such reasonable force as may be necessary to remove him ; if more than necessary force be exercised, the person resorting to it will be guilty of an assault. The trespasser may be prosecuted for assault if he offers any resistance.

In respect to the trespass itself, damages can be recovered in an action, but the trespasser cannot be prosecuted unless he was trespassing in pursuit of game, or has wilfully or maliciously done any injury to property. To wilfully walk through long grass would be sufficient to render him liable.

A person found in a dwelling-house, warehouse, coach-house, stable, or outhouse or an enclosed yard, garden or area, for an unlawful purpose may be prosecuted as a rogue and vagabond.

With regard to trespass by animals, *see* **Animals**, and **Fences.**

VACCINATION

General Rule with regard to.—Except in the cases mentioned hereafter, the parent[1] of every child born in England or Wales, or where, by reason of the death, illness, absence or inability of the parent, or other cause, any other person has the custody of the child, such person must cause it to be vaccinated within six months from its birth, and in the event of the operation being unsuccessful, must cause it to be vaccinated again. The person responsible may either require the public vaccinator for the district [1] to attend for the purpose, without fee, or he may employ a registered medical practitioner. It is the duty of the registrar of births, within seven days after the registration of a birth of any child not already vaccinated, to give notice to the parent or other person responsible for it, requiring it to be duly vaccinated. And if the child is not vaccinated within four months after its birth, it is the duty of the public vaccinator for the district, after at least twenty-four hours' notice to the parent, to visit the house of the child and offer to vaccinate it.[2]

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[1] "Parent" includes father and mother of a legitimate, and the mother of an illegitimate, child.

Certificate of Successful Vaccination.—Where the operation has been performed by a public vaccinator and found to be successful, it is his duty to send a certificate to that effect to the vaccination officer of the district, and on request, he is bound to give the parent or other person responsible for the child a duplicate of such certificate, free of charge. Where the child has been vaccinated by a medical practitioner he must, as soon as he has ascertained that the result is successful, give to the parent, etc., a certificate in the proper form, duly filled up and signed by him, which must be sent by the parent, etc., to the vaccination officer within seven days after the inspection of the child. No fee is payable for the registration of the certificate ; on the other hand, failure to send it involves a penalty not exceeding *20s.* If a child is submitted to a public vaccinator, and on examination he is satisfied that such child has already been successfully vaccinated, he may give a certificate of vaccination.

Cases in which the General Rule will be relaxed.—1. If the public vaccinator or the medical practitioner, as the case may be, is of opinion that the child is not in a fit and proper state to be successfully vaccinated, it is his duty to give a certificate to that effect, which must be transmitted to the vaccination officer for the district in accordance with the above provisions with regard to certificates of successful vaccination. The certificate in question remains in force for two months, and will be renewable for successive periods of two months until the child is in a fit state to be vaccinated.

2. Where a child, after three unsuccessful attempts, is found to be insusceptible of successful vaccination, or has already had small-pox, it is likewise the duty of the public vaccinator or medical practitioner, as the case may be, to certify accordingly. The effect of such certificate, after transmission to the vaccination officer in the same way as a certificate of successful vaccination, will be to exempt the child from further vaccination. Failure to transmit the certificate will involve a penalty not exceeding *20s.*

3. If within four months from the birth of the child the parent or other person responsible for it satisfies two justices,[3] or a stipendiary [4] or metropolitan police magistrate, as the case may be, that he conscientiously believes that vaccination would be prejudicial to the health of the child, and within seven days thereafter delivers to the vaccination officer for the district a certificate by such justices or magistrate of such conscientious objection. The production of a certificate of the registration of the child's birth may be required before a certificate of conscientious objection is granted.

Penalties for Non-compliance with Requirements.—Every parent or other person responsible for a child who neglects to have it vaccinated, or after vaccination, to have it inspected in order to ascertain the result will, in the absence of reasonable excuse, be liable to a penalty not exceeding *20s.* Moreover, where a person is charged with the offence of neglecting to cause a child to be vaccinated, he may, although found not guilty of such offence, be convicted of the offence of not transmitting any certificate in accordance with the requirements, notwithstanding that there be no mention of the latter offence in the summons ; provided, of course, that the circumstances justify such conviction. Any penalty imposed will be recoverable summarily before the justices (the stipendiary or police magistrate in a town), that is to say, if the order for its payment be not complied with the amount may be recovered by distress, and in the absence of sufficient distress the person in default may be committed to prison. Persons committed to prison for non-compliance with any order or for nonpayment of fines or costs are, however, treated as first-class misdemeanants. The defendant in any proceedings may appear by a member of his family, or by any other person authorized by him in that behalf. Proceedings must be taken within twelve months after the alleged offence or omission.

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[1] Appointed by the local authority.

[2] But the fact that the public vaccinator has omitted to do so does not affect the right, which he has, to take proceedings against the parent, etc., if the child be not duly vaccinated.

[3] In the country.

[4] In a town.

Order may be made for Vaccination of a Child under Fourteen.—Where it appears to the vaccination officer for any district that there is within the district any child under the age of fourteen who has not been successfully vaccinated or has not already had smallpox, he may give notice to the parent or person responsible for the child to procure its vaccination. If the notice be disregarded, he may cause the parent, etc., to be summoned [1] to attend, with the child,[2] before a magistrate, who may order it to be vaccinated within a certain time ; and if the order be not complied with, then, unless the child is unfit to be vaccinated or is insusceptible of vaccination, the parent or person who is responsible will, in the absence of reasonable excuse, be liable to a penalty not exceeding *20s.*[3] But he cannot be fined a second time for disobedience to the same order ; and after such conviction no new order can be made. Neither can the above proceedings be taken against the parent or person responsible, until the child has reached the age of four, if he has previously been convicted for not having the child vaccinated within six months of its birth.

Re-Vaccination of Adults at Public Expense.—Where the operation of re-vaccinating any person is performed on his application, by the public vaccinator without charge, he must attend at the same time and place the following week to be inspected, in order that the result of the operation may be ascertained. On request, a certificate of the result will be obtainable. If, however, such person fail to attend for inspection, he will have to pay a fee of *2s. 6d.* for such re-vaccination.

WATER RATE

Supply of Water.—In the district supplied by the Metropolitan Water Board the supply is regulated by the private Acts of the various companies taken over by the Board, and also by the provisions of the Metropolis Water Acts. In other districts the terms of supply are regulated by the private Act of the particular company ; in which may be, and usually are, incorporated certain provisions of what are known as the Waterworks Clauses Acts.[4]

The duties and obligations, therefore, of a consumer and of the water company must necessarily depend in many cases upon the actual terms of the special Act governing the supply of water in the particular district. The provisions, however, of the Waterworks Clauses Act with respect to the supply of water are as follows :—

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[1] It is sufficient if the summons in fact reaches the person to be notified, though not served upon him personally.

[2] Failure to produce the child involves a penalty not exceeding *20s.*

[3] On the other hand, if the magistrate is of opinion that such person has been improperly summoned, he may order reasonable compensation for his expenses and loss of time to be paid to him.

[4] Being Acts passed for the purpose of consolidating the various provisions usually introduced into Acts authorizing the construction of waterworks.

The company shall cause pipes to be laid down and water to be brought to every part of the town or district within the limits of their special Act, whereunto they shall be required by so many owners or occupiers of houses in that part of the town or district, as that the aggregate amount of water rate payable by them annually at the rates specified in the special Act shall not be less than one-tenth part of the expense of providing and laying down such pipes ; provided that no such requisition shall be binding on the company unless such owners or occupiers shall severally execute an agreement binding themselves to take such supply of water for three consecutive years at least. The supply to be constantly laid on at such pressure as will make the water reach the top storey of the highest houses, unless it be otherwise provided by the special Act. On failure to supply the water upon such conditions within twenty-eight days after demand in writing, the company to forfeit to each such owner or occupier the amount of rate which he would be liable to pay under his agreement and 40*s*. for each day the company are in default, unless the non-supply of water be due to frost, unusual drought, or other unavoidable cause or accident.

Consumption of Water.—The following provisions may be taken to be of general application :—

On payment, or tender, of the current rate, the occupier of premises to which water is laid on is entitled to a supply for domestic purposes. If he desires to have water for other purposes he must comply with the company's requirements as to extra fittings and payment, etc.

"Domestic purposes" primarily includes washing, drinking, cooking and use for sanitary purposes. The washing of horses and carriages kept by a private person is primarily a domestic purpose. That which is primarily a domestic purpose may, however, and often is, limited by the terms of the company's special Act. The use of water for watering a garden, or for a fountain or any other ornamental purpose is not a domestic purpose.

The question does not depend on the nature of the house, but the purpose for which the water is used. Thus a boarding-house or a school, though carried on by way of business, is entitled to a supply of water for domestic purposes as if it were a private house.

Duties of the Consumer.—Consumers must take care to keep their taps and fittings in good repair, and prevent the waste or misuse of water. Wilful or negligent failure to do so renders a consumer liable to a penalty not exceeding £5, and to be charged with the expense of remedying the defect if the work be done, as it may be, by the company.

The inspectors of the company have the right to enter the premises at all reasonable times for the purpose of examining the state of the pipes and fittings, etc., and a penalty not exceeding £5 attaches to a refusal to admit them. On breach of any duty imposed on the consumer the supply of water may be cut off.

Water Rate.—The water rate is charged according to the annual value of the premises, and is payable quarterly, in advance.

Owners of houses of which the annual value does not exceed £10 are liable for the payment of the water rate instead of the occupier.

Where an outgoing tenant gives up possession of the premises between two quarter days he is liable for the whole quarter's rate. But where an incoming tenant enters between two quarter days he is only liable for a proportionate part of the quarter's rate. And upon payment or tender of such proportionate part of the rate he is entitled to be supplied notwithstanding that arrears are due to the company from the outgoing tenant. If, however, the company, in the exercise of their right (as to which, *see* following paragraph), have previously cut off the supply for non-payment of such arrears, the incoming tenant may have either to restore the communication, or to pay, or tender, the cost thereof.

Payment of the Rate, how enforced.—If the rate be not paid the water may be cut off, and the expense incurred recovered in the same way as the rate itself.[1] This does not, however, apply where the owner and not the occupier is liable by law,[2] or by agreement with the company, for the payment of the rate. In that case the rate may, after notice, be recovered from the occupier, but the amount recoverable from him at any one time cannot exceed the amount of rent which may be owing by him ; and on the payment thereof he is entitled to deduct from his rent the amount paid. If the supply be cut off in contravention of the above provisions a penalty of £5 for each day it remains cut off is payable by the company to the person aggrieved.

Where the rate in arrear is under £20, it may, together with the costs of its recovery and the expenses incurred in cutting off the supply, be recovered either in an action, or by summary process, that is to say, the person in default may be summoned before the magistrate (or two justices in the country), who, after determining the total amount due, may make an order for its payment ; and if it be not paid within seven days after demand, a warrant may be obtained for its recovery by distress. If the rate in arrear exceeds £20, it may be recovered by action.

WILLS

The making of a will is a matter in respect to which legal advice and assistance should always be obtained if possible, and the following statement of the general principles is only intended as a guide for those who may be called upon to make the final settlement of their affairs upon an emergency, or under other circumstances which preclude the possibility of obtaining professional assistance.

Formalities to be complied with.—In the first place a will must be made in writing, and should be contained in a single sheet, but if more sheets than one are used they should be fastened together, and each sheet numbered and initialled by the testator and the witnesses.

Any erasure or writing between the lines should be avoided if possible, but where such exists it must be initialled by the testator and the witnesses.

The will should commence in some such form as the following : " I. A. B. of —— hereby revoke all former wills and declare this to be my last will " ; or, " This is the last will of me, A. B. of ——."

The will must be signed at the end by the testator, or by some other person in his presence and by his direction ; and such signature must be made, or acknowledged, by the testator in the presence of two or more credible witnesses present at the same time, who must attest and sign the will in the presence of the testator.

A person to whom, or to whose wife or husband, any gift is made under the will should not be an attesting witness ; otherwise the gift to him (or to her) will be void, though the will itself will be good.

Inasmuch as there must be some one to carry out the provisions of the will, an executor, or executrix (female), should be appointed, whose names and address should be given in full. Usually two executors are appointed, in case one should decline, or be unable, to act. If no executor be appointed, or if those who have been appointed cannot or will not act, an administrator will be appointed.[3]

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[1] If the water be cut off, the Company are bound within twenty-four hours to inform the Sanitary Authority of the fact ; and inasmuch as a house without a proper water supply is, by the Public Health Acts, constituted a nuisance liable to be dealt with summarily, further trouble may be incurred.

[2] That is where the annual value of the house does not exceed £10.

[3] The administration in such cases is called " administration with the will annexed," as distinguished from the ordinary case of administration, namely, that in respect to the estate of a person who has died intestate, i.e. without making a will.

Gift of entire Property to one Person.—Taking, therefore, the simplest case, namely, where a testator leaves all his property to one person, as, for instance, to his wife, the will will read thus :—

I. A. B. of —— hereby revoke all former wills and testamentary dispositions made by me and declare this to be my last will. I give all my property to my dear wife C. D., and appoint her the sole executrix of my will. In witness whereof I have set my hand to this my will the —— day of 19—.

Signed by the above A.B. as his last will in the presence of us, both being present at the same time, who in his presence and in the presence of each other have hereunto subscribed our names as witnesses. A.—— B.——[1]

W.—— X.——.
Address ....
X.—— Y——.
Address ....

Property left to Children.—Where property is left to children under twenty-one, trustees should be appointed to hold it for them until they come of age, with power to apply the income thereof in the meantime for their maintenance and education. The same persons may be appointed executors and trustees.

Gift of Life Interest to Wife, Remainder to Children.—Where it is intended to give a life interest only, the property should likewise be left to trustees in trust to pay such person the income during his, or her, life, and after the decease of such person to transfer it to whomsoever the testator may desire. Taking the ordinary case in which a person desires to provide for his wife for life and afterwards for his children, the will would run thus ;[2] I appoint A. B. of —— and C. D. of —— trustees of this my will. I give and devise all my real and personal[3] property unto the said A. B. and C. D. upon trust to pay the income thereof to my wife during her life (or during her widowhood) and on her death (or re-marriage) upon trust for my children then living and the issue then living of any child or children of mine then deceased in equal shares except that the issue of any deceased child shall take equally between them the share only which their parent would have taken if he or she had survived, such shares to be paid in the case of males on their attaining the age of twenty-one and in the case of females on their attaining that age or previously marrying.

Death of Legatee during Testator's Lifetime.—If a person to whom a legacy has been given dies in the lifetime of the testator, the legacy will (except in the case mentioned below) belong to the residuary legatee, if such there be, otherwise the property comprised in such legacy, being undisposed of, will be divided according to the Statute of Distributions, that is, among the widow and children, etc., in certain shares. The only case in which a legacy does not thus lapse on the death of the legatee is where it is given to the child or other issue of the testator, who leaves issue living at the testator's death, in which case the legacy goes to the grandchild or grandchildren, etc., unless the will indicates a contrary intention.

Time at which Will takes Effect.—A will takes effect as if it had been made immediately before the death of the testator ; for instance, if a testator, after having given specific legacies, were to leave the residue of his property to X. Y., the property to which X. Y. would be entitled would be the residue of the testator's estate as it existed at the time of his death, and not as it existed at the time the will was made.

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[1] If the testator is unable to sign, the attestation should be—" Signed by M. N., by the direction and in the presence of the testator A. B., in the presence of us, both being present, etc."

[2] The following form may, of course, be varied to suit any circumstances. In many cases the widow is given power to appoint the property as she may think fit among the children, and the testator's declaration of trust is made applicable only in case of a total or partial failure by the widow to exercise such power of appointment.

[3] " Real property " consists of freeholds in land or houses ; and " personal property " includes all property other than real.

Codicil, only Means of altering a Will when Executed.—If after a will has been signed any alteration is required, it can only be made by means of a codicil, which should be in accordance with the following form : This is a codicil to the will of me A. B. of ——, which will bears date the . . . . day of . . . . Whereas by my said will I have given, etc. . . . . Now I revoke the said gift of, etc. . . . . and in lieu thereof I give, etc. . . . . And in all other respects I confirm my said will. In witness whereof I have to this codicil to my aforesaid will set my hand this . . day of . . . . . .

(Attestation required as in the
case of the will itself.) A. B.

Who are capable of Making a Will.—A woman married after January 1, 1883, can dispose of her property by will in the same way as any other person. A woman married before that date can dispose of property belonging to her for her separate use, but as there may be a difficulty in determining the extent of such property, she should take legal advice in making a will. A will made by a married woman does not require to be re-executed after the death of her husband. A person under twenty-one years of age cannot make a valid will. Except as above, any person of sound mind and understanding may make a will.

Effect of Marriage on a Will.—A will, whether made by a man or a woman, is revoked by marriage.

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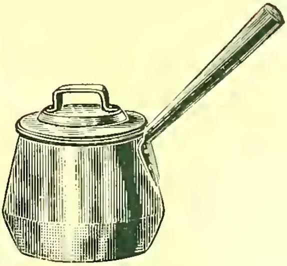

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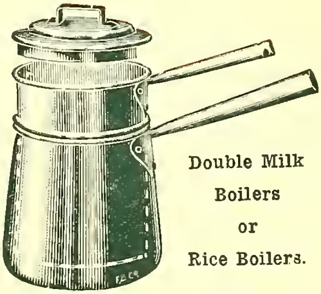

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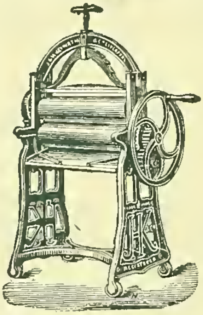

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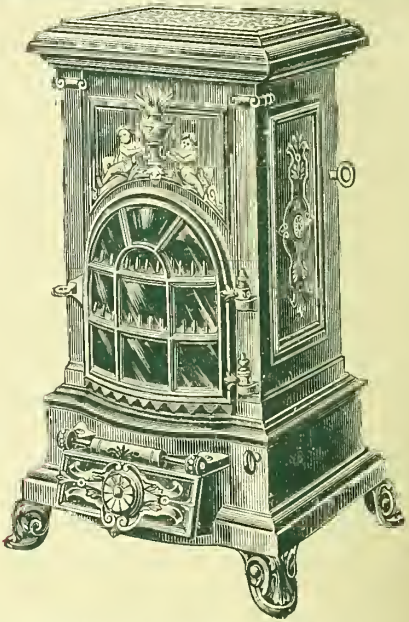

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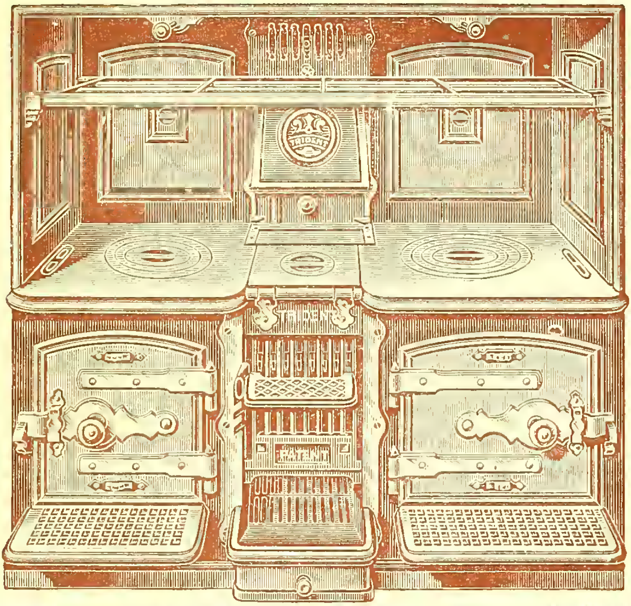

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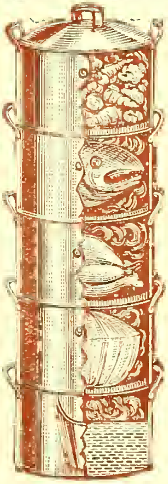

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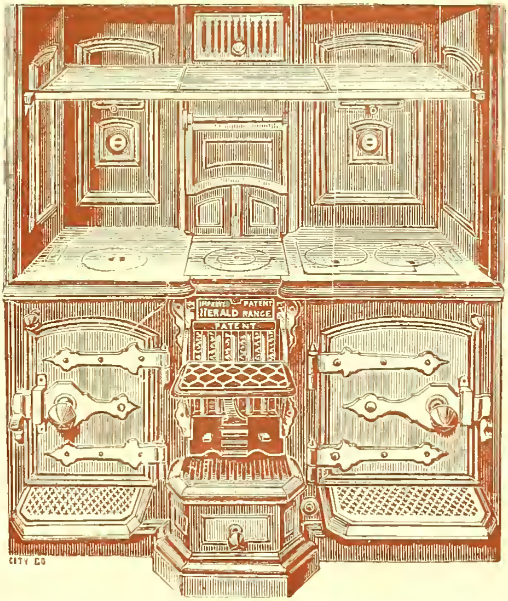

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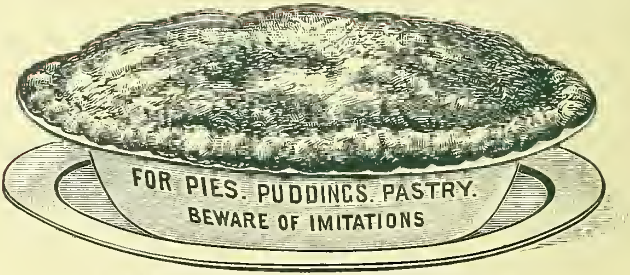

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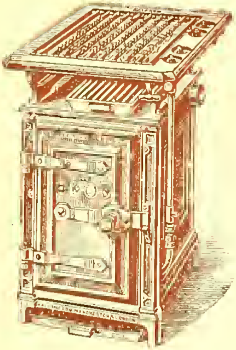

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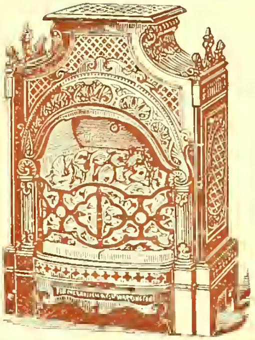

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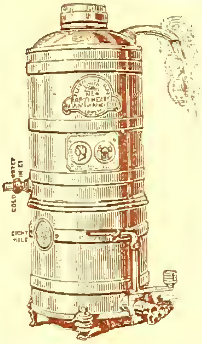

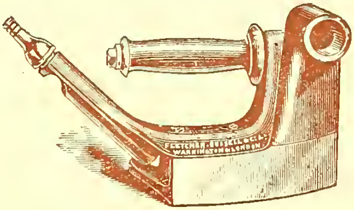

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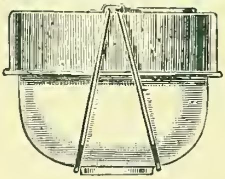

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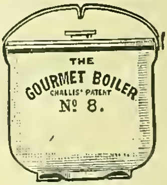
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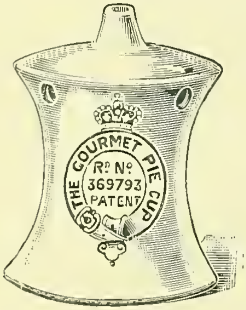
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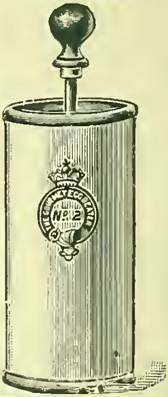
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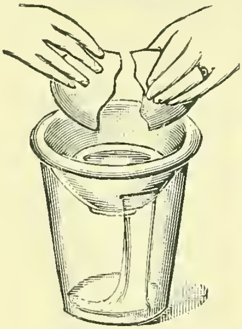

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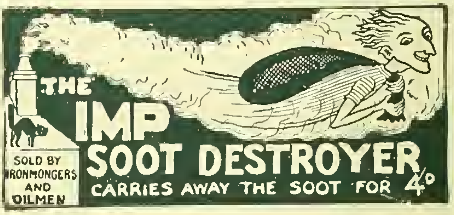
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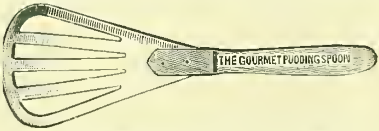
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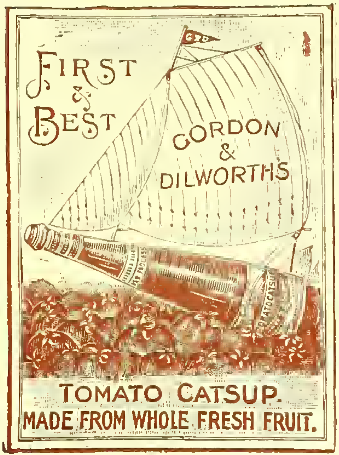
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Made from whole fresh fruit.

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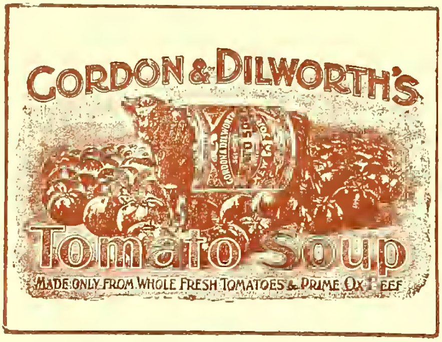
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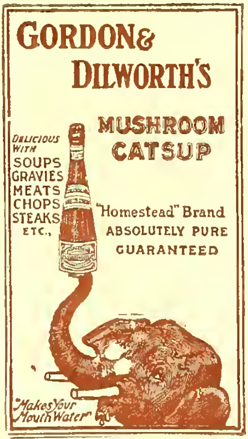
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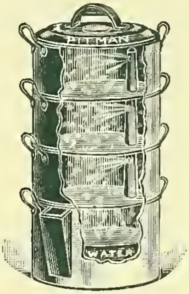

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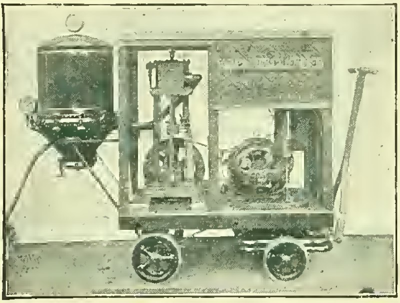

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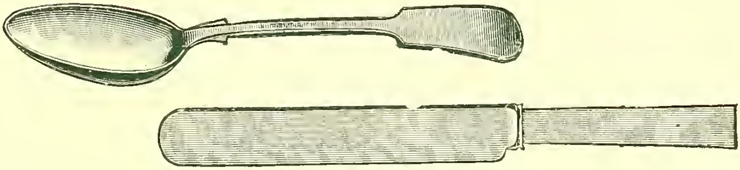

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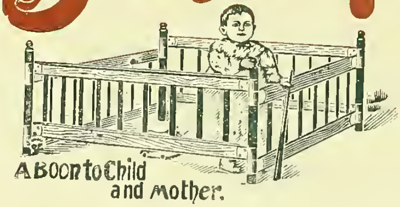
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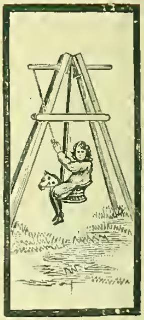

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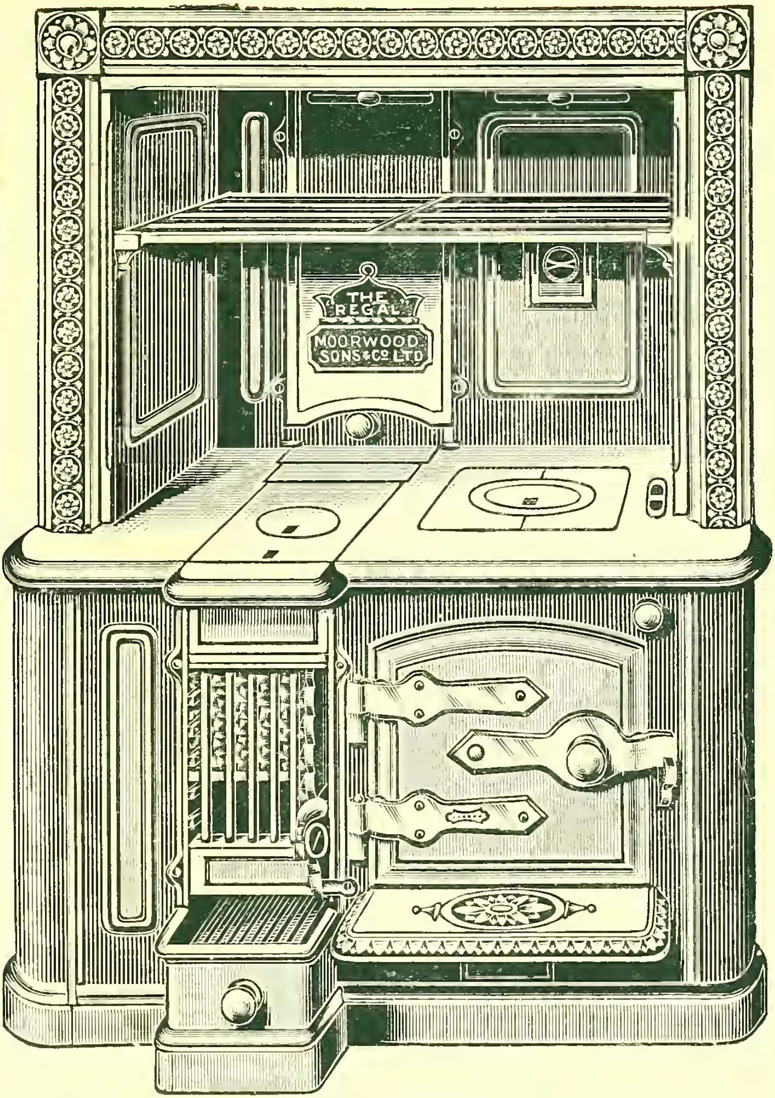
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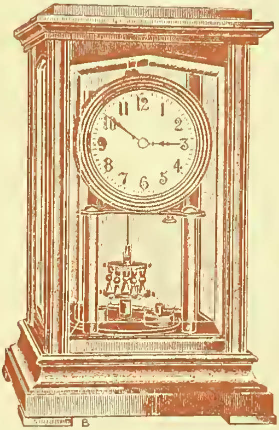

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